

# 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 18, 2019 in lieu of President's Day!  
Children will return on February 19, 2019.

## 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 2018
  - All W-2 Forms for 2018
  - 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 (Families First) 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 08/15/2019 and do not turn 5yrs old before 08/15/2019 are age eligible for Head Start.**

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



financed by the Tennessee Department of Health

## 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.**

## Planning for Winter Emergencies

### Stay Informed About Possible Bad Weather

There are several ways to do this, including:

- Signing up for community alerts
  - o Contact your local government for instructions
- Owning a National Oceanic and Atmospheric Administration (NOAA) Weather Radio
  - o Typically, they are battery-operated or have a hand crank
- Making sure your mobile phone can receive Wireless Emergency Alerts (WEAs); ask your service provider for details
  - o You will automatically receive alerts about weather and other emergencies

### Plan What to Do if Your Program Loses Power

A snowstorm, wind storm, or ice build-up on utility lines may cause you to lose power. Be prepared for that possibility by:

- Making sure your communications plan is up-to-date so you can quickly contact families to pick up their children (EPM, pp. 12–13, 31–32)

- Planning to keep children warm until they are picked up
  - o Stockpile blankets or sleeping bags
- Deciding where to cluster children and staff, and close off other rooms to retain heat
- Having a fully-stocked emergency kit (EPM, p. 21)
- Having an evacuation plan (EPM, pp. 13–15, 18) for winter emergencies
  - o If conditions delay parents from reaching your program and your facility gets too cold, you may need to move to your designated alternate location

### Other Winter Emergencies

For more information on winter emergencies and other ways to keep your children and program staff safe, visit these government websites:

- U.S. Centers for Disease Control and Prevention (CDC)
- Ready.gov

Source: National Center on Early Childhood Health and Wellness

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

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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](http://www.lbjc.org)

*"A person who never made a mistake never tried anything new."*

- Albert Einstein

## REMINDER:

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

**"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

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](mailto:information@lbjc.org), or FAX us at (931) 528 - 2409.

**HEY, PARENTS!**

**Talk, Talk, Talk**

- \* **Talk with your child every day about school and things going on around the house.**
- \* **Sprinkle some interesting words into the conversation, and build on words you've talked about in the past.**

**Powered by a Ready To Learn Grant**

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## Nutrition Tips for Healthy Teeth

Children need strong, healthy teeth to chew their food, speak and have a good-looking smile. What's more, a good diet is essential for a child's growth and development. Almost all foods, including milk or vegetables, have some type of sugar, which can contribute to tooth decay. To help control the amount of sugar your child consumes, always try to read food labels and choose foods and beverages that are low in added sugars. Also, select beverages, such as water, that hydrate and contribute to good nutrition.

### What to Eat:

According to **MyPlate**, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced diet should include:

- **Fruits and vegetables.** Combined these should be half of what your child eats every day.
- **Grains.** Make sure at least half of their grains are whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy.** Choose low-fat or fat-free dairy foods.
- **Lean proteins.** Make lean protein choices, such as lean beef, skinless poultry and fish. Try to vary protein choices to include eggs, beans, peas and legumes, too. Eat at least 8 oz. of seafood a week.

In addition to a nutritious diet, snacking habits, bottles and pacifiers also impact your child's oral health. Here are some tips to keep your child's mouth healthy:

- Place only formula, milk or breast milk in bottles. Avoid filling the bottle with liquids such as sugar water, juice or soft drinks.
- Infants should finish their bedtime and naptime bottles before going to bed.
- If your child uses a pacifier, provide one that is clean—don't dip it in sugar or honey, or put it in your mouth before giving it to the child.
- Encourage children to drink from a cup by their first birthday and discourage frequent or prolonged use of sippy cups.
- Serve nutritious snacks and limit sweets to mealtimes.

For tips on how to get your children to eat more fruits and vegetables, visit the Academy of Nutrition and Dietetics.

**Source:** [www.mouthhealthy.org](http://www.mouthhealthy.org)