Head Start Newsletter
November 2026

Dear Parent/Guardians,

A Fall welcome to all our Head Start kids and families. We hope you had a fantastic summer and are ready for the 2026-2027 school year. Head Start is a wonderful opportunity to get your child ready for kindergarten. We will explore your child's love for knowledge, their ability to self-regulate and understand their emotions. Please feel free to call your Teacher, Family Service Worker, or the office at anytime if there is a question or concern you would like to discuss. We feel that an open line of communication between you, your child(ren) and the Head Start Staff are the key to a successful education. We are looking forward to working with you and your family. As a team we can make a difference!

Attention!

We are always accepting applications for the Head Start program. If you know of a family with a child from the ages 3-5 years of age, please give them the phone numbers to call. The local number is 812-926-3190 or the toll free 1-888-292-5475 and they can ask for Tay ext. 216 and she will assist them.

Mom and Kid's Bowling Event Pictures











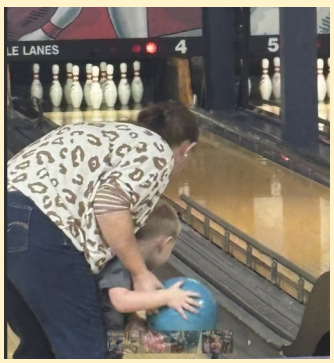














IMPORTANT REMINDERS

-Please remember we go outside in the mornings, please bring a jacket and also a change of clothes in case of any accidents.

-Please turn in Pink Sheets and Home/School Connection Activity Calendars.

-Classrooms are looking for volunteers inside and outside the classroom.

-30 Day Health Requirements (physicals and immunizations) are due September 4th and 90 Day Health Requirements (Dental) are due November 4th for all of the children that started classes August 6th.

-Make sure that you are signed up for your child's classroom Facebook page to receive notices for class closures, event fliers, general information, or just seeing class pictures.

-Please make sure you also sign up for ChildPlus to receive updates.

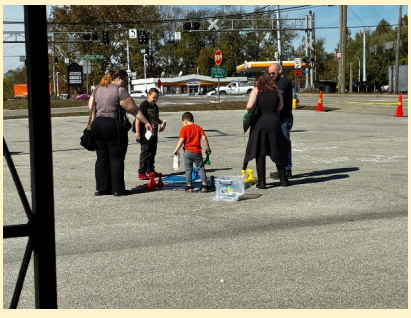
Dad and Kid's Event Pictures









Upcoming Events









HEAD START SCHOOL NEWS

AURORA NEWS

September
Welcome back! We have been learning all about our classroom jobs and different centers! We will be starting our farming unit in October.

REMINDERS
Special Person's Day – 11/04/26
Policy Council – 11/12/26
No Class (Veteran's Day) – 11/11/26
No Class (Thanksgiving Break) – 11/23/26 - 11/26/26



October
Our new teacher has started. Welcome Ms. Bella! We have been learning about the classroom rules, jobs, and different centers! We have started our farming unit, learning about chickens, I will bring in eggs so we can hold a candle light to them.

November
This month we are focusing on our farming unit. We got to pet and hold ducklings. We learned the difference between feed corn, eating corn and popcorn. We experimented with eggs to see each layer when soaking them in vinegar. The result was a see through egg that felt like a bouncy ball. We also have gotten 4 new fish, their names are Shrek, Sky, Spongebob, and Bug.

Some of our favorites are:
Songs: "The Goldfish" by Laurie Berkner
"Paca, Paca" by DJ Ralph
"The Wiggle Dance" by Danny Go.

Books: *If The Dinosaurs Came Back* by Bernard Most
Pete the Cat and His Four Groovy Buttons by Eric Litwin
Tuesday by David Wiesner.

