

L.B.J. & C. HEAD START NOTES

VOLUME 1, ISSUE 8. MARCH 2024

Employee Spotlight

Ms. Kim Cox

Center Supervisor
Lafayette Center

**Great
Job**

Ms. Amanda Ellis

Center Supervisor
South Cookeville
Center

**Great
Job**

Ms. Linda Cothorn

Center Supervisor
Gainesboro Center

**Great
Job**

Train Tales

Every Friday morning at 10:30 on our Facebook page! Grab the kiddos and join us Fridays at 10:30 for Train Tales, a preschool story time about trains, engines, tracks, conductors, engineers, firemen, rails, hobos, stations, signals, and lots of Thomas!

Spring Break

March 11-15:

- Jackson, Overton, Putnam & Warren

March 18-22

- Fentress

March 25-29

- Macon, White, Dekalb, Pickett, Smith, Cumberland

April 1-5

- Clay

What's Inside?

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- RAM Clinic
- Physical Activity
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Physical activity: why it's good for children

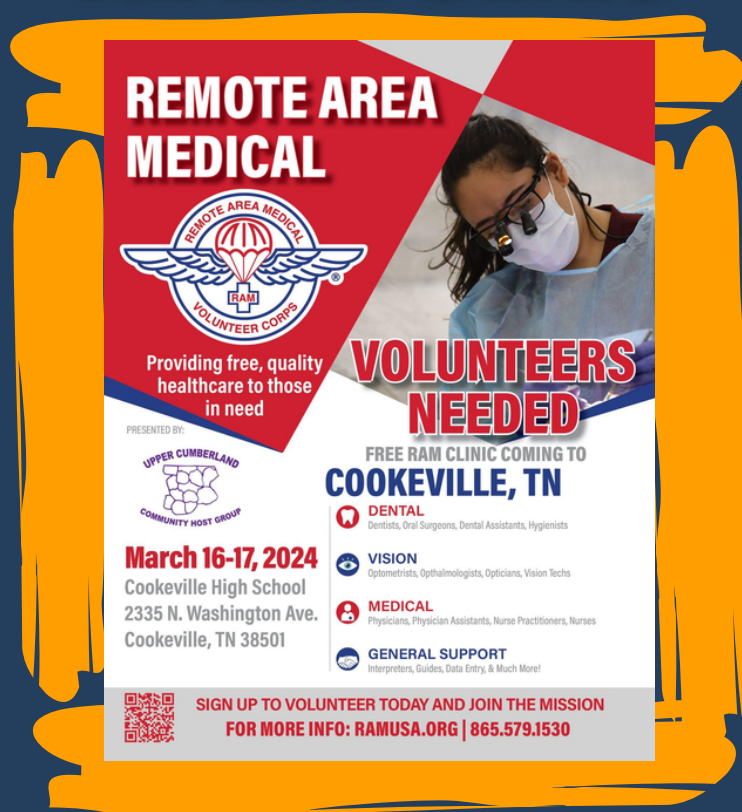
Physical activity is vital for children's health, wellbeing and development, now and in the future.

Physical activity has lots of health benefits for children. It:

- strengthens children's bones, muscles, hearts and lungs
- improves children's coordination, balance, posture and flexibility
- helps children stay at a healthy weight
- reduces children's risk of getting heart disease, cancer and type-2 diabetes later in life.

Source: www.raisingchildren.net

R.A.M. Clinic



REMOTE AREA MEDICAL

VOLUNTEERS NEEDED

Providing free, quality healthcare to those in need

PRESENTED BY:
UPPER CUMBERLAND
COMMUNITY NOST GROUP

FREE RAM CLINIC COMING TO COOKEVILLE, TN

DENTAL
Dentists, Oral Surgeons, Dental Assistants, Hygienists

VISION
Optometrists, Ophthalmologists, Opticians, Vision Techs

MEDICAL
Physicians, Physician Assistants, Nurse Practitioners, Nurses

GENERAL SUPPORT
Interpreters, Guides, Data Entry & Much More!

March 16-17, 2024
Cookeville High School
2335 N. Washington Ave.
Cookeville, TN 38501

SIGN UP TO VOLUNTEER TODAY AND JOIN THE MISSION
FOR MORE INFO: RAMUSA.ORG | 865.579.1530

Cook's Corner Recipe: Apple Tuna Bites

Ingredients

- 1 5 oz. can tuna, drained
- 2 tablespoons low-fat mayo
- 2 tablespoons diced onion
- ¼ cup chopped celery
- 1 teaspoon lemon juice
- 1 apple, sliced, with core removed



Directions

1. Mix tuna, mayonnaise, onion, celery, and lemon juice in a bowl.
2. Spoon mixture on top of apple slice.

Makes 2 to 4 servings

Safety tip: To prevent injuries, an adult should slice ingredients.

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: Angela West (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.

Apply Now

All age eligible children can apply. Serving children 3 & 4 years of age including children with disabilities.

www.lbjc.org

L.B.J. & C. Head Start

1150 Chocolate Dr
Cookeville, TN 38501
(931) 528-3361

Events, parenting tips, developmental milestones, and more... L.B.J. & C. Head Start is your reliable source for early childhood education information.

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Or visit our website:

<https://www.lbjc.org>