

PARENT EMPOWERMENT IN GLENDALE

OCTOBER 2021



Children's Dental Health



Cavities (also known as caries or tooth decay) are one of the most common chronic diseases of childhood in the United States. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. Children who have poor oral health often miss more school and receive lower grades than children who don't.

The good news is that cavities are preventable!

For babies:

- Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.
- When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.
- Visit the dentist by your baby's first birthday to spot signs of problems early.
- Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears.

For children:

- Brush their teeth twice a day with fluoride toothpaste.
- Be sure their toothbrush has soft bristles (the package will tell you if they're soft). Get a new toothbrush every 3 months.
- Floss their teeth once a day making sure to get between the very back teeth as well.
- Ask your child's dentist to apply dental sealants when appropriate.



<https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>

Autumn Jokes

1. What's the biggest problem a book could have?
2. Why did Humpty Dumpty like autumn so much?
3. What do you get if you divide a pumpkin's circumference by its diameter?
4. Why is a Jack O'Lantern so forgetful?
5. What's the best thing you could put into a pumpkin pie?



1. In autumn it could lose its leaves
2. Because Humpty Dumpty had a great fall!
3. Pumpkin Pie!
4. Because it has an empty head.
5. A great bite!

Pumpkin Slime

Supplies:

- Pumpkin
- 2 bottles of clear Elmer's glue
- Liquid starch
- Pumpkin carving tool(to cut the top of the pumpkin)
- Gloves (optional)

Instructions:

1. Carve out the top of the pumpkin. Using the stem, remove the top. Scoop out all the inside guts and place in a bowl.
2. Dump both bottles of clear glue in the bowl. Mix well with your hands.
3. Add 1 cup of liquid starch. Mix well with your hands. If mixture appears to stick to your hands, slowly add more liquid starch until you reach that slime consistency. It may take up to 15 minutes of mixing to reach the consistency.

Pumpkin Volcano

Supplies:

- Pumpkin (the one used for the slime)
- Baking soda
- Vinegar
- Dish soap

Instructions:

1. Take your pumpkin outdoors as this will get messy!
2. Pour about a cup of baking soda into the pumpkin
3. Squirt in dish soap. About 1/4 cup will be more than enough.
4. Get ready to move out of the way after pouring vinegar into the pumpkin and sealing it off with the top of the pumpkin again.
5. Watch the volcano erupt!

**these activities should be done with an adult

Agency Appreciation

Harvest Compassion Center



The Harvest Compassion Center is completely free to the public allowing all guests to shop freely for food, hygiene, baby and clothing items. Each guest is allowed one visit every 30 days and is asked to provide proper identification that states their current home address. Each guest must bring with them their I.D. and also a utility bill. Locations in West Phoenix, North Phoenix, and Maryvale. Visit <https://harvestcompassioncenter.org/about/hcc-services/> for locations and hours.

SELS/Counselor Spotlight

Hello-

My name is Kimberlee Clark and I am the SELS at Glendale Success Academy (GSA). I have worked in GESD for 13 school years, all of them at GSA. I enjoy planning and implementing special events and activities for the students and staff at GSA.

My favorite part about working for such a great school district is getting to support students in their academic, social/emotional, and behavioral growth.



OCTOBER 6TH & 27TH

GESD FOOD DISTRIBUTION

LOCATION: DISTRICT OFFICE

9 AM-3 PM

*ID REQUIRED

OCTOBER 9TH

FRONT PORCH FESTIVAL AND
OLD TOWNE MARKETPLACE

LOCATION: HISTORIC DOWNTOWN GLENDALE

10 AM - 4 PM

OCTOBER 22ND

MOVIES BY MOONLIGHT
THE GOONIES

LOCATION: ASU WEST FLETCHER LAWN

7 PM

PLEASE VIEW THE FAMILY HUB'S
WEBSITE AND EXPLORE THE
CALENDAR FOR MORE EVENTS
AND WORKSHOPS!

[HTTPS://PORTALS.GESD40.ORG/PAGE/2454](https://portals.gesd40.org/page/2454)