



# HEAD START AT A GLANCE...

Southwest Georgia Community Action Council, Inc.

January/February 2019



## JANUARY 2019

- 1-2 Student & Staff Holiday Break (All Centers Closed)
- 7-11 January Parent Meetings
- 8 Perfect Attendance Award Day
- 14 2019-2020 Registration Begins
- 15 Policy Council Meeting
- 16 Positive Day
- 21 MLK Holiday (All Centers Closed)
- 23 National Reading Day

### WORKSHOPS/OBSERVANCES

#### Activities You Can Do at Home with Your Children

Rewarding Children & Their Behavior (Part A)

#### Consequences of Sugar-Sweetened Beverages

Strong Father's /Strong Families Match Activity

#### Child Support Services

Alzheimer's & Dementia Awareness Month

**Pedestrian Safety Training (Child & Adult)**

National Birth Defects Prevention Month

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**JANUARY 21, 2019- MLK Holiday (All Centers & Central Office 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**

## 2019-2020 Head Start/Early Head Start REGISTRATION BEGINS JANUARY 14, 2019

Head Start programs promote school readiness of children ages birth to five from low-income families by supporting their development in a comprehensive way.

Head Start and Early Head Start programs offer a variety of service models, depending on the needs of the local community. Many Head Start and Early Head Start programs are based in centers and schools. Other programs are located in child care centers and family child care homes. Some programs offer home-based services in which assigned dedicated staff conduct weekly visits to children in their own home and work with the parent as the child's primary teacher.

Over fifty years ago Head Start began as a program for preschoolers. Today 3- and 4-year-olds make up over 80 percent of the children served by Head Start programs each year. Early Head Start was created to serve pregnant women, infants, and toddlers. Early Head Start programs are available to the family until the child turns 3 years old and is ready to transition into Head Start or another preschool program.

Resource: <https://www.acf.hhs.gov/ohs/about/head-star>

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### 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 (2018 W-2 forms, 2018 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)

