

**INSIDE THIS  
ISSUE:**

<b>Home Routines Can Help Your Child in School</b>	<b>1</b>
<b>Attendance Policy Synopsis</b>	<b>1</b>
<b>Back-To-School Tips: A Checklist for Parents</b>	<b>2</b>
<b>Seven Ways to Keep Kids Healthy</b>	<b>2</b>
<b>Parent Tips</b>	<b>2</b>

**Home Routines Can Help Your Child in School**

As the new school year approaches, it's important to help your child develop key routines at home. These routines will lead to good habits. They will help kids get off to a good start in school and throughout the year.

Solid routines help kids get enough sleep, get off to a good start each morning and finish their homework every day.

**Bedtime Routine**

Studies show that not enough sleep leads to lower academic results in middle school, high school and college. It also leads to more absences and lateness. Younger children (3-12) need 10-12 hours of sleep per night and adolescents (13-18) need 9-10 hours per night.

Here are some ways to get your kids into a bedtime routine that will help them at school:

- **Gradually go to bed earlier.** During the summer, kids tend to stay up later and get up later. Help them get ready for their new wakeup time by gradually having them go to bed earlier and wake up earlier in the final weeks before school starts. In the final few days, get them up at the time your family will be getting up for school.
- **Follow a regular schedule.** Put your child to bed at the same time every night. Having a routine will help your child settle down and fall asleep. The bedtime routine could include a bath or shower, reading with them, tucking them in and saying good night. Getting into a nightly routine will make it easier on the whole family.
- **Set time limits.** Setting a time limit is a good way to put a boundary on the winding down time kids need each night. When kids know what the limits

- are ahead of time, it reduces whining and stress.
- **Turn off electronic devices.** Make sure they're off well before bedtime. Learn the importance of limiting media time.
- **Keep it quiet.** Try to have your home as quiet and calm as possible when children are trying to fall asleep.

**Morning Routine**

A good morning routine is crucial to having your child prepared for school every day. Here are a few tips for getting the day started off right:

- **Discuss changes.** As the school year approaches, talk to your kids about what their morning routine will look like. That's important because it will get them thinking ahead and help them understand what to expect.
- **Set a time schedule.** Have a planned schedule for the morning. Being organized will keep your child on time and reduce stress. Make sure your schedule builds in plenty of time for a good breakfast and personal care.
- **Eat breakfast.** It's important for kids to eat breakfast every day. Studies show that children who eat a nutritious breakfast have more energy and better concentration. They are more prepared for school and do better. Try to eat as a family.
- **Develop nutritious habits.** Try to get your kids in the habit of eating nutritious items such as fruits, oatmeal or whole-grain cereals for breakfast. A smoothie can also be a nutritious and fun breakfast item; blend some frozen berries with a banana and low-sugar yogurt. Peanut butter on whole-grain toast provides a high-protein boost. Get more tips for helping children develop good eating habits.

*Source: www.kidcentraltn.com*

**Attendance Policy Synopsis**

If your child has to be absent, you as the parent are expected to call the Head Start center by 8 a.m., report the cause of absence and let them know when you expect the child to return. If the parent does not contact the Head Start by 8 am, your child will be considered unexpectedly absent. Head Start staff will contact the parent/guardian regarding your child's absence. Contact from the parent is encouraged so that Head Start Staff can be aware of the reason. A two-day absence without any communication will result in the Family Engagement staff making a home visit or other direct contact.

*Please refer to the complete Attendance Policy in the Parent Handbook for additional information.*

Welcome to a new program year!

Give input into your child's education. Become a part of your center's Parent Center Committee.

All centers will be having their first Parent Center Committee Meeting in September. Look for the notification from your local center.

See the Center Supervisor or Family Engagement Staff for more information.

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

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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 SCHOOL.

..."it takes a village to raise a child..."

We're on the web!  
Check us out at [www.lbjc.org](http://www.lbjc.org)

## Back-To-School Tips: A Checklist for Parents

- Remember to have verbal contact with the Head Start staff when transferring your child into our care.
- Please do not send food, money, toys, or backpacks to the center with the child.
- When your child is picked up at the center, he/she will only be released to an **authorized adult**. An authorized adult is one who the parent or legal guardian has listed on the child's application as an "authorized release person." Changes or additions to authorized release persons may only be made in person. Changes may not be made over the phone or through notes. Authorized persons may be required to show photo ID.
- Firearms, weapons, alcohol, and drugs are strictly prohibited on the L.B.J.&C. Head Start operational sites. A child will not be released to any person suspected of being under the influence of drugs and alcohol.
- Head Start has a Tobacco-Free Environment Policy prohibiting tobacco use at all times in all space utilized by the Head Start Program.
- Your child's attendance is very important to his/her learning. Please notify the center if your child will be absent from the center.

"Be a Head Start Volunteer-Contact your local Center Supervisor today. Head Start needs and appreciates all volunteers."

### 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](mailto:information@lbjc.org), or FAX us at (931) 528 - 2409.

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending! --Unknown Author

## Seven Ways to Keep Kids Healthy

The state of Tennessee helps families promote and protect the health and well-being of children. By taking advantage of the state's many resources and programs, parents and caregivers can create a healthier future for all Tennessee children. Simple steps like encouraging physical activity and keeping youngsters up-to-date on immunizations will help put children on the path to a lifetime of good health. Here are some ways you can help:

1. Keep kids and family members up-to-date on all immunizations every year.
2. Make sure all family members get a flu shot every year.
3. Encourage kids to be active for at least 60 minutes every day.
4. Have a well-balanced diet. Children have special nutritional needs.
5. Make sure children get regular checkups from their primary care provider.
6. Practice healthy habits to prevent illness or injury.
7. Be a good listener and role model.

Source: [www.kidcentraltn.com](http://www.kidcentraltn.com)

**HEY, PARENTS!**

**Math is everyday learning!**

- ◆ Preschoolers use numbers every day when they count milk cartons for lunch or figure out how many children are at a table. Count at home with your child just like they do at school.
- ◆ They work with geometric shapes such as triangles, rectangles, and squares in the block center, and through art projects. Look for shapes in your yard, house, and car.

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