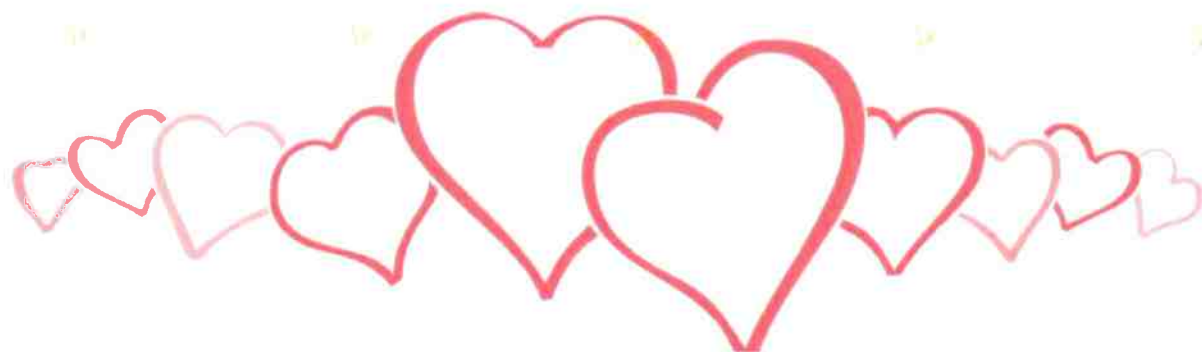


February Newsletter



Wood County Head Start—Vesper Center

February 4, 2019

Grandparents Day Valentine's Day Celebration

We will be hosting a Valentine's Day Celebration for Grandparents Day this year. The event will take place on Wednesday, February 13th. Please remember that this event is not only for grandparents, but for anyone special in your child's life that would like to attend.

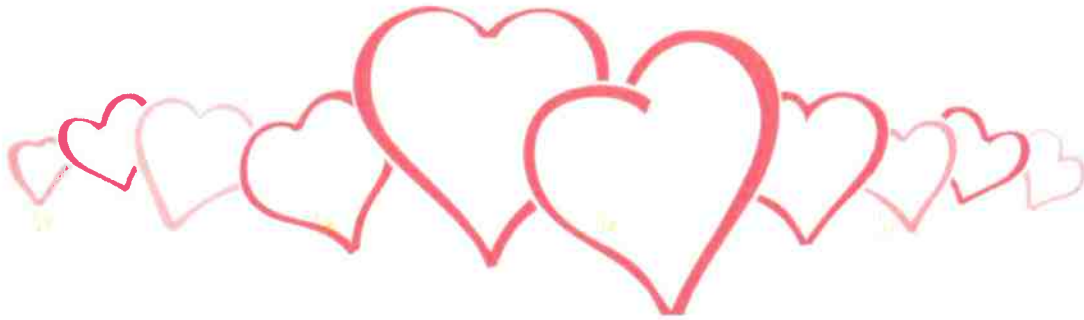
Please watch for an invite, we hope to see you there!



Upcoming Events:

