



HEAD START AT A GLANCE...

Southwest Georgia Community Action Council, Inc.

October/November 2016

October 2016

- 1 Alphabet Day
- 3 National Child Health Day
- 3 Perfect Attendance Award Day
- 3-14 Home Visits Continue
- 3-7 October Parent Meetings
- 3-7 Mental Illness Awareness Week
- 4 Custodial Staff Appreciation Day
- 10-14 National School Lunch Week
- 10-14 Fire Prevention Week
- 12 Bring a Teddy Bear to School Day
- 13 Bus Driver Appreciation Day
- 17 Pasta Day
- 17-21 National School Bus Safety Week
- 17-21 National Infection Prevention Week
- 19 Positive Day
- 22 Make a Difference Day
- 23-31 Red Ribbon Campaign
(Drug Awareness)

October Workshops/Meetings

- Preventing Injuries
- Health Services Advisory Committee Meetings
- Domestic Violence
- Family Planning (EHS)
- Sudden Infant Death Syndrome (EHS)
- Obesity 911- Parents to the Rescue!
- Strong Fathers/Strong Families Meeting
- Pedestrian Safety Training
(Parents & Students)
- Monday Morning Mom Support Groups

November 2016

- 1 National Family Literacy Day
- 1 Perfect Attendance Award Day
- 3 Sandwich Day
- 1-4 November Parent Meeting
- 4 Parent & Family Day
- 7-11 World Kindness Week
- 9-30 1st Parent Center Conferences
- 11 Veterans Day
- 17 Homemade Bread Day
- 16 Positive Day
- 21-25 Student Holidays (No Class)**
- 22 Policy Council & Board of Directors Meeting

November Workshops/Meetings

- Literacy is a Family Affair
- All About Prior Intervention, Referral, IEP Meetings & Placement Decisions
- Child Growth & Development
- Pro-Active Discipline Techniques
- Diabetes in Children & Adults
- Medication: The Five Rights
- Healthy Eating Habits
- Preparing for the Holidays
(Cooking Healthy)
- Menu Planning Committee Meetings
- Parent Educational Activities
- Strong Fathers/Strong Families Math Activity
- Math with Mom

Head Start Awareness Month



Communities across the nation join together in October to celebrate Head Start's birthday and strengthen the nation's awareness of the Head Start program. Established in 1965, Head Start promotes school readiness for children in low-income families by offering educational, nutritional, health, social, and other services. Since its inception, Head Start has served more than 30 million children, birth to age 5, and their families.

Over a million children are served by Head Start programs every year, including children in every U.S. state and territory and in American Indian and Alaska Native (AIAN) communities. In fiscal year (FY) 2014 Head Start programs served 927,275 children and their families, Migrant and Seasonal Head Start (MSHS), which serves children from birth to age 5, served an additional 30,276 children, and AIAN programs served 21,988 Head Start children.

Head Start programs provide a learning environment that supports children's growth in the following domains:

- language and literacy;
- cognition and general knowledge;
- physical development and health;
- social and emotional development; and
- approaches to learning.

Head Start emphasizes the role of parents/caregivers as their child's first and most important teacher. Head Start programs build relationships with families that support:

- family well-being and positive parent-child relationships;
- families as learners and lifelong educators;
- family engagement in transitions;
- family connections to peers and community; and
- families as advocates and leaders.

Reference: <http://eclkc.ohs.acf.hhs.gov/hslc/hs/about>

(Pictured Above & Right) Mt. Zion CDC Grandparents participated in our Annual Grandparent's Day and volunteered in the classrooms.



Goal of Head Start/Early Head Start

The overall goal of the Early Head Start and Head Start Programs is to break the cycle of poverty by working with pregnant women and children 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.

