



August News 2011



August 2011

Getting Ready For School !

Volume: 79

Brentwood Academy News



Summer Camp Endsó
Wednesday August 31

School Closingsó
Thursday and Friday
September 2, 3

School Closedó Mon-
day September 6
Labor Day

First Day Of Schooló
Tuesday September 7

School Uniforms
Tuesday September
2nd School uniforms
resume



Parents please have your child well prepared for the first day of school by wearing the correct attire and having the supplies needed

Tiny Tots Playroom News



School Closed-
Monday September 6
Labor Day

School Supply List

Parents of Pre-Kô
2nd Grade, Supply
Lists are located
On The Schools
Website

Blue Bird Dayschool News

September 3
Camp Ends



School Closedó Sep-
tember 6

First Day of School-
September 7

Parents ask and make sure your child/ childrens file is complete and up to date with all the state licensing codes

Augustus for 'August'

After Julius's grandnephew Augustus defeated Marc Antony and Cleopatra, and became emperor of Rome, the Roman Senate decided that he too should have a month named after him. The month Sextillus (sex = six) was chosen for Augustus, and the senate justified its actions in the following resolution: Whereas the Emperor Augustus Caesar, in the month of Sextillus . . . thrice entered the city in triumph . . . and in the same month Egypt was brought under the authority of the Roman people, and in the same month an end was put to the civil wars; and whereas for these reasons the said month is, and has been, most fortunate to this empire, it is hereby decreed by the senate that the said month shall be called Augustus.

Not only did the Senate name a month after Augustus, but it decided that since Julius's month, July, had 31 days, Augustus's month should equal it: under the Julian calendar, the months alternated evenly between 30 and 31 days (with the exception of February), which made August 30 days long. So, instead of August having a mere 30 days, it was lengthened to 31, preventing anyone from claiming that Emperor Augustus was saddled with an inferior month.

To accommodate this change two other calendrical adjustments were necessary:

The extra day needed to inflate the importance of August was taken from February, which originally had 29 days (30 in a leap year), and was now reduced to 28 days (29 in a leap year). Since the months evenly alternated between 30 and 31 days, adding the extra day to August meant that July, August, and September would all have 31 days. So to avoid three long months in a row, the lengths of the last four months were switched around, giving us 30 days in September, April, June, and November.

Blue Bird of Alexandria

September 3
Camp Ends



School Closedó Sep-
tember 6

First Day of School-
September 7

Table Of Contents

- Summer recipes
- Safety Tips
- Announcement
- Discipline Technique
- Lunch Menu
- Get set for school

HEALTH TRICKS EVERY PARENT SHOULD KNOW

Clear a Stuffy Nose

How to do it: Dissolve a quarter teaspoon of salt in a half cup of warm water, and fill a nasal-spray bottle with the solution. Spritz twice into each nostril, then have your child blow his nose into a tissue. (If your child is too young to blow, use a bulb syringe to suction out the fluid.)

Why it works: Salt water loosens thick mucus, making it easier to discharge from the nose, and restores the natural moisture of the inner membranes.

When to call the doctor: If you think your child may have an ear or sinus infection. (Symptoms include a fever, persistent cough, earache, or yellow or green nasal secretions.)

Give Medicine to a Baby or Toddler

How to do it: Place your child in an infant seat or have another person cradle her in a similar position, then let her have several licks of an ice pop or ice cube. Now quickly squirt the medicine into the side of her mouth, between her cheek and her gums.

Why it works: Cold numbs your baby's tongue and cheeks, making her less sensitive to taste and less likely to spit the medication back up. (Serving medicine cold -- with your doctor's okay -- can also lessen an unappealing taste.)

When to call the doctor: If your child is too sick to keep the medicine down, or if she spits up two or more doses.

Relieve Teething Pain

How to do it: Fold a washcloth into a small triangle, dip one corner in water, and place in the freezer for a few hours. Once it's frozen, let your baby grasp the dry end of the cloth -- or hold it for him -- while he gnaws on the frozen corner.

Why it works: The rough fabric makes a baby's irritated gums feel better, and the cold soothes the area, helping to reduce swelling and inflammation.

When to call the doctor: If your baby seems to be in pain -- or if the frozen washcloth doesn't ease his irritability.

Soothe Itchy Mosquito Bites

How to do it: Gently roll a liquid or solid antiperspirant over the swollen, irritated welts. Wait five minutes, then reapply if the bites are still itchy.

Why it works: "The aluminum salts in the antiperspirant cause fluid in the bites to be reabsorbed into the body," explains Kenneth Haller, M.D., an assistant professor of pediatrics at Saint Louis University School of Medicine. "When the swelling subsides, the itching goes away."

When to call the doctor: If the bite shows signs of infection, such as red streaks or increased tenderness, or if your child develops flu like symptoms -- such as fever, headache, muscle pain, or swollen glands -- that could signal West Nile virus.

Clean a Cut

How to do it: First wash the area with soap and water, then use a clean squirt toy or turkey baster to direct a stream of clean, warm water into the wound. Pat dry, apply an antibiotic ointment, then bandage loosely.