February 8th: Infant / Toddler Closed— **Preschool still in session**

February 13th: Grandparents Day Valentine's Day Celebration



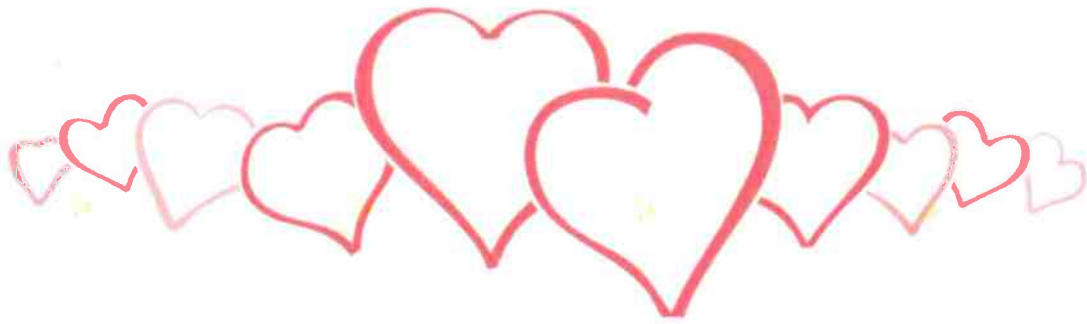
Policy Council Representatives

Policy Council is our Parent Board of Directors. They meet and approve all policy changes and all new hires and terminations. We would like to welcome and say “Thank you” to our 2018-2019 Policy Council Representatives. If you have a classroom or center issue you would like to discuss with another parent, please call your representatives.

Your Wisconsin Rapids Vesper Policy Council member is:
Jessica Swonger.....(920) 213-2323

Blood Lead Levels in Children

- Children can be given a blood test to measure the level of lead in their blood.
- Until recently, children were identified as having a blood level of *concern* if the test result is 10 or more micrograms per deciliter of lead in blood. Experts now use a new level based on the U.S. population of children ages 1—5 years who are in the top 2.5% of children when tested for lead in their blood (when compared to children who are exposed to more lead than most children).
- In the past, blood lead level tests below 10 micrograms per deciliter of lead in blood may, or may not, have been reported to parents. The new, lower value means that more children likely will be identified as having lead exposure allowing parents, doctors, public health officials, and communities to take action *earlier* to reduce the child’s future exposure to lead.
- What has *not* changed is the recommendation for when to use medical treatment for children. These new recommendations do not change the recommendation that chelation therapy be considered when a child is found with a test result of greater than or equal to 45 micrograms per deciliter of lead in blood.



Over the Kitchen Counter

Serve up a sweet and healthy treat for you and your family to celebrate Valentine's Day! These strawberry shortcake protein pancakes are so delicious and are perfect for breakfast as a family. Personally, I'm a fan of breakfast for dinner. No matter what time of day you eat these delicious pancakes, they won't disappoint!

Strawberry Shortcake Protein Pancakes



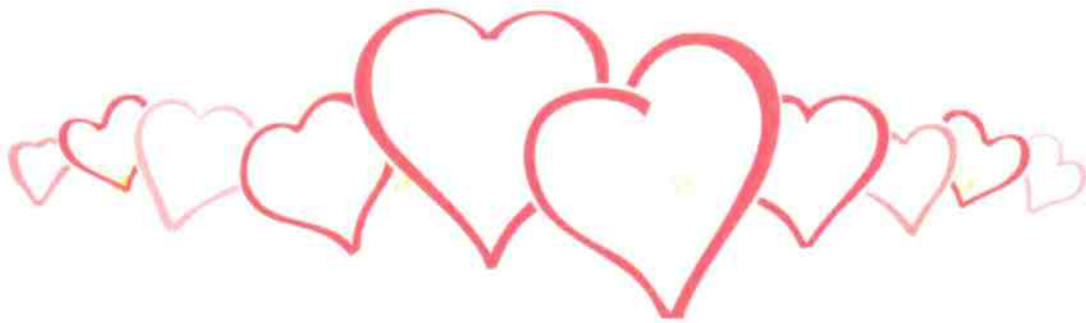
Ingredients:

- | | |
|---|---------------------------------------|
| 6 egg whites | 1 teaspoon honey |
| 1 cup strawberries (fresh or frozen, chopped) | 1/8 teaspoon sea salt |
| 1/4 cup oat bran (or sub oat flour) | 4-6 strawberries (sliced for topping) |
| 1/4 cup raw buckwheat flour | 1/8 teaspoon baking soda |
| nut butter or coconut whipped cream (topping) | |

Directions:

1. Add egg whites, chopped strawberries, oat bran, buckwheat flour, baking soda and salt to a blender. Pulse 5-6 times, until ingredients are just combined.
2. Spray a frying pan with coconut oil or other cooking spray. The pancakes will spread out, so using a smaller pan works well. Cook on low, covered for 5-7 minutes, until bubbles appear on top of pancake. Flip over, and cook for another 1-2 minutes. Top with berries, nut butter, or coconut whipped cream.