*\*See page 4 for contact information for all of our Child Development Centers.*

### 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 1/14/19</b>	<b>TUESDAY 1/15/19</b>	<b>WEDNESDAY 1/16/19</b>	<b>THURSDAY 1/17/19</b>	<b>FRIDAY 1/18/19</b>
<b>BREAKFAST</b>	Milk, Waffles, Sausage Pattie & Grapefruit Slices	Milk, Apple Sauce, Toast & Egg Pattie	Milk, Banana & Chex Cereal	Milk, Sliced Pears & Breakfast Pizza	Milk, Pineapple, Yogurt & Cheese Toast
<b>LUNCH</b>	Milk, Meatballs, Steamed Cabbage, Yams & Cornbread	Milk, Tuna and Macaroni Salad, Mandarin Oranges, Early Peas & Roll	Milk, Chicken and Rice, Broccoli Spears & Steamed Cabbage	Milk, Sloppy Joe on Bun, Cole Slaw, Mixed Vegetables & Mashed Potatoes (EHS)	Milk, Chicken Nuggets, Fresh Sweet Potato, Turnip Greens, Sliced Apples, Apple Sauce (EHS) & Roll
<b>SNACK</b>	String Cheese, Crackers, Apple Juice & Water	Pineapple, Whole Grain Crackers & Water	Milk, Whole Grain Crackers & Water	Peanut Butter Sandwich, Orange Slices, Mandarin Oranges (EHS) & Water	Sliced Peaches, Wheat Crackers & Water
	<b>MONDAY 1/21/19</b>	<b>TUESDAY 1/22/19</b>	<b>WEDNESDAY 1/23/19</b>	<b>THURSDAY 1/24/19</b>	<b>FRIDAY 1/25/19</b>
<b>BREAKFAST</b>	Milk, Egg Pattie, Toast w/ Jelly & Pineapple	Milk, Pancakes, Ham Pattie, Sliced Apples, Sausage Pattie (EHS) & Apple Sauce (EHS)	Milk, Strawberries & Chex Cereal	Milk, Apple Slices, Apple Sauce (EHS) & Oatmeal	Milk, Breakfast Pizza, Cheese Toast (EHS) & Banana
<b>LUNCH</b>	Milk, Beef Taco Salad w/ Lettuce, Tomato and Cheese & Sliced Peaches	Milk, BBQ Chicken, Cabbage, Rice Pilaf & Fruit	Milk, Fish Nuggets, Baked Beans, Potato Salad & Roll	Milk, Turkey and Cheese Sandwich, Garden Salad w/ Lite Dressing, Sliced Oranges & Baked Fries (EHS)	Milk, Chicken N Dumplings, Green Beans, Cantaloupe & Roll
<b>SNACK</b>	Whole Grain Gold Fish Crackers, Orange Slices & Water	Whole Grain Crackers, Apple Juice & Water	Boiled Eggs, Pineapple Juice, Gold Fish Crackers (EHS) & Water	Seedless Watermelon, Wheat Thins & Water	Low-fat Yogurt, Strawberries & Water
	<b>MONDAY 1/28/19</b>	<b>TUESDAY 1/29/19</b>	<b>WEDNESDAY 1/30/19</b>	<b>THURSDAY 1/31/19</b>	<b>FRIDAY 2/1/19</b>
<b>BREAKFAST</b>	Milk, Whole Wheat Toast, Sausage Pattie & Grapefruit Slices	Milk, Apple Juice, Whole Grain Toast w/ Jelly & Egg Pattie	Milk, Banana & Whole Grain Chex Cereal	Milk, Sliced Oranges & Whole Grain Cheese Toast	Milk, Apple Juice & Whole Grain Breakfast Pizza
<b>LUNCH</b>	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 Chops, Steak in Gravy (EHS), Creamed Potatoes, Turnip Greens & Cornbread	Milk, Chef Salad w/ Eggs, Turkey and Cheese, Whole Grain Crackers, Sliced Apples, Lite Dressing, Chicken Nuggets (EHS), Apple Sauce (EHS) & Whole Grain Roll (EHS)
<b>SNACK</b>	Pineapple, Whole Grain Crackers & Water	Peaches, Whole Grain Crackers & Water	Milk, Peanut Butter Sandwich & Water	Carrot Sticks w/ Ranch, Mandarin Oranges (EHS), Whole Wheat Gold Fish Crackers & Water	Wheat Thins, Vegetable Dip, Oranges & Water
	<b>MONDAY 2/4/19</b>	<b>TUESDAY 2/5/19</b>	<b>WEDNESDAY 2/6/19</b>	<b>THURSDAY 2/7/19</b>	<b>FRIDAY 2/8/19</b>
<b>BREAKFAST</b>	Milk, Hash Brown, Egg Pattie, Toast & Orange Slices (EHS)	Milk, Sliced Pears & Chicken Biscuit	Milk, Whole Grain Oatmeal & Banana	Milk, Apple Juice, Yogurt, Raisin Toast & Sliced Toast (EHS)	Milk, Sliced Oranges, Mandarin Oranges (EHS), Banana Muffin & Turkey Sausage
<b>LUNCH</b>	Milk, Cinnamon Apples, Spaghetti w/ Turkey & Meat Sauce, Vegetable Medley, Roll & Apple Sauce (EHS)	Milk, Mixed Fruit Cup, Chef Salad w/ Diced Ham & Lettuce, Whole Wheat Crackers, Sliced Peaches (EHS), Tuna Salad (EHS) & Early Peas (EHS)	Milk, Sliced Oranges, Turkey Sandwich, Potato Rounds & Mandarin Oranges (EHS)	Milk, Corn on the Cob, Cream Corn (EHS), BBQ Sandwich & Steamed Broccoli	Milk, Diced Pears, Chicken Noodle Soup w/ Chicken and Vegetables & Whole Grain Roll
<b>SNACK</b>	Whole Grain Crackers, Sliced Cheese & Water	Diced Pineapples, Milk & Water	Apple Sauce, Tortilla Chips, Crackers (EHS) & Water	Cinnamon Raisin Bagel, Bagel and Fruit (EHS) & Water	Sliced Apples, Crackers Banana (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



