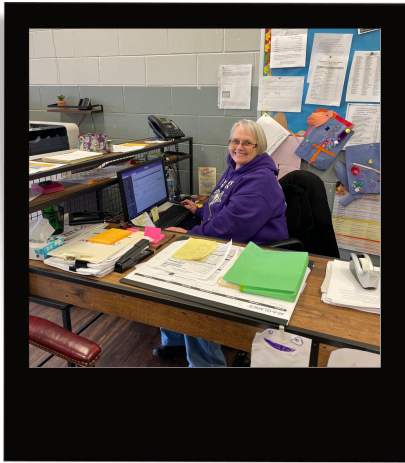


# L.B.J. & C. HEAD START NOTES

VOLUME 1, ISSUE 8. MARCH 2022

## *Employee Spotlight*



**Ms. Beverly Phillips**  
Family Engagement  
Monterey Center



**Mr. Trevor Brown**  
Teacher  
Byrdstown Center



**Ms. Kim Patterson**  
Custodian  
Smith County Center

## Train Tales

Friday mornings are a fun time at the Cookeville Depot Museum. Bring your preschoolers from 10:30-11 a.m. to enjoy a train story and activity at 116 W. Broad St. Admission is free. For more information, call 528-8570.

## Spring Break

**March 14-18:**

- Jackson, Overton, Pickett, Putnam & Warren

**March 21-25**

- Cumberland, Fentress, & White

**March 28- April 1**

- Clay, DeKalb, & Smith

**April 4-8**

- Macon

## What's Inside?

- Employee Spotlight
- Train Tales
- Spring Break Schedule
- RAM Clinic
- Physical Activity
- Cook's Corner

## 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](http://www.raisingchildren.net)

## R.A.M. Clinic

REMOTE AREA MEDICAL'S  
**FREE** POP-UP  
DENTAL, VISION, MEDICAL  
**CLINIC**  
MARCH 19-20, 2022

COOKEVILLE, TENN.

COOKEVILLE HIGH SCHOOL

2335 N. WASHINGTON AVE. COOKEVILLE, TN 38501



NO ID NECESSARY • FIRST COME, FIRST SERVED • 2 DAYS ONLY

## 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: Amy Mahoney (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.

## Apply Now

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

[www.lbjc.org](http://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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<https://www.facebook.com/lbjc.headstart.5>

**Or visit our website:**

<http://www.lbjc.org>