



HEAD START AT A GLANCE...

Southwest Georgia Community Action Council, Inc.

April/May/June 2018

APRIL 2018

- 2- 20 2nd Home Visits Continue
- 2 Perfect Attendance Award Day
- 2-27 Parent/FSW Center Conferences
- 2-30 Kindergarten Visits
- 2-30 Health Services Advisory Committee Meetings
- 15-22 April Parent Meetings
- 16-20 National Volunteer Week
- 17 Family Service Worker's Appreciation Day
- 18 Positive Day

WORKSHOPS/OBSERVANCES

- Getting Ready for Kindergarten
- National Autism Awareness Month
- Stress Awareness Month
- National Child Abuse Awareness & Prevention Month
- Environmental Hazards: How Healthy is Your Home Workshop
- Keeping Our Kids Safe Workshops
- Prenatal & Maternal Depression

APRIL SPRING BREAKS

April 2nd- 6th

- Baker County CDC,
- Decatur County/Grady County CDC,
- Early County CDC, Seminole County CDC,
- Terrell County CDC, Thomas County CDC,
- Tri. County CDC & Worth County CDC

April 23rd - 27th

Sumter County CDC



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



Spring has sprung, but did you know that April is also Stress Awareness Month?

Whether it's multiple things adding up or one big thing that's causing stress, we all feel stressed from time to time. When that stress starts piling up, it affects mood, sleep, relationships, and physical health. If left unchecked, it can contribute to serious health problems including high blood pressure, heart disease, obesity, and diabetes. More than half of all visits to the doctor are due to stress-related conditions.

Take five minutes to S.T.O.P.

Often we first feel stress in the body. It could be tense muscles, a racing heart, or maybe a splitting headache. But we tend to ignore our bodies. Instead, our minds go into overdrive as we focus on what's causing the stress. The S.T.O.P. Method is a powerful tool for slowing down and relaxing the body so you can think through stressful situations with a calm frame of mind.

The next time you feel stressed, remember to S.T.O.P. with these 4 steps:

- **Stop.** Take a moment to stop your thoughts, words, or actions.
- **Take deep breaths.** Breathing deeply cues both body and mind to relax. Try breathing in to a count of three or four and breathing out for the same count. Do this 5-10 times.
- **Observe.** What is happening in your body? What are you feeling? What are you thinking?
- **Proceed.** What demands your attention right now? Does a problem need to be solved? Or, do you need to take a time-out and come back later?

Reference: <http://envolvepeoplecare.com/5-ways-to-tackle-stress-this-stress-awareness-month/blog>



