

The L.B.J.& C. Head Start Headliner

2022 Winter Edition

REMINDER TO FOLLOW OUR INCLEMENT WEATHER POLICY

- If the local school is 1-2 hours late, *Head Start will open on time.*
- If the local school is closed, *Head Start will be closed.*
- If the local school closes early due to inclement weather, *Head Start will close at the same time.*

INSIDE THIS ISSUE:

Inclement Weather- 1
Classroom Spotlight- 1
Upcoming Events- 1

Head Start Lending Library- 2
Fluoride is a Powerful Tool- 2

2021 Child Tax Credit- 3
File Federal Taxes for Free- 3

Assistance with Utilities- 4
Cook's Corner- 4

"It takes a BIG heart to help shape little minds."

CLASSROOM SPOTLIGHT



*Ms. Penny Reagan
Class C Livingston*

Upcoming Events

Jan. 7 Male Role Model Breakfast
Jan. 17 Martin Luther King Holiday
All centers Closed

HAPPY
NEW YEAR!

HEAD START LENDING LIBRARY

SOURCE: ASHLEY COGAR, PFCE SPECIALIST

L.B.J.&C. Head Start has partnered with the nonprofit Little Free Library and is working to bring a library to each one of our centers. The mission of LFL is to be a catalyst for building community, inspiring readers, and expanding book access for all. The vision of LFL is a Little Free Library in every community and a book for every reader. We believe all people are empowered when the opportunity to discover a personally relevant book to read is not limited by time, space, or privilege. At Head Start, family literacy is a top priority; that is why we are so excited to bring these book exchanges to our families and communities. In addition to bringing books to all age groups we serve, including adults, our libraries will also feature culturally diverse books. L.B.J.&C. Head Start has taken the Read In Color Pledge indicating our commitment to read and share diverse books! We are also the proud recipients of an Impact Library award, which has allowed us to provide a Little Free Library book exchange to communities where books are scarce. We are so thankful to LFL, our parents, and the community in supporting this project. To learn more about LFL visit www.littlefreelibrary.org and watch for the grand opening for each center's library.



FLOURIDE A POWERFUL TOOL TO PREVENT TOOTH DECAY

SOURCE: WWW.HEALTHYCHILDREN.ORG

The most common chronic disease of early childhood is responsible for millions of school hours lost each year due to illness—and it is largely preventable.

The American Academy of Pediatrics recognizes that pediatricians are uniquely positioned to provide oral health guidance to families and apply fluoride varnish to prevent disease in an updated clinical report, "Fluoride Use in Caries Prevention in the Primary Care Setting." "Fluoride has consistently been proven effective at preventing tooth decay, which, when left untreated, can lead to pain, loss of teeth and serious infections," said Melinda B. Clark, MD, FAAP, lead author of the report. "Pediatricians can prevent dental disease by applying fluoride varnish, counseling families on nutrition and how to care for their children's teeth and referring to a dentist."

2021 CHILD TAX CREDIT AND ADVANCE CHILD TAX CREDIT PAYMENTS

SOURCE: WWW.IRS.GOV

The American Rescue Plan Act expands the child tax credit for tax year 2021. The maximum credit amount has increased to \$3,000 per qualifying child between ages 6 and 17 and \$3,600 per qualifying child under age 6.

If you're eligible, you could receive part of the credit in 2021 through advance payments of up to:

- \$250 per month for each qualifying child age 6 to 17 at the end of 2021.
- \$300 per month for each qualifying child under age 6 at the end of 2021.

The expansion of the credit also means it:

- is fully refundable, meaning you can claim the credit even if you don't have earned income or don't owe any income taxes.
- now includes children who turn 17 in 2021.
- allows you to receive half of the 2021 estimated credit, in advance.



FREE FILE: DO YOUR FEDERAL TAXES FOR FREE

SOURCE: WWW.IRS.GOV

IRS Free File lets you prepare and file your federal income tax online for free. File at an IRS partner site with the IRS Free File Program or use Free File Fillable Forms. It's safe, easy and no cost to you for a federal return.

To receive a free federal tax return, you must select an IRS Free File provider from the Browse All Offers page or your Online Lookup Tool results. Once you click your desired IRS Free File provider, you will leave the IRS.gov website and land on the IRS Free File provider's website. Then, you must create an account at the IRS Free File provider's website accessed via Irs.gov to prepare and file your return. Please note that an account created at the same provider's commercial tax preparation website does NOT work with IRS Free File: you MUST access the provider's Free File site as instructed above.

Pick an option based on your income

Income \$72,000 and below:

- Free federal tax filing on an IRS partner site
- State tax filing (free with **some** offers)
- Guided preparation – simply answer questions
- Online service does all the math

Income above \$72,000:

- Free electronic forms you fill out and file yourself
- No state tax filing
- You should know how to prepare paper forms
- Basic calculations with limited guidance

[More about Free File Fillable Forms](#)

NEED HELP WITH YOUR UTILITY BILL?



SOURCE: WWW.UCHRA.ORG

The Low Income Home Energy Assistance Program (LIHEAP), is a federally funded program administered by the Tennessee Housing Development Agency (THDA) to provide energy assistance to low-income households.

Contact your local county office to find out more.

Cook's Corner Recipe: Holiday Crackers

Ingredients

- 10 round whole wheat crackers
- 2 slices low-sodium cooked lunch meat, such as beef, chicken, or ham
- 2 slices low-fat yellow or white cheddar cheese

Directions

1. Place the crackers on a plate or platter.
 2. Cut the meat into circles using a round cookie cutter.
 3. Place a meat circle on each cracker.
 4. Cut the cheese using cookie cutters in holiday shapes such as bells, snowflakes, snowmen, stars, and trees.
 5. Place a cheese shape on the ham on each cracker.
- To prevent injuries, an adult should supervise use of cookie cutters.

Makes 5 servings

Safety tip: To prevent injuries, an adult should supervise use of cookie cutters.



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, 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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<https://www.facebook.com/lbjc.headstart.5>

Or visit our website:

<https://www.lbjc.org>