Lippitt CDC- Muffins with Moms, Parent Engagement Activity



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

## February 2019

- 1 Perfect Attendance Award Day
- 1 World Read Aloud Day
- 1 2nd Parent Conferences Begin
- 1-28 School Readiness Advisory Meetings
- 1-28 2019-2020 Registration Continues
- 4-8 Parent Meetings
- 14 Valentine's Day
- 15 Parent, Health & Community Resource Fair (Central Office)
- 20 Positive Day
- 27 Strong Fathers/Strong Families Luncheon (Central Office)



### MONTHLY OBSERVANCES/WORKSHOPS

African American History Month

#### **Baby Bottle Tooth Decay**

Preventive Oral Care for Adults & Children & The Importance of Fluoride Solution

#### **Rewarding Children & Their Behavior (Part B)**

Building Healthy Relationships & Marriages

#### **Parent, Health & Community Resource Fair**

National Children's Dental Month

#### **Healthy Eating for the Heart Month**



**Strong Father's/Strong Families Luncheon**

**February 27, 2018**

**Central Office –11:00 A.M.**

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### STUDENT HOLIDAYS

Culbertson CDC- February 15th

Early CDC- February 15th

Terrell CDC- February 15th

Lee CDC- February 19th



**February 18th**

**Student Holiday (All Centers)**

## School Readiness Tips



## Parent-Teacher Conferences

*Begin February 1st.*

Attending parent-teacher conferences is one way to be involved and help your child succeed. A parent-teacher conference is a great opportunity to:

1. Discuss your child's progress
2. Share your child's strengths and needs
3. Work with the teacher to help your child do well in school

### **These tips can help you make the most of those important meetings:**

- In the weeks ahead of a conference, check in with kids about how they're doing on homework and in each subject.
- Review homework and any recent projects, tests, quizzes, report cards, or progress reports.
- Ask if there are questions or issues your child wants you to discuss with the teacher.
- Plan to bring something to take notes with (paper and pen or a laptop or other device).
- Share a few things about your child with the teacher — interests, strengths, favorite subjects — to help the teacher know your child better.
- Write down questions or topics you'd like the conference to cover.

Reference: <https://kidshealth.org/en/parents/parent-teacher-conferences.html>



**School success starts  
with attendance**



Pictured Above:  
Seminole CDC students received their Perfect Attendance Awards for the month of November.

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

#### **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/>

## 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

# CHILD PASSENGER SAFETY



## CAR SEAT TIPS: HOW TO RIDE SAFELY

- **The back seat is the best.** It is the safest place to ride for all children under age 13. Not all cars allow for a car seat in every place that has a seat belt. Check your car owner manual to see where you can put a car seat.
- **Be wary of toys in the car.** Choose toys that are soft and will not hurt your child in a crash. Secure any loose objects in the car.
- **Wear your seat belt.** We know that when adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every ride. Be sure everyone in the vehicle buckles up, too.
- **Never leave your child alone in a car, even for a minute.**

Reference: <https://www.safekids.org/tip/car-seat-tips>

## PEDESTRIAN SAFETY TIPS



Teach kids to make eye contact with drivers before crossing the street. Whether your kids are walking to school, the park or a friend's house, here are a few simple tips to make sure they get there safely.

### The Hard Facts

Unintentional pedestrian injuries are the fifth leading cause of injury-related death in the United States for children ages 5 to 19. Teenagers are now at greatest risk. Teens have a death rate twice that of younger children and account for half of all child pedestrian deaths.

### Top Tips

- Teach kids at an early age to look left, right and left again before crossing the street. Then remind them to continue looking until safely across.
- Teach kids to put phones, headphones and devices down when crossing the street. It is particularly important to reinforce this message with teenagers.
- It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Children under 10 need to cross the street with an adult. Every child is different, but developmentally, most kids are unable to judge the speed and distance of oncoming cars until age 10.
- Be a good role model. Set a good example by putting your phone, headphones and devices down when walking around cars.

Reference: <https://www.safekids.org/walkingsafelytips>

**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>.