



# HEAD START AT A GLANCE...

Southwest Georgia Community Action Council, Inc.

November/December 2018

## November 2018

- 1 National Family Literacy Day
- 1 Perfect Attendance Award Day
- 1-16 Strong Fathers/Strong Families Meeting
- 5-9 November Parent Meetings
- 7 Center Conferences Begin
- 14 Positive Day
- 27 Policy Council & Board of Director's Meeting
- 1-30 Parent Educational Activities
- 1-30 Male Involvement & Parent Community Service Projects

### WORKSHOPS/OBSERVANCES

- All About Prior Intervention, Referrals, IEP Meetings & Placement Decisions
- Diabetes in Children & Adults Education
- High Blood Pressure Education
- Injury Prevention for Adults & Children
- Understanding & Managing Stress
- Nurturing Feeding Time Routine- Feeding Children Nutritious Food
- Medication Administration: The Five Rights



### Staff Development Days (Student Holiday)

- 11/12/18- Dougherty County Centers Only
- 11/16/18- Mitchell County CDC Only

### Student Holidays (All Centers)

November 19-23, 2018

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## December 2018

- 3 Perfect Attendance Award Day
- 3-7 December Parent Meetings

### WORKSHOPS/OBSERVANCES

- Back to Sleep Baby (SIDS)
- Buying & Preparing Nutritious Food on a Budget
- Meeting Our Needs & The Needs of our Children
- Managing Anger
- Making Ends Meet-Where To Go For Help in a Crisis
- Financial Literacy- Banking & Budgeting
- Employment Training
- Labor & Delivery (Pregnant Women Workshop)
- Postpartum Care (Pregnant Women Workshop)
- World AIDS Awareness Month
- Safe Toys & Gifts Awareness Month

### 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**

## Coping with Stress After a Traumatic Event

Feeling stressed before or after a traumatic event is normal, but stress becomes a problem when we are unable to cope well with it and when the stress gets in the way of taking care of ourselves and family, going to school, or doing our jobs. Coping well with stress begins with recognizing how we are reacting and then by taking steps to manage our reactions in a healthy way.

After a traumatic event that is very frightening, people may have strong and lingering reactions. These events may include personal or environmental disasters, or threats with an assault. These strong emotions, may be normal and temporary. Traumatic events take different forms—natural disasters (earthquakes, tornados, wildfires), personal loss, school shootings, and community violence—and their effects on us vary. People may feel sad, confused, scared, or worried. Others may feel numb or even happy to be alive and safe. Reactions to traumatic events can be had by those directly impacted as well as by friends and family of victims, first responders, and people learning about the events from the news.

### Ways to Cope with Stress After a Traumatic Event

- Follow a normal routine as much as possible. Wake up and go to sleep at your usual times. Continue to go to work and school and do activities with friends and family.
- Take care of yourself. Do healthy activities, like eating well-balanced meals, getting plenty of rest, and exercising—even a short walk can clear your head and give you energy.
- Talk about your feelings and accept help. Feeling stress after a traumatic event is normal. Talking to someone about how you are doing and receiving support can make you feel better. Others who have shared your experience may also be struggling and giving them support can also help you.
- Turn it off and take a break. Staying up-to-date about a traumatic event can keep you informed, but pictures and stories on television, in newspapers, and on the Internet can increase or bring back your stress. Schedule information breaks. If you are feeling upset when getting the news, turn it off and focus on something you enjoy.
- Get out and help others. Volunteer or contribute to your community in other ways. This community support can be connected to the disaster-related needs or to anything else that you care about. Supporting your community can help you and others heal and see that things are going to get better.

### Where to Get Immediate Help:

- Disaster Distress Helpline  
1-800-985-5990  
Text "TalkWithUs" to 66746)
- National Suicide Prevention Lifeline  
1-800-273-8255  
<https://suicidepreventionlifeline.org/>
- Youth Mental Health Line  
1-888-568-1112
- Child-Help USA  
1-800-422-4453



For more information log onto <https://www.cdc.gov/violenceprevention/pdf/CopingwithStress.pdf>.

### Goal of Head Start/Early Head Start

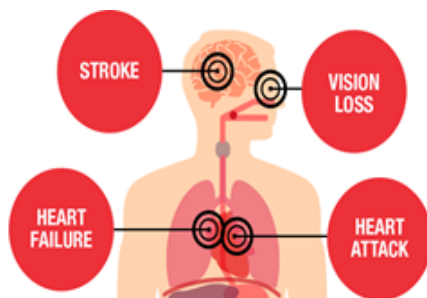
The overall goal of the Early Head Start and Head Start Program is to break the cycle of poverty by working with pregnant women and children to strengthen the family unit. This enhances both a child's everyday responsiveness in present environment and future effectiveness in school and life.

