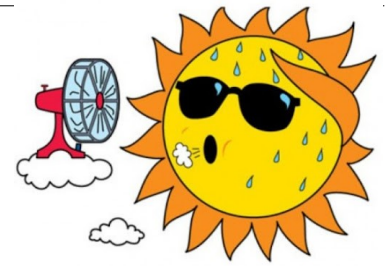




# August News 2024



Getting Ready For School !

Volume: 79

## Brentwood Academy News



Summer Camp Ends—  
Friday August 30

School Closed— Monday  
September 2 Labor Day

First Day Of School—  
Tuesday September 3

**School Uniforms  
Tuesday September  
3rd 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

**Blue Bird of  
Alexandria II  
K—2  
School Hours  
8:30—3:30**



Parents ask and make sure your child/children's file is complete and up to date with all the state licensing regulations

## Tiny Tots Playroom News

August 23 - August 30 Transitioning to Blue Bird of Alexandria



Summer Camp Ends— Friday August 30

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Tuesday September 3

## School Supply List

Parents of Pre-K— 2 nd Grade, supply lists are located On The School's Website

## Blue Bird of Alexandria II

Summer Camp Ends— Friday August 30



School Closed— Monday  
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First Day Of School—  
Tuesday September 3

## Announcement

**Parents: Effective September 1st the tuition fees will be changing . The new Fees are listed below**

	Weekly	Monthly
Infants	\$435.00	\$1,885.00
Non toilet trained toddlers	\$415.00	\$1,795.00
Toddlers	\$400.00	\$1,730.00
Pre-K	\$400.00	\$1,730.00
K-2	\$435.00	\$1,885.00
2 Children	\$700.00	\$3,030.00
3 Children	\$880.00	\$3,810.00

## Blue Bird of Alexandria



Summer Camp Ends— Friday August 30

School Closed— Monday  
September 2 Labor Day

First Day Of School— Tuesday September 3

## Blue Bird of Vienna



Summer Camp Ends— Friday August 30

School Closed— Monday  
September 2 Labor Day

First Day Of School—  
Tuesday September 3

## Blue Bird Dayschool News

Summer Camp Ends— Friday August 30



School Closed— Monday  
September 2 Labor Day

First Day Of School— Tuesday September 3



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- **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 children 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.

## How to Stay Sun Safe This Summer

- \*Seek shade from 10 to 4.
- \*Compare the skin on your belly or buttocks with the skin on your forearms. You'll see how ultraviolet light ages and dries the skin.
- \*Use sunscreen after a few minutes in the sun. (You can let the sun shine on face, arms, back, or legs without sunscreen ten to fifteen minutes a day three times weekly. That's enough to produce the body's requirement of vitamin D.)
- \*Use sunscreens with a SPF (sun protection factor) of at least 15 protect from 93 percent of UVB radiation; SPF 30 protects from up to 97 percent of UVB rays. But sunscreens do not block all the damaging rays. Some tanning lotions do not contain sunscreens. Check the label.
- \*Don't burn. But if you do:
  - \*Use a moisturizer to lubricate areas where the burn will rub against skin or clothes.
  - \*Try a cream or gel with menthol or camphor. Either will help take away the sting.
  - \*If small blisters develop from your sunburn, leave them alone. Popping blisters risks introducing bacteria to the wound.

**Are you ready for Back to School?** The following checklist is intended to assist new and returning students and their parents/guardians prepare for the upcoming school year.

### Bring in

- Outstanding forms, i.e. Medical, Information or Emergency Contact forms
- Clearly labeled sleeping bag which will be sent home for laundering at the end of each week
- Seasonally appropriate change of clothes

### Notify Teacher or Director:

- Any food allergies, and complete an allergy alert/treatment form
- Present medications
- Any specific health issues
- Any confidential custody issues (Director or Assistant Director)

### Sign-In and out:

- Each child must be signed in and out daily, no exceptions
- Provide updated emergency contact information
- Complete the parent/guardian contact information form for each classroom at the beginning of the school year

### For Safety:

- Drive slowly on school grounds
- Please do not drive through the cones. They indicate children are on the playground
- With written notifications to Director of alternative pick-up arrangements. Photo identification will be required before child is released to this person

### Please be Aware:

- Your emergency contact information must be kept current so you may be reached for emergency contact and sick child pick-up
- Clearly label all backpacks, sleep items and clothing (i.e. coats, hats, etc.)
- Misplaced items will be placed in the 'lost and found' bin located near the entrance desk



# 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.