



# HEAD START AT A GLANCE...

Southwest Georgia Community Action Council, Inc.

October/November 2017

## HEAD START AWARENESS MONTH

Head Start/Early Head Start is a comprehensive child development program designed for children 6 weeks to age five and pregnant women. Head Start is funded by the Department of Health and Human Services (HHS) through the Administration for Children and Families (ACF) Office of Head Start (OHS).

Southwest Georgia Community Action Council, Inc. became a Head Start grantee in 1965 and is now one of the largest grantees in Georgia. We currently provide Head Start services in 18 counties and we have a total of 22 Child Development Centers. We currently provide Head Start services to 1,813 preschool children and families of which 60 four-year-olds receive Georgia state lottery funded Pre-K/Head Start blended services. We provide Early Head Start services to 319 infants, toddlers, and pregnant women for a combined total of 2,132 children.

We provide quality services for enrolled children and their parents.

### Services for Kids:

- A Safe Environment
- Quality Early Childhood Education
- Health Services
- Mental Health Services
- Enrollment Opportunities for Children with Disabilities
- Healthy Meals
- Transportation Services in Select Counties
- And Many More....

### Services for Parents:

- Parenting & Health Education
- Literacy & Financial Planning Workshops
- Employment Readiness Workshops & Partnerships
- Transportation to Participate in Program Activities
- Parent, Family & Community Engagement Activities
- Leadership Opportunities
- Male Involvement Opportunities
- And Many More....



### October 2017

- 2 Perfect Attendance Award Day
- 2 Home Visits Continue
- 2-6 October Parent Meetings
- 15-21 National Infection Prevention Week
- 8-14 National Fire Prevention Week
- 17-21 National Health Education Week
- 18 Positive Day
- 22-28 Red Ribbon (Drug Awareness) Week

### WORKSHOPS/OBSERVANCES

Domestic Violence Awareness Month

Head Start Awareness Month

Health Services Advisory Committee Meetings

Family Safety- Emergency & Disaster

Preparedness Workshop

Families & Alcohol Workshop & Keeping Kids Drug Free

Smoking & My Child's Health Workshop

Childhood & Adult Obesity Education Workshop

Food & Safety Education Workshop

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### November 2017

- 1 National Family Literacy Day
- 1 Perfect Attendance Award Day
- 1-3 November Parent Meetings

### WORKSHOPS/OBSERVANCES

All About Prior Intervention, Referrals, IEP Meetings & Placement Decisions Workshop

Diabetes in Children & Adults Education Workshop

High Blood Pressure Education Workshop

Injury Prevention for Adults & Children Workshop

Understanding & Managing Stress Workshop

Nurturing Feeding Time Routine- Feeding Child

Nutritious Food Workshop

Strong Fathers/Strong Families Orientations

Parent Educational Activity

Parent Community Service Project

Medication Administration: The Five Rights

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### 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**



### Goal of Head Start/Early Head Start

The overall goal of the Early Head Start and Head Start Program 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.

