



A Word from the Director...

Season's Greetings!

Whether you celebrate Diwali, Kwanzaa, Hanukkah, Ramadan, Christmas, or something else, this holiday season is a wonderful opportunity to continue or start new traditions with your family and friends. Any custom or value that is passed on to others within a particular community or group can be considered a tradition -- maybe for you it means teaching your child about a different culture, making a special food, volunteering as a family, playing board games, attending a religious service, or making music. Whatever old or new tradition in which you might choose to participate can connect you with the past and create bonds with loved ones.

Happy Holidays!

Laurie Gan Leiner

December: AIDS Awareness Month

December 1, 2014 is recognized as World AIDS day. World AIDS Day is one of eight official global public health campaigns marked by the World Health Organization (WHO). Additionally, since 1995 the President of the United States has made an official proclamation on World AIDS Day.

As of 2012, the multi-year theme for World AIDS Day is "Getting to Zero: Zero new HIV infections. Zero deaths from AIDS-related illness. Zero discrimination." Do your part in getting to zero. Human immunodeficiency virus (HIV) is preventable. Find out more about how testing, condoms, safer sex, and medical options can lower the risk for you and your partners.

The only way to know if you are infected with HIV is to be tested. You cannot rely on symptoms to know whether you have HIV. Many people who are infected with HIV do not have any symptoms at all for 10 years or more.

For information on where to find an HIV testing site, visit the National HIV and STD Testing Resources and enter your ZIP code.

These resources are confidential. You can also ask your health care provider to give you an HIV test. If you test positive for HIV, you should see your doctor as soon as possible to begin treatment. Remember too that that no safe and effective cure for HIV currently exists. However, with proper medical care, HIV can be controlled through treatment.

Show your support; act aware all year by wearing the universal symbol of HIV awareness, the red ribbon.

Find more up to date information:

<http://www.cdc.gov/hiv/guidelines/>



UF
FLORIDA



Bedtime BASICS

Kids need plenty of sleep to rest their growing bodies and minds. But for many kids, bedtime is no fun, and for many parents, getting kids to go to bed – and stay there – can be frustrating.

Quick Tips!

- Keep a consistent bedtime and soothing routine for getting to bed.
- Turn off the TV, video games, and computer at least 30 minutes before bedtime.
- Praise your child for staying in bed.

Heading Off Bedtime Troubles

Make sure your child has everything he or she needs to get a good night's sleep, including:

- a regular bedtime
- a reminder to start winding down, about 30 minutes ahead of bedtime
- a trip to the bathroom to use the toilet, wash up, and brush teeth
- a consistent bedtime routine that includes soothing activities, such as storytime
- a place to sleep with comfortable temperature, ventilation, and a nightlight
- a bedroom without a TV or video games
- a reminder to stay quiet and in bed, and a final goodnight from you
- praise the next morning for staying in bed



When Your Child Won't Stay in Bed

- Return your child to bed right away.
- Find out what your child is afraid of – nightlights and monster checks can make kids feel safer.
- If your child cries or protests, wait a few minutes, then go back to check on him or her.
- If your child continues to cry or call for you, wait a little longer each time before you go to check.
- Remind your child that it's time to go to sleep, and if your child stays quiet, you'll come back to check on him or her in a few minutes.

Note: All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult a doctor. Review this with a doctor prior to use.



Easy Kids' Craft: DIY Photo Snow Globe

Materials

- A clean jar with a lid
- Photograph
- Scrapbooking paper
- Spray paint
- Craft paint
- Glitter
- Hot glue
- White pompoms or other embellishments

Instructions

1. Soak your jar in warm water to remove the label. Paint the lid with spray paint; this will act as a primer & help craft paint to stick to the metal surface. Once dry, paint 1-2 coats of craft paint on lid.
2. Cut out a piece of scrapbook paper (I love the look of glittery ones through the glass) to fit the height of the inside of your jar & a little less than the width of your jar to serve as a background for the picture.
3. Fold up the bottom 1/2 inch of your photo (this will be the base on which your photo stands), and cut your photo to fit the jar. Glue a small popsicle stick to the bottom back of your photo to help stabilize it, then apply more glue to the folded bottom of the photo & stick it into place. Use a capped pen to help press the photo to the bottom of the jar.
4. Help your photo stand by placing "snow" (white pompoms) behind & around it. For the snow in front I cut each pompom in half & pulled it apart a bit.
5. Replace the lid & embellish with any ribbons, glitter or bows you'd like. Give it as a keepsake or put in your mantle!

Every Head Start child must maintain current physical examination and immunization records in order to remain in our program.