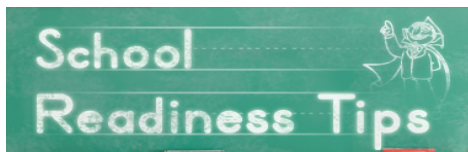
MENU

OCTOBER 10, 2016 - NOVEMBER 11, 2016

	MONDAY 10/10/16	TUESDAY 10/11/16	WEDNESDAY 10/12/16	THURSDAY 10/13/16	FRIDAY 10/14/16
BREAKFAST	Milk, Cereal, Yogurt & Fruit	Milk, Breakfast Burrito & Sliced Oranges EHS- Milk, French Toast & Orange Slices	Milk, Raisin Bagel w/ Cream Cheese Spread & Banana	Milk, Chicken - n- Biscuit & 1/2 Cup Grape Juice	Milk, 1 oz. Turkey Sausage Patty, Egg Patty, 1/2 Slice Toast & 1/2 Cup Apple Sauce
LUNCH	Milk, Baked Chicken, Squash Casserole, Turnip Greens & Corn Bread	Milk, Corn Taco Chips w/ Beef & Cheese, Ravioli (EHS) 1/4 Cantaloupe & Oven Fries	Milk, Fish Nuggets, Sweet Potato, 1/4 Cup Green Beans & Roll	Milk, Beef Peter Pocket w/ Pepper, Onions, & Cheese, 1/4 Cup Rice, Sliced Grapefruit & 1/4 Cup Early Peas	Milk, 1-1/2 oz. Buffet Ham, Black-eyed Peas, Mash Potatoes & Roll Sliced Ham (EHS)
SNACK	Water, Apple Slices, Saltines w/ Soy or Peanut Butter & Apple Sauce (EHS)	Water, Yogurt & Strawberries	Cereal Bar & Milk	Water, Peaches & Graham Crackers	Water, Pineapple Slices & Ritz Crackers
	MONDAY 10/17/16	TUESDAY 10/18/16	WEDNESDAY 10/19/16	THURSDAY 10/20/16	FRIDAY 10/21/16
BREAKFAST	Milk, Cheese Toast & Apple Juice	Milk, Cereal, & Fresh Orange Slices	Milk, Cinnamon Toast, Egg Patty & Diced Pears	Milk, Nutri-Grain Breakfast Bar & Sliced Peaches	Milk, Grits, Sausage & Biscuit & Honey Dew Melon
LUNCH	Milk, Sliced Ham, Turnip Greens, Mashed Potato & Roll	Milk, Oven Fried Fish Filet, Sweet Corn, Carrot Souffle, Creamed Corn (EHS) & Roll	Milk, Chicken Salad in a Pita Pocket, Tossed Salad & Pineapple Tidbits, Potato Salad (EHS) & Crushed Pineapples (EHS)	Milk, Spaghetti w/ Turkey Meat Sauce, California Bread & Hot Cinnamon Apples	Milk, Hamburger w/ Cheese, Oven Fries w/ Ketchup & Sliced Oranges
SNACK	Butter Cookies, Pineapple Tidbits, Crushed Pineapple (EHS) & Water	Milk & Oatmeal Raisin Cookies	Water, Banana & Yogurt	Grape Juice & Whole Grain Cheetos	Water, Sliced Turkey & Saltine Crackers
	MONDAY 10/24/16	TUESDAY 10/25/16	WEDNESDAY 10/26/16	THURSDAY 10/27/16	FRIDAY 10/28/16
BREAKFAST	Milk, 1/2 Cup Pineapple Tidbits, Egg Patty, Wheat Toast w/ Jelly & Apple Sauce (EHS)	Milk, Sliced Apples, Mandarin Oranges (EHS) & Chicken & Biscuit	Milk, Fresh Strawberries & Whole Grain Cheerios	Milk, Apple Juice, Yogurt & Raisin Toast	Milk, Sliced Oranges, Banana Muffin & Turkey Sausage
