



HEAD START AT A GLANCE...

Southwest Georgia Community Action Council, Inc.

April/May/June 2019

APRIL 2019

- 1-19 2nd Home Visits Continue
- 1 Perfect Attendance Award Day
- 1-30 Parent/FSW Center Conferences
- 1-30 Kindergarten Visits
- 1-30 Health Services Advisory Committee Meetings
- 1-12 April Parent Meetings
- 8-12 National Volunteer Week
- 8-12 National Library Week
- 16 Family Service Worker's Appreciation Day
- 17 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
- Keeping Our Kids Safe
- Prenatal & Maternal Depression

APRIL SPRING BREAKS

April 1st - 5th

- Baker County CDC,
- Colquitt County (Culbertson) CDC,
- Decatur County/Grady County CDC,
- Early County CDC, Lee County CDC,
- Seminole County CDC,
- Terrell County CDC & Thomas County CDC

April 22nd - 26th

Sumter County CDC



April is
**Child Abuse
Prevention
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



AUTISM AWARENESS MONTH

April is Autism Awareness Month. This observance offers the opportunity to highlight the increasing number of children identified with autism spectrum disorder (ASD) and gives us an opportunity to celebrate the unique perspectives of those living with ASD.

ASD is a developmental disability that can cause major social, communication, and behavioral challenges. Signs of ASD begin during early childhood and usually last throughout a person's life. The cause of most cases of ASD is unknown, and there is currently no cure.

The Center for Disease Control's 2015 surveillance data indicate that about one in 68 children have been identified with ASD, which represents an almost 30% increase since the previous estimate in 2012. CDC has been active in documenting changes in the number and characteristics of children with ASD over the past decade. However, there remains an urgent need to continue research into causes of and effective interventions for ASD and help children living with ASD to achieve their potential.

A diagnosis of ASD now includes several conditions that used to be diagnosed separately: autistic disorder, pervasive developmental disorder not otherwise specified (PDD-NOS), and Asperger syndrome. These conditions are now all called autism spectrum disorder.

Signs and Symptoms

People with ASD often have problems with social, emotional, and communication skills. They might repeat certain behaviors and might not want change in their daily activities.

Many people with ASD also have different ways of learning, paying attention, or reacting to things. Signs of ASD begin during early childhood and typically last throughout a person's life.

For more information about ASD and the signs and symptoms of ASD, please log onto <https://www.cdc.gov/ncbddd/autism/addm.html>

