

Head Start Family Newsletter



Domestic Violence

Key Facts:

- 2 to 4 million U.S. women are physically assaulted each year by their male partners.
- One-fourth to one-third of all U.S. women are at risk for experiencing domestic violence in their lifetime.
- Over 1/2 of female murder victims in the U.S. are killed by firearms in the hands of current or former male partners.
- Over 3 million U.S. children each year witness violence between their parents.

Literacy Express

Themes:

Growing Things: Plants & Seeds

Letter Sounds:

T, B, F, K

Concepts:

Material
(Solid/Liquid, Wet/Dry, Hard/Soft, etc)

DR. ZORBA'S LONGEVITY CORNER

NUTRITION FOR THE EYES To keep your eyes healthy, eat vegetables loaded with yellow pigments known as carotenoids (also called lutein and zeaxanthin). A large study of seniors found that those who ate foods containing these nutrients had a lower risk of age-related macular degeneration, a leading cause of blindness. Carotenoid-packed foods include yellow vegetables (such as squash, pumpkin, yellow peppers and carrots) and dark green vegetables (such as spinach, broccoli and zucchini).

"Whether you think you can or whether you think you can't, you're right." — Henry Ford

Domestic Violence affects not only women who are abused but also their children. Even if the child is not directly abused, the child can be profoundly affected by the violence they witness at home. Potential consequences of childhood exposure to domestic violence include behavior problems, decreased academic performance, increased anxieties, social problems, and aggression.



WATCH THOSE LIQUID CALORIES

A recent study found that people get 22 percent of their calories from beverages and that people who drink beverages with calories tend to eat more. **TIP:** If you're trying to lose weight, choose sugar-free beverages or water, which has zero calories.

If you are in a Domestic Violent relationship but are reluctant to take immediate action you are encouraged to develop a safety plan, because in most cases of domestic violence, the situation is likely to worsen if you do nothing.

**For immediate assistance call:
Shelter House
1-850- 863- 4777**

Happy Birthday!

Chautauqua
19-Charlie B.

Chipley
17-Lisa L.
23-Gage w.

Walton
7-DaVonte P.
10-Crysta S.
19-Kyle T.

Westville