	<b>MONDAY 10/16/17</b>	<b>TUESDAY 10/17/17</b>	<b>WEDNESDAY 10/18/17</b>	<b>THURSDAY 10/19/17</b>	<b>FRIDAY 10/20/17</b>
<b>BREAKFAST</b>	Milk, Whole Grain Cereal & Banana	Milk, Toast w/ Jelly & Orange Juice	Milk, Egg Patty, Toast & Pineapple Rings	Milk, Oatmeal w/ Applesauce, & Toast w/ Butter	Milk, French Toast Sticks, & Sausage Patties
<b>LUNCH</b>	Milk, BBQ Chicken, Green Peas, Brown Rice & Sliced Peaches	Milk, Buffet Ham, Collard Greens, Potato Salad, Rolls or Cornbread	Milk, Chicken Patty on Bun, Green Beans & Fruit	Milk, Turkey Sandwich, Tossed Salad w/ Lite Dressing, Early Peas (EHS), Apple Sauce (EHS) & Sliced Apples	Milk, Oven Fried Fish Nuggets, Parsley Egg Noodles, Broccoli Spears & Sliced Peaches
<b>SNACK</b>	Hard Boiled Egg & Milk	Mixed Fruit, String Cheese, Sliced Cheese (EHS) & Water	Sunchips, Goldfish (EHS) Banana & Water	Carrot Sticks w/ Ranch, Wheat Thins, Milk (EHS) & Water	Grapefruit Slices, Whole Grain Gold Fish & Water
	<b>MONDAY 10/23/17</b>	<b>TUESDAY 10/24/17</b>	<b>WEDNESDAY 10/25/17</b>	<b>THURSDAY 10/26/17</b>	<b>FRIDAY 10/27/17</b>
<b>BREAKFAST</b>	Milk, Cereal & Fruit	Milk, Breakfast Pizza & Sliced Oranges	Milk, Cheese Toast & Apple Juice	Milk, Breakfast Casserole & Grape Juice	Milk, Turkey Sausage Patties, Egg Patty, Sliced Toast & Apple Sauce
<b>LUNCH</b>	Milk, Baked Chicken, Squash w/ Onions, Turnip Greens & Cornbread	Milk, Corn Taco Chips w/ Beef & Cheese, Ravioli (EHS), Sliced Pears & Oven Fries	Milk, Fish Nuggets, Sweet Potato Chips, Green Beans & Roll	Milk, Beef-A-Roni, Mixed Fruit, Early Peas & Roll	Milk, BBQ Pork Sandwich, Mashed Potatoes & Mandarin Oranges
<b>SNACK</b>	Apple Slices, Apple Sauce (EHS), Whole Grain Cheese Crackers & Water	Yogurt, Pineapple Tidbits, Crushed Pineapple (EHS) & Water	Cheez-It Crackers, Milk & Water	Peaches, Milk, & Water	Pineapple Slices, Cottage Cheese & Water
	<b>MONDAY 10/30/17</b>	<b>TUESDAY 10/31/17</b>	<b>WEDNESDAY 11/1/17</b>	<b>THURSDAY 11/2/17</b>	<b>FRIDAY 11/3/17</b>
<b>BREAKFAST</b>	Milk, Pineapple Tidbits, Applesauce (EHS), Egg Patty & Wheat Toast w/ Jelly	Milk, Sliced Apples, Mandarin Oranges (EHS), Chicken Patty & Toast	Milk, Banana, Whole Grain Cheerios	Milk, Apple Juice & Oatmeal	Milk, Sliced Oranges, Whole Wheat Pancakes & Turkey Sausage
<b>LUNCH</b>	Milk, Cinnamon Apples, Apple Sauce (EHS), Spaghetti w/Turkey & Meat Sauce	Milk, Mixed Fruit, Peaches (EHS), Chef Salad w/ Diced Ham, Lettuce, Cheese & Eggs, Early Peas (EHS) & Tuna Salad (EHS)	Milk, Oranges, Turkey Sandwich w/ Light Mayo & Potato Rounds	Milk, Corn on the Cob, Cream Corn (EHS) & Taco Salad w/ Beef & Steamed Broccoli	Milk, Peaches, Chicken Patty, Baked Beans & Whole Grain Roll
<b>SNACK</b>	Whole Grain Crackers w/ Soy Butter or Peanut Butter	Diced Pineapples, Cottage Cheese & Water	Apple Sauce, Whole Grain Goldfish & Water	French Onion Dip, Wheat Thins, Fruit & Water	Sliced Apples, Crackers & Water
	<b>MONDAY 11/6/17</b>	<b>TUESDAY 11/7/17</b>	<b>WEDNESDAY 11/8/17</b>	<b>THURSDAY 11/9/17</b>	<b>FRIDAY 11/10/17</b>
<b>BREAKFAST</b>	Milk, Waffles w/ Syrup, Sausage Patties, Grapefruit Slices & Mandarin Oranges (EHS)	Milk, Apple Juice, Toast w/ Cheese	Milk, Bananas, & Chex Cereal	Milk, Sliced Oranges, Hash Browns & Egg Patty	Milk, Pineapple Tidbits, Yogurt & Toast
<b>LUNCH</b>	Milk, Meatballs, Steamed Cabbage, Yams & Cornbread	Milk, Tuna Sandwich, Mandarin Oranges & Early Peas	Milk, Chicken & Rice, Broccoli Spears & Steamed Carrots	Milk, Sloppy Joe, Cole Slaw, Mixed Vegetables & Mashed Potatoes (EHS)	Milk, Fish Sticks, Whole Corn, Cream Corn (EHS), Apple Sauce (EHS), Baked Beans & Wheat Bread
<b>SNACK</b>	String Cheese, Sliced Cheese (EHS), Crackers, Apple Juice & Water	Pineapple Tidbits, Whole Grain Crackers, Crushed Pineapple & Water	Fresh Sliced Oranges, Boiled Eggs & Water	Milk, Cereal & Water	Grape Juice, Wheat Crackers, Milk & Water
	<b>MONDAY 11/13/17</b>	<b>TUESDAY 11/14/17</b>	<b>WEDNESDAY 11/15/17</b>	<b>THURSDAY 11/16/17</b>	<b>FRIDAY 11/17/17</b>
<b>BREAKFAST</b>	Milk, Egg Patty, Toast, Pineapple Tidbits & Crushed Pineapple (EHS)	Milk, Whole Grain Waffle Sticks, Ham Patty & Apple Sauce	Milk, Orange Juice & Whole Grain Cereal	Milk, Apple Juice, Toast, Apple Sauce (EHS) & Ham, Egg & Cheese Casserole	Milk, Breakfast Pizza, Sliced Grapefruit & Cheese Toast (EHS)
<b>LUNCH</b>	Milk, Chicken Tenders, Black-Eyed Peas, Mashed Potatoes & Cornbread	Milk, Beef Pizza, Ravioli (EHS), Mixed Vegetables, Baby Carrots, Pineapple Tidbits & Crushed Pineapple (EHS)	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 & Cinnamon Apples
<b>SNACK</b>	Whole Grain Gold Fish & Apple Juice	Wheat Thins, String Cheese, Sliced Cheese (EHS) & Water	Boiled Eggs, Pineapple Juice & Water	Mandarin Oranges, Whole Wheat P&B Crackers & Water	Milk, Cereal & 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.**



