



HEAD START AT A GLANCE...

Southwest Georgia Community Action Council, Inc.

April/May/June 2017

APRIL 2017

- 1-21 2nd Home Visits Continue
- 3-7 Parent Meetings
- 3 Perfect Attendance Award Day
- 3-7 National Public Health Week
- 3-28 Parent/FSW Center Conferences
- 4-29 Kindergarten Visits
- 5 Healthy Kids Day
- 10-14 National Library Week
- 10-14 National Volunteer Week
- 19 Positive Day
- 24-28 National Playground Safety Week
- 27 Tell a Story Day

WORKSHOPS/OBSERVANCES

- Getting Ready for Kindergarten
- National Autism Awareness Month
- National Playground Safety Month
- Stress Awareness Month
- Health Services Advisory Committee Meetings
- National Child Abuse Prevention Month
- Month of the Young Child
- Alcohol Awareness Month
- Monday Morning Mom Support Group
- Financial Literacy Part II: Making Ends Meet- Where to Go for Help



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



April is
**Child Abuse
 Prevention
 Month**

Promote Child Well-Being

Southwest Georgia Community Action Council, Inc. Head Start/Early Head Start program encourages all individuals and organizations to play a role in making their community a better place for children and families. Research shows that when parents possess six protective factors, the risk for neglect and abuse diminish and optimal outcomes for children, youth, and families are promoted.

The 6 Protective Factors:

1. Nurturing and attachment
2. Knowledge of parenting and of child and youth development
3. Parental resilience
4. Social connections
5. Concrete supports for parents
6. Social and emotional developmental well-being

Reference: <http://www.childwelfare.gov/preventing/preventionmonth/guide2012/>



April is Autism Awareness Month

- Autism now affects 1 in 68 children and 1 in 42 boys
- Autism is the fastest-growing serious developmental disability in the U.S.
- Boys are nearly five times more likely than girls to have autism
- There is no medical detection or cure for autism

For more information log onto <http://www.autismspeaks.org/what-autism/learn-signs>

