



NURSES NEWS

SCHOOL NEWS



AUGUST:

- 14th Fall Sports Orientation
- 15th & 16th Kindergarten Discovery
- 16th First Day Football Practice
- 21st First Day HS/JrH Sports Practice
- 22nd Back to school night
- 24th First day of school!!!

SEPTEMBER:

- 1st 7pm Football @ Echo
- 4th No School Labor Day
- 9th 5pm Football @ Home with Selkirk
- 14th 12:30 Early Release
- 14th 6pm Football @ Home with Kamiah
- 15th No School Fair
- 20th 2pm Early Release
- 22nd 5pm Football @ Potlatch
- 28th 7pm Football @ Home with Gar-Pal



SEPTEMBER:

- 4th Labor Day
- 22nd Fall Begins



It's time to think about preparation for back to school. Please check your child's immunization status for compliance with Washington state requirements. If you need assistance with finding this information, you can contact your child's healthcare provider or the school nurse. You will need to make sure immunizations are up-to date before the end of September so plan ahead! **See insert**

To many Americans, **Labor Day** marks the end of the summer, a day off from work and school, and one last chance to relax. But Labor Day is much more than just a day off. It represents a very important victory for laborers everywhere. The holiday is a celebration of the social and economic achievements of American workers.

Fighting for Change

More than a century ago, workers were forced to deal with harsh conditions. They were paid very little, and they often worked 10-to-12-hour days. Men, women and even small children were forced to work even when they were sick. Tired of long hours and dangerous conditions, workers began organizing themselves into labor unions. On top of fighting for higher pay and shorter workdays, they also fought for the rights of children. The workers wanted employers to place limits on the age of their workers so that small children were not overworked or hurt in factories.

A Holiday for Workers

A New York City carpenter named Peter McGuire is credited for coming up the idea for Labor Day. In 1872, after working many long hours under poor conditions, McGuire rallied 100,000 workers to go on strike. The workers marched through the streets of New York City, demanding a better work environment.

McGuire spent a decade fighting for worker's rights. In 1882, he proposed the idea to create a special holiday for workers. On Tuesday, September 5, 1882, more than 10,000 workers hit the streets of New York City for the first ever Labor Day parade. Two years later the celebration was moved to the first Monday in September. And in 1894, Congress passed a law making Labor Day a national holiday.

A Relaxing Celebration

Americans celebrated the first Labor Day holiday with a parade, picnics and fireworks. Today, many people hit the road to enjoy the last of their summer vacation. Others enjoy the long weekend with picnics, backyard barbecues or just rest and relaxation.

However you spend Labor Day, remember that the holiday is a time to pay tribute to the workers who have made America what it is.



Peter McGuire is often called the "father" of Labor Day. He came up with the idea for the holiday in 1882.

MISCELLANEOUS



Brushing Your Teeth Facts

- People who drink 3 or more glasses of soda each day have 62% more tooth decay, fillings and tooth loss than others. Put down the pop and sports drinks and pick up some nice fresh water instead.
- If you don't floss, you miss cleaning 40% of your tooth surfaces. Make sure you brush and floss twice a day!
- More people use blue toothbrushes than red ones.
- Like fingerprints, everyone's tongue print is different.
- Kids laugh around 400 times a day, adults just 15 times a day.
- Giraffes only have bottom teeth.
- Just like finger prints, tooth prints are unique to each individual.
- 78% of Americans have had at least 1 cavity by age 17.
- 1882 was the year commercial floss was first manufactured.
- Dogs have 42 teeth, cats have 30 teeth, pigs have 44 teeth, and an armadillo has 104 teeth.
- The elephant grinds its molars and grows new ones. This happens six times in a lifetime! An elephant's molar is about 7 inches square and can weigh over 6 pounds.
- The Blue Whale is the largest mammal on earth, but it eats only tiny shrimp because it has no teeth.
- The Crocodile Bird flies into the open mouth of a crocodile and cleans the crocodile's teeth!