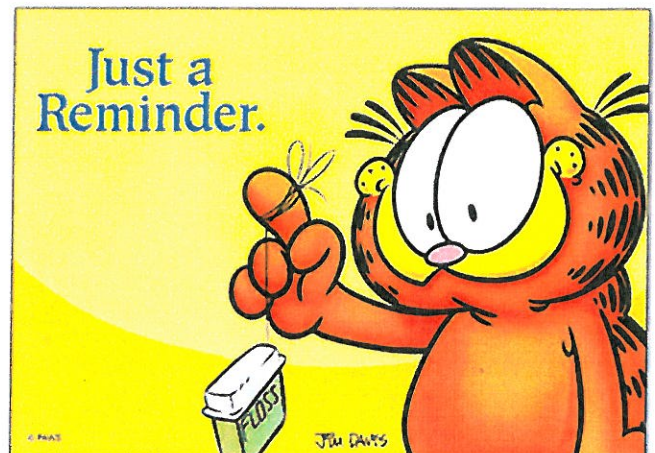
If immunizations or physical forms are not updated and turned in to your Family Advocate before the expiration date, the child will be excluded until both are current. If you are unsure when your child's records expire, feel free to call your Family Advocate for clarification, or contact your doctor's office.

We must have the following documents:

- X **Current Immunization Records** (State of Florida Certificate, original gold form)
- X **Current Physical Examination** (State of Florida Student Health, original blue form)

If you have questions about health requirements, please do not hesitate to call the Head Start office at (850) 201-2050 and speak with Barbara Evans, Health Services Coordinator (ext. 234).

Thank you in advance for your complete and prompt cooperation.



December 2014

Head Start Monthly

AIDS
Awareness MonthMENU
FOR THE MONTH OF DECEMBER, 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 Orange Juice, Hash Brown, Turkey Sausage Patty, 1% Lowfat Milk	2 Sliced Peaches, Waffle w/Syrup, 1% Lowfat Milk	3 Grape Juice, Biscuit, 1% Lowfat Milk	4 Blueberries, Cheerios, 1% Lowfat Milk	5 Orange Wedges, Grits, Scrambled Eggs w/Lowfat American Cheese, 1% Lowfat Milk
LUNCH	Grilled Chicken Patty on Bun, Corn, Ambrosia, 1% Lowfat Milk	Toasted Cheese Sandwich, Vegetable Soup, sliced Bananas, 1% Lowfat Milk	Beef & Spaghetti Casserole, Green Beans, Roll, Pineapple Chunks, 1% Lowfat Milk	Tuna Salad, Whole Wheat Bread, Lettuce & Tomato Wedges, Sliced Peaches, 1% Lowfat Milk	Meatloaf, Mashed Potatoes, Gravy, Broccoli Casserole, Roll, 1% Lowfat Milk
BREAKFAST	8 Strawberries, Pancake w/Syrup, 1% Lowfat Milk	9 Orange Juice, Rice Krispies, 1% Lowfat Milk	10 Orange Wedges, Cinnamon Toast, 1% Lowfat Milk	11 Orange Juice, Blueberry Muffin, 1% Lowfat Milk	12 Sliced Bananas, Oatmeal, Turkey Sausage, 1% Lowfat Milk
LUNCH	Oven-Baked BBQ Chicken, Steamed Cabbage, Cornbread, Peaches, 1% Lowfat Milk	Cheese & Vegetable Pasta, Tossed Salad w/Salad Dressing, Tropical Fruit Cup, 1% Lowfat Milk	Chicken Salad, Whole Wheat Bread, Lettuce & Tomato, Diced Peas, 1% Lowfat Milk	Cheeseburger on Bun, Peas, & Carrots, Applesauce, 1% Lowfat Milk	Baked Fish Nuggets, Grits w/Lowfat American Cheese, Cole Slaw, Mandarin Oranges, 1% Lowfat Milk
BREAKFAST	15 Pineapple Chunks, Scrambled Eggs, Grits, 1% Lowfat Milk	16 Orange Wedges, Banana Muffin, 1% Lowfat Milk	17 Sliced Strawberries, Oatmeal, 1% Lowfat Milk	18 Sliced Bananas, Cheerios, 1% Lowfat Milk	19 Orange Juice, Biscuit w/Turkey Sausage, 1% Lowfat Milk
LUNCH	Sliced Turkey w/Gravy, Mashed Potatoes, Collard Greens, Cornbread, Diced Peas, 1% Lowfat Milk	Beef Soft Tacos w/Lettuce & Tomatoes, Sliced Peaches, 1% Lowfat Milk	Holiday Luncheon Sliced Turkey, Mashed Potatoes, Green Beans, Fruit Cocktail, Pumpkin Pie, 1% Lowfat Milk	Red Beans w/Rice, Green Beans, Roll, Mandarin Oranges, 1% Lowfat Milk	Meatballs w/Tomato Sauce, Macaroni & Cheese, Steamed Broccoli, Roll, 1% Lowfat Milk
BREAKFAST	22	23	24	25	26
LUNCH	WINTER HOLIDAY	WINTER HOLIDAY	WINTER HOLIDAY	WINTER HOLIDAY	WINTER HOLIDAY
BREAKFAST	29	30	31		
LUNCH	WINTER HOLIDAY	WINTER HOLIDAY	WINTER HOLIDAY		