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 4/17/17	TUESDAY 4/18/17	WEDNESDAY 4/19/17	THURSDAY 4/20/17	FRIDAY 4/21/17
BREAKFAST	Milk, Waffles w/ 1 oz. Syrup, 1 oz. Sausage Patty, Grapefruit Slices, Mandarin Oranges (EHS)	Milk, Mixed Fruit, Biscuit w/ Egg Patty	Milk, 1/2 Banana, 1/2 Cup Chex Cereal	Milk, Sliced Pears, Diced Pears (EHS) & Cinnamon Toast	Milk, Pineapple Tidbits, Crush Pineapple (EHS) & 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, Mash Potatoes (EHS) & Mixed Vegetables	Milk, Chicken Burrito, Re-fried Beans, Sliced Apples, Apple Sauce (EHS)
SNACK	1/2 oz. String Cheese, Slice Cheese (EHS), Crackers, & 1/2 Cup Apple Juice	1/2 Cup Pineapple Rings, Crushed Pineapple (EHS), Whole Grain Crackers & Water	Milk & Whole Grain Graham Cookies	Blueberry Muffin, Orange Slices, Mandarin Oranges (EHS) & Water	Grape Juice, 1/2 Cup Milk (EHS) & Wheat Crackers
	MONDAY 4/24/17	TUESDAY 4/25/17	WEDNESDAY 4/26/17	THURSDAY 4/27/17	FRIDAY 4/28/17
BREAKFAST	Milk, Grits, Egg Patty, Toast w/ 1/2 Jelly & Grapefruit	Milk, 1 Slice Breakfast Pizza, Crushed Pineapple (EHS) & Pineapple Tidbits	Milk, Cinnamon Toast Cereal, & 1/2 Fresh Banana	Milk, Apple Slices, Apple Sauce (EHS) & Nutrigrain Bar	Milk, Pancake w/ 1 oz. Syrup, Ham Patty, Sausage Patty (EHS), Sliced Apples & Mandarin Oranges (EHS)
LUNCH	Milk, Chicken Tenders, Black-eyed Peas, Mashed Potato & Cornbread	Milk, Vegetable Soup w/ Beef, 1/2 Peanut Butter Sandwich & Sliced Oranges	Milk, Fish Nuggets, Baked Beans, Potato Salad & Roll	Milk, Turkey & Cheese Sandwich, 1/4 Cup Garden Salad w/ Lite Dressing, Baked Fries (EHS), Orange Slices & Mandarin Oranges (EHS)	Milk, Chicken Pot Pie w/ Extra Meat & Vegetables, & Yams
SNACK	Whole Grain Gold Fish, Orange Slices & Water	Graham Crackers, Cheese String, Sliced Cheese (EHS) & Water	Boiled Egg, Pineapple Juice, Ritz Cracker (EHS) & Water	Seedless Watermelon, Animal Crackers & Water	Low-Fat Yogurt, Strawberries & Water
	MONDAY 5/1/17	TUESDAY 5/2/17	WEDNESDAY 5/3/17	THURSDAY 5/4/17	FRIDAY 5/5/17
BREAKFAST	Milk, Whole Grain Cereal & Banana	Milk, Breakfast Pizza, Orange Slices & Mandarin Oranges (EHS)	Milk, 1/2 Cup Grits, Cheese Toast, Pineapple Rings & Crushed Pineapple (EHS)	Milk, Nutrigrain Bar & 4 oz. Orange Juice	Milk, Cinnamon Muffin, Sliced Apples & Apple Sauce (EHS)
LUNCH	Milk, Beef Stroganoff, Mixed Vegetables, Fruit Salad & Diced Peaches (EHS)	Milk, 1-1/2 oz. Barbecue Chicken, 1/4 Cup Collard Greens, 1/4 Cup Potato Salad, Rolls or Cornbread	Milk, Mac & Cheese w/ Ham, 1/4 Cup Green Beans & 1/4 Cup Diced Peaches	Milk, Turkey & Dressing w/ Cranberry Sauce, Green Beans & Yams	Milk, 1-1/2 oz. Oven Fried Tilapia, 1/4 Cup Cole Slaw, Mashed Potatoes (EHS) 1/4 Cup Baked Beans, Hush Puppies
SNACK	Ritz Crackers, Pineapple Rings & Water	1/2 Cup Mixed Fruit, String Cheese, Sliced Cheese (EHS) & Water	Cereal, Banana & Milk	Carrot Sticks w/ Dip (HS), Chocolate Chip Cookies, Milk & Water	Grapefruit Slices, Vanilla Wafers & Water
	MONDAY 5/8/17	TUESDAY 5/9/17	WEDNESDAY 5/10/17	THURSDAY 5/11/17	FRIDAY 5/12/17
BREAKFAST	Milk, Cereal, Yogurt & Fruit	Milk, Breakfast Burrito, French Toast (EHS) & Orange Slices	Milk, Raisin Bagel w/ Cream Cheese Spread & Banana	Milk, Chicken w/ 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 & Cornbread	Milk, Corn Taco Chips w/ Beef & Cheese, Ravioli (EHS), 1/4 Pineapple Slices, Crushed Pineapple (EHS) & Oven Fries	Milk, Fish Nuggets, Baked Sweet Potato & 1/2 Cup Green Beans	Milk, Beef Peter Pocket w/ Pepper, Onions & Cheese, 1/4 Cup Rice, Grapefruit Slices & 1/4 Cup Early Peas	Milk, 1-1/2 oz. Buffet Ham, Chicken Nuggets (EHS) Black-eyed Peas, Mash Potatoes & Roll
SNACK	Apple Slices, Apple Sauce (EHS), Saltines w/ Soy Butter or Peanut Butter & Water	Yogurt, Strawberries & Water	Cereal Bar & Milk	Peaches, Graham Crackers & Water	Pineapple Slices, Crushed Pineapple (EHS), Ritz Crackers & Water
	MONDAY 5/15/17	TUESDAY 5/16/17	WEDNESDAY 5/17/17	THURSDAY 5/18/17	FRIDAY 5/19/17
BREAKFAST	Milk, Oatmeal w/ Applesauce, English Muffin w/ Jelly & Diced Pears	Milk, Cereal, & Fresh Orange Slices	Milk, Cinnamon Toast, Egg Patty & Orange Juice	Milk, Nutrigrain Bar, Sliced Peaches & Diced Peaches (EHS)	Milk, Grits, Sausage & Biscuit & Apple Juice
LUNCH	Milk, Meat Loaf, Turnip Greens, Mashed Potato & Roll	Milk, Oven Fried Fish Fillet, Corn Casserole, Green Beans & Roll	Milk, Chicken Salad in a Pita Pocket, Tossed Salad, Potato Salad (EHS), Pineapple Tidbits & Crushed Pineapple (EHS)	Milk, Spaghetti w/ Turkey Meat Sauce, California Blend Vegetables, Hot Cinnamon Apples, Diced Cinnamon Apples (EHS)	Milk, Hamburger w/ Cheese, Oven Fries w/ Ketchup & Sliced Oranges
SNACK	Butter Cookies, Pineapple Tidbits, Crushed Pineapple (EHS) & Water	Oatmeal Raisin Cookies & Milk	Banana, Yogurt & Water	Whole Grain Cheetos & Grape Juice	Sliced Turkey, Saltine 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 2017

