



HEAD START AT A GLANCE...

Southwest Georgia Community Action Council, Inc.

AUG./SEPT. 2017

August 2017

- 1 First Day of School (All Centers)
- 1-7 World Breastfeeding Week
- 16 Positive Day
- 29 Home Visits Begin

WORKSHOPS/ OBSERVANCES

- The Role of the Parent Committee
- Pedestrian Safety Training (Parents)
- Breastfeeding

September 2017

- 4 Labor Day (Centers Closed)
- 6-8 September Parent Meetings
- 8 Family Day- Literacy Activity
- 15 Muffins with Mom
- 19 Policy Council Meeting (Central Office)
- 20 Positive Day
- 21 Substitute/Volunteer Training
- 22 Doughnuts with Dad

WORKSHOPS/OBSERVANCES

- Child Growth & Development
- How to Access Health Insurance
- How to Respond to an Emergency: Basic 1st Aid
- Mental Health Parent Orientations
- Establishing Nurturing Parenting
- Healthy Pregnancy
- Fetal Development
- Adult/Child Passenger Safety
- Attendance Awareness Month
- Proper Handwashing Techniques
- Intestinal Parasites
- Child Cancer Awareness Month
- International Literacy Day (9/8)
- Grandparent's Day (9/8)
- Library Card Sign-up Month

Staff Development Days (Student Holidays)

- Lee CDC- 9/5
- Mitchell CDC- 9/7
- Early CDC- 9/22
- Seminole CDC- 9/28 & 9/29

Student & Staff Holidays

- Labor Day- 9/4
- (All Centers & Central Office is Closed)

HEAD START RESOURCES

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

SWGACAC, Inc.
 P.O. Box 3728
 912 1st Ave. S.E.
 Moultrie, GA 31776
 (800) 642-3384

Getting In Gear



Back to School Tips for Parents

School is back in session and here are 6 tips to help you and your child have a successful year in Head Start.

1. Get the children to bed on time. Proper rest is essential for a healthy and productive school year.
2. Communicate with teachers and the school. Now is the time to get acquainted with your child's Teacher and your Family Service Worker. Let them know you want to be an active partner in helping your student to learn and grow. Plan to keep track of your child's progress throughout the school year. And, consider serving on your local parent committees and volunteering at the center.
3. Provide for healthy meals. Hungry kids can't concentrate on learning, so good nutrition plays an important role in your child's school performance. Children who eat healthy, balanced breakfasts and lunches do better in school. Fix nutritious meals at home, and, if you need extra help, talk with your Family Service Worker and find out if your family qualifies for assistance.
4. Take your child to the doctor, and make sure your child has health insurance coverage. It's a good idea to take your child in for a physical and other health screenings at this time. Head Start requires that students have hearing, vision, and developmental screenings within the first 45 days of school and a physical and dental exam within their first 90 days of school. Also, each student enrolled in the Head Start program is required to have up-to-date immunizations. Please contact your Family Service Worker for more detailed information.
5. Make education a priority. Make it clear that education is a top priority in your family: show interest and praise your child's work.
6. Read Together. Take the pledge to read with your child for 20 minutes every day. Your example reinforces the importance of literacy, and reading lets you and your child explore new worlds of fun and adventure together.

Reference: <https://blog.ed.gov/2013/08/get-in-gear-for-the-new-school-year-back-to-school-tips-for-parents/>

Goal of Head Start/Early Head Start

The overall goal of the Head Start and Early Head Start Program 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 in life.