	<b>MONDAY 11/12/18</b>	<b>TUESDAY 11/13/18</b>	<b>WEDNESDAY 11/14/18</b>	<b>THURSDAY 11/15/18</b>	<b>FRIDAY 11/16/18</b>
<b>BREAKFAST</b>	Milk, Egg Pattie, Toast, Pineapple Tidbits & Crushed Pineapple (EHS)	Milk, Whole Grain Waffle Sticks, Ham Pattie & Apple Sauce	Milk, Orange Slices & Whole Grain Cereal	Milk, Apple Slices, Apple Sauce (EHS), Ham, Egg & Cheese Casserole & Toast	Milk, Breakfast Pizza & Sliced Grapefruit
<b>LUNCH</b>	Milk, Chicken Tenders, Black-Eyed Peas, Mashed Potato & Cornbread	Milk, Beef Pizza, Baby Carrots, Pineapple Tidbits, Ravioli (EHS), Mixed Vegetables (EHS) & Crushed Pineapple (EHS)	Milk, Fish Nuggets, Baked Beans, Potato Salad & Roll	Milk, Chicken & Dressing, Green Beans & Mixed Fruit	Milk, Baked Chicken, Squash, Cinnamon Apples, Rolls & Rice
<b>SNACK</b>	Whole Grain Goldfish Crackers, Apple Juice & Water	Wheat Thins, Cheese String, Sliced Cheese (EHS) & Water	Boiled Egg, Pineapple Juice & Water	Mandarin Oranges, Whole Wheat Cheese Crackers & Water	Milk, Cereal & Water
	<b>MONDAY 11/26/18</b>	<b>TUESDAY 11/27/18</b>	<b>WEDNESDAY 11/28/18</b>	<b>THURSDAY 11/29/18</b>	<b>FRIDAY 11/30/18</b>
<b>BREAKFAST</b>	Milk, Whole Grain Cereal & Banana	Milk, Oatmeal, Orange Slices & Mandarin Oranges (EHS)	Milk, Toast, Pineapple Tidbits & Crushed Pineapple (EHS)	Milk, Cereal & Pear Slices	Milk, Waffle Sticks & Apple Sauce
<b>LUNCH</b>	Milk, Beef Vegetable Soup, Grilled Cheese Sandwich, Fruit Salad & Diced Peaches (EHS)	Milk, BBQ Chicken, Collard Greens, Potato Salad, Rolls & Cornbread	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)
<b>SNACK</b>	Crackers, Pineapple Tidbits, Crushed Pineapples (EHS) & Water	Apple Sauce, Wheat Thins & Water	Cereal, Milk & Water	Carrot Sticks w/ Dip, Crackers, Milk (EHS) & Water	Grapefruit Slices, Wheat Crackers & Water
	<b>MONDAY 12/3/18</b>	<b>TUESDAY 12/4/18</b>	<b>WEDNESDAY 12/5/18</b>	<b>THURSDAY 12/6/18</b>	<b>FRIDAY 12/7/18</b>
<b>BREAKFAST</b>	Milk, Chicken Patties, Toast & Apple Sauce	Milk, Oatmeal, Sliced Oranges, & French Toast (EHS)	Milk, Muffin & Banana	Milk, Cereal & Sliced Pears	Milk, Turkey Sausage Pattie, Hash Brown Patty, Toast & Apple Sauce
<b>LUNCH</b>	Milk, Baked Chicken, Rutabagas, Turnip Greens & Corn Bread	Milk, Corn Taco Chips w/ Beef, Cheese, Lettuce & Tomato, Pineapple Tidbits, Oven Fries, Ravioli (EHS) & Crushed Pineapple (EHS)	Milk, Vegetable Soup w/ Beef, Peanut Butter Sandwich & Sliced Apples	Milk, Fish Nuggets, Brown Rice, Sliced Grapefruit & Early Peas	Milk, Buffet Ham, Black-eyed Peas, Potato Salad & Roll
