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September Newsletter 2017

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Football Tickets Giveaway

As an appreciation to our friends of **Kalfus and Nachman** you will be entered into a drawing for a grand prize of tickets to the **Washington vs. Dallas** game at FedEx Field on October 29 at 4:25 pm. Visit our website at kalfusnachman.com/ticket-contest to go and enter. There will be an additional twelve prizes of gift certificates to **Olive Garden®, Cold Stone Creamery®, Outback Steakhouse®, Ruby Tuesday, Applebee's®, Cracker Barrel®, Texas Roadhouse®, and movietickets.com™**.



Drawing will be held on Monday, October 23rd and winners will be notified immediately by email. Be sure to **send your family and friends the link to enter our drawing as well!!! Always be watching for our future raffles for additional chances to win!**

Please check our Facebook page <https://www.facebook.com/KalfusNachman> for updates.

Winners will be drawn at random. One entry per email address, IP address, per person. Must be 18 years or over to receive prizes. Must be a Virginia or North Carolina resident. Contest ends at 12:00 pm on 10/23/17. Be sure to check your email starting on 10/24/17.

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Your Child's School Bus Drivers: Can They Be Trusted?

Every day you entrust your child into the skilled hands of a school bus driver. Although we seldom voice it, the thought of a child being injured in a school bus accident is always in the back of our minds.

Although school bus accidents are relatively rare, they can result in injuries ranging from minor to very serious and even fatalities. Bus accidents can happen in our own back yard: A recent school bus vs. car crash in Virginia Beach resulted in several sixth-graders being treated for minor injuries.

One of the most important factors in school bus safety is the experience and skill level of the bus driver. Both Virginia and North Carolina have rigorous standards that prospective school bus drivers must fulfill, including:

- Criminal history check
- Child protective services check
- Drug and alcohol testing: Pre-employment, random and post-accident
- DMV record check
- Proper licensing
- Minimum age and experience requirements
- Annual physical examination
- Character statements
- Classroom testing
- Behind the wheel training
- Training in CPR and first aid



School Bus Drivers: Special Characteristics Needed

Beyond these basic requirements, school bus drivers must have the right characteristics to deal with a bus full of noisy kids while negotiating tricky roads. They must have excellent vision and also be able to distinguish important road sounds from interior background noise.

Bus drivers must be able to operate a large vehicle and at the same time be attentive to - but not get distracted by - student behavior. They must inspire the full confidence not only of their young charges but also of their parents.

School districts have a huge responsibility to hire the right personnel to get your children to and from school safely.

Establishing a Good Sleep Routine for Back to School

It can be a struggle to get back into a school day routine after the long, lazy days of summer.

When the cold reality of a school day alarm clock buzzes, it can really be a struggle to get kids - especially teenagers - up and out the door on time.

How Much Sleep Should Kids Get?

Experts agree that most children do not get enough sleep. Here are their recommendations (from WebMD.com):

- **Toddlers ages 1-3:** 12-14 hours a night, reducing naps at 18 months to one every day
- **Preschoolers ages 3-5:** 11-13 hours, eliminating nap by age 5
- **School age 5-12:** 10-11 hours
- **Teens:** 9-10 hours



Sleep deprivation can really be a problem for teens. Studies show that lack of sleep can cause issues with learning and behavior and even an increase in substance use and abuse. Other problems caused by losing sleep include an increase in diabetes, obesity and dependence on sleep and anxiety medications.

Tips To Transition from Summer to a School Schedule

- Have your child begin to go to bed earlier **before** school starts - first 15 minutes earlier, then 30, etc.
- Start to wake them up earlier as school approaches until you are getting them up close to school time wake up.
- Eliminate caffeine intake by early afternoon. Check vitamin waters for hidden caffeine.
- Keep children of all ages active so they will be physically tired by bedtime.
- Keep bedrooms dark.
- Have children put away electronics at least an hour before bedtime. Reading to a child or having them read by themselves is a great substitute that establishes a relaxing bedtime routine.

If you or a family member has been injured in a car accident or any personal injury, or has been denied Social Security Disability benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call **800-361-0430** for your initial free consultation. Kalfus & Nachman PC, Personal Injury attorney in Norfolk, can help you determine whether you need a lawyer for any personal injury case.



**Employee
of the Month
Jeanne Brody**



Circus Ticket Winners



Here's what people are saying about Kalfus and Nachman...



Christopher Jacobs
ATTORNEY

Kalfus & Nachman

"I had a great experience with Christopher Jacobs as my attorney with Kalfus & Nachman. He made sure that both my husband and I were well prepared for what to expect in court at trial. He was thorough, attentive, and professional at all times. Not to mention that when the insurance company tried to claim some type of defense, he knew that area of law so well he was quick to defeat their theory. I recommend Christopher Jacobs for anyone who is injured or a victim of someone else being careless or negligent."

-Client



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Legal Matters
Sept 7 and Sept 21



Case by Case
Sept 6 and Sept 20



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