



STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News

Getting kids back on track for school



It goes without saying the 2020-2021 school year was anything but normal. Parents have valid concerns about their children being left behind when school resumes this fall. Oklahoma State University Extension specialists Laura Hubbs-Tait and Amanda Morris both confirm parents are right to be concerned.

In a Dec. 8, 2020, report, McKinsey and Company projects U.S. students could lose between four to 12 months of learning by June 2021. The Feb. 4, 2021, Hechinger Report indicated more first and second graders are at risk for needing intensive intervention in order to get back on track with reading levels than prior to COVID-19. With the new school year just a few weeks away, what can parents do?

Both Hubbs-Tait and Morris recommend parents focus on practices at home that increase health and resilience.

“Get in a good routine for health before school starts. Good routines build in sleep and physical activity,” Hubbs-Tait said. “Regular bedtimes and wake-up times should allow children to get sufficient sleep in 24 hours to meet American Academy of Pediatrics guidelines.”

Children ages 1 to 2: 11 hours to 14 hours per day, including naps.

Ages 3 to 5: 10 hours to 13 hours per day, including naps.

Ages 6 to 12: 9 hours to 12 hours per day.

Teens: 8 hours to 10 hours per day.

Children also should meet guidelines for sufficient physical activity and play said Hubbs-Tait.

“Try to plan at least one physically active family time per week in an effort to increase everyone’s enjoyment. This also shows your children you have a personal commitment to physical activity,” she said. “For young children, family time can be a walk or ride to a park to enjoy the swings, slides and other equipment. Older children and teens can enjoy family hikes or neighborhood walks, sports activities and bike rides.”

Ages 3 to 5: 180 minutes of physical activity spaced throughout the day.

Ages 6 to 17: 60 minutes per day, including vigorous-intensity activity and muscle- and bone-strengthening activities at least three days per week.

Next, get in a good routine for learning during the summer. Morris recommends parents determine how long their child can learn and break learning

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County OHCE News

Executive Committee Meeting:

The Dewey County OHCE Executive Committee Meeting will be meeting on August 19, 2021 at 5:00 PM at the County Extension Office.

The executive committee consists of the county officers and the president and secretary of each local club, or their appointed representatives. The executive committee will be meeting to plan the county OHCE concession stand and participation in the county fair.



State Meeting:

The state meeting is scheduled for August 1-3, 2021. Dewey County will be well represented by Joy Trammell, Elizabeth Jones, Brandy Jones, and Jean Bailey. We are looking forward to their reports at the fall council meeting.



County Fair:

We are looking forward to a “more normal” county fair this year! These hot days of summer are the perfect time to stay inside and finish, or begin, work on your fair exhibits. Also, be thinking about homemade pies for the concession stand.

On track for school cont.

time into several 10- to 15-minute blocks to start, with a goal of 20 to 40 minutes each day.

“Don’t keep the time for reading books just before bedtime. Set aside reading times throughout the day. Consider getting materials from your child’s school, the local library or check out online learning websites,” Morris said.

Sites such as pbskids.org offer a variety of family friendly activities, tips and crafts. There are literacy activities for toddlers and preschoolers, as well as learning activities that can be enjoyed as a family. Older children can get back to the basics with math or sight word flashcards.

Some other sites to check out include Brain Pop, NASA Kids, Khan Academy, Fun Brain or Nick Jr. No matter what, Morris emphasizes the fact that parents should make learning fun.

“Learning can take place during family game night. Card games such as Memory, or board games like Monopoly are great choices,” Morris said. “Go to the park, zoo or nature preserve. Children also can learn through everyday household activities like sorting laundry, cleaning and cooking.”

Finally, Morris suggests having a family meeting to discuss learning activities and goals. Keep in mind that children are resilient, and once back in school,

many will catch up quickly.

But what should parents do if they think their child won’t catch up from their at-home efforts? Hubbs-Tait has some suggestions.

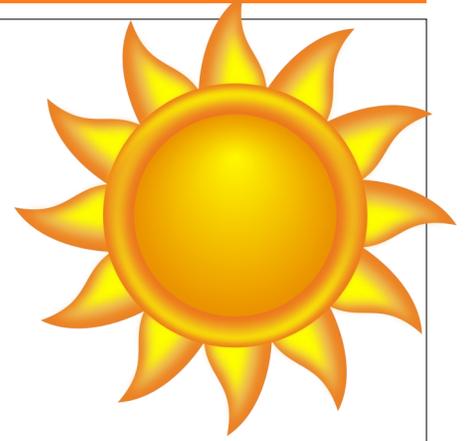
“The first option is tutoring. Frequent one-on-one tutoring is called high-dosage tutoring where children and tutors meet daily or several times per week,” she said. “This has been found to be more effective than less frequent tutoring. Tutoring by teachers or paraprofessionals typically is the best form for students who need to catch up. Some school districts in Oklahoma offer free summer school programs to help students get caught up.” Another option is to make sure that during the school year, children who need to catch up get exposure to grade-level materials and lessons while also receiving instruction in content not mastered in previous grades. Experts don’t recommend pulling children out of grade level work in order to get remedial help as this can hinder a child’s progress in school. In addition, some communities are pioneering other efforts to create partnerships between early literacy or math initiatives and schools. Parents may be able to find or start an in-school tutoring program in their own community that will help children catch up before heading back to school this fall.