LUNCH	Milk, Cinnamon Apples, Apple Sauce (EHS), Spaghetti w/ Turkey & Meat Sauce, Vegetable Medley & Roll	Milk, Mixed Fruit, Chef Salad w/ Diced Ham, Lettuce & Whole Wheat Crackers	Milk, Fresh Oranges, Mandarin Oranges (EHS), Turkey Sandwich w/ light Mayo & Potato Rounds	Milk, Corn on the Cob, Cream Corn (EHS), Beef Quesadilla, & Steamed Broccoli	Milk, Sliced Cantaloupe, Chicken Patty, Baked Beans & Whole Grain Roll
SNACK	Whole Grain Crackers w/ Soy & Peanut Butter	Diced Pineapples, Crushed Pineapples (EHS) & Cottage Cheese	Water, Apple Sauce & Tortilla Chips	French Onion Dip, Cinnamon Raisin Bagel & Fruit	Water, Sliced Apples, Cinnamon Apples (EHS), Caramel Dip & Crackers
	MONDAY 10/31/16	TUESDAY 11/1/16	WEDNESDAY 11/2/16	THURSDAY 11/3/16	FRIDAY 11/4/16
BREAKFAST	Milk, Waffles w/ Syrup, Sausage Patty, Mandarin Oranges (EHS) & Grapefruit Slices	Milk, Fruit Cocktail & Biscuit w/ Egg Patty	Milk, Banana & Chex Cereal	Milk, Sliced Pears & Cinnamon Toast	Milk, Pineapple Tidbits, Crushed Pineapple (EHS) Yogurt & Banana Muffin
LUNCH	Milk, Meatballs, Steamed Cabbage, Yams & Cornbread	Milk, Tuna, Macaroni Salad, Mandarin Oranges & Early Peas	Milk, Chicken & Rice, Broccoli Spears & Carrot Souffle	Milk, Sloppy Joe, Cole Slaw, Mixed Vegetables & Mash Potatoes (EHS)	Milk, Chicken Burrito, Refried Beans, Sliced Apple & Apple Sauce (EHS)
SNACK	String Cheese, Slice Cheese (EHS) Crackers & Apple Juice	Pineapple Rings, Crushed Pineapple (EHS), Whole Grain Crackers & Water	Milk & Whole Grain Cookies	Blueberry Muffin, Mandarin Oranges (EHS), & Orange Slices	Milk (EHS), Grape Juice & Wheat Crackers
	MONDAY 11/7/16	TUESDAY 11/8/16	WEDNESDAY 11/9/16	THURSDAY 11/10/16	FRIDAY 11/11/16
BREAKFAST	Milk, Egg Patty, Toast w/ Jelly, Crushed Pineapples (EHS) & Pineapple Tidbits	Milk, Pancake w/ Syrup, Ham Patty, Sausage Patty (EHS) & Sliced Apple	Milk, Strawberries & Cinnamon Toast Cereal	Milk, Apple Slices, Apple Sauce (EHS) & Nutri-Grain Bars	Milk, Breakfast Pizza, Cheese Toast (EHS) & Fresh Banana
LUNCH	Milk, Chicken Tenders, Black-Eyed Peas, Mashed Potato & Cornbread	Milk, Beef Pizza, Ravioli (EHS), Baby Carrots, Mixed Vegetables (EHS), Crushed Pineapple (EHS) & Pineapple Rings	Milk, Fish Nuggets, Baked Beans, Potato Salad & Roll	Milk, Turkey & Cheese Sandwich, Garden Salad w/ Lite Dressing, Baked Fries (EHS) & Sliced Oranges	Milk, Chicken-N-Dumplings, Green Beans & Cantaloupe
SNACK	Whole Grain Gold Fish Orange Slices & Water	Graham Crackers, Cheese String & Water	HS- Boiled Egg & Pineapple Juice EHS- Ritz Cracker & Water	Seedless Watermelon, Animal Crackers & Water	Low-Fat Yogurt & Strawberries