December 2014

Head Start Monthly

AIDS
Awareness Month

SNACK MENU FOR THE MONTH OF DECEMBER, 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PM	<u>1</u> Saltine Crackers Lowfat American Cheese	<u>2</u> Mandarin Oranges Cinnamon Toast	<u>3</u> Cantaloupe Bagel w/Cream Cheese	<u>4</u> Orange Juice Ritz Crackers w/Peanut Butter	<u>5</u> Apple Juice Goldfish Crackers
PM	<u>8</u> Grape Juice Oatmeal Raisin Cookies	<u>9</u> Sliced Apples Peanut Butter	<u>10</u> Carrot & Celery Sticks Lowfat Dressing 1% Lowfat Milk	<u>11</u> Cheerios 1% Lowfat Milk	<u>12</u> Fruit Cocktail Animal Crackers (Plain)
PM	<u>15</u> Ritz Crackers Tuna Salad	<u>16</u> Sliced Apples Peanut Butter	<u>17</u> Cantaloupe Lowfat Cottage Cheese	<u>18</u> Blueberry Muffin 1% Lowfat Milk	<u>19</u> Graham Crackers 1% Lowfat Milk
PM	<u>22</u> WINTER HOLIDAY	<u>23</u> WINTER HOLIDAY	<u>24</u> WINTER HOLIDAY	<u>25</u> WINTER HOLIDAY	<u>26</u> WINTER HOLIDAY
PM	<u>29</u> WINTER HOLIDAY	<u>30</u> WINTER HOLIDAY	<u>31</u> WINTER HOLIDAY		

Humor and Kids

According to KidsHealth, children laugh about 200 times each day; adults laugh only 15 to 18 times. Laughter can help you and your children communicate better and build emotional bonds.

Laughter...

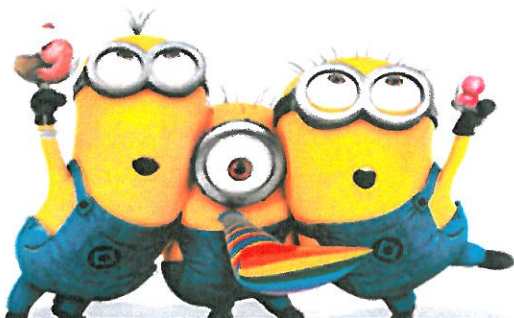
- Relieves stress.
- Loosens muscles.
- Lowers blood pressure and may lower hormones that create stress and weaken immunity.
- Helps move blood to your heart and lungs, boosting energy and making you feel better instantly.
- Triggers a point in the brain that helps a person feel pleasure and want to have that same feeling again.

Studies show that laughing is key to positive parenting, helping families have fun and come closer together.

KidsHealth gives you parenting tips to encourage your child's sense of humor.

Model humor. Make jokes, tell stories, and laugh out loud. Encourage your child to be funny. Laugh at his or her attempts at humor—jokes, silly pictures, funny noises. Fill your home with fun. Read funny stories, joke books, silly picture books, nonsense rhymes, and comics.

Source: Building Blocks: Humor and Kids; January 2012; US Department of Health and Services.



Quick Recipe: Super Quick Chili

Ingredients

2 pounds lean ground beef or tofu crumbles
2 tablespoons chili powder
1 tablespoon Creole seasoning
1 teaspoon ground cumin
2 (16-oz.) cans diced tomatoes with green pepper and onion
2 (16-oz.) cans small red or chili beans
2 (8-oz.) cans tomato sauce
Toppings: shredded Cheddar cheese, sliced green onions, diced tomatoes
Baguettes (optional)

Preparation

1. Brown beef in a Dutch oven over medium-high heat, stirring often, 6 to 8 minutes or until beef crumbles and is no longer pink; drain well. Return beef to Dutch oven; sprinkle with chili powder, Creole seasoning, and cumin, and sauté 1 minute.

2. Stir in diced tomatoes, beans, and tomato sauce, and bring to a boil over medium-high heat, stirring occasionally. Cover, reduce heat to low, and simmer, stirring occasionally for 15 minutes. Serve with toppings and scoop into hollowed baguettes.

