



Back-to-School Tips for Families

Before it's time to head back to school, use these tips to help ensure your child has a safe, healthy and happy year.

Make the first day of school easier for kids

- Take your child to visit the new school or classroom before the first day of school. Attend any available orientations and take an opportunity to tour the school. You can also bring your child to school a few days prior to class to play on the playground to help them feel comfortable. Many children get nervous about new situations, including changing to a new school, classroom or teacher. It can be helpful to rehearse heading into the new situation.
- Remind your child that teachers know that students may be nervous about the first day of school; they will make an extra effort to make sure everyone feels as comfortable as possible. If your child seems nervous, ask them what they are worried about and help them problem-solve ways to master the new situation.
- Point out the positive aspects of school starting to help your kids look forward to the first day of class. Talk about how they will see old friends and meet new ones, for example.
- Find another child in the neighborhood you child can walk to school or ride with on the bus. If you feel it is needed, drive your child (or walk with them) to school and pick them up on the first day. Get there early on the first day to cut down on unnecessary stress.

For more tips on developing a healthy sleep routine, safe travel to & from school, biking to school, walking to school, carpooling, taking the bus, backpack safety, healthy eating options, preventing bullying, secure before & after school childcare, and building good homework & study habits visit:

HealthyChildren.org

<https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/back-to-school-tips.aspx>

Safeguard Your Accounts With Online Banking

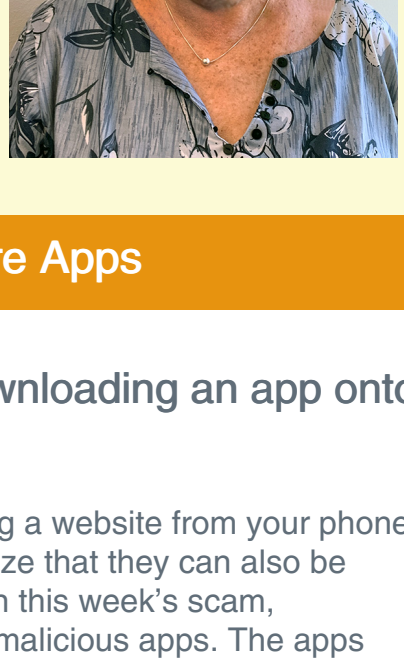
If you have not yet registered your account(s) for Online Access contact us today to learn how. 785-295-2100

New Employee

Welcome Back Susan Corbin

Susan Corbin works at the Westridge Branch of Fidelity State Bank & Trust Co. She retired a few years ago and decided to come back as a full-time teller.

Stop by and say hello to Susan when you are in the neighborhood at 21st and Ashworth Place across the street from Sonic!



Scam: Android Malware Apps

You may not think too much about downloading an app onto your phone.

Apps are widely available and can make navigating a website from your phone much easier. However, many people may not realize that they can also be used by cybercriminals to steal your information. In this week's scam, cybercriminals are targeting Android devices with malicious apps. The apps include a fake Google Chrome app and a fake sports streaming app called 4K Sports.

If you download these apps, malware will be installed on your phone. Cybercriminals design this malware to allow them to access your phone without you knowing about it. This malware can record what you type into your phone or allow cybercriminals to control your phone remotely. It can even access your phone contacts and send them text messages. The texts contain links to web pages with malicious apps available for download, allowing the malware to continue to spread.

Follow these tips to avoid falling victim to a malicious app scam:

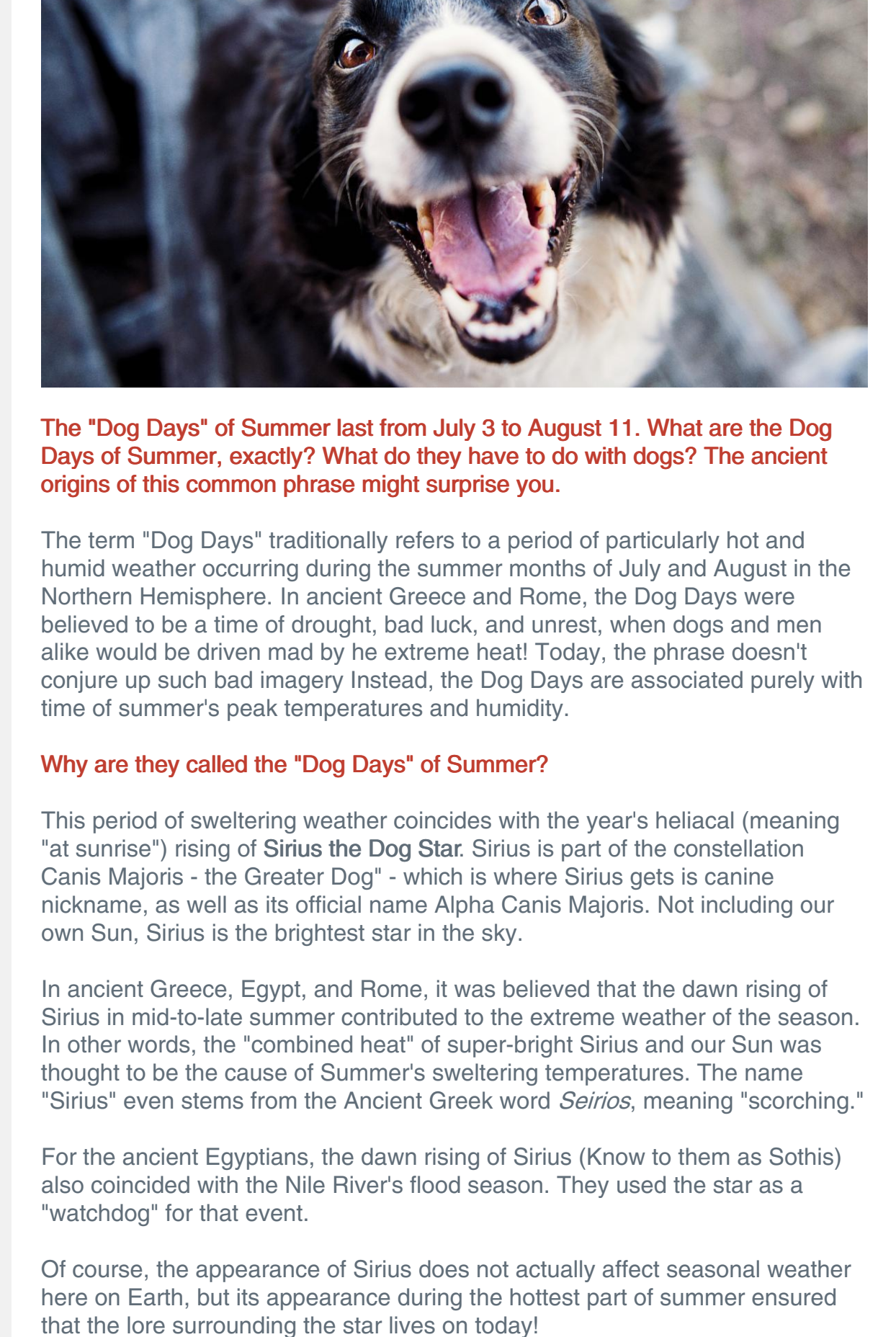
- Only download apps from official and trusted sources like the Google Play Store or the Apple App Store. Avoid downloading apps from third-party websites or links sent via text or email.
- Read reviews and do research before downloading any app, especially lesser-known ones.

Don't click on suspicious links in unexpected text messages or emails, even if they appear to come from someone you know.