HEAD START SCHOOL NEWS

BROOKVILLE NEWS

REMINDERS
Special Person's Day – 11/04/26
Policy Council – 11/12/26
No class (Veteran's Day) – 11/11/26
No class (Thanksgiving Break) – 11/23/26 – 11/26/26

September
This month, we have been learning our classroom rules and safety expectations, getting to know our friends by learning their names, and practicing how to clean up and put toys away when we are finished playing. The children have especially enjoyed our Glow Stick Dance by Danny Go! We used small pool noodles as our "glow sticks" and had so much fun dancing, moving, and learning about shapes. We have also enjoyed reading *Pete the Cat: I Love My White Shoes*. While reading the story we talked about colors and explored how colors can change when new color is added. Please make sure that your child has a complete change of clothes in your cubby as we sometimes can get messy during activities and may need to change.

October
We have had a wonderful month getting to know about our friends in the classroom and learning all about their families. They have enjoyed sharing about the people who are important to them and building connections with their classmates. We created a kindness book filled with ideas for ways we can show kindness both at school and at home. The children participated in a fun germ experiment and are excited to see what happens as we observe the results. We have also been learning about the letters in our names. Next, we will begin exploring our five senses! Through hands on activities, we will learn how our eyes, ears, nose, mouth, and skin help us explore and understand the world.

November
We have had a wonderful two weeks learning all about fall! The children have been busy exploring, investigating, and learning through hands on experiences. We opened a pumpkin and explored what is inside, giving the children an opportunity to observe its seeds, pulp and texture. We also talked about the life cycles of pumpkins and apples, taste testing red, yellow and green apples and charting which ones were our favorites. It was exciting to see which apple got the most votes. We have started sending out our second round of literacy bags! Please remember to complete both the pink activity sheet and the evaluation form in the literacy bag. With cooler weather ahead, please make sure your child has weather appropriate change of clothes in the classroom along with a jacket

Please remember to turn in your Home/School Connection Activity Calendars and pink In-Kind Sheets.

HEAD START SCHOOL NEWS

DILLSBORO NEWS

September

Hello everyone, Dillsboro crew bringing you all exciting news that's happening right inside our classroom. It has been a very exciting first month of school. From meeting our very new friends, to seeing all of the toys the classroom has, and even the playground outside. The kiddos have had a really great time exploring the centers throughout the classroom. We believe that our favorite center is the loft. They love being on top, in our library area, reading a book with a peer. They really love climbing the steps all the way to the top. Outside time is our second favorite time of the day. We love going down the slides, running around, and playing with our friends. We are trying to remember our class rules. The kids love saying them. That's all for this month, until next time, Dillsboro Crew.

REMINDERS

Special Person's Day – 11/04/26
Policy Council – 11/12/26
Parent Meeting – 11/17/26
No class (Veteran's Day) – 11/11/26
No class (Thanksgiving Break) – 11/23/26 – 11/26/26

October

Hey guys, Dillsboro crew back for another exciting month of news about what we have been up to in class! We absolutely love the block center, science center, and dramatic play center. If the kids have to choose, they would say all of them. We are in our weekly lessons of learning all about ourselves. We will begin hopping into learning all about our family. We have been learning our colors, as well as the parts of a book. Each day, before reading our story of the day, we ask the kiddos about the different parts of the book. They really enjoy knowing all the different parts by themselves. Our outside time is the favorite part of the day. We really love riding the bikes. The kiddos even know we have to have our helmets before we try to ride the bikes and scooters. They have discovered all of our amazing toys throughout the classroom, magnatiles and legos have become a favorite. We love to build! That is all for this time, until next month, Dillsboro Crew.

November

Dillsboro Crew back for another exciting update. We have been our very busy selves, making the most out of every minute we have of learning. We love math, counting, adding, measuring, all of it. The kids love learning all about their school family. They love to be helpful to one another, reminding each other of the rules when we are having a hard time. They love to remind each other to use their walking feet. Art is something we love to create. They have quite the imaginations when they are creating their masterpieces. We are hopping right along into creating a school family. Next up is 2D shapes. We will explore some shapes the kiddos may or may not know. Hopefully we explore some new ones for everyone. They love listening to new songs when we are singing and dancing. Danny Go has a lot of the best songs, or so the kiddos think. Thats all we have for this time, thanks for reading. Dillsboro Crew.