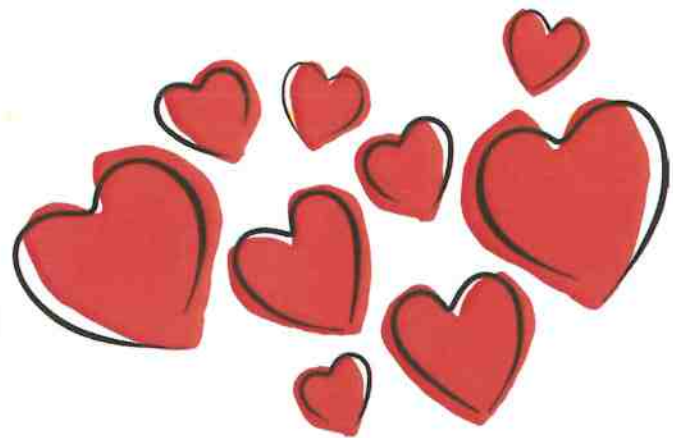


Important In-Kind Reminder

In-kind, or Parent Involvement, is very important to our program. As a condition of our grant, we are required to meet 25% of our grant back in In-Kind hours. For every hour that a parent or community member spends volunteering their time with our children we get \$9.89 towards meeting our goal. We come very close to meeting our goal each month, and it is because of all our amazing parents and volunteers. Remember to keep sending in the weekly Family Activity Forms, Monthly Activities and volunteering in the classroom when you have time.

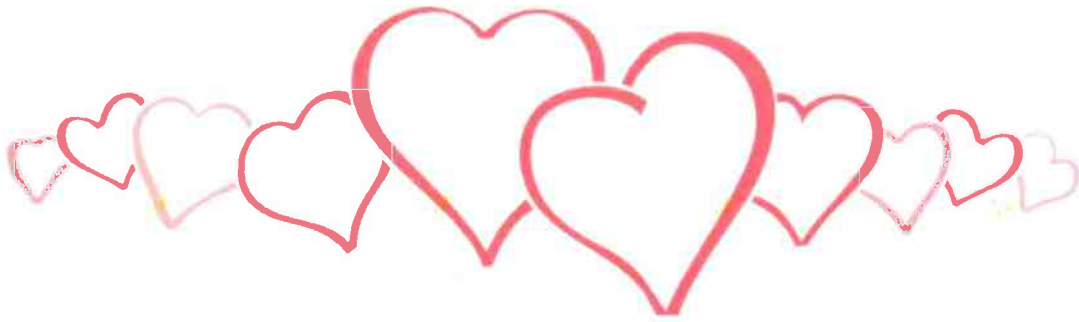
Parent Teacher Conferences

Parent Teacher Conferences are a great opportunity for you to be involved in your child's education. Conferences are a place for you to discuss your child's progress and challenges. You can expect to hear from your child's teacher about scheduling the conference in the near future if you haven't already.



Updated Health Records: Physicals, Dentals, Vision, Hearing

Please contact your Family Service Worker, Tricia, to make sure you are up to date with your child's health records for Head Start. If your child is in need of completing any health forms, or if you have any questions or concerns, please contact Tricia at 715-422-0423.



Community Events & Activities

Kiwanis Youth Outdoor Days

When: Saturday, February 9, 2019 from 10:00am—3:00pm

Where: **Nepco Lake Shelter**—1410 Griffith Avenue

What: Today's children are spending less time outdoors and interacting with the natural world. We feel it is important to encourage families to be active and set a foundation for our children to establish a healthy lifestyle. Through this program, the Kiwanis Club hopes to introduce families to activities that will help them become closer to nature. Activities include: fur trapping, ice fishing, ice skating, snowshoeing, broomball, cross-country skiing, an air rifle range, snowmobiling, and beagle dog trials. The event is **open to the public and is free of charge**. Lunch and prize drawing will be provided to all attendees, but you must be present to win. All equipment is provided at no cost. Come dressed in layers for the various activities. The park also has an excellent sledding hill, so don't forget to bring your sleds!

