



HEAD START AT A GLANCE...

Southwest Georgia Community Action Council, Inc. January/February 2017

JANUARY 2017

- 1 New Year's Day
- 1-3 Student Holiday Break
- 1-31 Making Meals with Mom
- 3 HS/EHS Staff Return
- 4 HS/EHS Students Return
- 4 Perfect Attendance Award Day
- 4 Spaghetti Day
- 4-6 Parent Meetings
- 2nd Parent Orientations
- 4-21 Menu Planning Committee Meetings
- 11 Milk Day
- 9-13 Strong Fathers/Strong Families Meetings
- 15 Hat Day
- 17 Policy Council Meeting
- 17-28 2017-2018 Registration Begins**
- 18 Positive Day
- 22 National Reading Day

WORKSHOPS/OBSERVANCES

Activities You Can Do at Home with Your Children

Anemia Child- Iron Medication a Must
Injury Prevention for Children & Adults

National Birth Defects Prevention Month

Multi-Cultural Month

Alzheimer's Awareness Month



JANUARY 16, 2017- MLK Holiday
(All Centers 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

5 Benefits of Head Start/Early Head Start

1. We help parents and families develop warm relationships that nurture their child's language/literacy, cognitive, well-being and motor development, social/emotional development, and approaches to learning.
2. We help parents and families observe, guide and participate in the everyday learning of their children at home and at school.
3. We help parents and families advocate for their children's learning and development as they transition to new learning environments.
4. We help link parents and families to community partners to secure needed evaluations and services that support their parenting, careers, and life long goals.
5. We offer opportunities for families to learn how to keep their families safe and healthy and offer opportunities to help them learn financial stability.



2017-2018 HEAD START & EARLY HEAD START REGISTRATION

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 (2016 W-2 forms, 2016 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)

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.

