

## Head Start Notes

### It's Time to Complete Your Child's 2021-2022 Application for Head Start!

Things you will need to bring to complete the application process.

▶ Child's birth certificate, Mother's copy, or Foster Care Contract.

▶ Income Verification

Head Start serves children ages 3-5 including children with disabilities.

Age requirements:

- 3 years old by August 15, 2021
- Does not turn 5 years old before August 15, 2021

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

*"There is always light, if only we're brave enough  
to see it. If only we're brave enough to be it."  
-Amanda Gorman*

### HEAD START CLOSINGS

All Head Start Centers and Central Office will be closed

February 15, 2021 in observance of President's Day.

HAFH and Pinewood will remain open.

#### INSIDE THIS ISSUE

2021-2022 Application.....	1
Head Start Closings .....	1
Stay Safe Indoors.....	2

#### SPECIAL POINTS OF INTEREST

- Application Time! Call your local center for more information.
- President's Day Holiday
- Practice Winter Safety Tips to ensure your family's safety.



1150 Chocolate Drive  
Cookeville, TN 38501

Phone: 931-528-3361

Fax: 931-528-2409

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

#### **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..."**

#### **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: 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.

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

## **STAY SAFE INDOORS THIS WINTER**

While staying cozy indoors this winter, there are many ways to reduce possible hazards. It is important to know how to prepare for and react to cold weather or a severe winter weather event. Things to consider include heating and lighting your home safely, using generators and appliances safely, ensuring family members stay warm, and keeping an adequate water supply. Discover more information on keeping your loved ones safe at home this winter. Check out the full list of tips and guidelines for indoor and outdoor winter safety from the U.S. Centers for Disease Control and Prevention (CDC).

#### **Stay Safe Indoors. Heat your home safely.**

- Turning on the stove for heat is not safe.
- Use electric space heaters with automatic shut-off switches and non-glowing elements. Make sure to keep space heaters at least 3 feet away from drapes, furniture, or bedding. Never cover your space heater or place it on top of furniture or near water, and never leave children unattended near a space heater. Avoid using extension cords to plug in your space heater.
- Use fireplaces, wood stoves, and other combustion heaters only if they are properly vented to the outside and do not leak gas from the flue or exhaust into the indoor air space.

#### **Light your home safely.**

- If there is a power failure, use battery-powered flashlights or lanterns rather than candles, if possible. Candles can lead to house fires. Never leave lit candles unattended.

#### **Use generators and other appliances safely.**

- Generators should be located at least 20 feet from any window, door, or vent and in a space where rain and snow will not reach them.
- Protect your family from carbon monoxide (CO) poisoning by installing a battery-operated CO detector.
- Never use generators, gas or charcoal grills, camp stoves, or similar devices inside your home, in basements, in garages, or near windows. The fumes are deadly.

#### **Make sure babies and elderly adults stay warm.**

Infants less than 1 year old should never sleep in a cold room because they lose body heat more easily than adults. Follow these tips to keep your baby safe and warm:

- Remove any pillows or other soft bedding. These can increase the risk of smothering and Sudden Infant Death Syndrome (SIDS).
  - Dress babies in warmer clothing such as footed pajamas, one-piece wearable blankets, or sleep sacks.
  - In an emergency, you can keep your baby warm using your own body heat. Take precautions to prevent rolling on or smothering your baby.
- Older adults often make less body heat because of a slower metabolism and less physical activity. Check on elderly friends and neighbors often to make sure their homes are heated properly.

#### **Keep a water supply.**

Winter weather can cause water pipes in your home to freeze and sometimes rupture or break. When you are expecting very cold or freezing temperatures:

- Leave all water taps slightly open so they drip continuously.
- Keep the temperature inside your home warm.
- Allow heated air to reach pipes. For example, open cabinet doors beneath the kitchen and bathroom sinks.
- If your pipes do freeze, do not thaw them with a torch. Thaw the pipes slowly with warm air from an electric hair dryer. If you cannot thaw your pipes, or the pipes have broken open, use bottled water or get water from a neighbor's home.
- As an emergency measure, if no other water is available, snow can be melted for water. Bringing water to a rolling boil for one minute will kill most germs but won't get rid of chemicals sometimes found in snow.

**Source:** Office of Head Start