HEAD START SCHOOL NEWS

EAST ENTERPRISE NEWS

REMINDERS
Special Person's Day – 11/04/26
Policy Council – 11/12/26
Parent Meeting – 11/17/26
No class (Veteran's Day) – 11/11/26
No class (Thanksgiving Break) – 11/23/26 – 11/26/26

September
Nothing has been submitted.

October
Nothing has been submitted.

November
Nothing has been submitted.

HEAD START SCHOOL NEWS

LAUREL NEWS

September
Welcome to Head Start! We are focusing on our class routines, schedules, and guidelines for a safe room. We have learned to walk quietly with bubbles in the hall and staying in line. We are also learning about colors and shapes. We also have practiced recognizing the number one.

REMINDERS
Special Person's Day – 11/04/26
Policy Council – 11/12/26
No class (Veteran's Day) – 11/11/26
No class (Thanksgiving Break) – 11/23/26 – 11/26/26

October
As we continue settling into our classroom routines, we have been focusing on early literacy and math skills. Children are practicing recognizing and writing the first letter of their first names, identifying the number one, and developing counting skills without relying on objects to physically count. We also introduced Shubert, our classroom mascot, who will help us learn and practice important social and emotional skills throughout the year. Our class has been working hard on classroom expectations. We are proud of the progress the children are making as they learn our routines, building friendships, and become more confident members of our classroom community.

November
Nothing has been submitted

HEAD START SCHOOL NEWS

LAWRENCEBURG NEWS

September
Nothing has been submitted.

October
We will be on a wild adventure. We will be learning all about trees and insects. We will be doing a lot of nature walks around the playground. If your child would like to bring in a nature book to share, they can! We look forward to seeing you in the woods.

November
Nothing has been submitted.

REMINDERS
Special Person's Day – 11/04/26
Policy Council – 11/12/26
Parent Meeting – 11/17/26
No class (Veteran's Day) – 11/11/26
No class (Thanksgiving Break) – 11/23/26 – 11/26/26

HEAD START SCHOOL NEWS

MOORES HILL NEWS

September

Our first month together has gone by so fast! We have had such a wonderful start to our school year. We are making new friends, learning new routines, and getting comfortable in our classroom. We now have almost all of our centers open, and we are having so much fun exploring, playing, and creating together. Play-Doh has been one of our favorite activities. We have also been learning what to do when we feel upset or need a quiet moment. We are practicing going to our Safe Place to help us calm our bodies and feelings. We are also learning that when we get something out to play with, we put it back on the same shelf when are finished. This helps keep our classroom organized an makes clean-up much less overwhelming. You can help us by practicing these routines at home, too! We have really enjoyed listening to the book, *Pete the Cat and His Groovy Buttons.* It has been our favorite story this month! Ask us about the story– we can tell you all about it ! We also have enjoyed *Pete the Cat and Rocking in His New Shoes.* We also have been learning about fire safety and tornado safety. We are talking about how to stay safe around fire and what we should do to keep ourselves and our friends safe. We are learning that safety rules are important and that we can always ask a trusted adult for help. Please fill out your In-Kind papers and returning them each month. We have had such a great start to our school year! We are so proud of everything the children are learning and accomplishing.

October

September was a really great month. We have been learning all about colors and feelings and have so much fun exploring, creating and learning together. We had so much fun with our color walking experiment. The children loved watching the colors move and change. We sent some paper home so that you could try the experiment together at home. Zane came in and told us that he and his mom tried it at home, too! His mom said he was super excited about it. We love hearing about the learning that continues at home. We also wrote a class book about our favorite color, played with playdoh, learned a new color song that is helping us practice rhyming, filling jars with colorful stickers to practice sorting and fine-motor skills, counted the stickers and compared which jars had more or less, painted with watercolors, read *The Dot*, and created our own beautiful dots. Next month we will be learning all about shapes. We will be sorting, drawing, painting, and finding shapes around our classroom and environment. There are so many ways you can practice shapes at home, too.

