



HEAD START AT A GLANCE...

Southwest Georgia Community Action Council, Inc.

May/June 2016



MAY 2016

- 1 Mother Goose Day
- 2-6 Community Appreciation Week
- 2-6 National Teacher Appreciation Week
- 2-6 May Parent Meetings
- 3 Childhood Depression Awareness
- 4-9 Celebrate Nutrition Staff Week
- 6& 13 Field Days (Contact Center for Date)
- 4-8 National Children's Book Week
- 9-15 Fetal Alcohol Syndrome Week
- 18 Positive Day
- 17 Policy Council
- 30 Memorial Day (Centers Closed)

June 2016

- 1 Early Head Start Students & Staff Return
- 6-10 June Parent Meeting (EHS Only)
- 3 Fresh Fruits & Vegetable Month
- 9 Summer Begins
- 6 Hunger Awareness Day
- 16-20 National Men's Health Week
- 15 Positive Day
- 17 Last Day Early Head Start Students & Staff

WORKSHOPS/OBSERVANCES

- Getting Caught Reading Month
- Domestic & Family Violence Prevention Month
- Better Speech & Hearing Month
- Asthma & Allergy Awareness Month
- Create a Resume & Job Searching Workshop
- National High Blood Pressure Ed. Month
- Drug Use During Pregnancy Workshop
- Post Partum Exercise Workshop (PM)
- National Teen Pregnancy Prevention Month
- National Home Safety Month (EHS)
- Getting Ready for Head Start (EHS Only)
- National Mental Health Month
- Common Childhood Illnesses

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

GETTING READY FOR KINDERGARTEN

10 WAYS TO PREPARE YOUR CHILD TO TRANSITION FROM HEAD START TO KINDERGARTEN

As we prepare to close out our 2015-2016 school year we would like to remind you to continue working with your child at home during the summer months.

Below are 10 ways to help ensure that your child has a smooth transition from Early Head Start to Head Start and from Head Start to Kindergarten.

1. Talk with your child often. Talking with your child will help them learn new words and improve their language skills.
2. Read to your child daily. Visit your local library and let your child pick out their favorite books. Make reading to your child a daily bedtime routine.
3. Practice the letters of the alphabet with your child. Relate places and things to each letter of the alphabet. For example, look for common words at the grocery store.
4. Practice developing your child's math skills. Count and compare everything that you see and point out numbers too. Use words like more, fewer, bigger, and smaller. Talk about what happens if you take 1 item away or add 1 item.
5. Explore and sort objects with different shapes and colors with your child. For example, have your child help you sort laundry and match socks.
6. Encourage coloring and scribbling. Encourage your child to copy letters and numbers and to practice writing his or her name.
7. Work with your child at home on following simple instructions and taking responsibility. For example, give your child two-three step instructions, simple chores, and allow them the opportunity to make simple choices such as what to wear.
8. Teach your child about safety. Make sure that your child knows his or her full name as well as your full name. Teach your child your home address and phone number. Practice pedestrian and bus safety with your child.
9. Keep your child moving during the summer. Make sure that you and your child receive plenty of physical activity and less time on watching TV, on the Internet, or playing video games.
10. If your child is transitioning from Head Start to Kindergarten take the time to learn about the school your child will be attending and discuss the new school with your child to help put them at ease.

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 life.



Child Nutrition Employee Appreciation Week

May 4th - May 9th

“Celebrate the Nutrition Staff”

