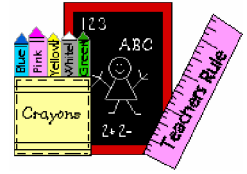


September News 2011



September 2011

Summer Ends School Begins

Volume: 68

Brentwood Academy News



School Closed:
September 1&2
Interservice Days

Labor Day
School Closed:
September 5th

First Day Of
School:
September 6th

Tiny Tots Playroom News



Labor Day
School Closed:
September 5th

First Day Of
School:
September 6th

Blue Bird Dayschool



Labor Day
School Closed:
September 5th

First Day Of
School:
September 6th



Blue Bird of Alexandria News



Labor Day
School Closed:
September 5th

First Day Of
School:

History of Labor day:

ÉLabor Day is celebrated on the first Monday in September. It's a day dedicated to the everyday worker. This holiday gives tribute to the working class contributions to the strength, prosperity, and well-being of our country. Labor Day became an official national holiday in 1894.



Welcome to our classroom,
Come in and sit right down.
We are all together,
Take a look around.

Here inside our classroom,
There's lots to see and do.
I am happy being here,
And making friends with you!.

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

**School Uniforms
Tuesday September 6th**



Make sure your child's medical and personal information are up to date. Medical forms you can find at our web site ready to print



Table Of Contents

- Information
- After school snacks
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- Easing Preschool
- Lunch Menu





HISTORICAL DATES

- 1 "Mary Had a Little Lamb" was published. (1830)
- 1 Emma M. Nutt becomes the first woman telephone operator. (1878)
- 1 Germany invades Poland, starting World War II (1939)
- 2 The Great Fire of London is started (1666)
- 2 V-J Day (1945)
- 3 The image of "Uncle Sam", a symbol of America, was first used. (1813)
- 4 George Eastman received a patent for roll film and trademarked the name "Kodak".
- 5 The First Continental Congress assembled in Philadelphia (1774)
- 6 Cal Ripken Jr. broke Lou Gehrig's baseball iron man record by playing in his 2,131st game.(1995)
- 7 The first Miss America beauty Pageant is held in Atlantic City N.J. (1921)
- 8 President Ford gives unconditional pardon to Richard Nixon for any crimes related to Watergate. (1974) See Pardon Day
- 9 California became the 3st state (1850)
- 9 Elvis Presley first appears on the Ed Sullivan Show. (1956)
- 11 The Beatles recorded their 1st single "Love Me Do". (1962)
- 11 The worst terrorist attack in U.S. history occurred as four large passenger jets were hijacked then crashed, killing nearly 3,000 persons. Four separate teams of Mideast terrorists, operating from inside the U.S., boarded the morning flights posing as passengers, then forcibly commandeered the aircraft. Two fully-fueled jumbo jets, American Airlines Flight 11 carrying 92 people and United Airlines Flight 175 carrying 65 people, had departed Boston for Los Angeles. Both jets were diverted by the hijackers to New York City where they were piloted into the twin towers of the World Trade Center. The impact and subsequent fire caused both 110-story towers to collapse, killing 2,752 persons including hundreds of rescue workers and people employed in the towers. In addition, United Airlines Flight 93, which had departed Newark for San Francisco, and American Airlines Flight 77, which had departed Dulles (Virginia) for Los Angeles, were hijacked. Flight 77 with 64 people on board was diverted to Washington, D.C., then piloted into the Pentagon building, killing everyone on board and 125 military personnel inside the building. Flight 93 with 44 people on board was also diverted toward Washington but crashed into a field in Pennsylvania after passengers attempted to overpower the terrorists on board
- 13 New York City becomes the capitol of the United States.(1788)
- 14 Francis Scott-Key composed the lyrics to "The Star Spangled Banner". (1814)
- 16 The Mayflower sets sail from Plymouth, England. It carried pilgrims headed to the New World, to escape religious persecution. (1620)
- 20 Billie Jean King defeats Bobby Riggs in a battle of the sexes tennis match. (1973)
- 21 Henry Ford retires from Ford Motor Company. (1945)
- 22 The record for drinking Ketchup belongs to Dustin Phillips (USA). On this day, he drank a 14 oz. bottle of Ketchup through a 1/4" straw in 33 seconds. (1999)
- 23 The planet Neptune is first discovered by German astronomer Johann Gottfried Golle. (1846)
- 25 Sandra Day O'Connor became the first female Supreme Court Justice. (1981)
- 26 The U.S. Postal Service was founded. (1789)
- 30 Rayon is patented. (1902)



The September Equinox Explained

The September equinox occurs at 09:04 (or 9:04am) Coordinated Universal Time (UTC) on September 23, 2011. It is also referred to as the autumnal or fall equinox in the northern hemisphere, as well as the spring or vernal equinox in the southern hemisphere (not to be confused with the March equinox). This is due to the seasonal contrasts between both hemispheres throughout the year

Dispelling the "exactly 12 hours of daylight" myth

During the equinox, the length of night and day across the world is nearly, but not entirely, equal. This is because the day is slightly longer in places that are further away from the equator, and because the sun takes longer to rise and set in these locations. Furthermore, the sun takes longer to rise and set farther from the equator because it does not set straight down - it moves in a horizontal direction.

Moreover, there is an atmospheric refraction that causes the sun's disk to appear higher in the sky than it would if earth had no atmosphere. timeanddate.com has a more detailed explanation on this topic. timeanddate.com has more information on why day and night are not exactly of equal length during the equinoxes.

Historical Fact

A Greek astronomer and mathematician named Hipparchus (ca. 190-ca.120 BCE) was attributed by various sources to have discovered the precession of the equinoxes, the slow movement among the stars of the two opposite places where the sun crosses the celestial equator. However, the difference between the sidereal and tropical years (the precession equivalent) was known to Aristarchus of Samos (around 280 BCE) prior to this.

