



FAMILY GUIDANCE CENTER OF ALABAMA HEAD START/EARLY HEAD START NEWSLETTER

Calera | Columbiana | EM Henry | Jemison | JR Foster | Robinson Springs | Prattville | Tallassee

HELLO FALL!

FUN FALL ACTIVITIES

- VISIT A PUMPKIN PATCH
- GO APPLE PICKING
- MAKE SMORES
- WATCH SPOOKY MOVIES
- PAINT A PUMPKIN
- GO ON A HAYRIDE
- BAKE A PIE
- DO A FUN FALL CRAFT
- ROAST PUMPKIN SEEDS
- VISIT THE ZOO



WORDS

OF

ENCOURAGEMENT

A great teacher
Takes a hand,
Opens a mind
And touches
A heart



IMPORTANT

DATES

- October 9
PROFESSIONAL
DEVELOPMENT
(No Students)
- October 11
POLICY COUNCIL
9:00am
- October 26
PROFESSIONAL
DEVELOPMENT
(No Students)





Why Bother With Breakfast?

Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to be physically active— two great ways to maintain a healthy weight.

Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead. Their mood and energy can drop by midmorning if they don't eat something for breakfast.

Breakfast Brain Power

It's important for kids to have breakfast every day, but what they eat in the morning is important too. To boost nutrition, choose breakfast foods that are rich in whole grain, fruits or vegetables, and protein while low in added sugar. **Eating Breakfast:**

- Helps kids get more fiber, calcium, and other important nutrients
- Can help kids do better in school
- Improves memory and attention, which kids need to learn

Breakfast eaters get better grades and score higher on standardized tests. And kids who participate in school lunch programs have fewer absences from school.



ROBINSON SPRINGS PRE-K SERVE THEMSELVES A HEALTHY BREAKFAST





FGC HEART AND SOLE SNEAKER GALA

Family Guidance Center held its biggest fundraiser of the year on Saturday, August 19, 2023. The gala was held at the Alley Warehouse and Ballroom in downtown Montgomery and everyone had the chance to dress up and wear their sneakers! It was an opportunity to raise awareness for the many programs and families we serve. Last year over 40,000 families were helped by our services throughout Alabama. Event proceeds will benefit the children, families, and seniors that we serve.

Thank you to our Head Start/Early Head Start staff who purchased tickets and volunteered at the event. Your support and generosity are greatly appreciated.



Pictured left to right: Trishunda Davenport, Karen Evans, Connie Parks and Meyoski McSwain

EMPLOYEES OF THE MONTH

STEPHANIA DAVIS

Cook—Prattville

SHIRLEY MOTLEY

Early Head Start Teacher

Robinson Springs

SHAKITA CROOM

Family Advocate

Prattville

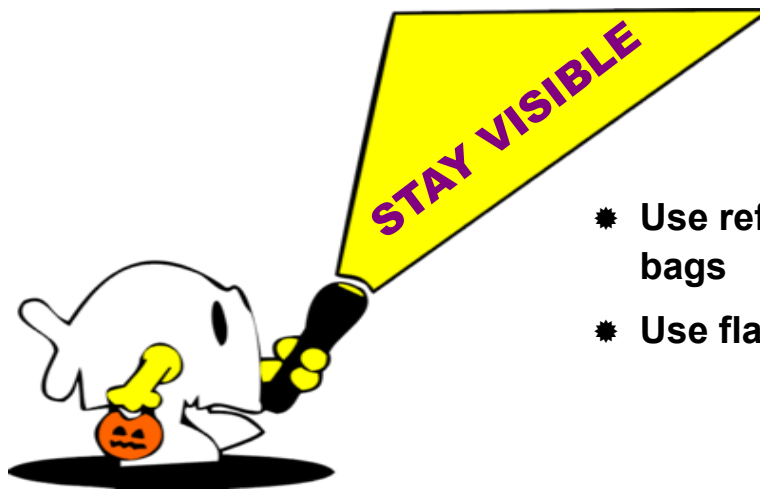


October is National Breast Cancer Awareness Month. Let's show our support and PINK this month out!



TRICK OR TREAT SAFETY

- ✱ **PLAN YOUR ROUTE** - Only go to well lit familiar homes
- ✱ **USE FACE PAINT INSTEAD OF MASKS** - To avoid blocking vision
- ✱ **STAY IN GROUPS** - With at least one adult
- ✱ **EXAMINE** - All candy before enjoying



MAKE CHILDREN VISIBLE, ESPECIALLY TO MOTORISTS

- ✱ Use reflective stickers on costumes and bags
- ✱ Use flashlights and glow sticks



OCTOBER BIRTHDAYS



SHARON BURNS	10/13
SHAWNIQUE DANIELS	10/23
ASHLAND DAVIS	10/23
JOHNNIE WHITE	10/28
CHRISTINA FREEMAN	10/29



NEW HIRES

WELCOME TO THE TEAM!

Ja'mya Rose Sankey

Nakeisha Woodfin

Jasmine Thomas

Ja'mia Barnes



CENTER LOCATIONS

Elmore County

JR FOSTER

334-557-1604
262 Queen Ann Rd.
Wetumpka, AL 36092

Robinson Springs

334-557-0100
5720 Main Street
Millbrook AL 36054

Tallassee

334-991-4553
334-991-4520
902/093 Hickory St.
Tallassee, AL 36078

Chilton County

EM Henry

205-258-5413
413 14th St.
Clanton, AL 35045

Jemison

205-437-9787
1891 Highway 191
Jemison, AL 35085

Shelby County

Calera

205-558-8867
802 8th Ave.
Calera, AL 35040

Columbiana

205-558-8885
201 Washington St.
Columbiana, AL 35051

Autauga County

Prattville

334-310-1700
869 Jenson Rd.
Prattville, AL 36067



FAMILY ADVOCATES

Lucie Riley

Calera
205-558-8867

Jazmine Curry

JR Foster/Tallassee
334-782-6738

Shakita Croom

Prattville
334-310-1700

Brittany Williams

Columbiana
205-558-8885

NaKiyah McCafferty

JR Foster
334-557-1604

Adrienne Reeves

Robinson Springs
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Patricia McGee

EM/Henry/Jemison
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205-437-9787

Jeffrey Sutton

Prattville
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Katrina McClain

Robinson Springs
334-557-0100

