



A Word from the Director...

Dear parents,

We are a month into the new year and so much is going on. Our children often learn about the well-known historical figures that have graced this nation, but let's ensure they also learn about those right here in Florida, and in Tallahassee.

There are many special events going on in our own "backyards" to celebrate Black History Month. Take some time to explore them! The Museum of Florida History has three special events going on including the exhibit *Civil Rights in the Sunshine State* through April 5, 2015. Don't forget the African American Landmarks & Legacies Museum Tours at the John G. Riley Center/Museum. All of the local colleges and universities are having special events as well.

Never forget that history is being made all around us each and every day!

Laurie Gan Leiner

Celebrate Black History!

1. In 1926 it was just a week long and was called Negro History Week. It occurred during the second month of February to coincide with the birth dates of Abraham Lincoln and Fredrick Douglass.
2. In the 1960s, due in part to the civil rights movement, the celebration grew from a week to a month.
3. The first to make the proclamation was Gerald R. Ford who said that this was a time to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."
4. Each year there is a different theme. For 2015 the theme is "A Century of Black Life, History, and Culture."
5. In a declaration from 2010, President Obama talked of the importance of Black History Month:

"This month, we recognize the courage and tenacity of so many hard-working Americans whose legacies are woven into the fabric of our Nation. We are heirs to their extraordinary progress. Racial prejudice is no longer the steepest barrier to opportunity for most African Americans, yet substantial obstacles remain in the remnants of past discrimination. Structural inequalities — from disparities in education and health care to the vicious cycle of poverty — still pose enormous hurdles for black communities across America. Overcoming today's challenges will require the same dedication and sense of urgency that enabled past generations of African Americans to rise above the injustices of their time."

Source: <http://www.babble.com/mom/10-black-history-month-facts-everyone-should-know/> (Author: Sunny Chanel)

The Case for Immunization

Diseases are becoming rare due to vaccinations.

It's true; some diseases (like polio and diphtheria) are becoming very rare in the U.S. Of course, they are becoming rare largely because we have been vaccinating against them.

Japan reduced pertussis vaccinations, and an epidemic occurred.

In 1974, Japan had a successful pertussis (whooping cough) vaccination program, with nearly 80% of Japanese children vaccinated. That year only 393 cases of pertussis were reported in the entire country, and there were no deaths from pertussis. But then rumors began to spread that the pertussis vaccination was no longer needed and that the vaccine was not safe, and by 1976 only 10% of infants were getting vaccinated. In 1979 Japan suffered a major pertussis epidemic, with more than 13,000 cases of whooping cough and 41 deaths. In 1981 the government began vaccinating with acellular pertussis vaccine, and the number of pertussis cases dropped again.

What if we stopped vaccinating?

So what would happen if we stopped vaccinating here? Diseases that are almost unknown would stage a comeback. Before long we would see epidemics of diseases that are nearly under control today. More children would get sick and more would die.



"Vaccines: Vac-Gen/Why Immunize?"

<http://www.cdc.gov/vaccines/vac-gen/why.htm>

Kids' Craft: Valentine Lollipop Holder



Materials Needed

A large craft foam heart (larger than lollipop)
A smaller craft foam heart
Foam letters (or other decorative parts)
Glue
Lollipop

Instructions

Punch 2 holes out of the small heart. Push the stick of the lollipop through the holes.

Glue the small heart to the center of the large heart.

Use the foam letters to add a message such as "stuck on you" or "you're a sweetie" around the edge of the large heart.

Deliver your special Valentine to a special someone!



Source: <http://www.activityvillage.co.uk/valentine-lollipop-holder>

Easy Recipe: Baked Potato Chips



Ingredients

Non-stick cooking spray
2 peeled, sliced sweet potatoes (1/16 inch)
1 ½ tsp. curry powder
1 tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. cardamom
Salt
Ground pepper
Optional: 1/3 c. toasted chopped pecans

Instructions

Preheat oven to 400° F. Line two large baking sheets with parchment paper. Lightly spray each one with oil.

Arrange potato slices in a single layer without overlapping on the baking sheets. Spray the tops lightly with the oil and season with salt. Bake for 20–30 minutes, switching racks halfway through until golden brown and crispy.

If some of the chips brown more quickly than others, remove them and continue to bake until each chip is baked through. Serve immediately.

Source:

<http://www.pbs.org/parents/kitchenexplorers/2011/02/10/baked-potato-chips-and-george-crum/> (Author: Alice Currah)

Helping Kids Learn Self-Control

By learning self-control, kids can make appropriate decisions and respond to stressful situations in ways that can yield positive outcomes.