JANUARY 16TH - FEBRUARY 10TH

	MONDAY 1/16/17	TUESDAY 1/17/17	WEDNESDAY 1/18/17	THURSDAY 1/19/17	FRIDAY 1/20/17
BREAKFAST	Milk ½ Cup Pineapple Tidbits Egg Patty 1 3/4 oz. Wheat Toast W/ ½ Tsp. Jelly	Milk ½ Cup Slice Apples Chicken (2 oz.) Biscuit (2.5 oz.)	Milk ½ Cup Fresh Strawberry's ½ Cup Whole Grain Oatmeal	Milk 4 oz. Apple Juice Yogurt 1 Slice Raisin Toast	Milk & Sliced Oranges 2 oz. Banana Muffin 1 oz. Turkey Sausage
LUNCH	Milk ¼ Cup Cinnamon Apples Spaghetti w/ Turkey & Meat Sauce Vegetable Medley Roll	Milk ¼ Cup Mixed Fruit Chef Salad w/ 1 ½ oz. Diced Ham-1/2 Cup Lettuce. Whole Wheat Crackers	Milk Fresh Sliced Oranges Turkey Sandwich (1 ½ oz. Meat) w/ Light Mayo ½ Cup Potato Rounds	Milk Corn On Cob Beef Quesadilla (1 ½ oz. Meat) ½ Cup Steamed Broccoli	Milk ¼ Cup Diced Pears Chicken Noodle Soup w/ Chicken & Vegetables Whole Grain Roll
SNACK	1 oz. Whole Grain Crack- ers w/1 oz. Soy Butter Or Peanut Butter Water	½ Cup Diced Pineapples W/1/2 Cup Cottage Cheese	½ Cup Apple Sauce 1 oz. Tortilla Chips	1 oz. French Onion Dip ½ Cinnamon Raisin Bagel Fruit	½ Cup Sliced Apples 1 oz. Caramel Dip Crackers
	MONDAY 1/23/17	TUESDAY 1/24/17	WEDNESDAY 1/25/17	THURSDAY 1/26/17	FRIDAY 1/27/17
BREAKFAST	Milk Waffles w/ 1 oz Syrup 1 oz. Sausage Patty Grapefruit Slices	Milk Mixed Fruit Biscuit w/ Egg Patty	Milk ½ Banana ½ Cup Chex Cereal	Milk Sliced Pears Cinnamon Toast	Milk Pineapple Tidbits Oatmeal w/ Brown Sugar
LUNCH	Milk Meatballs Steamed Cabbage Yams & Cornbread	Milk Tuna Sandwich Mandarin Oranges Early Peas	Milk Chicken & Rice Broccoli Spears Fresh Sweet Potato	Milk Sloppy Joes Cole Slaw Mixed Vegetable	Milk Chicken Burrito Refried Beans Sliced Apple
SNACK	String Cheese ½ oz. Crackers ½ Cup Apple Juice Water	½ Cup Pineapple Rings Whole Grain Crackers Water	Milk Whole Grain Graham Cookies	Blueberry Muffin Orange Slices Water	Grape Juice Wheat Crackers
	MONDAY 1/30/17	TUESDAY 1/31/17	WEDNESDAY 2/1/17	THURSDAY 2/2/17	FRIDAY 2/3/17
BREAKFAST	Milk Grits Egg Patty Toast w/ ½ Jelly-Sliced Grapefruits	Milk 1 Slice Breakfast Pizza Pineapple Tidbits	Milk Cinnamon Toast Cereal ½ Fresh Banana	Milk Apple Slices Nutrigrain Bar	Milk Pancake w/ 1 oz. Syrup Ham Patty Sliced Apples
LUNCH	Milk Chicken Tenders Black-Eyed Peas Mashed Potato Cornbread	Milk Vegetable Soup w/ Beef ½ Peanut Butter Sandwich Sliced Oranges	Milk Fish Nuggets Baked Beans Potato Salad & Roll	Milk Turkey & Cheese Sandwich ¼ Cup Garden Salad w/ Lite Dressing ¼ Cup Sliced Oranges	Milk Chicken Pot Pie w/ Extra Meat & Vegetables Yams
SNACK	Whole Grain Gold Fish Orange Slices Water	Graham Crackers Cheese String Water	Boiled Egg Pineapple Juice	Seedless Watermelon Animal Crackers Water	Low-Fat Yogurt Strawberries Water
	MONDAY 2/6/17	TUESDAY 2/7/17	WEDNESDAY 2/8/17	THURSDAY 2/9/17	FRIDAY 2/10/17
BREAKFAST	Milk Whole Grain Cereal Banana	Milk Breakfast Pizza Orange Slices	Milk ¼ Cup Grits Cheese Toast Pineapple Ring	Milk Nutri grain Bar 4 oz. Orange juice	Milk Cinnamon Muffin Sliced Apples
LUNCH	Milk Beef Stroganoff Mixed Vegetables Fruit Salad	Milk 1 ½ oz. Bbq Chicken ¼ Cup Collards Greens ¼ Cup Potato Salad Rolls or Cornbread	Milk Mac & Cheese w/ Ham ¼ Cup Green Beans ¼ Cup Diced Peaches	Milk Turkey & Dressing w/ Cranberry Sauce Green Beans & Yams	Milk 1 ½ oz. Oven Fried Tilapia ¼ Cup Cole Slaw ¼ Cup Baked Beans Hush Puppies
SNACK	Ritz Crackers Pineapple Rings Water	½ Cup Mixed Fruit String Cheese Water	Cereal Banana Water	Carrot Sticks w/ Dip Chocolate Chip Cookies Water	Grapefruit Slices Vanilla Wafers 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.