This information provided by TheKnowBe4 Security Team KnowBe4.com

Stop, Look, and Think. **Don't be fooled**

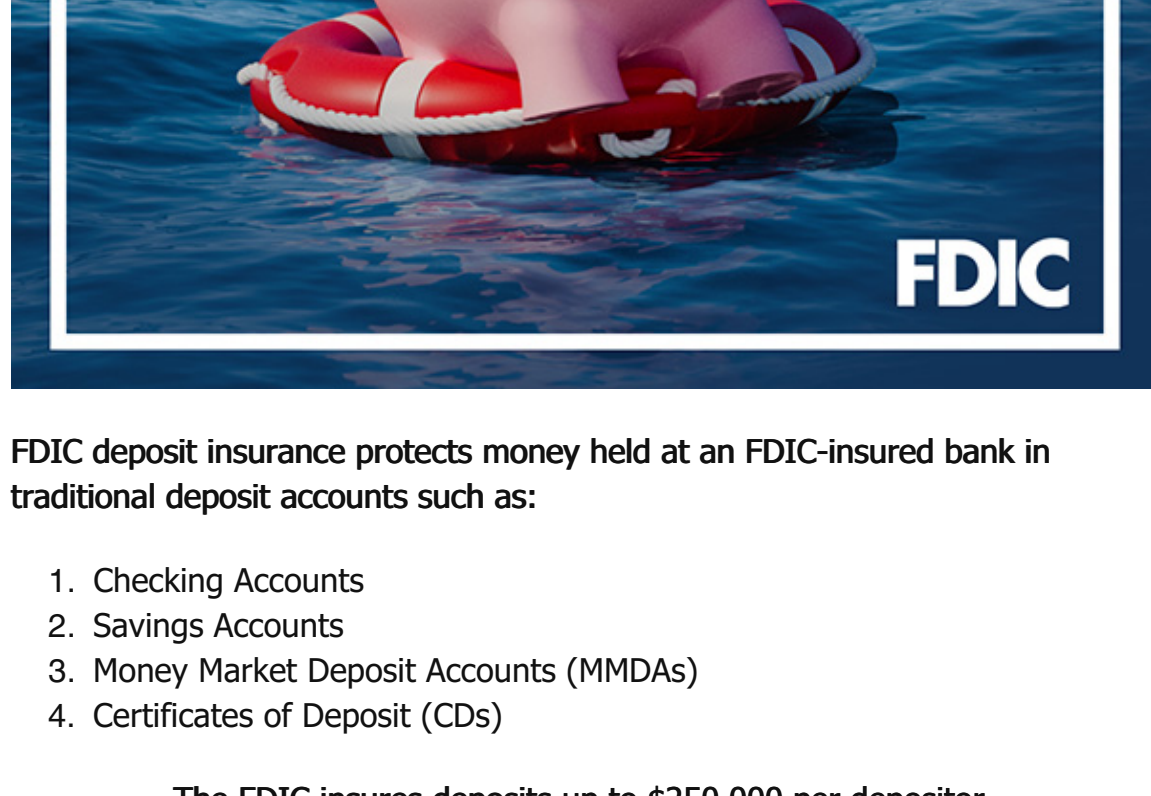
New Business Mobile features:



Have you heard? Business Mobile Banking is here!

All the services you can access from your desktop computer for Business Online Banking are also available from your mobile device, plus Mobile Deposit and Mobile e-Statements.

For security reasons, online access for businesses must be initiated through the commercial department at the Main Bank. If you are ready to access Business Online Banking or have questions, please contact the Commercial Banking Department at 785-295-2100.



The "Dog Days" of Summer last from July 3 to August 11. What are the Dog Days of Summer, exactly? What do they have to do with dogs? The ancient origins of this common phrase might surprise you.

The term "Dog Days" traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere. In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat! Today, the phrase doesn't conjure up such bad imagery. Instead, the Dog Days are associated purely with time of summer's peak temperatures and humidity.

Why are they called the "Dog Days" of Summer?

This period of sweltering weather coincides with the year's heliacal (meaning "at sunrise") rising of Sirius the Dog Star. Sirius is part of the constellation Canis Majoris - the Greater Dog" - which is where Sirius gets its canine nickname, as well as its official name Alpha Canis Majoris. Not including our own Sun, Sirius is the brightest star in the sky.

In ancient Greece, Egypt, and Rome, it was believed that the dawn rising of Sirius in mid-to-late summer contributed to the extreme weather of the season. In other words, the "combined heat" of super-bright Sirius and our Sun was thought to be the cause of Summer's sweltering temperatures. The name "Sirius" even stems from the Ancient Greek word *Seirios*, meaning "scorching."

For the ancient Egyptians, the dawn rising of Sirius (Known to them as Sothis) also coincided with the Nile River's flood season. They used the star as a "watchdog" for that event.

Of course, the appearance of Sirius does not actually affect seasonal weather here on Earth, but its appearance during the hottest part of summer ensured that the lore surrounding the star lives on today!

About the FDIC

FDIC deposit insurance protects money held at an FDIC-insured bank in traditional deposit accounts such as:

1. Checking Accounts
2. Savings Accounts
3. Money Market Deposit Accounts (MMDAs)
4. Certificates of Deposit (CDs)

The FDIC insures deposits up to \$250,000 per depositor.

The Federal Deposit Insurance Corporation (FDIC) is an independent agency created by the Congress to maintain stability and public confidence in the nation's financial system. The FDIC insures deposits; examines and supervises financial institutions for safety, soundness, and consumer protection; makes large and complex financial institutions resolvable; and manages receiverships.

<https://www.fdic.gov/resources/deposit-insurance/>

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