

The Health Office of Floyd County Head Start

Date: _____ Child's Name: _____ Room #: _____

Dear Guardian,

Here at Head Start the health staff are here to partner with you to give your child a healthy school year. **This letter serves as an example of what a letter may look like that could be sent home with your child if health items are missing.** We also make reminder phone calls and/or send messages when the need arises to help keep your child healthy and successful during the school year.

- ☐ **Early Head Start Well Child Check** – Completed for 12 15 18 24 30 36 months
Appointment Date: _____

Doctor/Office Name

Phone Number

- ☐ **Head Start Well Child Check** – Exam completed within the past year
Appointment Date: _____

Doctor/Office Name

Phone Number

- ☐ **Immunizations** – Your child needs:

MMR Polio (IPV) Chicken Pox (Varicella) Hep B DTaP HIB PCV Hep A

Appointment Date: _____

Doctor/Office Name

Phone Number

- ☐ **Lead Test Results** – Completed for 12 24 months
Appointment Date: _____

Doctor/Office Name

Phone Number

- ☐ **Hemoglobin Test Results** – Completed for 9 24 months
Appointment Date: _____

Doctor/Office Name

Phone Number

- ☐ **Dental Exam** – Exam completed within the last 6 months _____ **Dental Treatment**
Appointment Date: _____

Doctor/Office Name

Phone Number

- ☐ **Health/Dental Insurance**

Name: _____

ID #: _____

Attached to this letter we have also included our General Wellness Screening, School Menu, and our Monthly Health Newsletter.

If you have any questions please contact the health office and we will be happy to assist you.

EHS Health Assistant

HS Health Assistant

School Nurse

812-948-6981, ext. 1111

812-948-6981, ext. 1216

812-948-6981, ext. 1104

General Wellness Screening for Parents

Every morning before you send your child to school please check for signs of illness:

☐

FEVER 100.4° OR CHILLS

☐

DIARRHEA, NAUSEA OR
VOMITING, ABDOMINAL PAIN

• If you check any of the boxes, **DO NOT** send your student to school. Instead, please keep your student home until they are 24 hours symptom free without the use of medication.

• Follow your school policy for returning to school.

• Call the health office to discuss when your child should return to school.



COUGH* OR SHORTNESS OF BREATH
*especially new onset, uncontrolled cough



HEADACHE*
*particularly new onset of severe
headache, especially with fever



SORE THROAT

• Does your child have any sign of illness above?

• If yes, consider their history. For example, does the child have a chronic health condition (allergies, asthma) that can mimic a viral illness? If severe, keep your student home until symptoms improve. If unsure, call the health office to discuss your child's symptoms at (812) 948-6981.



HeadStartNews

Food Allergies

Only about six to eight percent of children have a true food allergy. Food allergies are most evident in the first years of life and are often outgrown by adulthood. Most commonly, children are allergic to: cow's milk, egg whites, soy, peanuts, tree nuts (walnuts, cashews and almonds), wheat and shellfish (shrimp).



A child who has a food allergy is often allergic to other inhaled substances such as dust, cat dander and pollen, or are more likely to develop such allergies later in life. Anyone can develop an allergy, but children of allergic parents are more likely to have allergies.

The first symptoms of a food allergy may be itching in the mouth or swelling of the lips or tongue. After the food is digested in the stomach, symptoms may include vomiting, stomach pain or diarrhea. Reactions may then result in hives or eczema, coughing, wheezing or trouble breathing. Reactions usually begin within a few minutes to an hour after eating the food. Although it's rare, a food allergy can lead to death. Allergies to tree nuts and peanuts are

the leading cause of fatal (or near fatal) allergic reactions in children.

Sometimes a reaction to food isn't an allergy, but food poisoning. Or a reaction to milk products can be lactose intolerance. Lactose intolerance is not a true food allergy.

To reduce or delay food allergies:

- Exclusively breast feed infants for at least six months.
- Avoid feeding infants solid foods until they are six months of age.
- Introduce solids one at a time, three to four days apart, in case a reaction occurs.
- Cow's milk, wheat, corn, citrus, nuts and soy should not be given to a child before the age of one.
- Wait until a child is two years old before introducing eggs and fish, and offer peanuts only after age three.