	MONDAY 5/2/16	TUESDAY 5/3/16	WEDNESDAY 5/4/16	THURSDAY 5/5/16	FRIDAY 5/6/15
BREAKFAST	Milk, Turkey Sausage, Pancakes & Orange Slices	Milk, Apple Juice, Blueberry Muffins & Yogurt	Milk, Banana & Chex Cereal	Milk, Buttered Grits, Whole Wheat Toast & Orange Juice	Milk, Cinnamon Toast, Eggs & Sliced Peaches
LUNCH	Milk, Sloppy Joe on Bun, Tater Tots & Fruit Cup	Milk, Fish Nuggets w/ Tartar Sauce, Slaw & Hushpuppies	Milk, Beef Stew, Brown Rice, Cabbage, Diced Pears & Cornbread	Milk, Turkey Sandwich, Toss Salad & Apple Half EHS - Potato Salad & Apple Sauce	Milk, Oven Fried Chicken, Mash Potatoes, Green Beans & Roll
SNACK	Crackers w/ Peanut Butter Diced Pears & Water	Orange Slices, Chocolate Chip Cookies & Water	Apple Juice & Blueberry Muffin	Vanilla Wafers, Cheese Slice & Water	Crushed Pineapples, Ritz Crackers & Water
	MONDAY 5/9/16	TUESDAY 5/10/16	WEDNESDAY 5/11/16	THURSDAY 5/12/16	FRIDAY 5/13/16
BREAKFAST	Milk, Orange Juice Biscuit & Turkey Sausage	Milk, Whole Grain Cereal & 1 Banana	Milk, Apple Juice & Oatmeal	Milk, Crushed Pineapples, Buttered Grits & Egg Patty	Milk, Orange Juice, Breakfast Bar & Yogurt
LUNCH	Milk, Baked Chicken, Steamed Cabbage, Diced Peaches & Cornbread	Milk, Spaghetti w/ extra Meat, Garden Salad, Mixed Fruit, Saltines & Lima Beans (EHS)	Milk, Beef Patties w/ Gravy, Mashed Potatoes, Green Peas & Wheat Roll	Milk, Chicken Salad, Sliced Tomatoes, Diced Pears & Townhouse Crackers	Milk, Pork BBQ on Bun, Tater Tots & Diced Peaches
SNACK	Crushed Pineapples, Yogurt & Water	Applesauce, Graham Crackers & Water	Oatmeal Cookies, Chocolate Milk & Water	1/2 Banana, Vanilla Wafers & Water	Pimento Cheese Dip, Ritz Crackers & Water
	MONDAY 5/16/16	TUESDAY 5/17/16	WEDNESDAY 5/18/16	THURSDAY 5/19/16	FRIDAY 5/20/16
BREAKFAST	Milk, Chicken Sliders & Orange Juice	Milk, Apple Slices, Blueberry Muffins & Yogurt	Milk, Banana, Whole Grain Cereal & Toast w/ Jelly	Milk, Buttered Grits, Whole Wheat Toast & Orange Slices	Milk, French Toast Sticks, 1 tb. Syrup, Diced Peaches & Sausage Patty
LUNCH	Milk, Pork Steak & Gravy, Mashed Potatoes, Early Peas & Roll	Milk, Baked Fish Patties, Baked Beans, Slaw & Hushpuppies	Milk, BBQ Chicken, Brown Rice, Turnip Greens, Diced Pears & Cornbread	Milk, Spaghetti w/ Meatballs, Hot Cinnamon, Apples, Broccoli & Garlic Bread	Milk, Turkey Sandwich, Vegetable Soup & Apple Sauce
SNACK	Grapefruit Slices, Crackers, & Water	Crushed Pineapples, Chocolate Chip Cookies & Water	Water, Mandarin Oranges & Blueberry Muffin	Vanilla Wafers, Cheese Slice & Water	Cake & Strawberry Milk
	MONDAY 5/23/16	TUESDAY 5/24/16	WEDNESDAY 5/25/16	THURSDAY 5/26/16	FRIDAY 5/27/16
BREAKFAST	Milk, Cheese Toast & Diced Pears	Milk, Apple Sauce, Sausage & Biscuit	Milk, Banana & Cheerios	Milk, Buttered Grits, Whole Wheat Toast & Orange Slices	Milk, French Toast Sticks, 1 tbs. Syrup & Diced Peaches
LUNCH	Milk, Pizza w/ Meat, Potato Logs & Mandarin Oranges	Milk, Fish Nuggets, Baked Beans, Slaw & Hushpuppies	Milk, BBQ Beef Ribs, Yellow Rice, Turnip Greens, Diced Pears & Cornbread	Milk, Spaghetti w/ Meatballs, Hot Cinnamon Apples, Broccoli & Garlic Bread	Milk, Turkey Sandwich w/ Sliced Tomatoes, Beef Vegetable Soup Saltines & Apple Sauce
SNACK	Milk & Whole Grain Cinnamon Roll	Orange Slices, Chocolate Chip Cookies & Water	Chocolate Milk & Butter Cookies	Vanilla Wafers, Cheese Slice & Water	Graham Crackers & Milk
	MONDAY 5/30/16	TUESDAY 5/31/16	WEDNESDAY 6/1/16	THURSDAY 6/2/16	FRIDAY 6/3/16
BREAKFAST	Milk, Chex Corn Cereal & 1/2 Banana	Milk, Breakfast Bar & Fruit Cup	Milk, Cheese Toast & Sliced Grapefruit	Milk, Orange Slices, Buttered Wheat Toast w/ Jelly	Milk, Pancakes w/ Syrup, Turkey Sausage & Diced Peas
LUNCH	Milk, Fish Nuggets, Yellow Rice, Yams & Baby Lima Beans	Milk, Chicken Strips, Potato Logs, Field Peas & Roll	Milk, Cheese Burgers w/ Gravy & Mushrooms, Collard Greens, Mandarin Oranges & Cornbread	Milk, Turkey Sandwich, Vegetable Soup, & Fruit Cup	Milk, Sliced Ham, Mashed Potatoes, Green Beans & Wheat Roll
SNACK	Ritz Crackers, Apple Sauce & Water	Crushed Pineapples, Cheese Crackers & Water	Apple Juice & Mini Muffins	1/2 Peanut Butter Sandwich, Grape Juice & Water	Vanilla Wafers, Sliced Apple & Water

