



HEAD START AT A GLANCE...

Southwest Georgia Community Action Council, Inc.

January/February 2018

JANUARY 2018

- 1 New Year's Day
- 1-3 Student Holiday Break
- 3 Perfect Attendance Award Day
- 15 MLK Holiday (All Centers Closed)
- 16 Policy Council Meeting
- 17 Positive Day



WORKSHOPS/OBSERVANCES

Activities You Can Do at Home with Your Children

- Anemia Child- Iron Medication a Must
- Injury Prevention for Children & Adults
- National Birth Defects Prevention Month
- Rewarding Children & Their Behavior
- Workshop (Part A)

Consequences of Sugar-Sweetened Beverages Workshop

Strong Father's /Strong Families & Match Activity

- Child Support Services Workshop
- Alzheimer's & Dementia Awareness Month
- Pedestrian Safety Training Child & Adult Workshop



**JANUARY 15, 2018- MLK Holiday
(All Centers Closed)**

HEAD START RESOURCES

- <http://www.swgacac.com/>
- <http://www.georgiaheadstart.org/>
- <http://www.rivhsa.org/>
- <http://www.nhsa.org/>

2018-2019 Head Start/Early Head Start REGISTRATION BEGINS JANUARY 16, 2018



Benefits of Head Start/Early Head Start

1. We help parents and families develop warm relationships that nurture their child's language/literacy, cognitive, well-being and motor development, social/emotional development, and approaches to learning.
2. We help parents and families observe, guide and participate in the everyday learning of their children at home and at school.
3. We help parents and families advocate for their children's learning and development as they transition to new learning environments.
4. We help link parents and families to community partners to secure needed evaluations and services that support their parenting, careers, and life long goals.
5. We offer opportunities for families to learn how to keep their families safe and healthy and offer opportunities to help them learn financial stability.

Registration Requirements

- Child must be 3 by September 1st for Head Start and 6 weeks - 3 years old for Early Head Start
- Proof of Age (preferably certified birth certificate) of the child applying
- Proof of Income from previous year (2017 W-2 forms, 2017 Tax Return) or previous 12 months (2 current check stubs, public assistance letters, or WG-15 from the Department of Labor)
- Disability Diagnosis (IEP, IFSP or medical documentation if applicable)

Requisitos de La Inscripción

- El niño debe tener 6 semanas a 3 años para enterar Head Start
- El niño debe tener 3 años por 1 de Septiembre para Head Start
- Comprobante de ingreso (forma W-2, declaración de impuestos o trozo actual del cheque)
- Certificado de nacimiento de la niño(a)
- Diagnostico de la inhabilidad (IEP/IFSP O documentación medica si fuera aplicable)



Goal of Head Start/Early Head Start

The overall goal of the Head Start and Early Head Start Programs is to break the cycle of poverty by working with pregnant women, children, and families to strengthen the family unit. This enhances the child's everyday effectiveness in dealing with both present environment and later responsibilities in school and life.

