

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

NOVEMBER
2025



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Upcoming Closures

- Nov. 3
 - In-Service: Closed
- Nov. 11
 - Veteran's: Closed
- Nov 26-28
 - Thanksgiving Break: Closed

WHAT'S HAPPENING IN THE CLASSROOM



Over the past few weeks, classrooms have been exploring the Balls Study!

Upcoming Events

- Nov. 13
 - Muffins w/ Moms
- Nov 25
 - Family Meal @ 11am

Welcome Aboard Board of Directors & Policy Council Members

We're excited to
welcome new and
returning members of
L.B.J.&C. Head Start's
Policy Council and
Board of Directors!

Thank you for helping
guide our programs
and support our
children's learning
and growth.

Fall into Healthy Smiles: Oral Health Tips for Kids

As we embrace the fall season, it's a great time to refresh our children's oral health routines. Here are some expert-backed tips to keep those smiles bright and healthy:

1. Stick to the Routine
 - a. Brushing twice a day for two minutes and flossing daily are essential habits. Consistency is key, especially during the busy school months.
2. Choose Smart Snacks
 - a. Fall treats like caramel apples and Halloween candy are delicious but can be tough on teeth. Encourage your child to enjoy these in moderation and rinse with water afterward to help reduce sugar's impact.
3. Stay Hydrated with Water
 - a. Water helps wash away food particles and keeps saliva flowing, which naturally protects teeth from decay.
4. Limit Sugary Drinks
 - a. After brushing, opt for water instead of milk, juice, or flavored drinks. These can leave sugars on teeth overnight, increasing the risk of cavities.
5. Schedule Regular Dental Visits
 - a. Regular checkups help prevent common issues such as cavities and gum disease and allow for early detection of potential health problems.

Source: Malissa Mayberry, Child Health Specialist: <https://www.ada.org>

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, or FAX us at (931) 528-2409.

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including children with
disabilities.

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L.B.J. & C. Head Start

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Events, parenting tips,
developmental milestones,
and more... L.B.J. & C. Head
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