	MONDAY 8/7/17	TUESDAY 8/8/17	WEDNESDAY 8/9/17	THURSDAY 8/10/17	FRIDAY 8/11/17
BREAKFAST	Milk, Whole Wheat Toast, 1 oz. Sausage Patty & Grapefruit Slices	Milk, Apple juice, Toast w/ Jelly & Egg Patty	Milk, 1/2 Banana & 1/2 Cup Chex Cereal	Milk, Sliced Orange & Cheese Toast	Milk, Apple Juice & Breakfast Pizza
LUNCH	Milk, Sweet & Sour Meatballs, Steamed Cabbage, Mashed Cinnamon, Sweet Potatoes & Cornbread	Milk, Chicken Salad Sandwich, Mandarin Oranges & Early Peas	Milk, Fish Nuggets, Broccoli Spears, Whole Corn, Cream Corn (EHS) & Whole Wheat Roll	Milk, Baked Pork Chop, Pork Steak w/ Gravy (EHS), Cream Potatoes, Turnip Greens & Cornbread	Milk, Chef Salad w/ Eggs, Turkey & Cheese, Whole Grain Crackers & Sliced Fresh Apple EHS- Chicken Nuggets, Potato Logs, Apple Sauce Cup & Roll
SNACK	Pineapple Ring, Whole Grain Crackers & Water	Sliced Cantaloupe & Whole Grain Cheetos Thin Sliced Cantaloupe (EHS)	Milk, 1/2 Peanut Butter Sandwich	Carrot Sticks w/ Ranch, Whole Wheat Gold Fish Crackers, Mandarin Oranges (EHS)	Wheat Thins, Vegetable Dip & Water
	MONDAY 8/14/17	TUESDAY 8/15/17	WEDNESDAY 8/16/17	THURSDAY 8/17/17	FRIDAY 8/18/17
BREAKFAST	Milk, Egg Patty, Toast & Pineapple Tidbits, Crushed Pineapple (EHS)	Milk, Yogurt & Strawberries	Milk, Whole Grain Cereal & 1/2 Fresh Banana	Milk, Apple Juice, Toast & Ham, Egg & Cheese Casserole	Milk, Whole Wheat Pancakes & Apple Sauce
LUNCH	Milk, Chicken Tenders, Black-Eyed Peas, Brown Rice & Cinnamon Apples	Milk, Turkey Sandwich w/ Lettuce & Tomato, Rotini Pasta Salad & Sliced Oranges	Milk, Fish Nuggets, Baked Beans, Slaw, Apple Sauce (EHS) & Roll	Milk, Beef Pizza, Mixed Vegetables & Pineapple Tidbits Crushed Pineapple (EHS)	Milk, Mac & Cheese w/ Ham, Green Beans & Cantaloupe Peach Slices (EHS)
SNACK	Whole Grain Gold Fish & Apple Juice	Whole Wheat Crackers, Grape Juice & Water	Pineapple Slices, Cottage Cheese & Water	Seedless Watermelon, Lance Whole Wheat Peanut Butter Crackers & Water	Low-Fat Yogurt, Whole Wheat Cheez-It Crackers & Water
	MONDAY 8/21/17	TUESDAY 8/22/17	WEDNESDAY 8/23/17	THURSDAY 8/24/17	FRIDAY 8/25/17
BREAKFAST	Milk, Whole Grain Cereal & Banana	Milk, Toast w/ Jelly & Orange Juice	Milk, Egg Patty, Toast & Pineapple Rings	Milk, Oatmeal w/ Apple Sauce & Toast w/ Butter	Milk, French Toast Sticks & Sausage Patty
LUNCH	Milk, Teriyaki Chicken, Green Peas, Brown Rice & Fruit	Milk, Buffet Ham, Collard Greens, Potato Salad, Rolls or Cornbread	Milk, Chicken Patty on Bun, Green Beans & Sliced Peaches	Milk, Turkey Sandwich, Tossed Salad w/ Lite Dressing, Early Peas (EHS), Apple Sauce (EHS) & Sliced Apples	Milk, Oven Fried Fish Nuggets, Parsley Egg Noodles, Broccoli Spears & Sliced Peaches
SNACK	Hard Boiled Egg & Milk	Mixed Fruit, Sliced Cheese (EHS), String Cheese & Water	Sunchips, Gold Fish Crackers (EHS), Banana & Water	Carrot Sticks w/ Ranch Dressing, Wheat Thins, Milk (EHS) & Water	Grapefruit Slices, Whole Grain Gold Fish Crackers & Water
	MONDAY 8/28/17	TUESDAY 8/29/17	WEDNESDAY 8/30/17	THURSDAY 8/31/17	FRIDAY 9/1/17
BREAKFAST	Milk, Cereal & Fruit	Milk, Breakfast Pizza & Sliced Oranges	Milk, Cheese Toast & Apple Juice	Milk, Breakfast Casserole & Grape Juice	Milk, Turkey Sausage Patty, Egg Patty, Toast & Apple Sauce
LUNCH	Milk, Baked Chicken, Squash w/ Onions, Turnip Greens & Corn Bread	Milk, Corn Taco Chips w/ Beef & Cheese, Ravioli (EHS) Cantaloupe & Oven Fries	Milk, Fish Nuggets, Sweet Potato Chips, Green Beans & Roll	Milk, Beef-A-Roni, Mixed Fruit, Early Peas & Roll	Milk, BBQ Pork Sandwich, Mashed Potato & Mandarin Oranges
SNACK	Apple Slices, Whole Grain Cheese Crackers, Apple Sauce (EHS) & Water	Yogurt, Strawberries & Water	Cheez-It Crackers & Milk	Peaches & Milk	Pineapple Slices, Cottage Cheese & Water
	MONDAY 9/4/17	TUESDAY 9/5/17	WEDNESDAY 9/6/17	THURSDAY 9/7/17	FRIDAY 9/8/17
BREAKFAST		Milk, Cereal & Fresh Orange Slices	Milk, Cheese Toast & Sliced Pears	Milk, Whole Wheat Pancakes & Apple Sauce	Milk, Sausage & Egg Patty, Toast, Crushed Pineapple (EHS) & Honey Dew Melon
LUNCH		Milk, Oven Fried Fish Fillet, Sweet Corn, Carrots, Cream Corn (EHS), & Roll	Milk, Chicken Salad, Tossed Salad, Sweet Peas (EHS), Pineapple Tidbits, Crushed Pineapple (EHS) & Crackers	Milk, Spaghetti w/ Turkey Meat Sauce, Garlic Sticks, California Blend & Hot Cinnamon Apples	Milk, Hamburger w/ Cheese, Oven Fries w/ Ketchup & Sliced Oranges
SNACK		Milk & Whole Wheat Crackers	Banana, Yogurt & Water	Whole Grain Crackers, Grape Juice & Water	Sliced Turkey Whole Grain Crackers & 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.**



Here are 8 tips to help you ensure that your child is buckled in properly.