**All Child Development Centers  
Student Holiday Break  
November 20-24, 2017**

# October is Domestic Violence Awareness Month

If you are in an abusive relationship, remember:

- 1.) You are not alone.
- 2.) It is **NOT** your fault.
- 3.) Help is available.



## What is Domestic Violence?

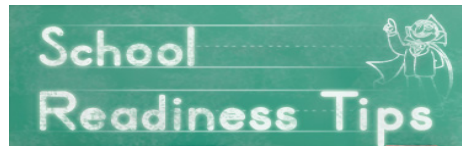
Domestic violence, also described by the terms family violence, intimate partner violence, and teen dating violence, is a widespread problem in Georgia and across the country.

The Office of Violence Against Women defines domestic violence as “a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.” Common abusive tactics include physical violence, sexual violence, isolation, economic abuse, emotional abuse, intimidation, reproductive coercion, and stalking.

## Georgia Domestic Violence Statistics

- Firearms were the cause of death in 71% of recorded domestic violence fatalities in 2016. 49% of victims in cases studied by Georgia’s Domestic Violence Fatality Review Project began their relationship with the person who eventually killed them when they were between the ages of 13-24. In 37% of the cases studied by Georgia’s Domestic Violence Fatality Review Project, children witnessed the domestic violence homicide.
- In 2015, law enforcement officers responded to 65,487 family violence incidents in Georgia.
- In 2015, there were 24,710 protective and stalking orders issued in Georgia.
- In FFY 2016, there were 53,414 crisis calls to Georgia’s certified domestic violence agencies.
- In FFY 2016, 5,390 victims and children who were provided 332,110 nights of refuge in a Georgia domestic violence shelter.