****Some events will depend on weather, snow, and ice conditions****

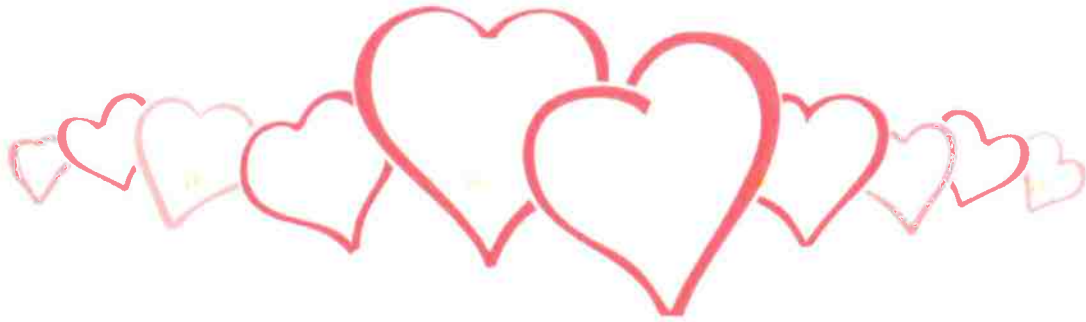
You Can't Stop What You Don't Know (Tall Cop Says Stop)

When: Wednesday, February 27, 2019 from 5:30—7:30pm

Where: **McMillan Library**—490 E Grand Ave, Wisconsin Rapids, WI 54494

What: **This is a free event**. This workshop is for adults, including educators, prevention providers, law enforcement, probation officers, treatment, counselors, and parents. If you have youth or young adults in your life between the ages of 9-21, you are highly encouraged to attend. This session will provide over 70 visual aids for attendees to hold and become familiar with. You will learn about several signs related to substance use including alcohol, tobacco, and nicotine-containing products, marijuana and THC concentrates, prescription and over the counter medication abuse, heroin, methamphetamine, inhalants, concentrates, and popular party drugs. There will be a **free meal** from 5:30—6:00pm and **childcare will be available during the presentation from 6:00—7:30pm**.





Conscious Corner:

A Parent's Guide to Conscious Discipline

This month, we will be diving into something that I'm sure all parents of toddlers have dealt with at one time or another: temper tantrums. Conscious discipline is an incredibly useful tool when dealing with an upset toddler.

Handling Temper Tantrums

"The core skill that will help you through a temper tantrum is keeping your cool. Your upset will only fuel your child's fire. Instead, use active calming techniques such as deep breathing to help manage these difficult, but developmentally normal fits.

As in any conflict situation, focus on what you want your child to do, model this behavior or state yourself, and notice any hint of success. In terms of tantrums, the behavior or state of being that you want from your child is "calm." Your job is to focus on "calm" and model calmness yourself. This may sound particularly difficult in the face of a screaming 3-year-old, but can we really expect a 3-year-old to keep his cool if we can't stay cool ourselves? Here's an example:

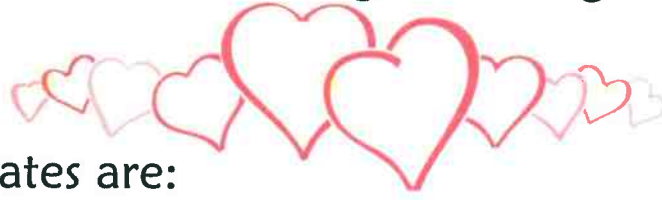
Your toddler wants a bag of candy he's spied in the grocery aisle. You say, "No." He crashes to the floor, screaming. You're feeling angry, embarrassed, exhausted, and at your wits end. You feel like everyone's looking at you.