	MONDAY 1/22/18	TUESDAY 1/23/18	WEDNESDAY 1/24/18	THURSDAY 1/25/18	FRIDAY 1/26/18
BREAKFAST	Milk, Egg Patties, Toast w/ Jelly, Pineapple Tidbits & Crushed Pineapple (EHS)	Milk, Pancake w/ syrup, Ham Patties, Sausage Patties & Sliced Apples	Strawberries, Chex Cereal & Sliced Strawberries	Milk, Apple Slices, Oatmeal & Apple Sauce (EHS)	Milk, Breakfast Pizza, Cheese Toast (EHS) & Banana
LUNCH	Milk, Beef Taco Salad w/ Lettuce, Tomato, Cheese & Sliced Peaches	Milk, BBQ Chicken, Cabbages, Rice Pilaf, Cornbread & Yams	Milk, Fish Nuggets, Baked Beans, Potato Salad & Wheat Roll	Milk, Turkey & Cheese Sandwich, Garden Salad w/ Lite Dressing, Baked Fries (EHS) & Sliced Oranges	Milk, Chicken & Dumplings, Green Beans, Sliced Cantaloupe & Roll
SNACK	Whole Grain Gold Fish Crackers, Orange Slices & Water	Whole Grain Crackers, Apple Juice & Water	Boiled Egg, Pineapple Juice, Gold Fish Crackers (EHS) & Water	Seedless Watermelon, Wheat Thins & Water	Low-fat Yogurt, Strawberries & Water
	MONDAY 1/29/18	TUESDAY 1/30/18	WEDNESDAY 1/31/18	THURSDAY 2/1/18	FRIDAY 2/2/18
BREAKFAST	Milk, Pineapple Tidbits, Egg Patties, Wheat Toast w/ Jelly & Apple Sauce (EHS),	Milk, Sliced Apples, Mandarin Oranges (EHS), Chicken & Toast	Milk, Banana & Whole Grain Cheerios	Milk, Apple Juice, Yogurt & Cheese Toast	Milk, Sliced Oranges, Toast & Turkey Sausage
LUNCH	Milk, Cinnamon Apples, Spaghetti w/ Turkey Meat Sauce & Vegetable Medley	Milk, Mixed Fruit Cup, Chef Salad w/Diced Ham, Lettuce, Early Peas (EHS), Tuna (EHS) & Whole Wheat Crackers	Milk, Oranges, Turkey Sandwich & Potato Rounds	Milk, Corn on the Cob, Salisbury Steak, Steamed Broccoli & Whole Grain Roll	Milk, Sliced Peaches, Chicken Patties, Baked Beans & Whole Grain Roll
SNACK	Whole Grain Peanut Butter Crackers, Grapefruit Slices & Water	Diced Pineapples, Cottage Cheese & Water	Apple Sauce, Tortilla Chips, Cheez-Its (EHS) & Water	French Onion Dip, Wheat Thins, Fruit & Water	Sliced Apples, Cinnamon Apples (EHS) & Water
	MONDAY 2/5/18	TUESDAY 2/6/18	WEDNESDAY 2/7/18	THURSDAY 2/8/18	FRIDAY 2/9/18
BREAKFAST	Milk, Waffles w/ Syrup, Sausage Patties & Grapefruit Slices	Milk, Fruit Cocktail, Whole Grain Toast, & Egg Patties	Milk, Banana, & Chex Cereal	Milk, Sliced Pears & Breakfast Pizza	Milk, Pineapple Tidbits, Crushed Pineapple (EHS), Yogurt & Cheese Toast
LUNCH	Milk, Meatballs, Steamed Cabbage, Yams & Cornbread	Milk, Tuna & Macaroni Salad, Mandarin Oranges & Early Peas	Milk, Chicken & Rice, Broccoli Spears & Steamed Carrots	Milk, Sloppy Joes, Cole Slaw, Mashed Potatoes (EHS) & Mixed Vegetables	Milk, Chicken Nuggets, Mashed Potatoes, Turnip Greens, Sliced Apples & Apple Sauce (EHS)
SNACK	String Cheese, Sliced Cheese (EHS), Crackers, & Apple Juice	Pineapple Tidbits, Crushed Pineapple (EHS), Whole Grain Crackers & Water	Milk, Whole Grain Cookies & Water	Peanut Butter Crackers, Orange Slices, Mandarin Oranges (EHS) & Water	Grape Juice, Wheat Crackers, Water, & Milk (EHS)
	MONDAY 2/12/18	TUESDAY 2/13/18	WEDNESDAY 2/14/18	THURSDAY 2/15/18	FRIDAY 2/16/18
BREAKFAST	Milk, Egg Patties, Toast w/ Jelly, Pineapple Tidbits & Crushed Pineapple (EHS)	Milk, Pancake w/ syrup, Ham Patties, Sliced Apples & Apple Sauce (EHS)	Milk, Strawberries, Chex Cereal & Sliced Peaches (EHS)	Milk, Apple Slices, Apple Sauce (EHS) & Oatmeal	Milk, Breakfast Pizza, Cheese Toast (EHS) & Banana
LUNCH	Milk, Beef Taco Salad w/ Lettuce, Tomato & Cheese & Sliced Peaches	Milk, BBQ Chicken, Cabbages, Yams & Cornbread	Milk, Fish Nuggets, Baked Beans, Potato Salad & Roll	Milk, Turkey & Cheese Sandwich, Garden Salad w/ Lite Dressing, Baked Fries (EHS) & Sliced Oranges	Milk, Chicken & Dumpling, Green Beans, Cream Corn, & Roll
SNACK	Whole Grain Gold Fish, Orange Slices & Water	Whole Grain Crackers, Sliced Cheese (EHS) & Water	Boiled Egg, Pineapple Juice, Gold Fish Crackers (EHS) & Water	Milk, Wheat Thins & Water	Low-fat Yogurt, Pineapple Tidbits, Crushed Pineapple (EHS) & Water

** Menu items are subject to change. All menu items are subject to availability from our food vendor. All changes will be approved through our Nutrition Specialist. All menu items prepared for Early Head Start will be chopped, diced, sliced, or substituted accordingly.



Southwest Georgia Community
Action Council, Inc.
Head Start Program
@SWGACACHeadStart



To Learn More About SWGACAC, Inc.
Scan our QR Code.

February 2018

- 1 Perfect Attendance Award Day
- 1-2 Children's Author & Illustrator Week
- 1-28 2nd Parent Conferences
- 1-28 School Readiness Advisory Meetings
- 1-28 2018-2019 Registration Continues
- 9 Parent, Health & Community Resource Fair (Central Office)
- 14 Valentine's Day
- 21 Positive Day
- 16 World Read Aloud Day
- 27 Strong Fathers/Strong Families Luncheon (Central Office)

MONTHLY OBSERVANCES/WORKSHOPS

- African American History Month
- Baby Bottle Tooth Decay Workshop**
- Preventive Oral Care for Adults & Children & The Importance of Fluoride Solution
- Rewarding Children & Their Behavior Workshop (Part B)**
- Building Healthy Relationships & Marriages
- Parent, Health & Community Resource Fair**
- National Children's Dental Workshop
- Healthy Eating for the Heart Month**

STUDENT HOLIDAYS

- Mitchell CDC- February 8th**
- Decatur/Grady CDC- February 16th**
- Early CDC- February 16th**
- Sumter CDC- February 16th**
- Terrell CDC- February 16th**
- All Centers Closed - February 19th**
- Lee CDC- February 20th**
- Miller CDC- February 20th**



All Centers Closed - February 19th



Help Your Child Succeed in School: Build the Habit of Good Attendance Early
School Success Goes Hand in Hand with Good Attendance!