If you need to talk because you or someone you know is in an abusive relationship, call Georgia’s 24 hour hotline at 1-800-33-HAVEN (1-800-334-2836) V/TTY (se habla español) or the National hotline at 1-800-799-SAFE (1-800-799-7233).



November is National Literacy Month and a time when we focus on literacy activities.

**GOAL: Children will develop age appropriate literacy knowledge & skills in the areas of phonological awareness, book knowledge, alphabet knowledge, print concepts and early writing.**

### 1. Matching Upper & Lower Case Letters

Play a letter matching game. Print capital letters on pieces of paper. Print the same letters in lower case on other pieces of paper. Have your child match the capital letter with its lower case partner.

### 2. Rhyming Word Sit Down

Have your child walk around in a circle taking one step at a time while you say a rhyming word. When you say a word that doesn’t rhyme, your child can sit down. An example would be cat, hat, mat, fat, sat and dog. The child would walk around when you say “cat, hat, mat, fat and sat”. He or she would sit down when you say “dog”.

### 3. Do You Remember?

Have your child listen to a direction with 2 or 3 steps (for example, “Stand up, lift one leg, hop to the door”). Give your child a thumbs-up or high-five if he/she followed the direction correctly. Give them 3-4 different sets of directions to continue the game. Begin to use positional words such as over, under, behind, before, after, in front of, middle and last.



## Grandparent’s Day Celebrations

During the month of September, students invited their parents and grandparents to their center to help them recognize grandparents on Grandparent’s Day.

(Pictured on the Left)- Whitney CDC Students are making gifts to show appreciation to their grandparents.



## Perfect Attendance Award Day

During the months of October - June, students and their parents are recognized for having perfect attendance for the previous month.

(Pictured on the Right)- A Seminole CDC parent and student were presented with a September Perfect Attendance Award by the child’s teacher.

## October 2017 Student Holidays

- Baker County - 10/5, 10/6 & 10/9
- Calhoun County - 10/19 & 10/20
- Colquitt County (Culbertson)- 10/19 & 10/20
- Decatur/Grady County - 10/12 & 10/13
- Dougherty County - 10/12 & 10/13
- Early County - 10/9-10/13
- Terrell County - 10/6, 10/26 & 10/27
- Thomas County - 10/12, 10/13 & 10/16
- Lee County - 10/9 & 10/10
- Miller County - 10/19 & 10/20
- Mitchell County - 10/6 & 10/9
- Sumter County -10/6 & 10/9
- Tri. County - 10/20



## November 2017 Student Holidays

Students will be on break in observance of the Thanksgiving Holiday, November 20-24, 2017. Students will return on 11/27/17.

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## November 2017 Staff Holidays

Child Development Centers & Central Office will be closed in observance of the Thanksgiving Holiday, 11/23 & 11/24. Staff return on 11/27/17.



**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: 229-436-9022



Culbertson CDC Staff showed their appreciation for their custodial staff on National Custodial Worker's Day, October 2nd.



**Doughnuts with Dad**

On September 22nd in all centers, males met to discuss their impact on the lives of their children at home and at school.

(Pictured Above) - Mt. Zion CDC Fathers & Male Involvement Figures participated in our Doughnuts with Dad Activities.

(Pictured Below)- A Seminole CDC student & father posed for a photo after their family engagement activities.



On September 15th students invited their moms and female figures to their center to participate in our Muffins with Mom, family engagement activity.

(Pictured on the Above)- On September 15th, Seminole CDC students made muffins with their moms and female figures.



**Stay Up-To Date On The Latest Program Information**



Southwest Georgia Community Action Council, Inc.  
Head Start Program  
@SWGACACHeadStart



Scan the QR code with your smart device and browse our website  
[www.swgacac.com](http://www.swgacac.com).



Become a Member of the Georgia Head Start Association  
For More Information Log Onto  
<http://georgiaheadstart.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](mailto:lbridges@swgacac.com).

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

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Phone: (800) 642-3384