

L.B.J. & C. Head Start

L.B.J. & C. Notes

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Great American Smokeout November 16, 2017

Quit for you and everyone who cares for you. How does your body recover after quitting...

- 20 minutes: Your heart rate and blood pressure drop
- 12 hours: The carbon monoxide level in your blood drops to normal.
- 2 weeks-3 months: Your circulation improves, and your lung function increases.
- 1-9 months: Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- 1 year: The excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically.
- 5 years: The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
- 10 years: The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.
- 15 years: The risk of coronary heart disease is that of a non-smoker's.

-www.cancer.org

How IDEA Protects You and Your Child

At a Glance:

- The Individuals with Disabilities Education Act (IDEA) is a federal law that requires schools to serve the educational needs of eligible students with disabilities.
- Schools must evaluate students suspected of having disabilities, including learning disabilities.
- Not every child with learning and attention issues qualifies for special education services under IDEA.

If you think your child needs special education services, you have to follow a legal process to make it happen. This process can be confusing. It can involve several laws. The Individuals with Disabilities Education Act (IDEA) is the most important one to understand.

As the nation's special education law, IDEA provides rights and protections to children with disabilities and to their parents. Learning your rights under IDEA can make it easier for your child to get the help he needs (and is legally entitled to) at school.

The Purpose of IDEA

IDEA has been amended several times since Congress first passed it in 1975. (At that time it was called the Education for All Handicapped Children Act.) The essential purpose of IDEA hasn't changed, though. Its primary goals are:

- **To protect the rights of children with disabilities.** IDEA ensures students with disabilities have access to a free and appropriate public education (FAPE), just like all other children. Schools are required to provide special education in the least restrictive environment. That means schools must teach students with disabilities in general education classroom whenever possible.
- **To give parents a voice in their child's education.** Under IDEA, you have a say in the educational decisions the school makes about your child. At every point of the process, the law gives you specific rights and protections. These are called procedural safeguards.

IDEA covers kids from infancy through high

school graduation or age 21 (whichever comes first).

Services Under IDEA: Who's Eligible

Not every child with learning and attention issues is eligible for special education services under IDEA. First, a child must be found to have one of the 13 kinds of disabilities that IDEA covers.

The First Step to Access Services Under IDEA: An Evaluation

The school should conduct a thorough evaluation if it suspects a child has a disability. The evaluation not only determines if a student has a disability. It also sheds light on what services and support that student might need. Find out how the evaluation process works.

The Next Step: Getting an IEP

If an evaluation shows that a student is eligible for special education, parents work with a school team to develop an Individualized Education Program (IEP). An IEP is a legal document that spells out a child's educational goals, disabilities and the services and support that the school will provide.

The Role of Parents

You're your child most important advocate. IDEA gives you an equal say in decisions about your child's education. A number of procedural safeguards protect your rights.

Try not to get discouraged if the process seems complex. Little by little, you can learn more about your child's rights. Consider talking to other parents in our community. Their experience can help guide you. You can also talk to one of our experts live.

Key Takeaways

- *If your child qualifies for special education services, you'll work with a school team to develop an Individualized Education Program (IEP).*
- *An IEP is like a formal contract that outlines how the school will support your child.*
- *The law gives you an equal say in decisions about your child's education.*

Source: www.understood.org

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

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

"Yesterday is not ours to recover, but tomorrow is ours to win or lose."

— Lyndon B. Johnson

Mental Health Services

Children who develop low expectations of themselves because of problems in early childhood may never achieve a level of self-esteem needed for educational success.

The Mental Health Unit of Head Start focuses on the intellectual, emotional, and social development of the child and the family's ability to cope with everyday stressors. Often, "mental health" brings to mind mental illness. However, to be mentally healthy means to get the most out of life and has nothing to do with mental illness. Mental health or mental wellness is the capacity to cope with all of life circumstances; the highs, the lows, the joys, and the sorrows. We all experience good days and bad days! The difference is how we get through each day and our ability to continue building life management skills. Therefore, Mental Health in Head Start focuses on love, work, and play.

L.B.J. & C. has contracted with Assessment, Counseling and Training Services to provide mental health services for the Head Start program. The ACTS team of mental health professionals provide support to children, families, and staff. These professionals are available for consultation, observations, and training. You may contact them at Assessment, Counseling and Training Services at 25 W. Broad Street, Suite 10, Cookeville, TN 38501; phone # (931) 528-9399.

Please do not hesitate to use these valuable services. Mental Health makes **good families better.**

November is American Diabetes Month!

HEY, PARENTS!

- ◆ Point out print everywhere. Talk about the written words you see in the world around you. Ask your child to find a new word on each outing.
- ◆ Get your child evaluated. Please be sure to see your child's pediatrician or teacher as soon as possible if you have concerns about your child's language development, hearing, or sight.

Powered by a Ready To Learn Grant

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Thanksgiving Safety Tips

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Source: National Fire Protection Association