- 1 Mother Goose Day
- 1 Perfect Attendance Award Day
- 1-5 Community Appreciation Week
- 1-5 National Teacher Appreciation Week
- 1-5 May Parent Meetings
- 1-5 Celebrate Nutrition Staff Week
- 1-5 National Children's Book Week
- 1-20 Annual Parent Banquets
- 5 Field Days (Contact Center for Date)
- 12 Field Days (Contact Center for Date)
- 8-12 Alcohol & Other Drug-Related Birth Defects Awareness Week
- 8-12 Fetal Alcohol Syndrome Awareness Week
- 16 Policy Council Meeting
- 17 Positive Day
- 23 Board of Director's Meeting
- 29 Memorial Day Holiday (Centers Closed)
- 30 EHS Students & Staff Return

WORKSHOPS/OBSERVANCES

- Getting Caught Reading Month
- Better Speech & Hearing Month
- Asthma & Allergy Awareness Month
- Create a Resume & Job Searching Workshop
- National High Blood Pressure Ed. Month
- National Mental Health Month
- National Teen Pregnancy Prevention Month
- National Community Action Month

June 2017

- 5-9 June Parent Meeting (EHS Only)
- 6 Hunger Awareness Day
- 16 Perfect Attendance Award Day
- 14 Positive Day
- 15 Last Day Early Head Start Students

WORKSHOPS/OBSERVANCES

- Getting Ready for Head Start (EHS Only)
- Common Childhood Illnesses
- Fresh Fruits & Vegetable Month

HEAD START RESOURCES

- <http://www.swgacac.com/>
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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.

Reference: ZeroToThree.org



May is Get Caught Reading Month!
 For FREE access to online books during the summer register with Get Georgia Reading at <http://www.getgeorgiareading.org>.

May is National Community Action Month

During May, Community Action Agencies reiterate their Promise of Community Action - to help people and change lives by helping low-income families achieve economic stability. For general information on National Community Action Month or Southwest Georgia Community Action Council Inc., log onto www.swgacac.com.

**Last Day of School
Head Start Students**

May 18th- Sumter CDC & Tri. County CDC
May 19th- Baker CDC, Terrell CDC & Worth CDC
May 24th- Calhoun CDC, Culbertson CDC, Decatur/Grady CDC, Dougherty County Centers (Except Turner CDC), Early CDC, Lee CDC, Miller CDC, Mitchell CDC, Thomas CDC, & Seminole CDC

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

May 29th- Memorial Day Holiday (All Centers are Closed)
May 30th- EHS Centers Open & Classes Resume
June 15th- Last Day of School for Early Head Start Students

**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

Congratulations!

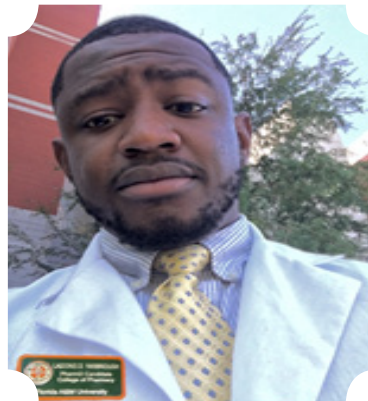
2016-2017 Staff, Parent & Male of the Year



**Eric Royal- Whitney CDC
2016-2017 Parent of the Year**



**Robert Tucker- Culbertson CDC
2016-2017 Staff of the Year**



**Ladonis Yarbrough- Calhoun CDC
2016-2017 Male of the Year**



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 Inscripcion

- El niño debe tener 6 semanas a 3 años para entrar en Head Start
- Poveba de la e dad del niño/niña
- Comprobante de ingreso de años previos, (forma W - 2, declaracion de impuestos o trozo ac-tual 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 Main-tain 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>.