If you think your child has a food allergy, stop offering the suspected food and see your health care provider.

Breakfast Bars



Many breakfast bars are high in fat and sodium. Read labels on breakfast bars; some are just like candy bars.

What You Need:

- 2 cups all bran or granola cereal
- 1 cup diced apples
- 3/4 cup flour
- 3/4 cup applesauce
- 1 teaspoon baking powder
- 1/2 cup margarine, melted
- 1/4 teaspoon salt
- 1 egg
- 1/4 cup honey (remember honey is not for children under the age of one)
- 1 teaspoon vanilla
- 1 banana, mashed

How To Fix:

1. Combine all ingredients.
2. Spread into greased 11 x 7-inch baking dish. Bake 25 minutes at 350° F, until a toothpick comes out clean.
3. Cool and cut into squares. Sprinkle with powdered sugar. Makes 12. (125 calories and 6 grams fat per bar)

Raw Beef Warning

Salmonella, E-coli, Listeria and Staphylococcus are harmful bacteria that can be present in any food of animal origin.

Harmful bacteria is more likely present in ground beef because more meat is exposed to bacteria when it is ground.



Do not eat raw or undercooked ground beef. To destroy bacteria, meat must be cooked to 160° F. Meat will be well done and no pink present at this temperature. This includes ground

beef used in casseroles, meatballs and meatloaf.

Harmful bacteria in ground beef can be killed in a microwave. But microwaves don't cook meat evenly, so hamburger must be covered and rotated halfway through cooking. Harmful bacteria is not killed by freezing, and it's not safe to partially cook ground beef for later use.

Symptoms of foodborne illness can be very serious. Children and senior citizens are most at risk.

Finger Games

Songs and finger plays are a fun way to improve a child's small motor, listening and language skills. Children are eager to learn and sing silly songs. Below are two songs. Find more songs and finger plays in books at a public library.

Clap, clap, clap your hands
As slowly as you can.

Clap, clap, clap your hands
As quickly as you can.

Change clap to shake, roll, rub or wiggle your fingers.

Right hand, left hand
This is my right hand,
I'll raise it up high. (right hand up)
This is my left hand,
I'll touch the sky. (left hand up)

Right hand, (show right palm)
Left hand, (show left palm)
Roll them around (roll hands over
and over)

Left hand (show palm)
Right hand (show palm)
Clap, clap, clap (clap hands)

Small Muscle Movements

Small-muscle movements involve smaller body parts, such as the fingers. Examples of small motor skills are using a spoon, holding a crayon and drawing. Small-muscle movements depend on eye-hand coordination. Hand movements must match what the eyes see.

- Around nine to 12 months, a baby masters picking up an object with his thumb and index finger. Cheerios and frozen peas placed on a high-chair tray let a child practice this small-muscle movement.
- Between the ages of two and three, children can use a spoon, put on and remove simple clothing and zip a large zipper.
- At three to four years of age, children learn to fasten and unfasten large buttons, use scissors, draw lines and circles, and eat food without assistance.
- Children between the ages of four and five use a fork, copy some letters and cut on a line with scissors.

All children develop motor skills at different rates—some slowly, others quickly. Consult your health care provider if your child is having difficulty with small-muscle movements.

The World of the Fetus

An unborn baby is called a fetus. Scientists have found that sounds echo through the amniotic fluid that surrounds the fetus. The fetus can hear music, the movement of mother's blood through the placenta, her heart beat and breathing. But a mother's voice is special to her baby after birth. Newborns can tell a mother's voice from anyone else's.



The unborn baby's eyelids unseal and begin to open and close during the sixth month. The fetus reacts to very bright light by becoming more active. Also during the sixth month, the fetus can taste bitter, sweet and sour flavors from fluids that cross the placenta. Scientists believe that an unborn baby becomes familiar with a mother's diet in the womb, so the breast milk flavor is familiar after birth.

Healthy Habits for Happy Smiles



Establishing a Bedtime Routine for Your Child

A regular bedtime routine helps your child know what to expect at the end of the day. Brushing your child's teeth with fluoride toothpaste as soon as the first tooth appears in the mouth is an important part of the routine.



Why is setting up a bedtime routine important?