First, take three deep breaths to help calm the stress response in your body. Then, discipline yourself with the affirmation "I'm safe. Keep breathing. I can handle this." Way to go! You've just set the internal foundation needed to teach your child how to handle frustration and become calm! Now you can address your upset child.

Be encouraging. Get down at eye level with him and say, "You can handle this. Breathe with me. You're safe." Scoop him up, hold him in your arms and breathe deeply with him. When his body relaxes a little, say, "There you go, you're calming down." Then tell him he has a choice, "You can sit in the cart and hold the list, or you can sit in the cart and hold your truck." Once he makes his choice, celebrate your success together, "You did it! You calmed yourself down and that's hard to do."

Information courtesy of: <https://consciousdiscipline.com/free-resources/discipline-tips/>

Wisconsin Rapids Public Schools 4-Year-Old Kindergarten Registration



Registration Dates are:

Thursday, February 7, 2019 from 12:00pm to 4:30pm

Friday, February 8, 2019 from 8:30am to 12:30pm

How to Register:

- ◇ Your Child must be 4 years old by September 1, 2019.
- ◇ At the time of registration you will be able to indicate your site preference. Tentative sites for the 2019-2020 school year are Building Blocks Learning Center, Grant, Grove, LOT w/BBLC, Mead, THINK, St. Lawrence, and Woodside, as well as Biron Head Start. Biron Head Start is reserved for Head Start students only.
- ◇ For questions about 4-year-old kindergarten, call Kelly Schaeffer at (715)-424-6788, ext. 2701 or Ann Killian at (715) 424-6721 ext. 1058.
- ◇ **Parents may register at any of the available locations, which are: Grant Elementary, Grove Elementary, Howe Elementary, Mead Elementary Charter, THINK Academy, Vesper Community Academy, Washington Elementary, Woodside Elementary, Building Blocks Learning Center, LOT w/BBLC, St. Lawrence, or Biron Head Start (Head Start parents only at Biron).**

What You'll Need:

For **all** registrants, bring these item with you:

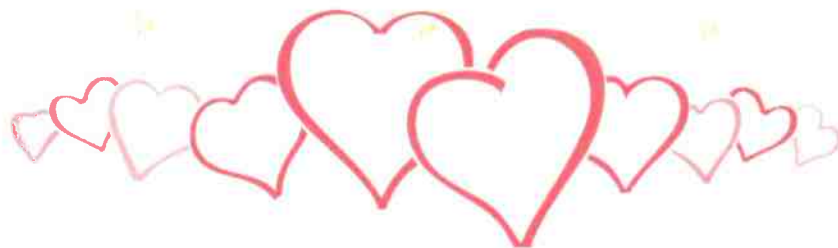
Immunization Record

Your child's certified birth certificate, baptismal certificate, passport, or immigration certificate.

For your convenience, you may pre-print your registration documents and complete preliminary paperwork at home. Go to www.wrps.org to find the registration forms.

Early admission procedures begin with a request to the Pupil Services Department (715-424-6724) where paperwork will then be forwarded to you. The deadline for early admission is **May 1** prior to the beginning of the school year.

Wisconsin Rapids Public Schools 5-Year-Old Kindergarten Registration



Registration Dates are:

Thursday, February 7, 2019 from 12:00pm to 4:30pm

Friday, February 8, 2019 from 8:30am to 12:30pm

How to Register:

- ◇ Your child must be 5 years old by September 1, 2019.
- ◇ **Parents must register at their public school attendance site.** If you are not sure of your attendance site, please call Ann Arendt at (715) 424-6700.
- ◇ **If your child is currently enrolled in 4-year-old kindergarten, you do not need to register for 5-year-old kindergarten on the dates listed above.** Your child should have brought home a registration packet for you to complete and return to their current 4-year-old kindergarten teacher. If not, please ask your child's teacher.

