

STRENGTHENING OKLAHOMA FAMILIES



GARFIELD COUNTY EXTENSION

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.

Getting kids back on track for school



- 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-

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Garfield County OSU Extension

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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 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](http://BrainPop.com), 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.

Family Issues Committee



The Family Issues Committee chaired by Helen Smith is asking for donations of blank cards or Thank you cards appropriate to be sent to our Veterans. A booth will be set up at the county fair for members and fairgoers to write a card to be sent to area Veterans Hospitals as a Thank you/Encouragement. Your donations may be brought to your local meetings or be left here at the Garfield County OSU Extension Office.



DONATIONS APPRECIATED

Outdoor Grilling Basics: Tips to Prevent Foodborne Illness

Whether you're barbecuing or grilling, cooking and eating outdoors in warm weather can be challenging when it comes to food safety. Bacteria in food multiply faster at temperatures between 40°F and 140°F, so the spring and summer heat can pose a problem. Here are some easy things you can do to help keep everyone at your table safe from foodborne illness.

Wash hands.

Pretty basic, right? But not everyone does it. Wash hands well and often, with soap and water for at least 20 seconds, especially after using the bathroom and before cooking or eating. If you're in an outdoor setting with no bathroom, use a water jug, some soap, and paper towels. Consider carrying moist disposable towelettes for cleaning your hands.

Keep raw food separate from cooked food.

Don't use a plate that previously held raw meat, poultry, or seafood for anything else unless you first wash the plate in hot, soapy water. Keep utensils and surfaces clean.

Marinate food in the refrigerator, not out on the counter.

And if you want to use some of the marinade as a sauce on your food after it's been cooked, keep a separate portion in reserve. Don't reuse marinade that contained raw meat.

Cook food thoroughly.

To kill any harmful bacteria that may be present, use a food thermometer. Hamburgers should be cooked to 160°F. If a thermometer is not available, make sure hamburgers are brown all the way through, not pink. Chicken should be cooked to at least 165°F. Do you partially cook food in the microwave, oven or stove to reduce grilling time? Do so immediately before the food goes on the hot grill.

Refrigerate and freeze food promptly.

It can be hard to remember while a party is going on, but you shouldn't leave food out of the cooler or off

the grill for more than two hours. Never leave food out for more than one hour when the temperature is above 90°F.

Keep hot food hot.

Keep hot food at or above 140°F. Wrap it well and place it in an insulated container. Thinking of bringing hot take-out food such as fried chicken or barbecue to an outdoor party? Make sure to eat it within two hours of buying it. In addition to bringing a grill and cooking fuel to an outdoor location, remember to pack a food thermometer to check that your meat and poultry reach a safe internal temperature. When re-heating this food, be sure it reaches 165°F.

Keep cold food cold.

Cold food should be held at or below 40°F. Place foods like chicken salad and desserts that are in individual serving dishes directly on ice or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.



Air Fryer Corn on the Cob

This is a quick, no mess way to prepare corn on the cob. Add the butter right before serving. Use a light spray of oil first, as butter might burn in the air fryer

Prep Time 5 mins Cook Time 16 mins Total Time 21 mins Servings: 2 Calories: 177kcal

Ingredients:

- 2 ears corn, shucked and cleaned
- Salt, to taste
- black pepper, to taste
- oil spray or olive oil
- 2 tablespoons butter for spreading



Cut end of corn to fit air fryer basket. If needed for smaller air fryer, cut the corn in half

Coat all sides of the corn with oil spray or olive oil. Season with salt and pepper around the whole corn.

Air Fry at 370°F for 12-16 minutes, flipping half way. Cook until kernels are tender and lightly browned.

(Note that cooking time will depend on size of corn, how full air fryer basket is, & different models/sizes of air fryers). Add butter and enjoy!

Nutrition: Calories: 177kcal | Carbohydrates: 16g | Protein: 3g | Fat: 12g | Saturated Fat: 7g | Cholesterol: 30mg | Sodium: 113mg | Potassium: 243mg | Fiber: 1g | Sugar: 5g | Vitamin A: 520IU | Vitamin C: 6.1mg | Iron: 0.5mg



Statement for Meetings and Events

OSU no longer mandates the use of masks or social distancing. Keep these guidelines in mind for meetings and events: Limitations on the number of participants have been lifted. Face coverings and social distancing are not mandated by OSU for any events. Make hand sanitizers and face masks available at all events for those who choose to use them. Professional courtesy should be exhibited toward all participants with respect to their personal choice to wear a mask. Local ordinances at venues should be followed.

Volunteer Hours

Please continue to keep track of your volunteer hours- These can be entered on the website as a group or individual. We will be glad to enter these hours here at the office, just send or bring the forms. Thank you for your efforts in using this new system. These hours/numbers are important in our reporting efforts statewide!



OHCE News & Notes

OHCE Board Meeting



The next Garfield County OHCE Executive Board meeting will be held Monday, August 9, 9:30 am. The date was changed due to the State OHCE meeting being held August 1-3. We will be finalizing plans for the fair at this time as well as sharing committee reports and other business.

August Leader Lesson

The Lesson for August will be held Wednesday July 28, 2:00 pm. Topic for this lesson is "Dealing with Depression by Taking Time for You". This is a very timely topic and will be sharing self-help tips and resources for everyone.

Perfect T-Shirt Class

Sue Schmidt will be leading this workshop Monday July 19 at 10 am here at the Extension Office. Cost is \$15 to participate which will include the pattern and stay tapes for your garment. This is your chance to make a t-shirt that fits you. You will need to bring 1 ¼ yard of good quality stretch knit material which is 60" in width for a short sleeve shirt. A long-sleeve shirt will require 1 5/8 yard. Bring matching thread and your sewing equipment. We have some sewing machines available for use or bring your own machine. Please enroll by July 7th so patterns can be ordered. Call the office at 580-237-1228.

Garfield County OSU Extension Office will be closed on Monday, July 5th for Independence Day.



OHCE State Meeting

The State OHCE meeting is being held August 1-3 in Oklahoma City. Information was shared in the last newsletter. Deadline for registration is July 16 for \$120. Enrollment must be completed on the secure OSU on-line process at www.orange.hub.okstate.edu The event will be held at the Champion Convention Center right off I-40 and South Meridian. The Hotel address is 801 South Meridian Avenue. Please call if you need more information on this event.

Annie's Project



I have completed the facilitator's training for Annie's Project and looking for women involved in agriculture production to assist in planning this workshop. If you know of someone or are interested, give me a call at 580-237-1228. Your commitment will be to a 1 hour lunch planning meeting this fall.

Exercise for Life

A new Exercise for Life class starts Wednesday July 7, 8:30-9:30 each Monday, Wednesday and Friday through July 30. Cost is \$15 for this 4 week class. Be sure to sign up and attend as we will work on Balance, Cardio, Flexibility and Strength training during these sessions.

This newsletter is published monthly by the Garfield County OSU Extension Center and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

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**GARFIELD COUNTY
 EXTENSION**

Dates to Remember



July 5– Garfield County Office Closed

July 19—Perfect T-Shirt Workshop, 10 AM

July 28—Leader Lesson, 2 PM

Aug. 1-3- OHCE State Meeting



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