November

October has been such a wonderful month in our classroom! We have been exploring all the things that fall has to offer. From pumpkins and colorful leaves to fun science experiments, our little learners have been busy discovering, creating, and learning through play. We have had so much fun watching their curiosity grow.

We made pumpkin bracelets with breads, measured pumpkins using blocks, painted pumpkins and opened a pumpkin to explore its gooey insides. We started our pumpkin Jack experiment by opening a pumpkin and giving it a face. Now we will watch and see what happens as pumpkin Jack outside over time. We planted a seed to see if it will grow. We also placed a pine cone in water and observes how it closed when wet and opened again as it dried. We discovered a seed in the water and of course, planted it. Next month we will be learning all about places around the world. The children will be making their own passports!

REMINDERS

Special Person's Day – 11/04/26
Policy Council – 11/02/26
Parent Meeting – 11/19/26
No Class (Veteran's Day) – 11/11/26
No Class (Thanksgiving Break) – 11/23/26 - 11/26/26

HEAD START SCHOOL NEWS

MT. CARMEL NEWS

September

Welcome back! We are so happy to get this school year started. The kids are starting to settle into the school routines and rules. They have been enjoying hands on activities such as identifying shapes, colors, and numbers. Their favorite part of the day is nap! We are excited to see everyone back at school and ready to learn.

October

The children are having so much fun learning, exploring, and getting to know the classroom routines. They love dancing to Danny Go and "Going on a Bear Hunt" songs. They are using their imagination while practicing, listening, moving and following directions. We are continuing to work hard on identifying our numbers with different activities and games. One of the major highlights has been our classroom jobs. The children love having an important job to do each day and are so proud to help keep our class safe. It has been exciting to see them become more comfortable in our classroom.

November

Our classroom has been busy learning through our monthly themes. The children loved learning about the farmers market, farm animals, and talking about apples. We continue to build early learning skills by practicing shapes, numbers, letters. The children will be working on writing their names independently without tracing soon. We will begin learning and practicing phone numbers to help build important life skills. We are so proud at all of the learning and growing happening in our classroom.

REMINDERS

Special Person's Day – 11/04/26
Policy Council – 11/12/26
No Class (Veteran's Day) – 11/11/26
No Class (Thanksgiving Break) – 11/23/26 - 11/26/26

HEAD START SCHOOL NEWS

RISING SUN NEWS

September

This month we had so much fun getting to know each other and the classroom. Our favorite book this month was called *I Love You, Spot* and our favorite song to dance to was "Do What I Do". Now that we all know our rules and jobs, we are excited to begin our tree study next month. Bring in those pink In-Kind sheets.

October

This month, we have started our tree study. We learned about the different parts of the tree, ask your child what each part is. Our favorite book was *Who Lives In Trees?*. Once we come back from fall break we will be starting our study on farm life.

November

This month we have started our farm life study. We learned about some farm animals and what they eat and provide. Ask your child about some things that they have learned so far. Our favorite book from this study is *The Farmer's Hat* and our favorite song is "The Chicken Dance". We will be continuing our farm life study next month as well.

REMINDERS

Special Person's Day – 11/04/26
Policy Council – 11/12/26
No Class (Veteran's Day) – 11/11/26
No Class (Thanksgiving Break) – 11/23/26 - 11/26/26

HEAD START SCHOOL NEWS

ST. LEON NEWS

September
Teacher in training!

REMINDERS
Special Person's Day – 11/04/26
Policy Council – 11/12/26
Parent Meeting - 11/19/26
No Class (Veteran's Day) – 11/11/26
No Class (Thanksgiving Break) – 11/23/26 - 11/26/26

October
Nothing has been submitted

November
We learned about fall such as the leaves, trees, pumpkins, and how the weather has been changing. We practiced learning how to use scissors. We learned about George Washington and Brooklyn Bridge. Our library person came in to read some books to the class. Our favorite book has been *The Old Woman Who Swallowed Some Leaves*.

