



# HEAD START AT A GLANCE...

Southwest Georgia Community Action Council, Inc.

AUG./SEPT. 2018

## August 2018

- 6 First Day of School (All Centers)
- 1-7 World Breastfeeding Week
- 15 Positive Day
- 28 Early Head Start Home Visits Begin

### WORKSHOPS/ OBSERVANCES

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

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## September 2018

- 3 Labor Day (Centers & Central Office Closed)
- 4 Head Start Home Visits Begin
- 4-7 September Parent Meetings
- 7 Family Day- Literacy Activity
- 14 Muffins with Mom
- 18 Policy Council Meeting (Central Office)
- 20 Positive Day
- 21 Substitute/Volunteer Training
- 28 Doughnuts with Dad

### WORKSHOPS/OBSERVANCES

- Doughnuts with Dad
- 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 Hand Washing Techniques
- Intestinal Parasites
- Child Cancer Awareness Month
- International Literacy Day (9/7)
- Grandparent's Day Observance (9/7)
- Library Card Sign-up Month
- Child Passenger Safety Week (9/17-9/23)

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### Staff Development Days (Student Holidays)

- Terrell 9/28
- Worth 9/28

### Student & Staff Holidays

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

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### 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

## Back to School Tips for Parents



## Preparing for a Smooth Transition

Is your child entering a preschool program for the first time? Use these tips to help both you and your child make a smooth transition.

1. Visit your local library during a read-aloud time so your child gets used to hearing someone other than family members reading aloud a book in a group setting.
2. Establish a routine of "early to bed" and "school wake-up time" several weeks before school begins so your child has time to adjust to the new schedule.
3. Find out about the toileting procedures at the new center so you can review the situation with your child and make sure she is comfortable.
4. If there's a home visit or open house day, make sure you and your child participate. If you aren't able to participate, call the center to arrange for a visit to the center and to meet your child's teacher.
5. Make a book at home about the new preschool experience your child is about to begin. Perhaps take photos of the center or of your child in front of center and add text like: "This is Sammy at school. This is her favorite t-shirt. This is Mommy picking up Sammy when school is over."
6. Tell stories about when you went to school and share how you felt about it. Find childhood pictures of yourself and other adults in your child's life and talk about the photos.
7. If your child has never before been cared for by someone else, start to leave him or her for short periods of time with friends or relatives. Reinforce the fact that you will return and that he or she is safe with others.