Here are a few suggestions on how to help kids learn to control their behavior:

Up to Age 2

Infants and toddlers get frustrated by the large gap between the things they want to do and what they're able to do. They often respond with temper tantrums. Try to prevent outbursts by distracting your little one with toys or other activities.

For kids reaching the 2-year-old mark, try a brief timeout in a designated area — like a kitchen chair or bottom stair — to show the consequences for outbursts and teach that it's better to take some time alone.

Ages 3 to 5

You can continue to use timeouts, but rather than enforcing a specific time limit, end timeouts once your child has calmed down. This helps kids improve their sense of self-control. Praise your child for not losing control in frustrating or difficult situations.

Resist the urge to yell when you're disciplining your kids. Instead, be firm and matter of fact. During a child's meltdown, stay calm and explain that yelling, throwing a tantrum, and slamming doors are unacceptable behaviors that have consequences — and say what those consequences are. Your actions will show that tantrums won't get kids the upper hand.

Source: Teaching Kids Self Control; November 2011, Kids Health.

Head Start Monthly

SNACK MENU FOR THE MONTH OF FEBRUARY, 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PM	<u>2</u> Saltine Crackers w/Lowfat American Cheese	<u>3</u> Mandarin Oranges Cinnamon Toast	<u>4</u> Cantaloupe Bagel w/Cream Cheese	<u>5</u> Orange Juice Ritz Crackers w/Peanut Butter	<u>6</u> Apple Juice Goldfish Crackers
PM	<u>9</u> Grape Juice Oatmeal Raisin Cookies	<u>10</u> Sliced Apples Peanut Butter	<u>11</u> Carrot & Celery Sticks Lowfat Dressing 1% Lowfat Milk	<u>12</u> Cheerios 1% Lowfat Milk	<u>13</u> Fruit Cicktail Animal Crackers (Plain)
PM	<u>16</u> PRESIDENT'S DAY HOLIDAY	<u>17</u> Sliced Apples Peanut Butter	<u>18</u> Cantaloupe Lowfat Cottage Cheese	<u>19</u> Blueberry Muffin 1% Lowfat Milk	<u>20</u> Graham Crackers 1% Lowfat Milk
PM	<u>23</u> Apple Juice Goldfish Crackers	<u>24</u> Apple Juice Goldfish Crackers	<u>25</u> Carrot Sticks w/Lowfat Dressing 1% Lowfat Milk	<u>26</u> Animal Crackers 1% Lowfat Milk	<u>27</u> Whole Wheat Toast w/Lowfat American Cheese
PM					

Head Start Monthly

MENU FOR THE MONTH OF FEBRUARY, 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	2 Orange Juice, Hash Browns, Turkey Sausage Patty, 1% Lowfat Milk	3 Sliced Peaches, Waffle w/Syrup, 1% Lowfat Milk	4 Grape Juice, Biscuit, 1% Lowfat Milk	5 Blueberries, Cheerios, 1% Lowfat Milk	6 Orange Wedges, Grits, Scrambled Egg w/Lowfat American Cheese, 1% Lowfat Milk
LUNCH	Grilled Chicken 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 w/Gravy, Broccoli Casserole, Roll, 1% Lowfat Milk
BREAKFAST	9 Strawberries, Pancakes w/Syrup, 1% Lowfat Milk	10 Orange Juice, Rice Krispies, 1% Lowfat Milk	11 Orange Wedges, Cinnamon Toast, 1% Lowfat Milk	12 Orange Juice, Blueberry Muffin, 1% Lowfat Milk	13 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	16	17 Orange Wedges, Banana Muffin, 1% Lowfat Milk	18 Sliced Strawberries, Oatmeal, 1% Lowfat Milk	19 Sliced Bananas, Cheerios, 1% Lowfat Milk	20 Orange Juice, Biscuit w/Turkey Sausage, 1% Lowfat Milk
LUNCH	PRESIDENT'S DAY HOLIDAY	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	23 Sliced Peaches, French Toast w/Syrup, Turkey Sausage Patty, 1% Lowfat Milk	24 Sliced Strawberries, Biscuit, 1% Lowfat Milk	25 Orange Wedges, Corn Flakes, 1% Lowfat Milk	26 Apple Juice, Oatmeal w/Raisins & Cinnamon, 1% Lowfat Milk	27 Orange Juice, Scrambled Eggs, Grits, 1% Lowfat Milk
LUNCH	Breaded Fish Fillet, Oven Baked Potato Wedges, Green Peas, Carrot & Raisin Salad, 1% Lowfat Milk	Cheese Pizza, Tossed Salad w/Lowfat Dressing, Applesauce, 1% Lowfat Milk	Black-eyed Peas, Macaroni & Cheese, Turnip Greens, Cornbread, Sliced Apples 1% Lowfat Milk	Chicken w/Yellow Rice Stir Fry Vegetables, Mandarin Oranges, 1% Lowfat Milk	Salisbury Steak w/Gravy, Carrots, Roll, Tropical Fruit Cup, 1% Lowfat Milk
BREAKFAST					
LUNCH					

Fight^{the} Flu

Cover
your
cough!Wash
your
hands.Stay home
when sick.Get
vaccinated.