Heat Safety

By Lynn Brandenberger, Extension Specialist

Why is heat a problem? Well let's face it, most of us are spoiled. We likely work inside in an air-conditioned building and when we are at home we have a climate controlled home too. As a result, many of us are not acclimated to the high temperatures of summer.

So . . . What should we do? First begin to understand the intricacies of the human body. Did you know that humans are the most heat tolerant and adaptable creatures on earth? Wow, what in the world does that mean? Well for starters our bodies will adapt to heat over time (2-3 weeks) allowing us to tolerate much higher temperatures than we were able to on the first hot day of the summer. Be certain to ease into summer for the first couple of weeks during high temperatures so your body has time to adapt. No other creature in nature has the super-powers that we have for heat adaption. Over time levels of water and salt change in our blood to increase our ability to cool ourselves. Next, blood vessels adjust to bring more blood to the surface of the skin which also allows for better cooling. For more information check out the article on "How to handle the heat (with science) which is available at <https://www.theguardian.com/science/brain-flapping/2014/jul/17/heat-science-heatwave-uk-cooling>.



Second, realize that staying hydrated is critically important. We need a minimum of three liters of water per day when working outdoors during summer. Notice I said water, not sugary soft drinks. You can tell if you are adequately hydrated by keeping track of your water intake and output. If urine is clear or slightly yellow then you are probably drinking enough water, if on the other hand urine is dark or coffee colored then you need to drink more water.

Signs of both dehydration and heat exhaustion/stroke include a flushed color (your face turns bright red), nausea, headache, not sweating, and loss of consciousness. The signs listed above are given from early signs to severe signs of heat exhaustion/stroke. Personally, my face turns red very soon, but I understand that is how I'm made and it doesn't concern me. Once I move onto feeling nauseated I understand that I need to move to the shade and start drinking more cold water to bring my temperature down. Being familiar with these signs should help you to "tune" your thought processes so you know what is happening to your body related to heat and respond accordingly.

What should you do if you or someone else is showing the signs of dehydration and heat exhaustion/stroke? First and most important, cool the person down as quickly as possible, move to the shade, drink cold water, hose them down with tap water and fan them by hand or with an electric fan. If the person does not respond quickly or if they are unconscious call an ambulance and have them transported to the Emergency Room or other medical care as soon as possible.



Summer is for Fall Harvest

By David Hillock

Summer may not seem like the best time to be thinking about a fall garden, but July through September is the time to start planting several vegetable varieties in order to have a fall harvest. Some tender vegetables that can be started in July and August and harvested before fall frosts include beans, cilantro, sweet corn, cucumber, pumpkin, and summer and winter squash. Be sure to choose varieties that mature early and are disease resistant. Some semi-hardy plants, those that may continue to grow and be harvested after

several frosts, include beet, broccoli, cabbage, carrots, garlic, leaf lettuce, parsnip, and radish.

Climatic conditions of July and August involve high soil temperature, high light intensity, and rapid drying of the soil, resulting in an increase in the problems of obtaining a uniform stand of plants. Achieving a full stand of plants in the heat of summer may require special treatments. This might include shade over rows when seeded and supplemental watering to reduce soil temperature and aid in seed germination.

Insects and weeds can be more prevalent this time of year so check frequently for insect activity and weed growth and use appropriate control measures. For more information on planting a fall garden see OSU Extension Fact Sheet [HLA-6009](#) Fall Gardening.

MEMBER VOLUNTEER HOURS

Member Name: _____

1. For this section, we are looking for the dollar value of donations you have made this month. This can be either cash you have donated to a project or the value of in-kind donations you have made. We cannot list every project in every county, so if you have other cash or in-kind donations that are not listed here, please lump them together under "Other community activities." We do not need you to list these, but we have given you the option of either OHCE-related or non-OHCE related.