**All Child Development Centers
Student Holiday Break
November 21-25, 2016**



November is Family Literacy Month



Reading Together is Magical! 6 Tips to Help You Bring Up a Book Lover

1. Create Reading Rituals. Read together every day, starting when your child is a baby. Set aside a special time and place to read together.
2. Provide Sound Effects. Use silly voices and sounds to keep your child interested in the story. Hearing different sounds in language also helps your child develop critical listening skills. Try singing, too!
3. Talk About It. When reading or telling a story, pause to talk to your child about it. Ask him open-ended questions, like "What do you think will happen next?" or "What would you do?" Put things in your own words to help make the story clearer for your child.
4. Read It Again. Children need to hear favorite stories over and over. This helps them recognize and remember words. It also helps them learn how to predict what's coming next. Most importantly, as kids become familiar with a story, it gives them confidence about reading and improves their comprehension and background knowledge.
5. Be Creative. Too tired to hold a book? Tell a story that you know, or make one up together. Making up a story with your child stimulates creativity. It's also a nice change.

Written by the National Center for Family Literacy.



Lee CDC Fathers & Male Involvement Figures participated in our annual Strong Fathers/Strong Families Bring a Dad to Head Start Orientation & Breakfast.



Early CDC & Lee CDC moms recently participated in our first Muffins with Moms Parent/Child Social Activity.



Know Your FLU Facts

Myth #1: You can get the flu from the flu vaccine.

FALSE – This is impossible. The flu vaccine does not actually carry a live virus; it contains inactivated or weakened organisms. Vaccine manufacturers grow the flu virus in eggs, then cleanse and chemically treat the virus to deactivate it.

Myth #2: It is not necessary for children to receive a flu vaccination.

FALSE – Children are two-to-three times more likely to develop influenza than adults because of their less-developed immune systems. More than 20,000 children under the age of five are hospitalized due to the flu each year. In addition, influenza kills nearly 100 children under five years of age in the United States every year. The CDC recommends that everyone 6 months and older should get vaccinated against the flu every year.

Myth #3: The side effects of the vaccine are worse than the flu itself.

FALSE – Most people who get the flu shot have no reaction. Up to 25 percent may have some redness and slight swelling at the site of injection; the risk of a severe allergic reaction in those who receive a vaccination is less than one in four million.

Myth #4: The flu vaccine is 100 percent effective in preventing the flu.

FALSE – Although influenza vaccination is not 100 percent effective, it's important that everyone 6 months and older get vaccinated against the flu to help reduce the spread of the virus in the community. The more people who get vaccinated against the flu every year, the lower the risk of catching the flu.

Myth #5: Healthy people don't need a flu vaccine.

FALSE – The CDC recommends that everyone 6 months and older should get vaccinated against the flu every year. Infants younger than 6 months old are too young to be vaccinated. Protect them by getting yourself, other children and family members, and close contacts vaccinated. This will help prevent spreading the virus to infants.

Reference: <http://www.familiesfightingflu.org/resources/flu-fact-vs-fiction/>

Student 2016 Fall Break

- Baker County CDC- October 20th -21st
- Calhoun County CDC- October 20th -21st
- Colquitt County (Culbertson) CDC- October 20th -21st
- Decatur County CDC- October 13th - 7th
- All Dougherty County CDC- October 20th - 21st
- Early County CDC- October 17th - 21st
- Grady County CDC- October 13th - 17th
- Lee County CDC- October 7th - 11th
- Miller County CDC- October 6th - 7th
- Mitchell County CDC- October 7th -10th
- Sumter County CDC- October 7th - 10th
- Terrell County CDC- October 7th - 14th
- Thomas County CDC- October 3rd - 7th
- Tri. County CDC- October 20th -21st



**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: 229-434-7338

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: 229-436-9022



**Terrell CDC
Muffins with Moms & Strong Fathers/Strong Families engagement activities.**



Mt. Zion CDC Strong Fathers/Strong Families engagement activities & Community Partner Volunteer.



**Lippitt CDC
Muffins with Moms engagement activities.**



October 2016 Observances

- National Seafood Month
- American Heart Walk
- National Disability Employment Awareness Month
- National Crime Prevention Month
- Head Start Awareness Month
- Childhood Obesity Awareness Month
- Georgia Red Ribbon Campaign Month
- Domestic Violence Awareness Month
- Family Health Month (EHS)



November 2016 Observances

- American Diabetic Month
- Pulmonary Hypertension Awareness Month
- Parent/Teacher & FSW Conference Month

HEAD START RESOURCES

- <http://www.swgacac.com/>
- <http://www.georgiaheadstart.org/>
- <http://www.rivhsa.org/>
- <http://www.nhsa.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.

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