Reference- <https://www.naeyc.org/our-work/families/13-tips-starting-preschool>

### 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.

	<b>MONDAY 8/6/18</b>	<b>TUESDAY 8/7/18</b>	<b>WEDNESDAY 8/8/18</b>	<b>THURSDAY 8/9/18</b>	<b>FRIDAY 8/10/18</b>
<b>BREAKFAST</b>	Milk, Cereal & Orange Juice	Milk, Sliced Apples, Mandarin Oranges (EHS), Chicken Pattie, 100% Whole Wheat Toast	Milk, Fresh Strawberries & Whole Grain Cereal	Milk, 100% Apple Juice, Yogurt & Whole Wheat Toast	Milk, Oranges, Whole Grain Bread & Turkey Sausage
<b>LUNCH</b>	Milk, Oranges, Turkey Sandwich w/ light Mayo & Baked Potato Rounds	Milk, BBQ Chicken, Steamed Cabbage, Hot Cinnamon Apple & Cornbread	Mixed Fruit, Chef Salad w/ Diced Turkey, Eggs, Whole Grain Crackers & Lite Dressing EHS- Peaches, Tuna Salad Sandwich & Early Peas	Milk, Corn on the Cob, Whole Grain Beef Pizza & Steamed Broccoli	Milk, Cantaloupe, Pull Pork, Baked Beans & Whole Grain Roll
<b>SNACK</b>	Sliced Cheese, Crackers & Water	Diced/Crushed Pineapples, Whole Grain Crackers & Water	Apple Sauce Whole Grain Sun Chips, Crackers (EHS) & Water	Grapefruit, String Cheese & Water	Sliced Apples, Apple Sauce (EHS), Low-Fat Yogurt & Water
	<b>MONDAY 8/13/18</b>	<b>TUESDAY 8/14/18</b>	<b>WEDNESDAY 8/15/18</b>	<b>THURSDAY 8/16/18</b>	<b>FRIDAY 8/17/18</b>
<b>BREAKFAST</b>	Milk, Whole Wheat Toast, Sausage Pattie & Grapefruit	Milk, Diced/Crushed Pineapples & Whole Grain Muffins	Milk, Banana & Chex Cereal	Milk, Oranges & Cheese Toast	Milk, Apple Slices, Apple Sauce (EHS) & Breakfast Pizza
<b>LUNCH</b>	Milk, Sweet & Sour Meatballs, California Blend, Fresh 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 Chops, Diced Pork Steak w/ Gravy (EHS), Cream Potatoes, Turnip Greens & Cornbread	Milk, Chicken Pot Pie, Chicken Nuggets (EHS), Mandarin Oranges, Apple Sauce (EHS) Potato Logs & Roll
<b>SNACK</b>	Pineapple, Whole Grain Crackers & Water	Cantaloupe, Whole Grain Cheetos & Water	Milk, & 1/2 Peanut Butter Sandwich	Carrot Sticks w/ Ranch Dressing, Whole Wheat Gold Fish Crackers, Mandarin Oranges (EHS) & Water	Wheat Thins, Vegetable Dip, Apple Juice (EHS) & Water
	<b>MONDAY 8/20/18</b>	<b>TUESDAY 8/21/18</b>	<b>WEDNESDAY 8/22/18</b>	<b>THURSDAY 8/23/18</b>	<b>FRIDAY 8/24/18</b>
<b>BREAKFAST</b>	Milk, Egg Pattie, Toast, & Pineapple Tidbits	Milk, Yogurt, Strawberries & Whole Grain Toast	Milk, Whole Grain Cereal & Bananas	Milk, Apple Juice, Ham/Egg/Cheese Casserole & Toast	Milk, Muffin & Apple Sauce
<b>LUNCH</b>	Milk, Chicken Tenders, Black-Eyed Peas, Brown Rice & Sweet Potato	Milk, Turkey Sandwich w/ Lettuce & Tomato, Rotini Pasta Salad & Oranges	Milk, Fish Nuggets, Baked Beans, Slaw, Apple Sauce (EHS) & Roll	Milk, Beef Pizza, Mixed Vegetables & Pineapple	Milk, Mac & Cheese w/ Ham, Green Beans, Cantaloupe, Peach Slices (EHS) & Roll
<b>SNACK</b>	Whole Grain Gold Fish, Apple Slices, Apple Sauce (EHS) & Water	Whole Grain Crackers, Grapefruit Slices & Water	Pineapple, Cottage Cheese & Water	Seedless Watermelon, Whole Wheat Peanut Butter Crackers & Water	Low-Fat Yogurt, Whole Wheat Cheez-It Crackers & Water
	<b>MONDAY 8/27/18</b>	<b>TUESDAY 8/28/18</b>	<b>WEDNESDAY 8/29/18</b>	<b>THURSDAY 8/30/18</b>	<b>FRIDAY 8/31/18</b>
<b>BREAKFAST</b>	Milk, Whole Grain Cereal & Banana	Milk, Muffin, Yogurt & Whole Fruit or Juice	Milk, Egg Pattie, Toast & Pineapple	Milk, Breakfast Casserole & Apple Sauce	Milk, French Toast Sticks, Sausage Pattie & Apple Slices
<b>LUNCH</b>	Milk, Liver & Onions, Green Peas, Brown Rice & Fruit Slices	Milk, Buffet Ham, Collard Greens, Potato Salad, Rolls or Cornbread	Milk, Chicken Pattie on Bun, Baked Beans & Sliced Peaches	Milk, Turkey Sandwich, Tossed Salad w/ Lite Dressing, Sliced Oranges, Apple Sauce (EHS) & Early Peas (EHS)	Milk, Oven Fried Fish Nuggets, Broccoli Spears, Steamed Carrots & Roll
<b>SNACK</b>	Hard Boiled Eggs, Apple Juice & Water	Mixed Fruit, String Cheese, Sliced Cheese (EHS) & Water	Sun Chips, Banana, Gold Fish Crackers (EHS) & Water	Carrot Sticks w/ Ranch Dressing, Wheat Thins, Water & Milk (EHS)	Grapefruit Slices, Whole Grain Gold Fish & Water
	<b>MONDAY 9/3/18</b>	<b>TUESDAY 9/4/18</b>	<b>WEDNESDAY 9/5/18</b>	<b>THURSDAY 9/6/18</b>	<b>FRIDAY 9/7/18</b>
<b>BREAKFAST</b>		Milk, Breakfast Pizza & Sliced Oranges	Milk, Grits, Cheese Toast & Apple Sauce	Milk, Breakfast Casserole & Tangerines	Milk, Turkey Sausage Patties, Egg Patties, Toast & Apple Sauce
<b>LUNCH</b>		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
<b>SNACK</b>		Yogurt, Strawberries & Water	Cheez-It Crackers & Milk	Peaches, Milk & Water	Pineapple Slices, Muffins & Water

