

L.B.J. & C. Head Start's

L.B.J. & C. Notes

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L.B.J. & C.'s Inclement Weather Policy

In the event of inclement weather, the Head Start Program will continue to observe the public school closing in each county where Head Start centers are located. In the event that the public school system in the county where your Head Start Center is located is closed, the Head Start center will be closed. If the public school system in the county where your Head Start center is located is open on time, 1-hour late, or 2-hours late, the Head Start Center will open at its normal opening time. Children will be allowed to come at their

regular time. They are not required to come later. Breakfast will be served at the regular time.

If the public school system closes early due to inclement weather, non-working parents will be expected to pick their child up at the time of school closing. Working parents will be expected to work out a system so their child can be picked up as soon as possible. Parents should make arrangements in the event the Head Start center should close early.

Do You Have a Healthy Marital Relationship With Your Spouse?

By: Cathy Meyer

We've all been around couples who have a relationship that seems flawless. You know the couples I'm talking about, the ones with an obvious healthy marital relationship. They never argue, are able to work through conflict as it arises with ease. There is a constant show of affection, love, and support for each other. I know a couple like this. They married and everything seemed to fall into place for them. They live a charmed life and it is all due to the healthy marital relationship they have with each other.

For some couples, things don't fall into place. A relationship with their spouse is more of a struggle, something that has to be worked at. A relationship that leaves them feeling empty, unloved or disrespected. Below are the characteristics of a healthy and unhealthy marital relationship. It will help you and your spouse determine whether or not you are on the right track in your relationship or whether you both need to make some modifications in certain behaviors.

Characteristics of a Healthy Marital Relationship

- Not only do you feel happy and safe with your spouse, you are able to have those same feelings when alone.
- You motivate each other to live life to the fullest. To pursue your dreams and are able to work together toward common goals.
- You accept each other for who you are. There aren't any expectations that the other will or needs to change.
- You both feel secure in expressing your opinion. You know your spouse will listen and take into consideration your feelings on issues that arise.
- Your relationship with each other is your main priority. If something comes up that will cause stress in the relationship you always defer to what is best for the relationship.
- Marital problems and conflicts do not cause you to feel insecure. Your spouse can become upset with you without you taking on the attitude that you are no longer loved. You fully understand that conflict is a part of any healthy marital relationship.
- If you are asked about your relationship the majority

of what you have to say about it is positive.

- You are able to communicate in an open and honest way with each other.
- You always feel loving, kind and giving toward your spouse.

Characteristics of an Unhealthy Marital Relationship

- You feel insecure and needy when not around your spouse. You are dependent on your spouse for security and feelings of happiness.
- You judge your spouse's differences. If he/she does not feel as you do about dreams or goals for the future you are unable to work with your spouse in a way that means both getting what they want.
- When conflict arises, you are unable to solve the problems. You feel stifled as if your spouse does not listen or take into consideration your point of view.
- You withdraw intimately by withholding sex or emotionally by withholding love when there is a conflict. Instead of finding solutions to problem one or both of you shuts down and refuses to deal with the conflict.
- You do not communicate openly and honestly with your spouse. You lie and withhold important information from each other.
- You spend most of your time feeling hurt or worrying about the state of your relationship with your spouse.
- You complain to others about your spouse. Instead of talking to your spouse, you invite others into the problems in your marriage.
- You do not make your relationship a priority. You put your own desires and level of comfort before the relationship.
- You take any criticism from your spouse as an assault instead of being open to his/her feedback.
- You manipulate your partner into doing things they are not comfortable doing regardless of the harm it will do the relationship. If you want something you will nag, beg or use emotional blackmail until you get what you want.

Source: <https://www.liveabout.com/do-you-have-a-healthy-marital-relationship-with-your-spouse>

Head Start Holiday Closings

All Head Start Centers, except HAFH and Pinewood will be closed December 17, 2018 through January 1, 2019. Children will return on January 2, 2019.

HAFH and Pinewood will be closed December 21, 2018 through January 1, 2019. Children will return on January 2, 2019.

The Head Start Central Office will be closed on December 24, 25, 26, 2018 and January 1, 2019 for the Holidays.

L.B.J.&C. Head Start

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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

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

Recipients:

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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.

It takes a great deal of character strength to apologize quickly out of one's heart rather than out of pity. A person must possess himself and have a deep sense of security in fundamental principles and values in order to genuinely apologize.
---*Stephen Covey*

HEY, PARENTS!



- * Give Gifts of Time this Holiday Season
- * The holidays are an opportunity to teach children that the best things in life aren't things. Instead of offering kids lots of plastic toys that will break before the New Year, give them vouchers for family activities, like trips to the park or family game nights.
- * Teach kids that giving gifts of helping and patience can make the season more meaningful for all.
- * Consider suggesting activity gifts, like cooking lessons or walks around the block, to relatives who ask for gift ideas. Offer those relatives similarly meaningful presents, like a private piano concert from your young musician, an original poem or free babysitting for relatives who have young children of their own.
- * Read to and with your child over the holidays. Check out your local Library for free story times, great holiday story books, and activities that spread holiday cheer.
- * Watch all the great PBS Kids holiday specials on WCTE, your local PBS station.



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