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 4/15/19	TUESDAY 4/16/19	WEDNESDAY 4/17/19	THURSDAY 4/18/19	FRIDAY 4/19/19
BREAKFAST	Milk, Waffles, Sausage Patties, Grapefruit Slices & Mandarin Oranges (EHS)	Milk, Apple Slices, Toast w/ Cheese & Apple Sauce (EHS)	Milk, Banana & Chex Cereal	Milk, Sliced Oranges, Hash Browns & Egg Patties	Milk, Pineapple, Yogurt & Toast
LUNCH	Milk, Meatballs, Steamed Cabbage, Yams & Cornbread	Milk, Tuna Sandwich, Mandarin Oranges & Early Peas	Milk, Chicken & Rice, Broccoli Spears & Steamed Carrots	Milk, Sloppy Joes on Bun, Cole Slaw, Mixed Vegetables & Mashed Potatoes	Milk, Fish Sticks, Whole Corn, Baked Beans, Wheat Bun & Creamed Corn
SNACK	String Cheese, Crackers, Sliced Cheese (EHS), Orange Slices & Water	Pineapple, Whole Grain Crackers & Water	Fresh Sliced Oranges, Boiled Eggs & Water	Milk, Cereal & Water	Mixed Fruit, Wheat Crackers & Milk
	MONDAY 4/22/19	TUESDAY 4/23/19	WEDNESDAY 4/24/19	THURSDAY 4/25/19	FRIDAY 4/26/19
BREAKFAST	Milk, Whole Grain Cereal & Bananas	Milk, Bagel, Orange Slices & Mandarin Oranges (EHS)	Milk, Egg Patties, Toast & Pineapple	Milk, Oatmeal w/ Apple Sauce & Toast	Milk, French Toast Sticks, Sausage Patties, Apple Slices & Apple Sauce (EHS)
LUNCH	Milk, BBQ Chicken, Green Peas, Brown Rice & Sliced Peaches	Milk, Buffet Ham, Collard Greens, Potato Salad, Rolls or Cornbread	Milk, Chicken Pattie on Bun, Green Beans & Mixed Fruit	Milk, Turkey Sandwich, Tossed Salad, Sliced Apples, Apple Sauce (EHS) & Early Peas	Milk, Fish Nuggets, Broccoli Spears, Sliced Peaches & Rolls
SNACK	Boiled Eggs, Milk & Water	Mixed Fruit, String Cheese, Sliced Cheese (EHS) & Water	Sun Chips, Banana, Gold Fish Crackers & Water	Carrot Sticks, Wheat Thins, Milk (EHS) & Water	Grapefruit Slices, Whole Grain Gold Fish Crackers & Water
	MONDAY 4/29/19	TUESDAY 4/30/19	WEDNESDAY 5/1/19	THURSDAY 5/2/19	FRIDAY 5/3/19
BREAKFAST	Milk, Oatmeal & Mixed Fruit	Milk, Breakfast Pizza & Sliced Oranges	Milk, Cheese Toast & Apple Juice	Milk, Breakfast Muffin & Tangerines	Milk, Turkey Sausage Patty, Egg Pattie, Sliced Toast & Apple Sauce
LUNCH	Milk, Baked Chicken, Squash w/ Onions, Turnip Greens & Corn Bread	Milk, Ravioli w/ Beef & Cheese, Sliced Pears & Oven Fries	Milk, Fish Nuggets, Sweet Potato Chips, Green Beans & Roll	Milk, Chicken Tenders, Mixed Fruit, Early Peas & Roll	Milk, BBQ Pork Sandwich, Mashed Potatoes & Mandarin Oranges
SNACK	Apple Slices, Whole Grain Crackers, Apple Sauce (EHS) & Water	Yogurt, Pineapple & Water	Cheez-It Crackers, Milk & Water	Sliced Peaches, Wheat Thins & Water	Pineapple, Cheese Sticks & Water
	MONDAY 5/6/19	TUESDAY 5/7/19	WEDNESDAY 5/8/19	THURSDAY 5/9/19	FRIDAY 5/10/19
BREAKFAST	Milk, Pineapple, Egg Patties, Wheat Toast & Apple Sauce (EHS)	Milk, Sliced Apples, Chicken, Toast & Mandarin Oranges (EHS)	Milk, Fresh Fruit & Whole Grain Crackers	Milk, Apple Juice, Yogurt & Cheese Toast	Milk, Sliced Oranges, Toast, & Turkey Sausage
LUNCH	Milk, Cinnamon Apples, Spaghetti w/ Turkey, Meat Sauce, Vegetable Medley & Roll	Milk, Mixed Fruit, Chef Salad w/ Diced Ham & Lettuce, Whole Grain Crackers, Peaches (EHS), Tuna w/Crackers (EHS) & Early Peas (EHS)	Milk, Fresh Oranges, Turkey Sandwich & Potato Rounds	Milk, Corn on the Cob, Salisbury Steak, Steamed Broccoli, Rolls or Rice & Cream Corn (EHS)	Milk, Mashed Potatoes, Chicken Patties, Baked Beans & Whole Grain Roll
SNACK	Whole Grain Crackers, Grapefruit Slices & Water	Pineapple, Sliced Cheese & Water	Apple Sauce, Tortilla Chips & Cheez-it Crackers (EHS)	Sliced Pears, Wheat Thins & Water	Sliced Apples, Crackers, Cinnamon Apples (EHS) & Water
	MONDAY 5/13/19	TUESDAY 5/14/19	WEDNESDAY 5/15/19	THURSDAY 5/16/19	FRIDAY 5/17/19
BREAKFAST	Milk, Waffles, Sausage Patties & Grapefruit Slices	Milk, Apple Sauce, Toast & Egg Patties	Milk, Banana & Chex Cereal	Milk, Sliced Pears & Breakfast Pizza	Milk, Pineapple, Yogurt & Cheese Toast
LUNCH	Milk, Meatballs, Steamed Cabbage, Yams & Cornbread	Milk, Tuna & Macaroni Salad, Mandarin Oranges, Early Peas & Roll	Milk, Chicken & Rice, Broccoli Spears & Steamed Carrots	Milk, Sloppy Joes on Bun, Cole Slaw, Mixed Vegetables & Mashed Potatoes	Milk, Chicken Nuggets, Fresh Sweet Potato, Turnip Greens, Sliced Apple, Apple Sauce (EHS), Roll or Cornbread
SNACK	String Cheese, Crackers, Sliced Cheese (EHS), 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