What You'll Need:

For **all** registrants, bring these item with you:

- **Immunization Record**
- **Your child's certified birth certificate, baptismal certificate, passport, or immigration certificate.**

For your convenience, you may pre-print your registration documents and complete preliminary paperwork at home. Go to www.wrps.org to find the registration forms.

Early admission procedures begin with a request to the Pupil Services Department (715-424-6724) where paperwork will then be forwarded to you. The deadline for early admission is **May 1** prior to the beginning of the school year.

Early Years

WORKING TOGETHER FOR A GREAT START

February 2019

Wood County Head Start



KID BITS

Staying safe

Talking to your youngster about stranger safety is crucial. But it's also important to let him know he should tell you if anyone—stranger or not—makes him feel uncomfortable. Also, explain that he needs your permission to go someplace with anyone, even if it's a person he knows.

Sibling squabbles

It's normal for siblings to fight. But when you need a break from the latest chorus of "She's staring at me!" try this. Rather than refereeing, calmly send your children to play in separate areas until they cool down. They'll get the message that you won't take sides in an argument.

Try, try again

When you make a simple mistake, ask your youngster for advice. "Oops, I cut this wrapping paper too short. Any ideas for how to fix it?" Then, try his suggestion. Maybe he'll say you could tape another piece to the end. You'll show him that you value his opinion—and help him learn to persevere.

Worth quoting

"A good laugh is sunshine in the house." *William Makepeace Thackeray*

Just for fun

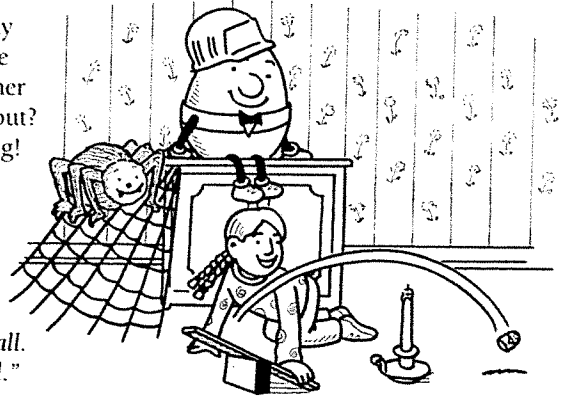
Q: You have four nickels in your pocket. Two fall out. What do you have in your pocket now?

A: A hole!



Nursery-rhyme engineering

How could Humpty Dumpty avoid cracking? How might the Itsy Bitsy Spider catch her dinner after climbing up the water spout? All it takes is a little engineering! Read nursery rhymes together, then try these projects that build your youngster's engineering skills.



Safety suit

"Humpty Dumpty sat on a wall. Humpty Dumpty had a great fall."

Hard-boil some eggs, and have your child design a device that would keep Humpty Dumpty safe. She might wrap "Humpty" in a sponge and use rubber bands to buckle him in. She could test her design by dropping Humpty on the floor. If he cracks, she can redesign and test again.

Candlestick catapult

"Jack be nimble, Jack be quick, Jack jump over the candlestick."

Suggest that your youngster create a catapult to launch Jack safely over a candlestick. Set an unlit candle on the floor. Then, let her balance a ruler on a block (like a seesaw) and put a toy figure ("Jack") on one end. When she pushes

down on the other end, Jack "jumps" over the candle! If Jack doesn't make it, your child can make adjustments.

Sticky spiderweb

"The Itsy Bitsy Spider climbed up the water spout. Down came the rain and washed the spider out."