<b>SNACK</b>	Apple Slices, Cheese Crackers, Water & Apple Sauce (EHS)	Yogurt, Goldfish Crackers & Water	Carrot Sticks w/ Ranch Dressing, Crackers, Cheese (EHS) & Water	Milk, Peaches & Water	Pineapple Tidbits, Crushed Pineapple (EHS), Wheat Thins & Water
	<b>MONDAY 12/10/18</b>	<b>TUESDAY 12/11/18</b>	<b>WEDNESDAY 12/12/18</b>	<b>THURSDAY 12/13/18</b>	<b>FRIDAY 12/14/18</b>
<b>BREAKFAST</b>	Milk, Oatmeal & Banana	Milk, Cereal & Fresh Orange Slices	Milk, Cinnamon Toast, Egg Pattie & Diced Pears	Milk, Ham, Egg & Cheese Casserole, Sliced Peaches, Toast, Diced Peaches (EHS)	Milk, Cheese Toast & Apple Juice
<b>LUNCH</b>	Milk, Sliced Ham, Turnip Greens, Mashed Potato & Roll	Milk, Oven Fried Fish Fillet, Sweet Corn, Carrots, Roll & Creamed Corn	Milk, Chicken Salad Sandwich, Tossed Salad w/ Dressing, Potato Salad (EHS), Pineapple Tidbits & Crushed Pineapple (EHS)	Milk, Spaghetti w/ Turkey Meat Sauce, California Blend & Hot Cinnamon Apples	Milk, Hamburger w/ Cheese, Oven Fries w/ Ketchup & Sliced Oranges
<b>SNACK</b>	Yogurt, Pineapple Tidbits, Crushed Pineapple (EHS) & Water	Milk, Peanut Butter Sandwich & Water	Banana, Crackers, Water & Banana	Whole Grain Cheetos, Grape Juice & Water	Sliced Turkey, Crackers & Water
	<b>MONDAY 1/7/19</b>	<b>TUESDAY 1/8/19</b>	<b>WEDNESDAY 1/9/19</b>	<b>THURSDAY 1/10/19</b>	<b>FRIDAY 1/11/19</b>
<b>BREAKFAST</b>	Milk, Pineapple Tidbits, Egg Pattie & Wheat Toast w/ Jelly	Milk, Sliced Apples, Chicken, Toast & Mandarin Oranges (EHS)	Milk, Fresh Fruit & Whole Grain Cheerios	Milk, Apple Juice, Yogurt & Cheese Toast	Milk, Sliced Oranges, Toast & Turkey Sausage
<b>LUNCH</b>	Milk, Cinnamon Apples, Spaghetti w/ Turkey Meat Sauce, Vegetable Medley & Roll	Milk, Mixed Fruit, Chef Salad w/ Diced Ham, Lettuce, Dressing, Whole Wheat Crackers, Tuna Salad (EHS) & Early Peas (EHS)	Milk, Oranges, Turkey Sandwich w/ Light Mayo & Potato Rounds	Milk, Corn on the Cob, Salisbury Steak, Cream Corn (EHS), Broccoli & Roll	Milk, Mashed Potatoes, Chicken Pattie, Baked Beans & Whole Grain Roll
<b>SNACK</b>	Whole Grain Crackers, Grapefruit Slices & Water	Diced Pineapple, Sliced Cheese & Water	Apple Sauce, Tortilla Chips, Cheez It Crackers (EHS) & Water	Sliced Pears, Wheat Thins & Water	Sliced Apples, Cinnamon Apples (EHS), 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.**