- Brushing your child's teeth with fluoride toothpaste before bed removes bacteria from their teeth and prevents tooth decay (cavities). It also helps to set a toothbrushing routine that lasts a lifetime.
- Spending 15 minutes reading to your child every day can improve their language development. It can also help strengthen the bond between you and your child.
- Sleep is important for your child's health and well-being.

A bedtime routine for your child can include these simple steps:

1. **Tell your child it's time to get ready for bed.** Letting your child know it's bedtime begins the process for preparing them to relax and sleep.
2. **Brush your child's teeth.** For children under age 3, use a rice-size amount of fluoride toothpaste to brush teeth. For children ages 3 to 6, use a pea-size amount of fluoride toothpaste. After brushing, don't give your child anything to eat or drink before bed.



3. **Read a book with your child.** After brushing, read a book aloud to your child in a comfortable spot. As your child gets older, let them pick out a book or two to read.

4. **Put your child to bed.** After reading, put your child to sleep in their own bed.

Be consistent and patient. It may take time for your child to get used to the bedtime routine. Once the routine is set, bedtime will be calmer, quieter, and more fun for you and your child.

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ADMINISTRATION FOR
CHILDREN & FAMILIES



National Center on
Health, Behavioral Health, and Safety



TOMATO BASIL SOUP

- 2 TEASPOONS OLIVE OIL
 - 3 GARLIC CLOVES, MINCED
 - 3 CUPS FAT-FREE, LESSSODIUM CHICKEN BROTH
 - 3/4 TEASPOON SALT
 - 3 (14.5-OUNCE) CANS
NO-SALT-ADDED DICED
TOMATOES, UNDRAINED
 - 2 CUPS FRESH BASIL LEAVES,
THINLY SLICED
 - BASIL LEAVES (OPTIONAL)
1. HEAT OIL IN A LARGE SAUCEPAN OVER MEDIUM HEAT. ADD GARLIC. COOK 30 SECONDS, STIRRING CONSTANTLY. STIR IN THE BROTH, SALT, AND TOMATOES; BRING TO A BOIL. REDUCE HEAT; SIMMER 20 MINUTES. STIR IN BASIL.
 2. IF USING FRESH TOMATOES, ADD TO THE OIL AND GARLIC AND COOK 5-10 MINUTES. PLACE HALF OF THE SOUP IN A BLENDER; PROCESS UNTIL SMOOTH. POUR IN BOWLS, GARNISH WITH BASIL. 1
- YIELD: 4 SERVINGS (SERVING SIZE: 1 1/2 CUPS)

Adobe Spark



TOMATOES

TOMATOES ARE A FRUIT-NOT A VEGETABLE-BECAUSE THEY HAVE SEEDS AND GROW FROM A FLOWERING PLANT. THERE ARE OVER 7,500 VARIETIES OF TOMATOES GROWN AROUND THE WORLD. NINETY-THREE PERCENT OF AMERICAN GARDENERS GROW TOMATOES IN THEIR GARDENS. TOMATOES ARE A GREAT SOURCE OF VITAMINS A AND C, CALCIUM, POTASSIUM AND LYCOPENE, AN ANTIOXIDANT THAT IS GOOD FOR THE HEART AND PROTECTS AGAINST CANCER. COOKED TOMATOES PROVIDE MORE LYCOPENE THAN RAW. THE TOMATO CAN BE EATEN RAW OR AS AN INGREDIENT IN MANY DISHES AND SAUCES.

Welcome to 2025/2026 Head Start

We in the Health Office want you to know that we are here to partner with you in keeping your child healthy and up to date with their Well Child and Dental appointments. Throughout the school year, you will receive letters requesting updated health information, along with forms that need to be taken to your child's appointments and submitted to the Health Office. It is important that these forms are current and on file at all times. If you have any questions, please call us at 812-948-6981.

School Nurse – Mary Randall, RN Ext 1104

Head Start Health Assistant- Ext 1216

Early Head Start Health Assistant – Rene Guernsey, CNA Ext 1111



EXERCISING MADE EASY

EXERCISE CAN BE INCORPORATED INTO YOUR DAY. MONITOR YOUR ACTIVITIES FOR ONE WEEK AND IDENTIFY POCKETS OF 10 MINUTES TO SNEAK EXERCISE INTO YOUR DAY. STAIR CLIMBING IS A GREAT CARDIOVASCULAR WORKOUT AND CAN BE PERFORMED BY MOST PEOPLE REGARDLESS OF THEIR FITNESS LEVEL.