Hipparchus made observations of the equinox and solstice. Astronomers use the spring equinoctial point to define their frame of reference, and the movement of this point implies that the measured position of a star varies with the date of measurement. Hipparchus also compiled a star catalogue, but this has been lost.

The word ðequinoxö derives from the Latin words meaning ðequal nightö and refers to the time when the sun crosses the equator. In modern times this word is used to refer not only to the positions on the ecliptic but



First Day of School Checklist

Your child's first day at school can be a nerve-wracking experience for both parents and children. In order to keep your child organized and make the experience a little less unnerving, it is a good idea to prepare your child with a first day of school checklist. This checklist covers the basic information as well as instructions if your child should get lost.

Make sure your child knows his or her teachers name.

This will help ease the fears of not knowing where to go. If your child gets lost, another teacher can easily guide your child to the right place. If your child happens to forget his or her teacher's name, they can still get help from another teacher who will likely guide them to the main office.

Most schools send home a list of items children will need to bring on their first day of school.

Review the checklist and pack your child's backpack a few days before school begins. You can double-check the backpack the night before to ensure your child has not removed any of the items.

Sit down with your child and explain in simple terms what the first day of school is going to be like.



While you may not be able to remember as far back as your first day of kindergarten, as a parent your child relies on you to ease any fears they may have. Allow your children to ask questions about their first day at school and answer them as best as you can.

If possible, take your child to school on that first day of kindergarten.

Your child may feel more at ease if he or she has you to direct them to the proper location. Be aware that your child may panic when you have to leave and the experience may be hard on you as well.

Make sure your child has an emergency contact card to present to the teachers.

This card is important because it will have all of the necessary information for your child's school to contact you should they need to. Also ensure that your child knows or has your home phone number written down. This way they can contact you if the need arises.

It is very easy to get caught up in your child's first day of school which can be a nerve-wracking experience for both parents and children. You can help to ensure your child gets off to a great start by making sure they are prepared. If you cannot take your child to school on that first day, at least make sure they know their teacher's name and where they will be going.

Fill out all emergency contact information and make sure the information reaches your child's teacher. Also be sure that your children know their home phone number so they can contact you if the need arises. Be sure to congratulate your child on a job well done after they arrive home.

Family-friendly after-school snack ideas

Edible origami

Your kids will love helping you fold whole wheat flour tortillas into edible origami. To begin, simply cut the edges off burrito-size flour tortillas to make them into perfect squares. Heat the square tortillas in the microwave for 15 seconds to make them pliable for folding. Have the kids add a dollop of their favorite filling. Nut butters, cream cheese mixed with salsa, shredded cheddar cheese, hummus and black bean dip are all tasty ideas. Fold all four corners toward the center to make a smaller square. In a heated frying pan, warm the edible origami on both sides to achieve a crispy seal.

Rainbow veggie skewers

Having trouble getting your kids to eat their veggies? These veggie skewers are fun to make and most kids will eat anything that comes on a stick. Just chop up some colorful fresh vegetables into bite-size chunks. Carrots, celery, cherry tomatoes, yellow peppers, beets, broccoli and cucumber are all good choices. Challenge the kids to see if they can create a rainbow of vegetables on their skewers. Whoever eats the rainbow first wins!

Ham, cheese and spinach tortilla pinwheels

These bite-size tortilla pinwheels are perfect for little hands! Using burrito size whole wheat tortillas, have the kids smear a layer of cream cheese, leaving a half inch open around the edge. Now place a layer of baby spinach leaves over the cream cheese. Follow with a thin layer of ham. Roll each tortilla tightly from one end to the other. Secure with toothpicks and place in the refrigerator to chill for a half hour. Slice into thin (approximately 1/3 inch) pinwheels and serve.

Avocado boats

Get ready to set sail with these healthy and yummy avocado boats. Begin by cutting 4 avocados in half and removing the pits. Scoop out the avocado flesh and mix with the juice of 2 limes, 1/2 chopped tomato, 1/4 diced onion and 1/4 teaspoon salt to make a yummy guacamole. Return guacamole to the scooped out avocado skins. Serve Avocado Boats on a sea of blue corn tortilla chips. Ahoy!

Funny face deviled eggs

We love these funny face deviled eggs and your kids will, too! First, hard boil 6 eggs. Peel and cut in half. Scoop out the yolks and mix with 3 tablespoons of mayonnaise, 1 teaspoon of honey mustard, 1 stalk diced celery, 1/4 teaspoon paprika and salt and pepper to taste. Pipe the filling back into the eggs with a pastry bag. Let the kids decorate the eggs with pretzel bits, black and green olives, slices of cherry tomatoes or seaweed paper to make funny faces.

Triple berry smoothie

Get a burst of antioxidant goodness with this mouthwatering Triple Berry Smoothie. Just toss a half cup each of blueberries, raspberries and strawberries into your blender. Add 1 cup Greek yogurt, 1 cup milk, 6 ice cubes and 2 tablespoons raw honey. Puree on high for 1-2 minutes until thick and creamy. Pour into tall glasses and garnish with a slice of strawberry.

Oven-baked chicken fingers

Do your kids come home from school starving? These chicken fingers are a cinch to make and fill up empty bellies fast. Put 20 crackers in a sturdy Ziploc bag. Close the bag and crush the crackers. Grease a baking sheet with oil. Dip uncooked chicken tenders into bag to coat with cracker crumbs. Lay the tenders on the baking sheet. Cook for 20 minutes at 350 degrees F or until golden brown. Serve with honey mustard, barbecue or your favorite dipping sauce.