Why it works: "By irrigating the area, you're more likely to flush out any last bits of dirt and grit, which speeds healing and decreases the chance of infection," explains Lewis First, M.D., chief of pediatrics at Vermont Children's Hospital, in Burlington.

When to call the doctor: If you can't remove all of the foreign material from the wound, if the cut won't stop bleeding or looks particularly deep, or if you see signs of infection, such as redness or pus.

Ease Diaper Rash

How to do it: Instead of cleaning your baby's bottom with premoistened wipes, hold her over the sink and let warm water wash over her inflamed skin. Then dry her off using a blow-dryer set on cool.

Why it works: Washing with plain water and drying with air feels good on sore skin. In addition, it speeds healing by decreasing friction on the area. Exposure to the chemicals in baby wipes will only make the irritation worse.

When to call the doctor: If your baby's rash doesn't clear up after two or three days or if it's dark red or raised.

Remove Splinters

How to do it: "If your child has several fine splinters or cactus spines on the surface of the skin, touch the area with a strip of packing tape, then pull it away," says Ellen Kempf, M.D., medical director of the primary-care network at Akron Children's Hospital, in Ohio. If your child has a large, imbedded splinter, tweezers are still the best way to go.

Why it works: The splinters will adhere to the tape, making for a fast and easy removal.

When to call the doctor: If you can't get a splinter out, if the area shows signs of infection, or if it's extremely painful.

Take Care of Poison Ivy

How to do it: Wearing gloves and using liquid dishwashing soap and water, immediately wash any area that came in contact with the plant. Rinse thoroughly with clean water, then pat dry. If a rash develops, apply a cool, damp washcloth to the area.

Why it works: Liquid dish soap, which is detergent-based, will wash away the plant oil and help prevent absorption into the skin. Soaking in cool water or using cold compresses alleviates itching.

When to call the doctor: If the rash is on your child's face or near her eyes, if it spreads to more than 25 percent of her body, or if the itching is severe.

Calm a Sunburn

How to do it: Have your child soak in a tub of cool water for ten to 15 minutes. Gently pat skin dry, then smooth fragrance-free moisturizing lotion on the burned areas.

Why it works: "Keeping the skin cool will ease swelling and reduce pain, while the lotion helps replenish moisture," says Elizabeth Powell, M.D., a pediatric emergency specialist at Children's Memorial Hospital, in Chicago. "Avoid anesthetic sprays or ointments -- they can irritate some children's skin." Give ibuprofen or acetaminophen if he's uncomfortable.

When to call the doctor: If your child has a fever or chills, if the skin blisters, or if the burn covers a large area of his body.

Back To School Success

Get Ready.

School is right around the corner. Help your child stay healthy by following these tips

A+ Classroom

Parents and teachers know how quickly germs can make their way around a classroom, spreading colds and flu to student after student. But there are simple things you can do to manage the spread of germs at school. Learn how to teach germs a lesson when you sign up for a free "Clean up germs" at www.cloroxclassroom.com

It only takes one child coming home with the flu for the virus to spread to nearly 60 percent of surfaces in the household, according to a new study by researchers at the University of Arizona. Phone receivers were the biggest problem area 80 percent tested positive for the virus followed by door knobs, TV remote controls, light switches and the handles on microwaves and refrigerators.

Outsmarting Germs To help break the germ cycle, get in the habit of disinfecting frequently touched surfaces daily. Clorox disinfecting wipes are easy to use and kill 99.9 percent of germs that cause colds and flu. In addition, teach your child to wash his hands with warm, soapy water for at least 20 seconds, especially before eating and after coming home from school.

Know the rules Many children need medication for asthma, diabetes, ADHD or other conditions while they are at school. If your child needs daily medication, find out the guidelines are and whether you need to fill out any forms. "Have the prescription filled and ready to take to school before the first day" says Kelly Bell, pharmacist. Get to know the school nurse or person who will be administering the medication and provide that person with a copy of drug information leaflet that describes possible side effects and how to properly store the medication. Finally, make sure all bottles are properly labeled with exact directions.

Healthy Lunches

- Add a nutritious apple or banana or freshly cut fruit in a small gladware container
- Lean meats such as turkey, ham or roast beef, are healthier choices than bologna, salami, pastrami, or corned beef
- If your child won't eat 100 percent whole wheat bread, choose a higher fiber white bread with at least two grams



5 Things You Need to Know

- **School bus injuries send 17,000 children to the ER every year.** According to a new study from the center for injury research and policy in Columbus, OH.
- **Your toddler may be able to open a child resistant medication bottle.** Researchers at New York Hospital found that 40 percent of 2 to 5 year olds can remove the cap from twist off bottles and 10 percent can access them in less than 5 minutes. Store medication out of children's reach.
- **High Salt Diets may trigger exercise induced asthma,** so limit your 4 to 8 years old intake of sodium to 1900 milligrams daily.
- **Visualization and hydrotherapy may soothe kids headaches, tummy aches and other complaints.** According to *Relieve Your Child's Chronic Pain (Fireside)*, a new book from the director of Stanford University pediatric pain clinic.
- **Lawnmowers injure 9000 children annually.** Keep kids under age 6 indoors when you operate one, and if you own a riding mower, be sure to use the "no mow in reverse option" which will prevent you from accidentally backing over a child.