

# L.B.J. & C. Head Start

# L.B.J. & C. Notes

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## Head Start Closings

All Head Start Centers and the Central Office will be closed on Monday, February 20, 2017 in lieu of President's Day! Children will return on February 21, 2017.

## It's Time to Complete Your Child's Application for Head Start!

### Things you will need to complete the application process.

- ✓ There are certain documents you need to bring with you at the time of completing your child's application.

These documents include:

1. Child's birth certificate, Mother's copy, or Foster Care Contract.
2. Income Verification (one or more of the following):

- Form 1040 for 2016
- All W-2 Forms for 2016
- Paycheck stubs for last twelve months

- Verification of Social Security or SSI and current monthly amount
- Proof of status as a current AFDC/ Temporary Assistance recipient and monthly amount
- Employer statement for gross wages paid during past 12 months
- Verification of child support received for previous year, or past 12 months

**Children that are 3yrs old by 08/15/2017 and do not turn 5yrs old before 08/15/2017 are age eligible for Head Start.**

For more information, call your local Head Start center or call 931-528-3361, ext. 222.

## L.B.J. & C. Head Start Always There For Children and Families Now Taking Applications!

**All children are eligible to apply. Serving children 3 & 4 years of age including children with disabilities. Working with families to prepare for Kindergarten!! Children are engaged in educational activities daily! Two nutritional family style meals and afternoon snack provided daily.**

## Drinks Destroy Teeth

Trendy drinks are causing a generation of young people to experience decay and loss of tooth enamel unprecedented in modern times.

Overconsumption of sugar-laden, acidic drinks, such as boxed juice, sport drinks and soft drinks, is reversing more than 50 years of public health gains realized through preventive measures like fluoridated water and dental sealants.

From their early years into young adulthood, children are drinking increasing quantities of these sugary, acidic drinks from morning until night. They consume fruit juice at breakfast, soda at lunch and sport drinks or flavored sweet tea or coffee after school.

## Drinks Cause Dental Erosion and Decay

Constant drinking attacks the body's natural ability to cleanse the mouth. The acid in the drinks causes dental erosion. These drinks soften the protective enamel which dissolves then exposes the second layer of tooth. The sugar in the drinks feeds bacteria in the mouth which causes decay. Bacteria have a much easier time eating through soft enamel.

Young people should enjoy the best dental health that modern prevention can offer. Unfortunately this group also has the most to lose in terms of a lifetime dental problems..

Source: [www.mouthhealthykids.org](http://www.mouthhealthykids.org)

IT'S FREE.



(1-877-559-3816)

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## REMINDER:

**Don't forget that February is Heart Disease Awareness Month and Dental Awareness Month!**