**** 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 2019

- 1 Perfect Attendance Award Day
- 1-3 May Parent Meetings
- 1-17 Annual Parent Banquets
- 3 Nutrition Staff Appreciation Day
- 3 Field Days (Contact the Center for the Date & Time)
- 6-10 Community Partner's Appreciation Week
- 7 Teaching Staff Appreciation Day
- 10 Field Days (Contact the Center for the Date & Time)
- 14 Policy Council Meeting
- 15 Positive Day

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 27th- Memorial Day Holiday
(Centers & Central Office are Closed)

June 2019

- 3-7 June Parent Meeting (EHS Only)
- 6 Hunger Awareness Day
- 21 Perfect Attendance Award Day
- 21 Last Day Early Head Start Students & Staff

WORKSHOPS/OBSERVANCES

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

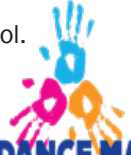


Attendance Matters

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 preschool 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.



ATTENDANCE MATTERS
every student, every day

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.



Last Day of School for Head Start Students

May 22nd

Colquitt County (Culbertson) CDC & Lee County CDC

May 23rd

Baker County CDC, Calhoun County CDC, Decatur County/Grady County CDC, Dougherty County Centers, Early County CDC, Miller County CDC, Mitchell County CDC, Seminole County CDC, Sumter County CDC, Terrell County CDC, Thomas County CDC, Tri. County CDC & Worth County CDC

May 24th

Pre-K Students Last Day

Thomas County CDC, CRK (Dougherty County) CDC & Tift CDC (Dougherty County)

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

May 27th

Memorial Day Holiday (All Centers are Closed)

May 28th

EHS Centers Open & Classes Resume

June 21st

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



Make Summer Safe for Kids Summer Safety Tips

Summer is a great time for kids to enjoy different indoor and outdoor activities. Whether they are young children or teens, learn ways to keep your kids safe and healthy while they enjoy the summer fun.

Water Safety

Water-related activities are popular for getting physical activity and have many health benefits. Here are some tips to stay safe while having fun. Learn how to prevent recreational water illnesses and help protect yourself and your kids. Help kids be smart about water safety.

Drownings are the leading cause of injury death for young children ages 1 to 4, and three children die every day as a result of drowning.

- Always supervise children when in or around water. A responsible adult should constantly watch young children.
- Teach kids to swim. Formal swimming lessons can protect young children from drowning.
- Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life.
- Wear a properly fitted life jacket every time you and your loved ones are on the water.

Be Safe at Home, Work, and Play

Injuries are the leading cause of death in children aged 19 and younger, but most child injuries can be prevented.

- Play it safe on the playground. Read playground signs and use playground equipment that is right for your child's age. Look out for things in the play area that can trip your child, like tree stumps or rocks.
- Stay smart around the house by following tips on fire prevention, microwave use, and living with pets.
- Help working teens learn about safety and health on the job.

For more information log onto <https://www.cdc.gov/features/kidssafety/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 Inscripción

- El niño debe tener 6 semanas a 3 años para entrar en Head Start
- Poveba de la edad 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)

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>.