17 Things Five-Year-Olds Should Know About Money

Children can start learning about financial basics at an early age. This fact sheet provides parents and teachers with age-appropriate concepts for teaching five-year-olds about money and its use.



What you want your preschool child to know about money depends on your personal values. Here are some concepts that the Thrive-By-Five task force recommends you consider teaching your preschooler:

1. Spending, saving, and sharing are ways to use money.
2. Buying (spending) means trading money for things.
3. Saving allows you to buy something in the future because you don't have enough money today.
4. People have jobs that pay money.
5. Money also can come from gifts.
6. You can keep money safe at home and other places.
7. Paper money and coins are worth different amounts.
8. Different things have different prices.
9. People pay for things in different ways.
10. People have different needs and wants.
11. People have a limited amount of money to spend.
12. Money can be spent only once — after you buy something, you need more money to buy something else.
13. Planning helps people set goals and make choices about money.
14. Some things do not cost any money.
15. People do some things for each other without being paid.
16. People give money to help others.
17. People in a community share the cost of some work done for everyone.



Center Information

Bainbridge Road Head Start
2303 Old Bainbridge Rd.
Tallahassee, FL 32303
(850) 385-9928

Bond Head Start
1805 Keith St.
Tallahassee, FL 32310
(850) 222-9235

Franklin County Head Start
85 School Rd., #600
Eastpoint, FL 32328
(850) 670-2800 x1626

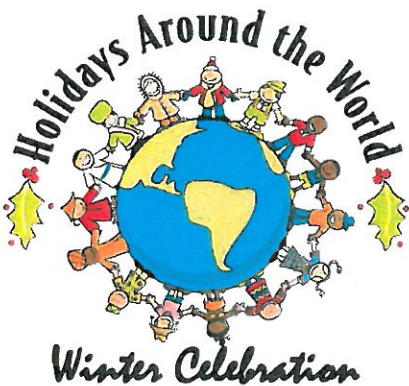
Jefferson County Head Start
950 Mamie Scott Dr.
Monticello, FL 32344
(850) 997-2379

Louise B. Royal Head Start
1124 N. Duval St.
Tallahassee, FL 32303
(850) 201-2062

Murat Hills Head Start
1888 Jackson Bluff Rd.
Tallahassee, FL 32304
(850) 580-3227

South City Head Start
2813 S. Meridian St.
Tallahassee, FL 32301
(850) 878-2320

What's Happening in December?



Come participate in festive activities that teach you about holidays around the world. Your children and their teachers are excited for you to join them in the classroom for a special Winter Celebration!

January Policy Council

Thursday, January 8 @ 6pm

Bethel AME Church (501 W. Orange Ave.)

Policy Council Reps or Alternates **must** attend

Dinner & childcare provided ENTER THROUGH THE BACK DOOR
Open to everyone!

Attention: Head Start Parents

ALL HEAD START CENTERS WILL BE
CLOSED FOR HOLIDAY BREAK
DECEMBER 22 THROUGH JANUARY 5

Capital Area Community Action Agency
Head Start Program



309 Office Plaza Dr.
Tallahassee, FL 32301
P (850) 222-2043
F (850) 201-2057

December Parent Meetings*

**In conjunction with the Winter Celebration*

- Bond: Tues, Dec 16 @ 1:00 p.m.
- Jefferson County: Thurs, Dec 18 @ 1:00 p.m.
- Bainbridge Road: Wed, Dec 17 @ 9:30 a.m.
- Murat Hills: Thurs, Dec 18 @ 1:00 p.m.
- South City: Fri, Dec 19 @ 10:00 a.m.
- Louise B. Royal: Wed, Dec 17 @ 11:00 a.m.
- Franklin County: Tues, Dec 16 @ 10:30 a.m.

The Incredible Years Weekly Parenting Series

Start Date: Tuesday, January 20, 2015

Start Time: 5:00 – 7:30 p.m. (5:00 meal optional)

The Incredible Years Parenting Series is a 14-week parenting program designed to strengthen connections between home and school, increase parents' effectiveness, and promote competent, well-adjusted children at home and school. It will take place once per week for 2-hour sessions and will be facilitated by Fatima Oleabhielle-Alexander (Special Services Coordinator) and Haley McCrary (Parent Engagement Coordinator).

Interested in signing up?

Contact your Family Advocate, Fatima (x229), or
Haley (x226) right away to secure your spot in the class!

Stay Tuned
FOR something
AWESOME

Head Start
50th Anniversary
Celebration

...MORE DETAILS TO COME!