<input type="checkbox"/> Value of cash or in-kind donations to County Fair (such as items to the Country Store)	\$
<input type="checkbox"/> Value of cash or in-kind donations to 4-H programs or members	\$
<input type="checkbox"/> Value of donations to Scholarship programs. Which scholarship?	\$
<input type="checkbox"/> Value of cash or in-kind donations for gardening projects.	\$
<input type="checkbox"/> Value of cash or in-kind donations made to nursing homes.	\$
<input type="checkbox"/> Value of cash or in-kind donations made to military packages or projects	\$
<input type="checkbox"/> Value of cash or in-kind donations to other community activities: OHCE related	\$
<input type="checkbox"/> Value of cash or in-kind donations to other community activities: not OHCE related. (An example on this one might be church-related gifts or United Way donations.)	\$

2. Did you donate your TIME to assist with programming in the Extension office?

	Hours	Minutes
<input type="checkbox"/> Time spent volunteering for 4-H programs or activities:		
<input type="checkbox"/> Time spent assisting your FCS (Family & Consumer Sciences) Educator		
<input type="checkbox"/> Other time spent volunteering for the Extension office:		

3. Did you donate your TIME this month? List amount of time spent in the activity as well as preparation.

	Hours	Minutes
<input type="checkbox"/> Time spent attending OHCE related meetings (local, district, and state):		
<input type="checkbox"/> Time spent planting/tending garden as part of OHCE project:		
<input type="checkbox"/> Time spent volunteering at a nursing home as part of an OHCE project:		
<input type="checkbox"/> Time spent working at a cemetery as part of an OHCE project:		
<input type="checkbox"/> Time spent reading or tutoring as part of an OHCE project:		
<input type="checkbox"/> Time spent volunteering for Military support activities as part of OHCE project:		
<input type="checkbox"/> Time spent volunteering for recycling efforts as part of an OHCE project:		
<input type="checkbox"/> Time spent volunteering at the County Fair:		
<input type="checkbox"/> Time spent exercising:		
<input type="checkbox"/> Time spent volunteering for other community activities that are OHCE-related: (There is no need to list the activities. Just estimate time spent.)		
<input type="checkbox"/> Time spent volunteering for other community activities that are not OHCE-related:		



Dewey County OHCE Quilt Block Challenge 2021

Guidelines for the 2021 Dewey County Fair



The Dewey County Oklahoma Home and Community Education (OHCE) Association is sponsoring a *Quilt Block Challenge*. The winner will be determined by viewer's choice voting during the 2021 Dewey County Fair on September 9, 10 & 11.

- A \$5.00 participation fee is due when you pick up your fabric. Fabric is a colorful succulent print.
- You will be provided up to one fat-quarter of the designated fabric. You must use the designated fabric in your quilt block. You may add any other 100% cotton fabric to complete your block.
- Your block may be of any design (original, traditional, etc.) but the finished block must measure a 12 ½" x 12 ½" square.
- You may only submit one quilt block per entry.
- Finished quilt blocks should be turned in at the Dewey County OSU Extension Center no later than noon on Thursday, September 2, 2021 so they can be prepared for display at the fair.
- All quilt blocks become the property of Dewey County OHCE. If you have questions, please call the OSU Extension Office at 580-328-5351

PREMIUMS to be paid by Dewey County OHCE

\$20---1st \$15---2nd \$10---3rd

After the fair, the quilt blocks will be made into a quilt and raffled off to benefit the OHCE Scholarship program.

Dewey County Fair ~ September 9th, 10th, and 11th



THURSDAY, SEPTEMBER 9

Noon-6:00 PM All Entries Taken (Except Livestock)
3:00 - 6:00 PM Poultry Testing and Poultry and
Rabbit Entries Taken
4:00 PM Horse Show Entries Taken
5:00 PM Horse Show Begins
6:00 PM Poultry and Rabbit Judging

FRIDAY, CONTINUED

5:00 PM Bucket Calf Show
6:00 PM Alvarado road Show
7:00 PM Fairest of the Fair Contest

FRIDAY, SEPTEMBER 10

9:00 AM Flower entries must be in place
Judging of indoor exhibits
9:00 AM Livestock to be in
Check Heifer Papers
Weigh in livestock
9:00 AM Tractor Driving Contest, Written
10:00 AM Tractor Driving, Operating of Tractor
12:00 PM Livestock Judging Contest
4:00 PM Pedal Tractor Pull
5:00 to 6:00 PM FREE HOT DOG AND
WATERMELON FEED

SATURDAY, SEPTEMBER 11

8:00 AM Buildings Open
8:00 - Noon Registration for tailgate cooking contest
9:00 AM Swine Show (gilts followed by barrows)
11:00 AM Heifer Show
1:00 PM Steer Show (Prospect followed by
Market)
3:00 PM Goat Show (Does followed by wethers)
4:30 PM Tailgate cooking contest
5:00 PM Homemade Ice Cream Contest
6:00 PM Sheep Show (Ewe lambs followed by
wethers)