Songs to Brush Your Teeth To (videos on YouTube)

- "Brush Your Teeth" from KidsTV123
- "Brush and Floss" from the American Dental Association
- "This Is the Way We Brush Our Teeth" from Little Baby Bum

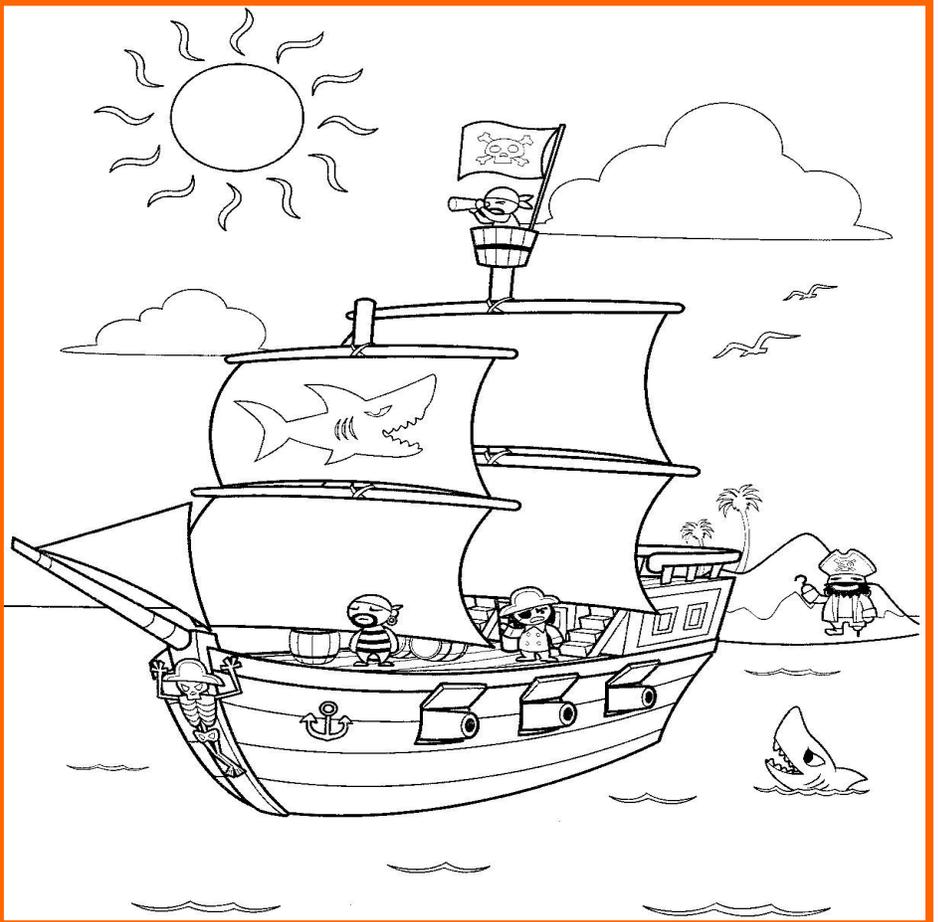
Pinecone Bird Feeder

Supplies:

- Bird Seed
- Pinecones
- Peanut Butter
- Ribbon

Directions:

- Cover entire pinecone in peanut butter
- Roll around in birdseed so pinecone is completely covered
- Tie ribbon on the top of the pinecone
- Hang on your favorite tree and watch the birds :)



Morning Rice

- 1/2 cup cooked brown rice
- 1/4 cup low-fat milk or soy milk
- 1 apple, peeled, cored, & finely chopped

1/4 teaspoon vanilla extract

1/4 teaspoon cinnamon

Mix all ingredients in a microwave safe bowl. Heat on high for 1-2 minutes or until heated through.



Garfield County Health District
121 South 10th Street/Box 130
Pomeroy, WA 99347

509-843-3412—FAX 509-843-1935

