

# L.B.J.& C. HEAD START NOTES

## CLASSROOM SPOTLIGHT



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CENTER 12 MONTEREY

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## Managing Stress During Children's Holiday Breaks

— SOURCE: FAMILY INSTITUTE AT NORTHWESTERN UNIVERSITY

THERE ARE MANY EASY AND EFFECTIVE TIPS FOR FINDING  
CALM DURING THE HOLIDAYS.

TRY THE FOLLOWING TO COPE WITH HOLIDAY STRESS:

- GOING FOR A WALK
- SNIFFING LAVENDER
- TAKING BREATHING BREAKS
- LISTENING TO SOOTHING MUSIC
- SMILING
- JOURNALING
- TAKING MEDIA BREAKS

TRY TO DO LESS, RELAX MORE, AND TUNE INTO WHAT  
MATTERS MOST.

BE GRATEFUL FOR WHAT YOU HAVE, TAKE IT DAY BY DAY  
AND DON'T FORGET TO BREATHE.

**The holidays are supposed to be a time to connect  
with loved ones. During the hustle and bustle try not  
to lose sight of what's really important.**

### Upcoming Events:

December 16--Family Meals at 11am

December 19-January 3--Winter Break (No School)

H A P P Y  
H O L I D A Y 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.***



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](mailto: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](http://www.lbjc.org)

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

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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.lbjc.org>