

L.B.J. & C.

Head Start Notes

Volume 1. Issue 1. September 2022

Inside This Issue:

- Welcome Back
- P-EBT News
- Reminders
- Transitions: Helping Your Child Adjust to Head Start
- Activity Challenge
- Khan Kids

Reminders:

- All centers will be having their first Parent Meeting in September to elect Parent Committee members, Policy Council Representatives and Alternates. The meeting will be held at each center. Look for the notification from your local center. See the Center Supervisor or Family Engagement Staff for more information.
- During the 1st Parent Meeting, parents will vote on their center's Parent Activity Fund project for the year.
- September 11th: Grandparent's Day



L.B.J. & C. would like to welcome each child, each family, and every community member to Head Start!



Have a child in the public school system and on the National School Lunch Program?

They may qualify for the P-EBT pandemic relief program based on excused school absences. You can check your child's benefit balance when you create an account or log into our P-EBT Parent Portal at OneDHS.TN.Gov/Parent. You can also submit a request through the Reconsideration Process if you feel your child did not receive the correct number of COVID-19 related school absence days. Learn more when you visit TN.Gov/HumanServices/P-Ebt. #PEBT #Tennessee

Source: <https://www.tn.gov/humanservices/p-ebt.html>

Transitions: Helping Your Child Adjust to Head Start

- **Prepare yourself for leaving your child at preschool**
 - Remain calm and confident, children can pick up on non-verbal queues.
- **Create a consistent routine**
 - Children thrive on consistent routines.
- **Make a speedy departure**
 - After the first few days of school, they are now used to the routine of drop off, say a prompt goodbye.
 - Assure your child that you will return and that they will have a good day and then promptly leave.
- **Don't sneak out**
 - Always say goodbye to your child, don't sneak out without letting them know you're leaving.
- **Involve the teacher or staff**
 - Make sure we are aware of what is going on.
 - Example: "They had a rough night with nightmares" or "He didn't eat breakfast this morning"
 -

Source by: Jennifer McKee, Behavioral Specialist and Sharon Ray, Education Specialist

Activity Challenge

Less than one-quarter (24%) of children 6 to 17 years of age participate in 60 minutes of physical activity every day.

Ways to increase physical activity for the family;

- Host a family Dance Party
- Conduct a scavenger hunt in your backyard
- Plant a garden
- Play tag
- Swim

Source provided by Ashley Cogar, PFCE Specialist:

<https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>



Khan Academy Kids is a free, fun, educational program designed to inspire young children to become learners for life.

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.

facebook

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

Or visit our website:

<https://www.lbjc.org>