When Do Absences Become a Problem?

CHRONIC ABSENCE: 18 or more days

WARNING SIGNS: 10 to 17 days

SATISFACTORY: 9 or fewer absences

DID YOU KNOW?

1. Missing 10 percent (or about 18 days) can make it harder to learn to read.
2. Students can still fall behind if they miss just a day or two days every few weeks.
3. Being late to school may lead to poor attendance.
4. Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.
5. Attending school regularly helps children feel better about school—and themselves.
6. Start building this habit in preschool so they learn right away that going to school on time, every day is important.
7. Good attendance will help children do well in high school, college, and at work.

Reference: <http://www.attendanceworks.org/about/what-can-i-do/education-and-childrens-advocates/>

DISABILITY SERVICES



Head Start is a free, federally funded preschool program for low-income children ages 0-5 and pregnant women. Ten percent of Head Start's total enrollment must include children with disabilities. Children with disabilities are included in all classroom activities.

Head Start accepts children with various types of disabilities, including: Physical, Mental, Health, Emotional/Behavioral, Orthopedic Impairments, Hearing Impairments, Visual Impairments/Blindness, Speech/Language, Developmental, Learning, & Autism.

Within 45 days of enrollment, all children are screened in the following areas: Motor, Concepts, & Language. Failed screenings may indicate a need for a special education referral. Head Start staff work closely with the local school system and therapists to coordinate special services for children. Special Education services are provided by the local school system and may include: speech/language therapy, physical/occupational therapy, special instruction, or consultative services. Mental Health/behavioral/counseling services are provided by licensed therapists.

Transportation is provided at most of our Child Development Centers, which includes wheelchair-accessible buses. All buses have bus monitors to assist with child supervision.

HS/EHS CONTACT INFORMATION

BAKER CDC
Phone: 229-734-5564

CALHOUN CDC
Phone: 229-725-3442

CRK CDC -DOU CO.
Phone: 229-432-5440

CULBERTSON CDC
Phone: 229-985-7400

DECATUR/GRADY CDC
Phone: 229-246-6458

EARLY CDC
Phone: 229-723-6814

HARVEY RD CDC- DOU CO.
Phone: 229-446-4959/446-4956

LEE CDC
Phone: 229-759-2559

LIPPITT CDC -DOU CO.
Phone: 229-420-7331/420-7354

MILLER CDC
Phone: 229-758-3860

MITCHELL CDC
Phone: 229-522-9995

MOULTRIE RD CDC- DOU CO.
Phone: 229-435-6580

MOUNT ZION CDC- DOU CO.
Phone: 229-436-6234

SEMINOLE CDC
Phone: 229-524-6060

SUMTER CDC
Phone: 229-924-7666

TERRELL CDC
Phone: 229-995-3473

THOMAS CDC
Phone: 229-226-2595

TIFT CDC -DOU CO.
Phone: 229-434-7350

TRI COUNTY CDC
Phone: 229-649-3389

TURNER CDC -DOU CO.
Phone: 229-883-8500 (X) 280/300

WORTH CDC
Phone: 229-776-5081

WHITNEY CDC- DOU CO.
Phone: 229-436-2055/436-7784

CENTRAL OFFICE
Phone: (800) 642-3384

ALBANY ADMIN OFFICE
Phone: 229-436-9022



THREE STEP APPROACH TO FIGHTING THE FLU

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

Step 1: Take the time to get a flu vaccine.

The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

Step 2: Take everyday preventive actions to stop the spread of germs like this mother teaching her young child to wash hands.

- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes,



Let's Work Together to Get Georgia's Children Ready for Kindergarten!

Your child's first years in school can set the tone for the rest of their academic career, so it is important to make sure they are prepared socially, emotionally, intellectually and physically to enter kindergarten. In Georgia, the GKIDS Readiness Check has been developed as an approach to thoughtfully measure the entry-level readiness skills of kindergartners. For more information visit <http://gkidsreadinesscheck.gadoe.org>

Southwest Georgia Community Action Council, Inc.
Our Mission... To Administer to the Needs of the Community
by Helping Citizens Attain and Maintain Self-Sufficiency.

Your input is greatly appreciated. If there are any items you would like to see in future editions, please contact Lykesa Bridges at (229) 616-3139 or by e-mail at lbridges@swgacac.com. Visit Southwest GA Community Action Council, Inc.'s website at <http://www.swgacac.com>.