

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

VOLUME 1, ISSUE 8. MARCH 2025

Employee Spotlight

Ms. Leslie Hill

Center Supervisor
Monterey Center

Great Job

Ms. Shannon Melton

Center Supervisor
Brookside Center

Great Job

Ms. Cathy Shehane

Center Supervisor
Smithville Center

Great Job

03

MARCH

2025

Revised Spring Break Schedules

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Byrdstown / Crossville / Livingston / HAFH / Lafayette / Pinewood NO SPRING BREAK					1
2	3	4	5	6	7	8
9	Sparta ----- Closed				14	15
	Bondecroft / Gainsboro ----- Closed			Shiloh ----- Closed		
16	Monterey / South Cookeville / Brookside ----- Closed			Algood / Midway --- Closed		22
23	Smithville / Clarkrange / Jamestown / RBS ----- Closed		Clay / Smith County ----- Closed			29
30	31					

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



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2 DAYS ONLY: MARCH 22-23 2025
Free, First Come, First Served, No ID Required!

Cookeville High School
2335 N Washington Ave Cookeville, TN 38501



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>