HEAD START SCHOOL NEWS

SUNMAN NEWS

September

We have had a great first month back to school! We have been learning all about our class rules, safety, and our School Family. Our favorite book this month has been *Don't Let The Pigeon Drive The Bus!* Our favorite song has been "Going on a Bear Hunt".

October

In October, we are going to be learning about community helpers. We had some community helpers come and volunteer.

November

This month, we have been learning about community helpers! We have learned all about how community helpers are important and what different jobs that they do. We also have been practicing on what to do if there ever is an emergency. Our favorite book currently is "The Leaf Thief" and we have enjoyed going outside each day and noticing how much the leaves have changed colors.

REMINDERS

Special Person's Day – 11/04/26
Policy Council – 11/12/26
Parent Meeting - 11/17/26
No Class (Veteran's Day) – 11/11/26
No Class (Thanksgiving Break) – 11/23/26 - 11/26/26

HEAD START SCHOOL NEWS

VEVAY NEWS

September

Hello everyone, we have been getting to know our new friends this month. We have been learning a lot. Things we have learned: what our centers are and how to play and clean them up. We have done fire drills and tornado drills, all about safety, letters in our name, singing, and dancing. We love outside time and are having lots of fun.

October

We have had so much fun this month. We are currently working on the letters C and D. We had a community volunteer come and read a story. Music time has been the kiddos favorite part of the day, their favorite song is “Stand Up, Sit Down”.

November

We have been busy doing a lot of *Pete the Cat* activities from the books we have read. We have been learning all about Fire Safety and the Switzerland County Fire Department brought their fire trucks and trailer. The kiddos were taught about candle safety and to walk 3 feet away from the stove and oven. They also taught the children how to call 911, stop-drop-roll, and crawl through the smoke filled trailer! Along with seeing and learning what all the fire truck has on it, touching the firemans suit and how heavy it was (over 100lbs) and takig our picture standing and sitting on the firetruck. It was a very exciting and fun day.

REMINDERS

Special Person’s Day – 11/04/26
Policy Council – 11/12/26
Parent Meeting - 11/19/26
No Class (Veteran’s Day) – 11/11/26
No Class (Thanksgiving Break) – 11/23/26 - 11/26/26

EDUCATION

Indiana
DEPARTMENT OF EDUCATION

Early Learning Mathematics Family Guide

The Indiana Department of Education is dedicated to informing and educating families about your child's education since you are your child's first and most important teacher. This guide provides an overview of the importance of mathematics and roviding suggestions of what you can do at home to support your child's development.

The Importance of Mathematics for Young Children

Indiana's Early Learning Foundations include concepts for children's development and address skills and abilities that children are to achieve from birth to age five. These foundations are also aligned to Indiana's K-12 Academic Standards.

Mathematics helps children survey their environment and start to form a sense of order. This beginning sense of order is of primary importance in constructing a solid foundation for future success. Children's mathematical development is nourished by everyday play activities and exploration of the world around them. Adults can support the development of mathematics by incorporating math into everyday activities.

Foundational Skills Include:

Numeracy
- Counting
- Understanding of written numerals
- Number relations

Computation and Algebraic Thinking
- Mathematical structure
- Patterning

Analysis and Classifying

Geometry
- Spatial relationships
- Identify, describe, analyze, compare and create shapes

Measurement
- Concepts of time
- General measurement

Additional Resources

National Association for the Education of Young Children (NAEYC)

For more tips and resources, see the Early Learning Online Resources Page!

Turn over for strategies to use at home ››

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#INspirEDearly

EDUCATION

Indiana
DEPARTMENT OF EDUCATION

Early Learning Mathematics

How You Can Help at Home:

Numeracy

- Play games and sing songs that include counting, estimating, understanding patterns, and numbers (Example: Sing songs that include clapping various patterns).
- Have children estimate how many are in a particular group of objects then count them together (Example: "How many socks are in this basket?" Then, count individual socks while folding them.).
- Count steps to a certain location.
- Use cooking, baking, and meal time as opportunities to talk about numbers (Example: Have your child set the table, counting while placing the items or do it alongside them.).
- Provide opportunities for your child to explore writing numerals by tracing, painting, or creating numerals with different objects.
- Have your child distribute cookies or toys to family members, with each person getting an equal number.