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



## Why is Attendance in Head Start & Early Head Start 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.
- Being chronically absent throughout elementary, middle, and high school.
- Being held back a year.
- Weaker development of social skills needed to succeed in school.
- Dropping out by 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](http://www.attendanceworks.org).

## Hand Washing Tips



### When & How to Wash Your Hands

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others.

Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

### When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

### How should you wash your hands?

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

For more information, log onto <https://www.cdc.gov/handwashing/when-how-handwashing.html>



## Literacy Tips for Parents & Caregivers

**Make books important.** Turn off the TV and devices and read for half an hour. Talk about what you are reading and/or read with your child, depending on the age group. Sitting in the same room and reading independently can send strong messages about enjoying books.

**Visit the library.** Help your children borrow books and borrow yourself. Talk about your choices (authors, topics, book types) on the way home.

**Write together.** Compose greetings together for birthdays and other special occasions, whether a card, letter, e-mail or a puppet play.

**Discuss the news.** Talk to your children about family events, trips, and local and national news events that are appropriate for their age. A strong vocabulary is important for oral language, reading and writing.

**Get support if you need it.** If you struggle with reading or writing, or have a language background other than English, use the support that is offered through the school, local library or community center, or contact the Reading Writing Hotline. Talk to friends and neighbors who may be happy to read to your child, share books or talk about what they are reading.

**Be selective about TV programs.** Try to have a family night and watch something suitable together and talk about the show afterwards. The program might create an interest for future reading or research into a topic.

**Do things together.** There can be lots of talking, reading and writing involved when planning and participating in family events. These include bike rides, cooking, shopping trips, researching for a day out, working in the garden, visiting friends or family, or planning an outing to a cinema, museum or public event. Get your children involved in the process.

Reference: <http://education.abc.net.au/newsandarticles/blog/-/b/2370914/ten-literacy-tips-for-parents-and-caregivers>



## Parent & Teacher/Family Service Worker Home Visits

August 28th - Early Head Start Home Visits Begin  
September 4th - Head Start Home Visits Begin

Contact your Family Service Worker to schedule your family's home visit.

## 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 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



### Buckle Up Every Age, Every Seat, Every Trip

Motor vehicle injuries are a leading cause of death among children in the United States. But many of these deaths can be prevented. Buckling children in age- and size-appropriate car seats, booster seats, and seat belts reduces serious and fatal injuries by more than half.

#### Risk Reduction for Every Age

Buckling children in age- and size-appropriate car seats, booster seats, and seat belts reduces the risk of serious and fatal injuries:

- Car seat use reduces the risk for death to infants (aged <1 year) by 71%; and to toddlers (aged 1–4 years) by 54% in passenger vehicles.
- Booster seat use reduces the risk for serious injury by 45% for children aged 4–8 years when compared with seat belt use alone.
- For older children and adults, seat belt use reduces the risk for death and serious injury by approximately half.

For more information log onto [https://www.cdc.gov/motorvehiclesafety/child\\_passenger\\_safety/index.html](https://www.cdc.gov/motorvehiclesafety/child_passenger_safety/index.html)

### 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)

### Stay Up-To Date On The Latest Program Information



@SWGACACHeadStart



[www.swgacac.com](http://www.swgacac.com)



<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](mailto:lbridges@swgacac.com). Visit Southwest GA Community Action Council, Inc.'s website at <http://www.swgacac.com>.