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.



REMINDER:

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

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:

- 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



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MISSION STATEMENT

L.B.J.& C. HEAD START'S MISSION IS TO PARTNER WITH THE FAMILY AND COMMUNITY TO HELP CHILDREN AND FAMILIES PREPARE FOR SCHOOL.

..."it takes a village to raise a child..."

We're on the web! Check us out at www.lbjc.org "Be a Head Start Volunteer-Contact your local Center Supervisor today. Head Start needs and appreciates all volunteers."

Recipients:

Head Start Families

Head Start Policy Council Members

Head Start Board Members

Head Start Staff

Head Start Advisory Committee Members

Head Start Partners

L.B.J.& C. Head Start is a Limited Purpose Agency serving Clay, Cumberland, Dekalb, Fentress, Jackson, Macon, Overton, Pickett, Putnam, Smith, Warren, and White Counties. Parents' participation is not required as a condition of their child's enrollment. Participation is voluntary. However, Head Start needs Parental Input into all aspects of the Head Start Program. Funded by the U.S. Department of Health and Human Services, Administration for Children and Families. L.B.J.& C. Development Corporation is an Equal Opportunity Agency. The agency does not discriminate on any non-merit reasons such as race, color, religion, sex, national origin, age, marital status, political affiliation, sexual preference, or qualified individuals with mental and physical handicaps. The 504/ADA/Title VI Contact Person: Barbara Pendergrass (931) 528-3361. For reprints of this newsletter, contact us at (931) 528 - 3361, e-mail us at information@lbjc.org, or FAX us at (931) 528 - 2409.

"It does not matter how slowly you go as long as you do not stop." - Confusius



HEY, PARENTS!



Get everyone excited about time outside together even on the coldest of winter days with these tips and ideas:

- Kids need to get their wiggles out. The American Academy of Pediatrics recommends 60 minutes of unstructured outdoor playtime for children, every day. Fit that in between scheduled activities with a little creativity here and there. For example, have a snow-shoveling competition, watch the clouds race, or create training drills for your favorite sport. With recess dwindling, the amount of fresh air my kids get every day is up to me. I'd much rather have towels and a mud mat by the door and my kids tired from running around than them bouncing off the walls inside at the end of the day.
- There is a special stillness in winter; pause to enjoy it. Have a muffin and hot cocoa for breakfast on the stoop. Take a walk after a newly fallen snow to notice animal tracks and see where they lead. Keep a backpack by the door with binoculars, magnifying glass, nature guide, and a water bottle and snack such as pretzels to be prepared for a spontaneous adventure when you do have fifteen minutes. The National Wildlife Federation's Wildlife Watch program helps you learn about animals that are out in winter where you live. Simply enter your state at www.nwf.org/wildlifewatch.



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