WELLINGTON'S PEOPLE

Back-to-School Health: Helping Kids Get Back in the Groove

By Whitney Newberry, APRN, FNP-C

As the long days of summer wind down, many families start feeling the shift toward the back-toschool season. August is the perfect time to help children transition smoothly from summer fun to school-day structure—with a few key health habits that can make a big difference in focus, mood, and overall well-being.

Here are some back-tobasics tips for getting your child ready to thrive this school year:

Reset the Sleep Routine

After weeks of late nights and sleeping in, it's important to start adjusting bedtime now—not the night before school starts. Begin moving bedtime earlier by 15–30 minutes every few days until your child is back on a school-friendly schedule.

Most school-aged children need 9-11 hours of sleep per night. Keep bedtime relaxing and screen-free—reading, a warm bath, or quiet music can help signal it's time to wind down.

Rein in Screen Time

Summer often means more screen time, and that



habit can be hard to break. Re-establish screen time boundaries to help kids refocus and sleep better. Avoid screens 1 hour before bed, as blue light interferes with melatonin and set consistent daily limits and encourage tech-free family time. Make sure screens are kept out of bedrooms at

Fuel Focus with Healthy Lunches and Snacks

A balanced lunch and nutritious snacks help students stay energized and alert throughout the day. Aim for:

Whole grains (whole wheat bread, brown rice) Lean proteins (turkey, eggs, hummus)

Fruits and vegetables Water instead of sugary

Prepping lunches the night before can reduce stress in the morning—and let kids be part of the planning.

Keep Kids Moving

Physical activity improves concentration, reduces stress, and boosts overall health. As routines shift, make sure your child has time each day to be active:

Walk or bike to school when possible. Sign up for a sport or

after-school activity. Take a family walk after dinner or do active chores

Final Thoughts

together.

Transitions can be tough—but they're also an opportunity to build strong, healthy habits. If you have concerns about sleep, nutrition, behavior, or school readiness, don't hesitate to reach out. You can reach us at 620-888-4252.

Here's to a happy, healthy start to the school year!

What's this?

With Shelby Wiens



This item is somewhat of a curveball as it appears to be a neat designed license plate from Denmark, however it is actually much smaller than a license plate for a car, but rather a size more appropriate for a bicycle.

In 1953, children were enticed to ask their parents to buy Wheaties cereal to collect one of the many varieties of miniature license plates inside. Wheaties had four different collections produced, the original one was a set of 48 Continental United States (Alaska and Hawaii were not yet states.)

Later came 10 territory plates which did include Hawaii and Alaska, then a 12 plate Canada set, and lastly the Old World & Europe series; where you would have found our plate here. What a successful promotion this was as Wheaties saw a 50% increase in sales!

Wheaties' success was due to W.K. Kellogg, the founder of the Kellogg Company. He was the one to thank for the promotional idea as he was the

first to offer an in-thebox prize for children. While this seems innocent enough, it was really part of a long battle between the Kellogg brothers who argued over who would receive credit in the role they played for the corn flake cereal they had produced.

Each brother started their own companies of corn flake cereal and to help drive sales, the feuding brothers created different promotions. In 1907, one company offered a free box of cereal to any woman who winked at her grocer on Wednesdays. Following this up, the other brother decided it was better to cater to the younger customer and offered the Funny Jungleland Moving Pictures Booklet, which was only made available to those who bought two boxes of cereal.

Marketing towards children worked extremely well for decades upon decades. Prizes came in a variety of ways, either inside the store where the grocer handed it to you with purchase, directly inside the box,



shrink wrapped to attach to the outside of the box, or simply a gameboard printed directly on the box.

Another delayed gratitude way of earning prizes required much more work. Proof of purchase labels had to be cut from a certain number of boxes and mailed in with a check or money order to help cover the shipping costs. Then, you would wait until the prize arrived at your door.

Do you have a favorite cereal box prize from your childhood? Mine was the Star Wars lighted lightsaber spoon that came in none other than Kellogg's cereals!

Now that I'm hungry for cereal, what's this?



Classified

To Advertise in this Spot please email

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All ads are subject to approval before publication. The Wellington Daily News reserves the right to edit, refuse, reject, classify or cancel any ad at any time. Errors must be reported in the first day of publication. The Wellington Daily News shall not be liable for any loss or expense that results from an error in or omission of an advertisement.

PUBLIC NOTICE

Published in Wellington Daily News July 24, 31, August 7, 2025

IN THE THIRTIETH JUDICIAL DISTRICT SUMNER COUNTY, KANSAS PROBATE DIVISION

In the Matter of the Estate of: MICHAEL ALLEN HELM, Deceased.

Case No. SU 2025 PR 000027

PUBLIC NOTICE

Kansas Statutes Annotated

STATE OF KANSAS

SONS CONCERNED:

Published in Wellington Daily News August 7, 2025

(Published in Wellington Daily News on August 7th, 2025) WEED CUTTING NOTICES

To: the following described properties Property | Owner(s)

1027 N. H St. | Timber Creek Invest, LLC 1015 N. H St. | Pico, LLC

1103 N. H St. | Pico, LLC

1109 N. H St. | Pico, LLC 1117 N. H St. | Pico, LLC

1123 N. H St. | Pico, LLC 1203 N. H St. | Pico, LLC

1209 N. H St. | Pico, LLC 1101 N. C St. Andrew Oldridge

612 N. C St. | Johnson - Watters Ent, Inc. 823 N. B St. | Maria Zavala 1401 N. Washington Ave. | Kylea Glazer

1514 N. Park St. | Jacob & Alex Kiehl 509 E. Lincoln Ave. | Noel & Jim Mcconaghy

1814 N. B St. | Sarah Smith 223 N. Elm St. | Dean Falltrick

906 N. Jefferson Ave. | Joseph Sidhu

818 W. 8th St. | Four M's Investments, LLC

123 N. Olive St. | Stark Invest, LLC

223 S. Patterson St. | Carlos & Anita Sanchez 239 S. Patterson St. | Anastacia Navarrete

111 E. 15th St. | Meritrust Credit Union

All in the City of Wellington: Within 10 days of publication of this notice, upon failure to cut said weeds, the City of Wellington will cut the same, and all costs, including administration costs, will be assessed on tax roll against the above described property. No further notice shall be given prior to removal of the weeds during the calendar year. All regulations as per Ordinance No. 4082 adopted