Computation and Algebraic Thinking

- Help your child think about objects as a permanent set. (Example: Put a specific number of objects in a row, and then change the arrangement. Then ask, "Are there more or less?").
- Notice, point out, and create patterns in your home and in everyday activities (Example: Create a pattern with crackers and pretzels at snack time. Then, your child can recreate the pattern or create their own.).

Geometry

- Create an obstacle course using chairs, tables, pillows and anything else you have. Use words such as "over," "under," "through", and "around" to explain the route.
- Point out similarities and differences between 2D and 3D shapes (Examples: Circles and balls, squares and blocks).
- Use bath time as time to explore volume by filling and emptying cups with water.

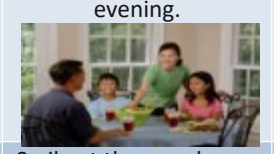
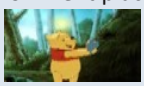
Measurement

- Use words to indicate time like yesterday, today, and tomorrow when talking with your child.
- Show your child and involve them in measuring things on a daily basis (Example: Cook with your child and talk specifically about measurements according to recipes).
- Measure things around your home with different units of measurement (Example: Stack cups to see how tall something is).

For more tips and resources, see the Early Learning Online Resources Page!

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CARING CONNECTIONS: Strengthening Relationships by Practicing Kindness, Being Grateful, and Spending Quality Time with Those We Love

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Do something helpful for a family member or friend. 	Connect with a relative to say hello and chat. 	Count your blessings: List the kind things others have done for you. 	Create and then share a card or a piece of art with someone you love. 	Go outside and find one thing that reminds you of someone. Share what you find and your why. 	Create a cell phone / device parking lot so you can enjoy device free moments together each day 	Find a deck of cards and play a game like Crazy Eights, Spoons or Go Fish 
Find a joke that you love and share it with 2 other people in person, by phone, or virtually. 	Work together to plan a 3-course meal. Write down / draw each part of the meal to share as the menu for the evening. 	Go outside and find materials to create a centerpiece for others to enjoy! 	Name 3 things you are grateful for. Draw a picture or write a list of these things and then post in a prominent place. 	Work to create 5 “happy cards” for seniors that are in a local nursing home. Drop them off for them to enjoy 	While washing your hands look at yourself in the mirror and tell yourself one thing you like about YOU! 	Do one act of kindness to make life easier for someone. 
Thank 3 people you are grateful to and tell them why.	Smile at the people you are with to brighten their day	Learn one new thing today and share what you learned with someone.	Choose a favorite song(s) and enjoy a spontaneous dance party.	Get a deck or two of cards and build a home. Talk about what makes a home safe and what connects us to others.	Go outside and enjoy a game of “Red Light, Green Light.” Be sure to run, walk, slide, jump and enjoy other creative ways to move.	Design and create a musical instrument. Enjoy a sharing concert.
Ask someone to do what you LOVE to do today.	Send a message or letter to someone you cannot be with today.	Find a favorite book and read it or share it with someone.	Enjoy a scavenger hunt with someone. Both write lists of 5 things the other person will look for, switch lists, and then GO!	Notice 5 things that are beautiful within your world. Share your ideas with someone.	Learn how to play hopscotch and then PLAY!	Thank someone and tell them how they make a difference for you.

DISABILITIES AND MENTAL HEALTH

Early Childhood Special Education

OBJ

Public schools in Indiana provide special education services for eligible children starting at age 3. Services plans are individualized and decided by a committee that includes a child's parents. All special education services are provided at no cost for eligible children.