**Happy Holidays**<sup>SM</sup>

## Blood Pressure



### What is high blood pressure?

Blood pressure is the force of blood against your artery walls as it circulates through your body. Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time. High blood pressure can lead to heart disease and stroke—leading causes of death in the United States.

### Are you at risk?

One in three American adults has high blood pressure—that's an estimated 67 million people. Anyone, including children, can develop it. Several factors that are beyond your control can increase your risk for high blood pressure. These include your age, sex, and race or ethnicity. But you can work to reduce your risk by eating a healthy diet, maintaining a healthy weight, not smoking, and being physically active.

### What are the signs and symptoms?

High blood pressure usually has no warning signs or symptoms, so many people don't realize they have it. That's why it's important to visit your doctor regularly. Be sure to talk with your doctor about having your blood pressure checked.

### How is high blood pressure diagnosed?

Your doctor measures your blood pressure by wrapping an inflatable cuff with a pressure gauge around your arm to squeeze the blood vessels. Then he or she listens to your pulse with a stethoscope while releasing air from the cuff. The gauge measures the pressure in the blood vessels when the heart beats (systolic) and when it rests (diastolic).

### Can high blood pressure be prevented?

You can take several steps to maintain normal blood pressure levels:

- Get your blood pressure checked regularly.
- Eat a healthy diet.
- Maintain a healthy weight.
- Be physically active.
- Limit alcohol use.
- Don't smoke.
- Prevent or manage diabetes.

For more information log onto [https://www.cdc.gov/bloodpressure/docs/ConsumerEd\\_HBP.pdf](https://www.cdc.gov/bloodpressure/docs/ConsumerEd_HBP.pdf)



Congratulations to our Early County CDC Pumpkin Coloring Contest Winners: K. Parks, K. James, & K. Wade (not pictured). The contest was hosted by Early County Family Connections.

## School Readiness Tips



### Reading Tips for Parents of Preschoolers

- **Read together every day.** Read to your child every day. Make this a warm and loving time when the two of you can cuddle close.
- **Give everything a name.** Build your child's vocabulary by talking about interesting words and objects. For example, "Look at that airplane! Those are the wings of the plane. Why do you think they are called wings?"
- **Say how much you enjoy reading.** Tell your child how much you enjoy reading with him or her. Talk about "story time" as the favorite part of your day.
- **Read with fun in your voice.** Read to your child with humor and expression. Use different voices. Ham it up!
- **Know when to stop.** Put the book away for awhile if your child loses interest or is having trouble paying attention.
- **Be interactive.** Discuss what's happening in the book, point out things on the page, and ask questions.
- **Read it again and again.** Go ahead and read your child's favorite book for the 100th time!
- **Talk about writing, too.** Mention to your child how we read from left to right and how words are separated by spaces.
- **Point out print everywhere.** Talk about the written words you see in the world around you. Ask your child to find a new word on each outing.
- **Get your child evaluated.** Please be sure to see your child's pediatrician or teacher as soon as possible if you have concerns about your child's language development, hearing, or sight.

Resource: <http://www.readingrockets.org/article/reading-tips-parents-preschoolers>



### November 2018 Student Holidays

Students will be on break in observance of the Thanksgiving Holiday, November 19-23, 2018.

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### December 2018 Staff Holidays

Students will be on break in observance of the Christmas Holiday, December 17, 2018 - January 4, 2019.

**Students Return to School on January 7, 2019.**



## 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: 229-317-2061

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

Where does your baby sleep



According to the U.S. Department of Health and Human Services, SIDS (Sudden Infant Death Syndrome) is the sudden and unexplained death of an infant under one year of age, which strikes nearly 4,000 babies in the United States every year. The causes of SIDS are still unclear, but experts have identified some key factors that can reduce the risk of SIDS, and are attempting to make this information known. You can save a baby's life by making sure that everyone who cares for your baby, or your friend's or relative's baby, knows to place babies on their "Back to Sleep."

### Safety Tips for Sleeping Babies

If your baby is under 12 months old, you can help prevent SIDS, suffocation, and strangulation by following these three tips:

- Place your baby to sleep on his or her back.
- Remove all soft bedding from the crib.
- Put your baby to sleep in a safe crib.

**Why follow these tips?** Babies who sleep on their backs have a much lower risk of dying from SIDS or suffocation. A baby can suffocate from soft bedding in a crib. Be sure to remove all pillows, quilts, comforters, and sheepskins from your crib.

### A safe crib is the best place for your baby to sleep.

Make sure your crib has:

- No missing or broken hardware, and slats no more than 2 3/8" apart
- No corner posts over 1/16" high
- No cutout designs in the headboard or footboard
- A firm, tight-fitting mattress
- A safety certification seal (on new cribs)

Resource: <http://www.center4research.org/back-sleep-campaign-sids/>

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



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



Scan the QR code with your smart  
device and browse our website  
[www.swgacac.com](http://www.swgacac.com).



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

## Head Start/Early Head Start Enrollment Requirements

- Child must be 3 by September 1st for Head Start and 6wks-3 for Early Head Start
- Proof of Age (preferably certified copy) of child applying
- Proof of Income from previous year (W-2 form, Tax Return) or previous 12 months (current check stub, public assistance letter)
- Disability Diagnosis (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
- Certificado de nacimiento de la niño(a)
- Comprobante de ingreso (forma W-2, declaración de impuestos o trozo actual del cheque)
- Diagnostico de la inhabilidad ( IEP/IFSP O documentación 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](mailto:lbridges@swgacac.com).

**Website:** <http://www.swgacac.com>

**Facebook:** Southwest Georgia Community Action Council, Inc. Head Start

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**Phone:** (800) 642-3384