Seasonal influenza (flu) is now active in the United States. The flu virus may cause serious illness that may result in hospitalization or death. The flu mostly affects the respiratory system (ears, nose, throat and lungs), but may also affect the whole body. The flu season usually starts in the fall and ends in the spring, although each year is different. People can get the flu more than once per year and many times in their lives. Influenza viruses are unpredictable, so it's wise to do everything possible to protect yourself, fellow Head Start staff, and children in your program!

Healthy people can get very sick and sometimes die from influenza. It also is important to remember that the flu may make some people more sick than others. These people include children younger than 2 years of age, adults 65 and older, pregnant women, and people with chronic medical conditions, such as: asthma, diabetes mellitus, hemodynamically significant cardiac disease, immunosuppression, or neurologic and neurodevelopmental disorders. This is why vaccination remains the most important step in protecting all of us against influenza and its complications. The flu vaccine is safe, does not cause the flu, and helps prevent spreading the flu from person to person.

Returning Students

We are now accepting re-enrollment applications for returning students for the 2015–2016 school year. You should have received a re-enrollment application from your teacher but, if not, get one from your Family Advocate! Please turn these in to your Family Advocate or the central office as soon as possible to secure your spot!



To sign your child up for **Voluntary Pre-Kindergarten (VPK)*** at Head Start for the 2015–2016 school year, contact the Early Learning Coalition at 1940 N. Monroe St. or call (850) 385-0504 for more information on VPK registration dates and deadlines.

**The Voluntary Pre-Kindergarten program is a legislatively mandated program designed to prepare Florida's four-year-olds for kindergarten and build the foundation for their educational success. Participation is free for all four-year-olds born on or before September 1st of each year who are Florida residents.*

Think Teeth!

Keep up good dental habits at every age.



You can help your child prevent cavities!
Here's how:

- Get regular dental check-ups, starting at age one. Ask about dental sealants that prevent tooth decay.
- Brush twice a day for 2 minutes using fluoride toothpaste.
- Limit foods and drinks with sugar.

Your child could be eligible for dental care through Medicaid and CHIP. Services include teeth cleanings, check-ups, x-rays, fluoride, dental sealants, and fillings.

To enroll or find a dentist, call 1-877-KIDS-NOW or visit InsureKidsNow.gov

All children attending Head Start must receive a dental examination and cleaning. **All initial dental exams must be completed immediately, along with a signed "Verification of Dental Services" form**

"Think Teeth" – Health Insurance Marketplace (Department of Health & Human Services – USA) Insurekidsnow.gov



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

February Parent Meetings

- Bond: Thurs, Feb 12 @ 2pm
- Jefferson Co.: Tues, Feb 10 @ 5pm
- Bainbridge Road: Wed, Feb 11 @ 6pm
- Murat Hills: Wed, Feb 25 @ 2pm
- South City: Mon, Feb 23 @ 2pm
- Louise B. Royal: Mon, Feb 23 @ 4pm
- Franklin Co.: Tues, Feb 17 @ 2pm

March Parent Meetings

- Bond: Tues, March 24 @ 2pm
- Jefferson Co.: Tues, March 10 @ 5pm
- Bainbridge Road: Wed, March 25 @ 6pm
- Murat Hills: Mon, March 9 @ 2pm
- South City: Mon, March 9 @ 3pm
- Louise B. Royal: Wed, March 25 @ 4pm
- Franklin Co.: Mon, March 23 @ 2pm

February Policy Council

Thursday, February 12 @ 6pm

March Policy Council

Thursday, March 12 @ 6pm

Bethel AME Church (501 W. Orange Ave.)

Policy Council Reps or Alternates **must** attend

—ENTER THROUGH THE BACK DOOR—

Dinner & childcare provided!
Open to everyone!

The Incredible Years Weekly Parenting Series

Start Date: Friday, February 20, 2015

Time: 9:00-11:00 a.m.

Location: Goodwill Prosperity Center
300 Mabry St. in Tallahassee

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. We will meet one per week for 2-hour sessions.

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

**Capital Area Community Action Agency
Head Start Program**



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

Stay Tuned
FOR something
AWESOME

**Head Start
50th Anniversary
Celebration**

*...Call the central office if you're
interested in helping to plan this event!*