If you wish to report a weed violation, please contact the Building & Codes department before noon on Friday in order to make the coming week's publication. Any reports received after noon on Friday will be included in the following

City Clerk's Office: 620-326-2811 Building & Codes Department: 620-326-3871

PUBLIC NOTICE

Pursuant To Chapter 59 Of

COUNTY OF SEDGWICK

NOTICE OF HEARING & NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PER-

You are hereby notified that a Petition has been filed in this court by Evan

Arlene M.. Burrow /s/ ARLENE M. BURROW Attorney for Petitioner

Published in Wellington Daily News

M. Helm, as potential heir of Michael

Allen Helm, deceased, praying for

the determination of the descent;

and you are hereby required to file

your written defenses thereto on or

before Friday, August 8, 2025, at 9:00

a.m. of said day, in said court, in the

City of Wellington, in Sumner County,

Kansas, at which time and place said

cause will be heard. Should you fail

therein, judgment and decree will

be entered in due course upon said

July 31, August 7, 14, 2025

First Published in the Wellington Daily

IN THE 30th JUDICIAL DISTRICT DISTRICT COURT OF SUMNER

News July 31, 2025

COUNTY, KANSAS IN THE MATTER OF THE PETITION OF

PEYTON MICHELLE HAYWORTH To Change His/Her Name to:

PEYTON MICHELLE RAHE

2025 at 9 00 a.m.

The Petition will be heard in SUMNER County District Court 501 N. Washington Ave, WELLINGTON, Kansas on the 2ND day of SEPTEMBER,

If you have any objection to the requested name change, you are required to file a responsive pleading on or before SEPTEMBER 1ST 2025 in this court or appear at the hearing and object to the requested name change. If you fail to act, judgment and order will be entered upon the Petition as requested by Petitioner.

Peyton M. Hayworth /s/ Petitioner, Pro Se Name: Peyton Michelle Hayworth. Address 1: 7195 Jefferson Ave City, State, Zip: Wellington, KS 67152 Telephone Number: 479 531 6010

3705210

Classified shoppers aren't desperate... just smart consumers that like to save money.

PUBLIC NOTICE

Published in Wellington Daily News August 7, 14, 2025

> CITY OF OXFORD NOTICE OF SEALED **BID REQUEST**

The City of Oxford is now accepting sealed bids for the sale of a 2014 Chevrolet Tahoe . This former police vehicle has served the community and is being sold as-is, where-is, with no warranties or guarantees, either expressed or implied.

YEAR/MAKE/MODEL: 2014 Chevrolet

VIN: 1GNLC2E05ER217076 MILEAGE: 164,033 miles ENGINE/DRIVETRAIN:

5.3L V8 Gas/Ethanol 320 horsepower at 5400 RPM 335 lb-ft torque at 4000 RPM Average fuel consumption is 18 MPG

6 speed automatic transmission 2WD TIRES: Goodyear (Roughly 50% tread)

DETAILS: Black in color, tinted windows, all police graphics, lights, cameras, radios, console and sirens have

Bid Submission Deadline: September 1, 2025, at 5:00 p.m. Submission Location: City of Oxford | PO Box 337 | 115 S. Sumner St., Oxford, KS 67119

The vehicle will be available for inspection by appointment by contacting the City Office at 620-455-2223.

All bids must be submitted in a sealed envelope clearly marked "2014 Chevrolet Tahoe Bid" and turned into the City Clerk by 5:00 p.m. on September

The City reserves the right to reject any or all bids and to waive any informalities in the bidding process. Bids will be presented and opened by the City Council at the September 2, 2025, City Council meeting. The successful bidder will be responsible for vehicle removal within 10 days of bid acceptance. 3737520

Qualified buyers don't investigate every ad, just the ones that offer a good deal.

Place your 25-word classified in the KANSAS PRESS ASSOCIATION and 135 more newspapers for only \$300/ wk Find employees, sell your home or your car. Call the Kansas Press Association @ 785-271-5304 today!

• MISCELLANEOUS•

Attention: VIAGRA and CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - Only \$99! 100% guaranteed. CALL NÓW: 1-833-641-6607

We Buy Vintage Guitars! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. These brands only! Call for a quote: 1-833-641-6990

CASH PAID FOR HIGH-END MEN'S SPORT WATCHES. Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. These brands only! Call for a quote: 1-833-641-

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-0154.

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-833-752-0092

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-833-9285491 You will need to have your zip code to connect to the right

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$10,000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-833-770-0339

AGING ROOF? NEW HOME-OWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available, Call 1-833-889-4107 Have zip code of property ready when calling!

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-833-879-1451 Have zip code of service location ready when you call!

PROFESSIONAL LAWN SER-VICE: Fertilization, weed control, seeding, aeration and mosquito control. Call now for a free quote. Ask about our first application special! 1-833-887-1317

NEED NEW WINDOWS? Drafty rooms? Chipped or damaged frames? Need outside noise reduction? New, energy efficient windows may be the answer! Call for a consultation & FREE quote today. 1-833-880-0052 You will need to have your zip code to connect to the right provider.



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