

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

2021 Winter Edition

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Economic Impact Payments

The IRS started issuing Economic Impact Payments in April. Keep the notice you received regarding your Economic Impact Payment with your 2020 tax records. These notices are mailed to each recipient's last known address within 15 days after the Payment is made. Anyone who does not receive a payment this year – including those who are not normally required to file a federal tax return will need to wait until 2021 and claim it as a credit on your 2020 federal income tax return.

You may still be eligible to receive a payment in 2021 if:

- * You did not register online, by mail and did not get a payment in 2020 or,
- * You received a payment, but it wasn't the full amount of the Economic Impact Payment. The maximum credit is \$1,200, or \$2,400 if married filing jointly, plus \$500 for each qualifying child.

Then:

- * When you file a 2020 Form 1040 or 1040SR you may be eligible for the Recovery Rebate Credit. Save your IRS letter - Notice 1444 Your Economic Impact Payment - with your 2020 tax records. You'll need the amount of the payment in the letter when you file in 2021.

You **do not** need to complete any information about the Recovery Rebate Credit on your 2020 Form 1040 or 1040-SR if your Economic Impact Payment in 2020 was \$1,200 (\$2,400 if married filing jointly for 2020) plus \$500 for each qualifying child you had in 2020. You received all your recovery rebate in 2020. **Source:** www.irs.gov

Simple Hot Cocoa for One

- 2 tablespoons unsweetened cocoa powder
- 1 to 2 tablespoons sugar
- Pinch of salt
- 1 cup milk 1/4 teaspoon vanilla extract

Whisk together the cocoa, sugar, salt, and about 2 tablespoons milk in a small saucepan over medium-low heat until cocoa and sugar are dissolved. Whisk in the rest of the milk and heat it over medium heat, whisking occasionally, until it is hot. Stir in the vanilla and serve.



Attention Parents!

P-EBT Food Assistance May be Available for Your Children

What is P-EBT?

Pandemic EBT (or P-EBT) provides financial assistance to replace school meals that were missed during the months of March, April, and May 2020 due to COVID-19 school closures. P-EBT can be used in grocery stores and for purchases with other retailers that accept EBT cards to buy food items for your children.

How to Qualify:

Your family may qualify if your child(ren):

- Receives free or reduced-price meals through the National School Lunch Program OR
- Attends a Community Eligibility Provision school that provides free meals to all students.

How to Apply:

Learn more at

www.tn.gov/humanservices

Calm Down Yoga For Kids



I am strong

Use your strength to catch tricky waves



I am friendly.

Stretch like a dog wagging its tail.



I am kind.

Stretch high and spread kindness all around.



I am wise.

Be a wise owl perched on a tree branch.



I am brave.

Be brave and fearless as you fly down the ski run.



Source: www.childhood101.com

Lead Poisoning: Know the Facts

Lead Poisoning is caused by swallowing or breathing lead. Children under 6 years old are most at risk. If you are pregnant, lead can harm your baby.

Fact

Lead can cause learning and behavior problems.

Lead Poisoning hurts the brain and nervous system.

Some of the effects of lead poisoning may never go away.

Lead in a child's body can:

- Slow down growth and development
- Damage hearing and speech
- Make it hard to pay attention and learn

Fact

A lead test is the only way to know if your child has lead poisoning.

Most children who have lead poisoning do not look or act sick. Ask your doctor to test your child for lead.

Fact

Most children get lead poisoning from paint in homes built before 1978.

When old paint cracks and peels, it makes dangerous dust. The dust is so small you cannot see it. Most children get lead poisoning when they breathe or swallow the dust on their hands and toys.

Protect Your Family

1. Test your home for lead.

- If you live in a home built before 1978, have your home inspected by a licensed lead inspector.
- Contact your local health dept. for more info.

Sometimes lead comes from things other than paint in your home, such as:

- Candy, toys, glazed pottery, and folk medicine made in other countries
- Work like auto refinishing construction, and plumbing
- Soil and tap water.

2. Keep children away from lead paint and dust.

- Use wet paper towels to clean up dust. Be sure to clean around windows.
- Wash hands and toys often, especially before eating and sleeping. Use soap and water.
- Use contact paper or duct tape to cover chipping or peeling paint.

3. Renovate safely.

- Home repairs like sanding or scraping paint can make dangerous dust.
- Keep children and pregnant women away from the work area.
- Make sure you and/or any workers are trained in lead safe work practices



Source provided by: Sky Moore, Child Health Specialist, www.cdc.org



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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

..."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: Barbara Pendergrass (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.

My Child is Showing Signs of COVID-19 at School: What Do I Do?

If your child is sick or shows signs of illness, do not send them to school.

1. PICK UP YOUR CHILD



- If possible, pick up your child alone.
- If possible, wait in the car for your child.
- Everyone in the car should wear a mask except for children under 2 years old.
- Open the car windows for ventilation.
- If possible, wait 24 hours before cleaning and disinfecting your car, as that allows more time for the amount of virus in the air of your car to die off.
- If unable to pick up your child, work with your school to identify the best way to safely transport your child.
- Arrange to pick up any of your child's medical supplies (if applicable).

2. KEEP YOUR CHILD AT HOME AND MONITOR THEIR SYMPTOMS



- Call your child's healthcare provider to discuss whether your child needs to be evaluated and to determine options for getting tested for COVID-19.
- If possible, have the sick child (and anyone else who has symptoms) keep away from others and use a separate bathroom for 10 days. When not able to keep away from others, a mask should be worn by all members of the household.
- After being in contact with someone with COVID-19, it can take up to 14 days to know if you are sick. All members of the household should stay home and avoid contact with others outside of your home. An exception would be going to your doctor if advised.
- Encourage everyone in the household to wash their hands often and avoid sharing personal household items with others (e.g., dishes, cups, towels, bedding).
- Use an effective household disinfectant to clean "high-touch" surfaces and everyday items such as door handles, countertops, and faucets.

3. IF YOUR CHILD TESTS POSITIVE FOR OR IS SUSPECTED OF HAVING COVID-19



- If your child tests positive for COVID-19, notify the school.
- Your child can return to in-person school only after:
 - It has been at least 10 days since symptoms started and
 - Overall symptoms have improved and
 - Your child has had no fever for at least 24 hours (without fever reducing medication).



Source: www.cdc.gov/coronavirus