

THE L.B.J.& C. HEAD START HEADLINER

A NEWSLETTER FOR THE L.B.J.C. HEAD START COMMUNITY

Employee

SPOTLIGHT

Congrats!



Ms. Shannon Melton,
Center Supervisor
Brookside Center



Ms. Winnie Simmons,
Teacher
Midway Center



Ms. Kristina Findley,
Teacher
HAFH Center



Ms. Jennifer Ridenour,
Cook
Clarkrange Center

"Creating learning environments that students can use to become school ready is a top priority."

- Head Start Director, Penny Meadows

Upcoming Events

- 4/7:** Good Friday-- All Centers Closed
- 4/21:** Family Breakfast
- 4/28:** Staff In-service (No Children)

Inside this Issue:

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- Getting Ready for Kindergarten



MOVE MORE

Every April, the American Heart Association promotes *Move More Month*. It aims to encourage all Americans to take part in more physical activity and to endeavor to do so on a more regular basis incorporating it into their daily routines.

In previous years the campaign was known as National Walking Day but was expanded to highlight the importance of physical activity over a longer period, thus raising more awareness of the health benefits and risks associated with inactivity and poor physical health. Even if you have not participated in physical activity for a long time, the month-long awareness campaign encourages people to take the first steps back to fitness for those of you (not me) who enjoy regular exercise, it encourages you to do more and assist others to get involved.

Some tips to get you started:

- Wear comfortable clothing and shoes
- Make time and plan- be consistent with your approach
- Don't aim too high
- Get back on track – don't be disheartened if you can't stick to your plan. Try again!
- Celebrate your success!

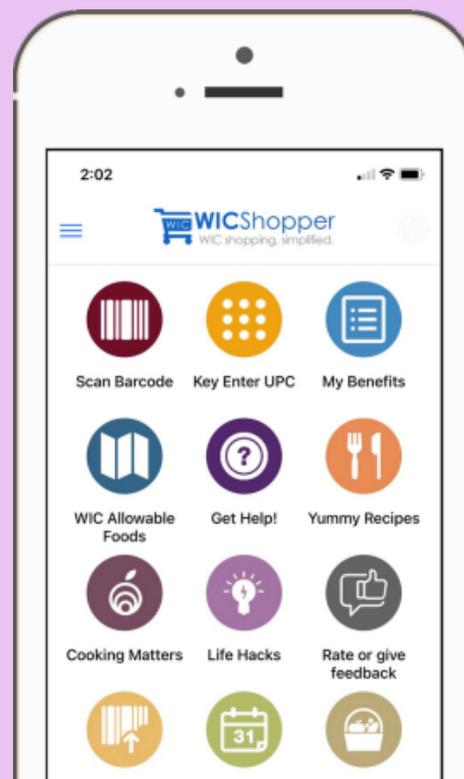
With information on American Heart Association's official website about getting active and more importantly staying motivated, this is a fantastic opportunity to meet people, raise awareness and funds and most importantly get a little bit fitter!

You can become involved on your own or as part of your community, school, business, or organization. Let's all try and be #healthyforgood and quite simply MOVE MORE!

Source: <https://www.awarenessdays.com/awareness-days-calendar/move-more-month-2023/>

WICSHOPPER

Simplify your WIC Shopping



1. Install "WICShopper" from your app store.
2. Select Tennessee as your WIC Agency.
3. Register using the 16-digit number from your TNWIC card.
4. Scan products using the app to verify WIC-eligibility as your shop!
5. View your remaining balance*, food list, recipes, and more.

Tennessee Childhood Lead Poisoning Prevention



Older housing is the #1 risk factor for childhood lead exposure

High risk zip codes have at least 27% of homes built before 1950

There are over 300,000 Tennessee homes built prior to 1950

Which Children Should be Tested?



- Children living in homes built before 1978 or whose parents have occupational exposure to lead
- TennCare children at ages 12 and 24 months
- Children living in high risk zip codes
- Children whose parents answer “yes” or “don’t know” to any questions on the risk assessment questionnaire used at well-child checks between six and 72 months of age



Health Effects of Lead Exposure

- Damage to the brain and nervous system
- Slowed growth and development
- Learning and behavioral problems
- Hearing and speech problems

Source: www.tn.gov

THE FACTS

Blood lead levels in children as low as 10µg/dL can be associated with [reading and learning disabilities](#), [impaired hearing](#), [damaged red blood cell production](#), [hyperactivity](#), and [behavioral problems](#).

Kids with lead poisoning don't always act or look sick.

900,000 children between 1-5 years of age have an elevated blood lead level.

GETTING READY FOR KINDERGARTEN

Want to prepare for the next school year?

Keep the learning going over summer. Below are suggestions of skills families might explore together during the school break.

With parent/caregiver support...

- Identifies basic emotions by looking at others' faces (ex. happy, mad, sad, scared)
- Identifies ways to calm when upset
- Listens quietly for 5-10 minutes during a story
- Runs, jumps, skips, climbs and uses big muscles while playing

With parent/caregiver support...

- Understands and uses gestures and body language
- Speaks in complete sentences and is understood
- Understands and retells stories, events, and other learned information
- Names different sounds; rhymes; hears and names the beginning sound in a word; hears words in sentences; hears parts of words
- Begins to name upper and lowercase letters
- Understands that letters make words and words make sentences; uses finger to track words from left to right on a page; reads symbols and words around them (ex. STOP sign, McDonald's)

With parent/caregiver support...

- Counts to 20 in order
- Counts 10 or fewer objects by pointing to each object
- Knows written numbers 0-9
- Sorts and compares objects (like toy cars) by similarities and differences. More, less, same)
- Names shapes: circle, square, rectangle, triangle

With parent/caregiver support...

- Asks questions while using senses (sight, smell, taste, touch, sound) to explore
- Describes living things around them
- Explore/describe objects based on what materials they are made of (color, size, shape, etc.); types of motion (fast/slow)

With parent/caregiver support...

- Names and follows rules
- Describes events in relation to time - past, present, and future
- Describes/respects similarities/differences between self/others
- Lists different jobs, services, businesses in the community

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

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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>