February 2017

- 1 Perfect Attendance Award Day
- 1-3 Children's Author & Illustrator Week
- 1-18 2nd Parent Conferences
- 1-28 School Readiness Advisory Meetings
- 1-28 2017-2018 Registration Continues
- 2 Healthy Eating for the Heart Day
- 3 Strong Fathers/Strong Families Luncheon
- 6 Homemade Soup Day
- 6-10 Parent Meetings
- 9 Pizza Day
- 11 Policy Council Meeting
- 13-17 Strong Fathers/Strong Families Meeting (Science Activity)
- 14 Valentine's Day
- 14 Read to Your Child Day
- 15 Positive Day
- 24 World Read Aloud Day
- 26 Tell a Fairy Tale Day

MONTHLY OBSERVANCES/WORKSHOPS

- National African American History Month
- National Children's Dental Health Month**
 - Baby Bottle Tooth Decay
 - Dental Care & Prevention for the Family**
- Family Safety: Emergency Preparedness & Child Proofing Your Home Workshop
- Building Healthy Relationships & Marriages**
 - National Canned Food Month
- Importance of Fluoride Solution Workshop**
- Attendance Awareness Month



STUDENT HOLIDAYS

- Sumter CDC- February 10th & 13th
- Calhoun CDC- February 17th
- Culbertson CDC- February 17th
- Early CDC- February 17th
- Lee CDC- February 17th
- Seminole CDC- February 17th
- Worth CDC- February 17th
- All Centers- February 20th- (President's Day)
- Miller CDC- February 21st



DISABILITY SERVICES



Head Start is a free, federally funded preschool program for low-income children ages 0-5 and pregnant women. Ten percent of Head Start's total enrollment must include children with disabilities. Children with disabilities are included in all classroom activities.

Head Start accepts children with various types of disabilities, including: Physical, Mental, Health, Emotional/Behavioral, Orthopedic Impairments, Hearing Impairments, Visual Impairments/Blindness, Speech/Language, Developmental, Learning, & Autism.

Within 45 days of enrollment, all children are screened in the following areas: Motor, Concepts, & Language. Failed screenings may indicate a need for a special education referral. Head Start staff work closely with the local school system and therapists to coordinate special services for children. Special Education services are provided by the local school system and may include: speech/language therapy, physical/occupational therapy, special instruction, or consultative services. Mental Health/behavioral/counseling services are provided by licensed therapists.

Transportation is provided at most of our Child Development Centers, which includes wheelchair-accessible buses. All buses have bus monitors to assist with child supervision.

Build the Habit of Good Attendance

DID YOU KNOW?

1. Starting in kindergarten, too many absences can cause children to fall behind in school.
2. Missing 10 percent (or about 18 days) can make it harder to learn to read.
3. Students can still fall behind if they miss just a day or two days every few weeks.
4. Being late to school may lead to poor attendance.
5. Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

Reference: <http://awareness.attendanceworks.org>

**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

Family Preparedness Made Easy

Family Emergency Kit Checklist



Your family may not be together at the time of a disaster so it is important to develop an emergency plan before disaster strikes. The plan should include a communication plan, disaster supplies kit, and an evacuation plan. It is especially important for people with bleeding disorders to have a plan in place in order to ensure that the same level of care is maintained in the event of a disaster.

To start your family emergency plan, you need to be able to answer the following questions:

1. What are the possible emergencies you and your family might face in your area of the country?
2. How will you and your family evacuate or escape your home if you need to?
3. Where will you meet your family members if all of you are not home at the time of evacuation?
4. What route will you and your family take out of your neighborhood and town if you need to leave?
5. Do you have another route if needed?
6. What supplies will you take with you?
7. What are your neighborhood or community warning signals (such as horns or sirens when a tornado has been seen in the area)? Do you and other family members know what they sound like and what they mean?
8. What resources, organizations, and emergency services are in your community that can help in an emergency? What is your backup plan if help is unable to reach you and your family?
9. Have you contacted any local organizations (for example, a local emergency room at a nearby hospital, the United Way, the Red Cross, or the Salvation Army) to let them know that someone in your family has special needs in the event of an emergency?

Reference: <http://www.cdc.gov/ncbddd/hemophilia/documents/FamilyEmergencyKitChecklist.pdf>



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>.