April is
**Child Abuse
 Prevention
 Month**

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 4/16/18	TUESDAY 4/17/18	WEDNESDAY 4/18/18	THURSDAY 4/19/18	FRIDAY 4/20/18
BREAKFAST	Milk, Waffles w/ syrup, Sausage Pattie, Grapefruit Slices & Mandarin Oranges (EHS)	Milk, Apple Juice, Whole Grain Toast w/ Cheese	Milk, Banana & Chex Cereal	Milk, Sliced Oranges, Hash Browns, Egg Pattie & Whole Grain Toast	Milk, Pineapple Tidbits, Yogurt & Whole Grain Toast
LUNCH	Milk, Meatballs, Steamed Cabbage, Yams & Corn Bread	Milk, Tuna Sandwich, Mandarin Oranges & Early Peas	Milk, Chicken & Rice, Broccoli Spears & Steamed Carrots	Milk, Sloppy Joes, Cole Slaw, Mixed Vegetables, Wheat Buns or Rolls & Mashed Potatoes (EHS)	Milk, Fish Sticks, Whole Corn, Baked Beans, Wheat Bun, Apple Sauce (EHS) & Creamed Corn (EHS)
SNACK	String Cheese, Sliced Cheese (EHS), Crackers, Apple Juice & Water	Pineapple, Whole Grain Crackers & Water	Fresh Sliced Oranges, Boiled Eggs & Water	Milk, Whole Grain Cereal & Water	Grape Juice, Wheat Crackers & Water
	MONDAY 4/23/18	TUESDAY 4/24/18	WEDNESDAY 4/25/18	THURSDAY 4/26/18	FRIDAY 4/27/18
BREAKFAST	Milk, Egg Patties, Whole Grain Toast, Pineapple Tidbits & Crushed Pineapple (EHS)	Milk, Whole Grain Waffle Sticks, Ham Pattie & Apple Sauce	Milk, Orange Juice & Whole Grain Cereal	Milk, Apple Juice, Whole Grain Toast & Ham, Egg & Cheese Casserole	Milk, Whole Grain Breakfast Pizza, Cheese Toast (EHS) & Sliced Grapefruit
LUNCH	Milk, Chicken Tenders, Black-Eyed Peas, Mashed Potatoes & Corn Bread	Milk, Beef Pizza on Whole Grain Crust, Ravioli (EHS), Baby Carrots, Mixed Vegetables (EHS) & Pineapple Tidbits, Crushed Pineapple (EHS)	Milk, Fish Nuggets, Baked Beans, Potato Salad & Whole Grain Roll	Milk, Turkey & Cheese Sandwich, Garden Salad w/ Lite Dressing, Baked Fries (EHS) & Sliced Oranges	Milk, Chicken - N- Dumplings, Green Beans, Cinnamon Apples & Roll
SNACK	Whole Grain Gold Fish Crackers, Apple Juice & Water	Wheat Thins, String Cheese, Sliced Cheese (EHS) & Water	Boiled Egg, Pineapple Tidbits, Crushed Pineapple (EHS) & Water	Mandarin Oranges, Whole Wheat Peanut Butter Crackers & Water	Milk, Cereal & Water
	MONDAY 4/30/18	TUESDAY 5/1/18	WEDNESDAY 5/2/18	THURSDAY 5/3/18	FRIDAY 5/4/18
BREAKFAST	Milk, Whole Grain Cereal & Banana	Milk, Oatmeal, Orange Slices & Mandarin Oranges (EHS)	Milk, Whole Grain Toast & Pineapple	Milk, Sausage & Egg Pattie, Orange Juice & Whole Grain Toast	Milk, Whole Grain Waffle Sticks & Apple Sauce
LUNCH	Milk, Beef Vegetable Soup, Grilled Cheese Sandwich, Fruit Salad & Diced Peaches (EHS)	Milk, BBQ Chicken, Collard Greens, Potato Salad & Whole Grain Corn Bread or Rolls	Milk, Mac & Cheese w/ Ham, Broccoli & Diced Peaches	Milk, Turkey & Dressing w/ Cranberry Sauce, Green Beans & Yams	Milk, Fish Sticks, Cole Slaw, Baked Beans, Whole Wheat Rolls & Mashed Potatoes (EHS)
SNACK	Crackers, Pineapple & Water	Mixed Fruit, Wheat Thins & Water	Whole Grain Cereal, Milk & Water	Carrot Sticks w/ Dip, Banana, Water, Milk (EHS) & Cookies (EHS)	Grapefruit Slices, Wheat Crackers & Grapefruit (EHS)
	MONDAY 5/7/18	TUESDAY 5/8/18	WEDNESDAY 5/9/18	THURSDAY 5/10/18	FRIDAY 5/11/18
BREAKFAST	Milk, Whole Grain Cereal & Fruit	Milk, Oatmeal, Sliced Oranges & French Toast (EHS)	Milk, Whole Grain Cereal & Banana	Milk, Chicken Patties, Whole Grain Toast & Grape Juice	Milk, Turkey Sausage Pattie, Egg Pattie, Whole Grain Toast, & Apple Sauce
LUNCH	Milk, Baked Chicken, Squash w/ Onions, Turnip Greens & Corn Bread	Milk, Corn Taco Chips w/ Beef, Cheese, Lettuce & Tomato, Pineapple, Ravioli (EHS) & Oven Fries (EHS)	Milk, Vegetable Soup w/ Beef, Peanut Butter Sandwich, Sliced Apples & Apple Sauce (EHS)	Milk, Fish Nuggets, Brown Rice, Sliced Grapefruits & Early Peas	Milk, Buffet Ham, Black-eyed Peas, Mashed Potatoes & Whole Grain Rolls
SNACK	Apple Slices, Peanut Butter Crackers, Water & Apple Sauce (EHS)	Yogurt, Whole Grain Gold Fish Crackers & Water	Carrot Sticks w/ Ranch Dressing & Whole Grain Crackers	Peaches, Cottage Cheese & Water	Pineapple, Wheat Thins & Water
	MONDAY 5/14/18	TUESDAY 5/15/18	WEDNESDAY 5/16/18	THURSDAY 5/17/18	FRIDAY 5/18/18
BREAKFAST	Milk, Whole Wheat Toast, Sausage Pattie & Grapefruit Slices	Milk, Apple Juice, Whole Grain Toast w/ Jelly & Egg Pattie	Milk, Sliced Oranges & Whole Grain Cheese Toast	Milk, Sliced Oranges, Whole Grain Cheese Toast	Milk, Apple Juice & Whole Grain Breakfast Pizza
LUNCH	Milk, Sweet & Sour Meatballs, Steamed Cabbage, Mashed Sweet Potatoes w/ Cinnamon & Corn Bread	Milk, Chicken Salad Sandwich, Mandarin Oranges & Early Peas	Milk, Fish Nuggets, Broccoli Spears, Whole Corn, Whole Wheat Roll & Creamed Corn (EHS)	Milk, Baked Pork Chops, Creamed Potatoes, Turnip Greens, Corn Bread & Pork Steak w/ Gravy (EHS)	Milk, Chef Salad w/ Eggs, Turkey, Cheese & Lite Dressing, Whole Grain Crackers, Sliced Apples, Chicken Nuggets (EHS), Potato Logs (EHS) Apple Sauce (EHS) & Whole Grain Rolls (EHS)
SNACK	Pineapple, Whole Grain Crackers & Water	Sliced Peaches, Whole Grain Cheetos & Water	Milk, Peanut Butter Sandwich & Water	Carrot Sticks w/ Ranch, Whole Wheat Gold Fish Crackers, Mandarin Oranges & Water	Wheat Thins, Vegetable Dip & 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.**