TIP: EVERY TIME YOU NEED TO USE THE ELEVATOR, FIND A SET OF STAIRS AND USE THEM!

Floyd County Head Start Birth to Five 2026-2027 Weekly Cycle Menu Age 1-5 years
Food items subject to change due to product availability.

	Monday	Tuesday	Wednesday	Thursday
Week 1 B	WG Blueberry Rice Chex Applesauce Milk	WG Blueberry Waffle Tropical Fruit Milk	WG English Muffin Egg Patty Mandarin Oranges Milk	WG French Toast Sticks Strawberries Milk
L	WG Chicken Drumstick Mashed Potatoes Green Beans Peaches Milk	Philly Cheese Steak on WG Bun Broccoli Cantaloupe Milk	HM Arroz Con Pollo Julienne Peppers w/Black Beans Banana Milk	WG Flour Tortilla Ground Beef Shredded Cheddar Cheese Shredded Lettuce & Salsa Corn Peaches Milk
S	WG Graham Crackers Milk	Cottage Cheese Diced tomatoes Water	WG Apple Cinnamon Muffin Milk	WG Cheddar Chex Mix Milk
Week 2 B	WG Cheerios Mandarin Oranges Milk	WG Sausage Biscuit Strawberries Milk	WG Oatmeal Peaches Milk	WG Banana Bread HS-Oranges EHS Mandarin Oranges Milk
L	Hamburger on WG Bun Sweet Potato Fries Peaches Ketchup Milk	Bean Burrito Mexicali Corn Applesauce Milk	WG Mandarin Chicken & Rice Cooked Carrots Pineapple Milk	Chicken Alfredo w/ WG Pasta Italian Vegetables Honeydew Melon Milk
S	WG Goldfish Crackers Milk	WG Blueberry Muffin Milk	Yogurt Mixed Fruit Water	WG Animal Crackers Milk

ALL food items are prepared per child's developmental level.

Milk: 1yr old= 6oz whole milk/2yr old= 6oz 1% milk/3-5yr old=8oz 1% milk per meal

Start Times: Breakfast 8:30 a.m. Lunch 11:15 a.m. PM Snack 2:15 p.m.

HM=Homemade

Bold=Child Nutrition or Product Formulation Sheet

 = Bean/Legume,  = Vitamin A,  = Vitamin C,  WG = Whole Grain

This institution is an equal opportunity provider.

07/9/2026

Floyd County Head Start Birth to Five 2026-2027 Weekly Cycle Menu Age 1-5 years
Food items subject to change due to product availability.

	Monday	Tuesday	Wednesday	Thursday
Week 3 B	WG Cinn Toast Crunch Pears Milk	WG Turkey Sausage Biscuit Pineapple Milk	Egg Omelet WG Toast HS-Orange EHS-Mandarin Oranges Milk	WG Confetti Pancake Applesauce Milk
L	WG Spaghetti w/meat sauce Cauliflower Mandarin Oranges Milk	WG Flatbread BBQ Chicken Broccoli Peaches Milk	WG Cheese Pizza Green Beans Strawberries Milk	WG Chicken Nuggets Cooked Carrots Cantaloupe Ketchup Milk
S	Yogurt HS Apple Slices EHS Applesauce Water	WG Banana Muffin Milk	WG Graham Crackers Milk	WG Cheddar Chex Mix Milk
Week 4 B	WG Cheerios Mandarin Oranges Milk	WG Breakfast Pizza Banana Milk	WG Sausage Biscuit Strawberries Milk	HM Spinach Egg Casserole WG Toast Pears Milk
L	WG Crusted Baked Fish Fillet Mixed Greens Applesauce Milk	WG Grilled Cheese Tomato Soup Broccoli HS-Orange EHS-Mandarin Oranges Milk	HM Sloppy Joe on WG Bun Sweet Potato Fries Tropical Fruit Milk	Chili WG Crackers Corn Pineapple Milk
S	WG Banana Muffin Milk	WG Animal Crackers Milk	WG Goldfish Crackers Milk	Hummus Carrot & Cucumber Sticks Water

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