Who is Eligible for Early Childhood Special Education Services? A child (3 years old and older) with a suspected need for Early Childhood Special Education services can be referred to their local school system for eligibility determination. An assessment is done within 50 instructional days at no cost to the family to see if a child qualifies for special education services under any of the eligibility categories:

OBJ

What Services are Available? Early Childhood Special Education Services are individualized to meet the educational needs of the eligible child. Individual Education Plans may include preschool instruction, related services, or other supports as needed. Plans are created by Case Conference Committees that include a child's parent.

Starting Early Childhood Special Educations

Parents who have any concerns about their child's development, or know that their child has a disability, may request an evaluation by contacting their local public school and making a verbal or written request to "Licensed Personnel" (Principal, teacher, social worker, psychologist, or administrators) that their child be evaluated for Early Childhood Special Education. Families who are unsure of whom to contact in their community can contact the Indiana Department of Education, 317-232-6610, to find their local information or contact **SIEOC Head Start at 812-926-3190 and ask for the Disabilities Coordinator.**

If a child is enrolled in Indiana's First Steps program prior to turning 3, the request for evaluation can be a part of the transition process.

Cost

Early Childhood Special Education Services are a part of a federally mandated "Free and Appropriate Public Education" for eligible children with disabilities and are provided at no cost.

What about Summer?

Early Childhood Special Education services are provided following the local community's school year calendar. It is important to note that the timeline for assessments use instructional days, which are days during which school is in session. Once a child is found eligible for Early Childhood Special Education Services the Case Conference Committee will consider if there is a need for services beyond the typical school calendar called, "Extended School Year Services."

Where to Learn More:

Indiana Department of Education (IDOE) The Indiana Department of Education provides leadership and state-level support for public school programs for students with disabilities from ages 3-21. Phone: 1-317-232-6610

IDOE Website: http://www.doe.in.gov/specialed

Navigating the Course, Indiana's Parent Guide to Article 7:
https://www.doe.in.gov/sites/default/files/specialed/navigating-course-art-7- revisions-2019.pdf

IN*SOURCE

IN*SOURCE, the Indiana Resource Center for Families with Special Needs, provides parents, families, and service providers in Indiana with the information and training necessary to help assure effective educational programs and appropriate services for children and young adults with disabilities. Phone: (800) 332-4433

IN*Source Website: http://insource.org/

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DISABILITIES AND MENTAL HEALTH cont.

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HEALTH

LEAD poisoning Know the Facts

Lead poisoning is caused by swallowing or breathing lead. Children under 6 years old are most at risk. If you are pregnant, lead can harm your baby.



FACT Lead can cause learning and behavior problems.

Lead poisoning hurts the brain and nervous system.
Some of the effects of lead poisoning may never go away.

Lead in a child's body can:

- Slow down growth and development
- Damage hearing and speech
- Make it hard to pay attention and learn

FACT Most children get lead poisoning from paint in homes built before 1978.

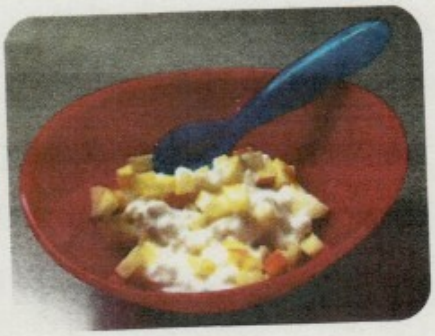
When old paint cracks and peels, it makes dangerous dust.
The dust is so small you cannot see it. Most children get lead poisoning when they breathe or swallow the dust on their hands and toys.

FACT A lead test is the only way to know if your child has lead poisoning.

Most children who have lead poisoning do not look or act sick.
Ask your doctor to test your child for lead.

NUTRITION

Cottage Cheese and Apples



Ingredients

½ apple
½ cup low-fat or fat-free cottage cheese

Directions

1. Cut the apple into bite-size pieces and place in a small bowl.
2. Mix the cottage cheese with the apple pieces.

Makes 1 serving

Safety tip: To prevent injuries, an adult should slice ingredients.





