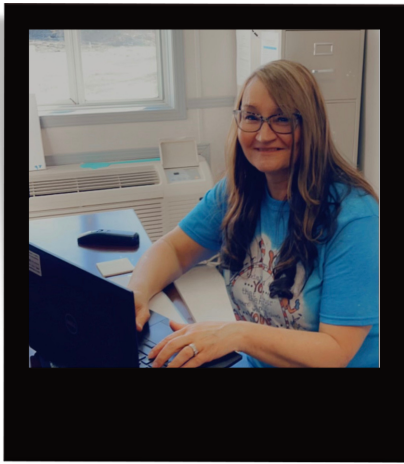


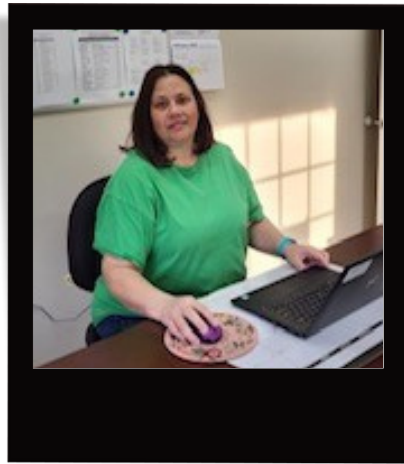
# L.B.J.& C. HEAD START NOTES

VOLUME 1, ISSUE 8. MARCH 2023

## *Employee Spotlight*



**Ms. Cathy Shehane**  
Center Supervisor  
Smithville Center



**Ms. LaVonda Hix**  
Center Supervisor  
RBS Center



**Ms. Rhonda Hardy**  
Center Supervisor  
Shiloh Center

### Train Tales

Every Friday morning at 10:30 on our Facebook page! Grab the kiddos and join us Fridays at 10:30 for Train Tales, a preschool story time about trains, engines, tracks, conductors, engineers, firemen, rails, hobos, stations, signals, and lots of Thomas!

### Spring Break

**March 13-17:**

- Jackson, Overton, Putnam & Warren

**March 20-24**

- Cumberland & Fentress

**March 27- 31**

- Clay, DeKalb, Pickett, Smith, & White

**April 3-7**

- Macon

### What's Inside?

- Employee Spotlight
- Train Tales
- Spring Break Schedule
- RAM Clinic
- Physical Activity
- Cook's Corner

## Physical activity: why it's good for children

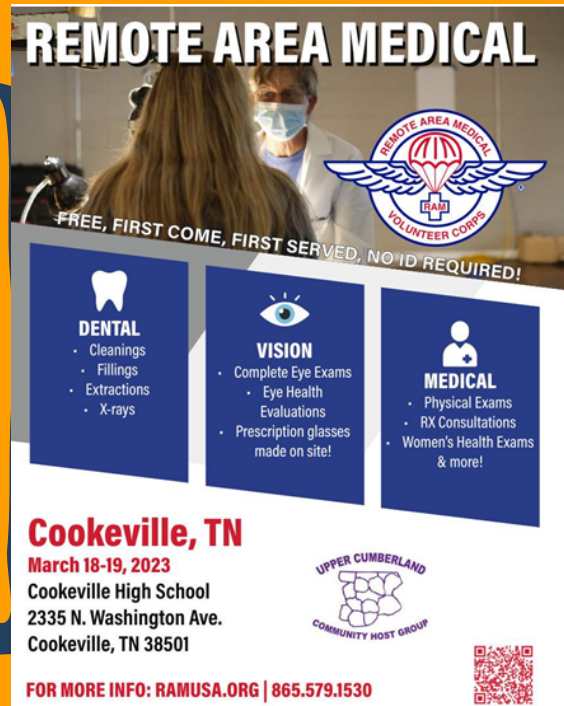
Physical activity is vital for children's health, wellbeing and development, now and in the future.

Physical activity has lots of health benefits for children. It:

- strengthens children's bones, muscles, hearts and lungs
- improves children's coordination, balance, posture and flexibility
- helps children stay at a healthy weight
- reduces children's risk of getting heart disease, cancer and type-2 diabetes later in life.

Source: [www.raisingchildren.net](http://www.raisingchildren.net)

## R.A.M. Clinic



**REMOTE AREA MEDICAL**

FREE, FIRST COME, FIRST SERVED, NO ID REQUIRED!

**DENTAL**

- Cleanings
- Fillings
- Extractions
- X-rays

**VISION**

- Complete Eye Exams
- Eye Health Evaluations
- Prescription glasses made on site!

**MEDICAL**

- Physical Exams
- RX Consultations
- Women's Health Exams & more!

**Cookeville, TN**  
March 18-19, 2023  
Cookeville High School  
2335 N. Washington Ave.  
Cookeville, TN 38501

UPPER CUMBERLAND  
COMMUNITY HOST GROUP

FOR MORE INFO: [RAMUSA.ORG](http://RAMUSA.ORG) | 865.579.1530

## Cook's Corner Recipe: Apple Tuna Bites

### Ingredients

- 1 5 oz. can tuna, drained
- 2 tablespoons low-fat mayo
- 2 tablespoons diced onion
- ¼ cup chopped celery
- 1 teaspoon lemon juice
- 1 apple, sliced, with core removed



### Directions

1. Mix tuna, mayonnaise, onion, celery, and lemon juice in a bowl.
2. Spoon mixture on top of apple slice.

### Makes 2 to 4 servings

**Safety tip:** To prevent injuries, an adult should slice ingredients.

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: Angela West (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

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.

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Or visit our website:

<https://www.lbjc.org>