MAY 2018

- 1 Perfect Attendance Award Day
- 1 Bus Driver's Appreciation Day
- 1-4 May Parent Meetings
- 1-18 Annual Parent Banquets
- 4 Nutrition Staff Appreciation Day
- 4 Field Days (Contact the Center for Date)
- 7-11 Community Partner's Appreciation Week
- 8 Teaching Staff Appreciation Day
- 11 Field Days (Contact the Center for Date)
- 15 Policy Council Meeting
- 16 Positive Day
- 29 EHS Students & Staff Return
EHS Classes Resume

WORKSHOPS/OBSERVANCES

- Alcohol & Other Drug-Related Birth Defects Awareness
- Better Speech & Hearing Month
- National Mental Health & Child Mental Health Month
- National Teen Pregnancy Prevention Month
- National Community Action Month
- Let's Move! The Importance of Physical Activity Workshop



**May 28th- Memorial Day Holiday
(Centers & Central Office are Closed)**

June 2018

- 4-8 June Parent Meeting (EHS Only)
- 6 Hunger Awareness Day
- 15 Perfect Attendance Award Day
- 15 Last Day Early Head Start Students & Staff

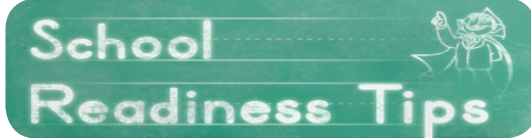
WORKSHOPS/OBSERVANCES

- Getting Ready for Head Start (EHS Only)
- Common Childhood Illnesses

HEAD START RESOURCES

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

SWGACAC, Inc.
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Attendance Matters

Why Attendance in Early Education is so Important?

Children who miss 10% of program days (one or two days every few weeks) are at risk for:

- Lower academic performance throughout their school years.
- Delayed reading skills
- Lower math scores
- Being chronically absent throughout elementary, middle, and high school.
- Being held back a year. More than 1/4th of children with chronic absenteeism in pre-school and kindergarten are retained by 3rd grade.
- Weaker development of social skills needed to succeed in school.
- Dropping out by high school. 20% of children with uncorrected chronic absenteeism drop out in high school.



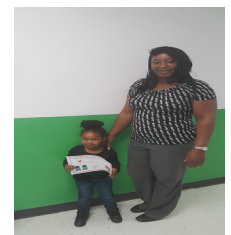
What can you do?

- Set a regular bedtime and morning routine.
- Lay out clothing and pack book bags the night before.
- Have a back-up plan for getting your child to school if something comes up.
- Ask for help! Talk to family, friends, and staff at your child's center about difficulties you are facing with getting your child to school.
- Schedule appointments outside of school hours or on breaks to minimize absences.

*For more information, visit www.attendanceworks.org.



Seminole County CDC students are recognized by their teachers for having perfect attendance during the month of February.



Last Day of School for Head Start Students

- May 18th:** Baker County CDC, Calhoun County CDC, Dougherty County Centers, Sumter County CDC, Terrell County CDC & Tri. County CDC
- May 22nd:** Miller County CDC
- May 23rd:** Culbertson (Colquitt) County CDC, Decatur County/Grady County CDC, Early County CDC, Lee County CDC, Mitchell County CDC, Seminole County CDC, Thomas County CDC & Worth County CDC

Holiday Break & Last Day of School for Early Head Start Students

- May 28th:** Memorial Day Holiday (All Centers are Closed)
- May 29th:** EHS Centers Open & Classes Resume
- June 15th:** Last Day for All Early Head Start Students & Staff

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: 229-436-3786

In The NEWS



Students from Culbertson (Colquitt County) Child Development Center experienced first-hand the miracle of life by incubating and hatching chicken eggs. Each child received an egg and placed it into an incubator. The students then counted down the 21 days necessary to hatch the eggs. All of the classes at the center were able to take part in the project. The eggs and incubator were donated by Robert "RT" Tucker, Culbertson CDC, Bus Driver.

Reference: moultrieobserver.com Photos Courtesy of Amanda Arias



HELP EVERY CHILD FIND GREAT BOOKS TO READ THIS SUMMER

"Find a Book, Georgia" is a fun and easy way to select books based on a child's Lexile measure and interests. You can use this free search tool to build custom book lists for readers at all levels, and then locate your selections at the local public library.

1. **GO TO** Lexile.com/fab/GA
2. **ENTER** the child's Lexile measure
3. **SELECT** the child's interest categories
4. **VIEW AND REFINE** the search results

As you browse books that the child finds interesting, click the "Find in a Library" button next to the book title to check its availability at your local public library.

5. **PRINT** the child's custom reading list.

Reference <http://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Pages/Georgia-Summer-Reading-Challenge.aspx>

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 aplicable)

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>.