MAY MENU

** 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.

School Readiness Tips

Supporting Your Child's Communication Skills

The capacity to communicate is the ability and desire to connect with others by exchanging ideas and feelings, both verbally and non-verbally. Most children learn to communicate to get a need met or to establish and maintain interaction with a loved adult.

Babies communicate from birth, through sounds (crying, cooing, squealing), facial expressions (eye contact, smiling, grimacing) and gestures/body movements (moving legs in excitement or distress, and later, gestures like pointing.) Babies continue to develop communication skills when adults respond to their efforts to "tell" others about what they need or want.



Article Courtesy of ZeroToThree.org



May is Get Caught Reading Month!

For FREE access to online books during the summer register with Get Georgia Reading at the link below.

<http://www.getgeorgiareading.org/myon2016>



LAST DAY OF SCHOOL

MAY 20, 2016- Baker CDC, All Dougherty County Centers (Except Turner CDC), Early CDC, Miller CDC, Seminole CDC, Sumter CDC, Terrell CDC, Thomas CDC, Tri. CDC, & Worth CDC

MAY 25, 2016- Lee CDC & Culbertson CDC

MAY 27, 2016- Calhoun CDC, Decatur/Grady CDC & Mitchell CDC

Congratulations!

**SWGACAC, Inc.
2015-2016 Staff, Parent & Male of the Year**



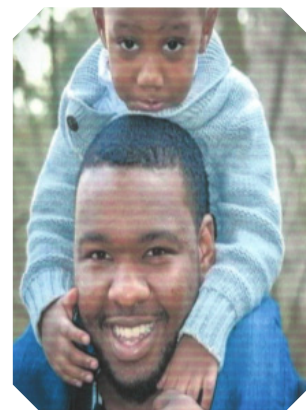
Shante Dixon- Mitchell CDC

2015-2016 Parent of the Year



Nedra White- Mitchell & Baker CDC

2015-2016 Staff of the Year



Yahri Robinson- Mitchell CDC

2015-2016 Male of the Year

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



Drowning Prevention for Little Kids At Play

Most drownings and near-drownings occur in residential swimming pools. A child should never be unsupervised in or near water, even shallow wading pools. There are many precautions parents and caregivers can take to keep children safe around water.

Top Tips

Water basics: Always supervise children in and around water. Never allow them to be near water alone. Teach young children how to swim.

At the pool: Install four-sided isolation fencing at least 5 feet high, equipped with self-closing and self-latching gates, around home swimming pools.

Keep rescue equipment, a telephone and emergency numbers by the pool.

In open water: Always wear a U.S. Coast Guard-approved life jacket around oceans, rivers or lakes or when participating in water sports.

Reference: <http://www.safekids.org/safety-basics/little-kids/at-play/drowning-prevention.html>

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)

Visit our Website!
www.swgacac.com

STAY CONNECTED!!



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 www.swgacac.com.