1. **Know the Stages-** Make sure children are properly buckled up in a car seat, booster seat, or seat belt, whichever is appropriate for their age, height and weight.
 - **Birth up to Age 2:** Rear-facing car seat. Check the seat's owner's manual and/or labels on the seat for weight and height limits.
 - **Age 2 up to at least Age 5:** Forward-facing car seat. Check the seat's owner's manual and/or labels on the seat for weight and height limits.
 - **Age 5 up until seat belts fit properly:** Booster seat. Remember to keep children properly buckled in the back seat for the best possible protection.
2. **Once Seat Belts Fit Properly without a Booster Seat:** Seat Belt- For the best possible protection keep children properly buckled in the back seat.
3. **Install and Use Car & Booster Seats Properly-** Install and use car seats and booster seats according to the seat's owner's manual or get help installing them from a certified Child Passenger Safety Technician.
4. **Seat Children in the Back Seat-** Buckle all children aged 12 and under in the back seat.
5. **Don't Seat Children in Front of an Airbag-** Airbags can kill young children riding in the front seat. Never place a rear-facing car seat in front of an air bag.
6. **Seat Children in the Middle of the Back Seat-** Buckle children in the middle of the back seat when possible, because it is the safest spot in the vehicle.
7. **Use Proper Restraints Every Trip-** Buckle children in car seats, booster seats, or seat belts on every trip, no matter how short.
8. **Parents and Caregivers:** Always Wear a Seat Belt- Set a good example by always using a seat belt themselves.

**** As always please refer to the seat's owner's manual or contact a Child Passenger Safety Technician in your area.**

Reference: https://www.cdc.gov/motorvehiclesafety/child_passenger_safety/cps-factsheet.html



7 Super Things To Motivate Young Children to Learn

There are a number of things that parents and caregivers can do to help motivate young children to learn. These activities offer parents and caregivers tips on getting children involved in reading and learning.

The following is an excerpt from Teaching Our Youngest.

1. Talk often with your children from the day they are born.
2. Hug them, hold them, and respond to their needs and interests.
3. Listen carefully as your children communicate with you.
4. Read aloud to your children every day, even when they are babies. Play and sing with them often.
5. Say "yes" and "I love you" as much as you say "no" and "don't."
6. Ensure a safe, orderly, and predictable environment, wherever they are.
7. Set limits on their behavior and discipline them calmly, not harshly.

Reference: <https://eclkc.ohs.acf.hhs.gov/parenting/article/7-super-things-parents-caregivers-can-do>



HS/EHS CONTACT INFORMATION

BAKER COUNTY CDC
Phone: 229-734-5564

CALHOUN COUNTY 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: 229-434-5350/434-7350

TRI- COUNTY
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

Look Before You Lock: Prevent Child Heatstroke in Cars

A child dies from heatstroke about once every 10 days from being left alone in a hot vehicle. In fact, heatstroke is the leading cause of non-crash vehicle fatality for kids 14 and younger. Children climb into unlocked cars to play, or are left alone in the car. These are tragedies that are 100 percent preventable.

What Parents and Caregivers Can Do

- Never leave a child in a vehicle unattended.
- Make it a habit to look in the backseat every time you exit the car.
- Always lock the car and put the keys out of reach.
- If you ever see a child left alone in a hot vehicle, call 911 right away.

Reference: <http://hsicc.createsend5.com/t/ViewEmail/j/BE9E5AA8D897C8E7/9D9315DB6DD97C099A8E73400EDACAB4>

Head Start/Early Head Start Enrollment Requirements

- Child must be 3 by September 1st for Head Start
- Proof of age (i.e. certificate or confirmation of birth)
- Proof of income from previous year (W-2 form, Tax Return) or previous 12 months (current check stub, public assistance letter, etc.)
- Disability Diagnosis (IEP/IFSP or medical documentation if applicable)

Requisitos de La Inscripcion

- El niño debe tener 6 semanas a 3 años para entrar en Head Start
- Poveba de la e dad del niño/niña
- Comprobante de ingreso de años previos, (forma W - 2, declaracion de impuestos o trozo actual del cheque) de los ultimos meses
- Certificado de nacimiento de la el/la niño (a)
- Diagnostico de la inhabilidad (IEP/IFSP O documentacion medica si fuera applicable)

Stay Up-To Date On The Latest Program Information



Southwest Georgia Commu-
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Head Start Program
@SWGACACHeadStart



www.swgacac.com



Become a Member of the
Georgia Head Start Association
For More Information Log Onto
<http://georgiaheadstart.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>.