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Head Start Holiday Closings

All Head Start Centers, except HAFH and Pinewood will be closed December 23, 2019 through January 5, 2020. Children will return on January 6, 2020.

HAFH and Pinewood will be closed December 23, 2019 through January 1, 2020. Children will return on January 2, 2020.

The Head Start Central Office will be closed on December 24, 25, 26, 2019 and January 1, 2020 for the Holidays.

L.B.J. & C.



Head Start Notes

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Beating the Winter Slide

The holidays, it's a magical time of year! From family time, holiday meals, fun presents and a break from school, it can be easy for kids to get carried away from time to time. It's important for children and families to stay active, mentally and physically, during the winter break. The days may be shorter and colder but there are plenty of ways can keep your bodies and minds moving. Check out a few of these helpful tips!

Take a trip to the local library! Winter break can be the perfect time for kids to do some extra reading. Looking for local story times, exploring the children's book section of your library and finding other ways to get your child reading over the holidays can keep them entertained while avoiding screen time. Help your kids expand on their skills by encouraging them to read a book about a new topic, ask them follow-up questions about characters in the stories they are reading or have them practice reading out loud to a family pet.

Check out a museum! Walking around a museum and looking at exhibits is a

great way to get some exercise, plus children are learning at the same time! Many museums have interactive areas or special crafts for children. The Tennessee State Museum is a wonderful and FREE resource for all Tennesseans. You can learn more about what the museum offers families by watching this short video.

Happy Holidays!

Get outdoors! Yes, it may be cold but there are benefits to being outside, even in the winter. Sledding, skiing, snowboarding, and kid-friendly winter hikes are exciting ways to keep your children happy and healthy during this time of year. At several state parks, families can take a hike while reading a story along the way as a part of the Governor's Books from Birth Foundation's Imagination Library Storybook Trails.

Bring out the board games! Playing board games can be a good way for children to explore strategy, think criti-

cally, and have a ton of fun. Whether you are looking for games to help your child learn more about spelling and language, problem-solving, the building blocks of engineering, or any other skill set, playing board games is a great option for family fun.

Arts and craft fun! The holidays can be an ideal time to cultivate a child's interest in various arts. Consider making some time for craft projects during winter break to foster your child's creativity. Finding shows and performances that are child appropriate over the holidays can be an enriching experience for the entire family.

Remember, they're just kids! The holidays can be a challenge for any child whose routine is upended during winter break. Attempt to avoid scheduling more than demanding event a day around the holidays to keep frustration levels low and make sure to include plenty of physical activity and downtime! Before you know it, they'll be back in school!

<https://www.kidcentraltn.com/education/community---after-school-care/ beating-the-winter-slide-.html>

L.B.J. & C. Inclement Weather Policy

In the event of inclement weather, the Head Start Program will continue to observe the public school closing in each county where Head Start centers are located.

In the event that the public school system in the county where your Head Start Center is located is closed, the Head Start center will be closed.

If the public school system in the county where your Head Start center is located is open on time, 1-hour late, or 2-hours late, the Head Start Center will open at its normal opening time. Children will be allowed to come at their regular time. They are not required to come later. Breakfast will be served at the regular time.

If the public school system

closes early due to inclement weather, non-working parents will be expected to pick their child up at the time of school closing.

Working parents will be expected to work out a system so their child can be picked up as soon as possible. Parents should make arrangements in the event the Head Start center should close early.



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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..."

"Great things never come from comfort zones" – Roy T. Bennett



"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.

Are you interested in becoming a non-paid substitute at your center?
 Contact the Human Resource Manager at the Central Office.

The Importance of Handwashing for Kids



Children come into contact with germs every day. Proper handwashing can help stop the spread of many illnesses – from the common cold to more serious illnesses like hepatitis A.

Handwashing is easy, inexpensive, effective, and can help prevent sick days and trips to the doctor!

Here are some techniques for proper handwashing:

- Wash your hands in warm water
- Use soap and lather for about 20 seconds, which is about the length of time for children to sing "Happy Birthday" twice
- Make sure to wash in between fingers, under nails, and wrists
- Rinse and dry with a clean towel

Parents can help their children stay healthy by doing the following:

- Teach children good handwashing techniques
- ⇒ When you are first teaching young children how to wash

- their hands, remember the following:
- ⇒ Demonstrate how to wash your hands; young children learn best through watching and doing – not just hearing!
 - ⇒ Explain the proper handwashing techniques one at a time as your child practices
 - ⇒ Follow up handwashing lessons with story books about germs and handwashing, look at pictures of germs, and point out when role models wash their hands. Other interactive activities will reinforce handwashing

Remind children to wash their hands in these situations:

- Before eating and cooking
- After using the bathroom
- After coughing, sneezing, or blowing one's nose
- After cleaning around the house
- After touching animals or

- pets
- After coming home from school
- After playing outside
- Before and after visiting or taking care of sick friends or relatives

Wash your own hands with your children and model proper handwashing

- Children do not always see what you do, so talk about it! Announce when and why you are going to wash your hands or talk about something you touched and how you washed your hands after you touched it
- Carry hand sanitizer for times when there is no sink or soap available

Even when children know how to wash their hands, they may still need reminders! To stop the spread of germs, make hand washing rules and routines, such as washing before meals and after using the bathroom.

Submitted by Sky Moore, Child Health Specialist <https://thrive.psu.edu/the-importance-of-handwashing-for-kids/>