Have your child stack three craft sticks, fan them out, and glue them together in the center. Then, she can weave yarn around them into a "spiderweb." Will the web catch the spider's dinner? To test her design, she could crumple paper into tiny balls (to represent flies) and toss them at the web while you hold it up. Encourage her to reinforce any holes with more yarn if a fly gets through.♥

I ♥ you

Strong parent-child bonds provide little ones with a sense of security and boost their confidence. Give your youngster a case of the "warm fuzzies" with these tips for saying "I love you":

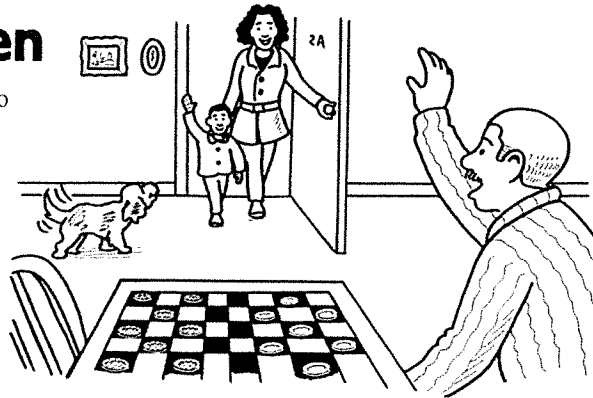
- Use a comparison: "I love you like ___ loves ___." For example, "I love you like Winnie the Pooh loves honey."
- Set aside a special time with your child and do his favorite activities, such as visiting a playground.
- Invent a secret "I love you" signal for each other, perhaps squeezing his hand three times.
- Write a love note to your youngster, and seal it in an envelope. Deliver his "mail" to him in person.♥



Be a good citizen

It's easy to encourage your child to become a good citizen. These ideas will show how obeying rules, serving others, and taking care of property make your community a safer, more pleasant place for everyone.

Point out rules you follow. When you walk the dog on a leash, buckle your seat belts, or use a crosswalk, point out that you're being good citizens. Ask him how obeying laws like these keeps people (and pets!) safer. He might say that the leash prevents his puppy from running into the street.



Reach out to others. Let your child do age-appropriate community service. For instance, if a family loses their home in a fire, have him help you pick out a toy to donate. Or take him with you to play a game or do a craft with an older neighbor who lives alone.

Show respect for property. Together, think of ways you each take care of property you share with others. Maybe your

child will say he returns library books on time so others can read them. And you might tell him how you refill the copier paper at work if you notice it's running low.♥

ACTIVITY CORNER

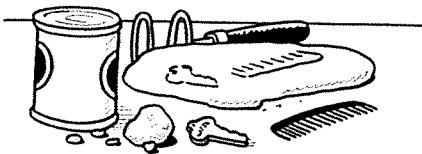


PARENT TO PARENT

Make healthy snacks together

Good impressions

All you need are household objects and play dough for this activity. Your youngster will practice paying attention to detail—an important skill for identifying letters and numbers. Here's how.



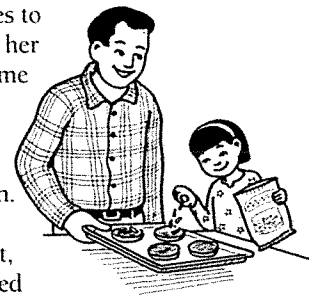
1. Gather items that can be used to make impressions in play dough. Good examples include coins, a key, a comb, a potato masher, and small toys.
2. Let your child roll the dough flat. While she keeps her eyes closed, choose an object, and press it in the dough to make an impression.
3. Now she can open her eyes and try to identify the item you used by comparing the objects to the impression.
4. Once she figures it out, let her roll out the dough again and make a print for you.♥

Since my daughter Sophia loves to play chef in her toy kitchen, I decided to encourage her to cook for real. I thought this would help her become more independent—and eat better, too.

Now when she comes home, we fix a nutritious snack together. Sometimes we use a recipe, but most of the time we get creative and come up with our own.

One of our favorite snacks is mini pizzas. Sophia puts whole-wheat English muffins on a cookie sheet, spoons pizza sauce on top, and sprinkles on shredded low-fat mozzarella cheese. Other times we make “ants on a log”—she spreads cream cheese on celery sticks and tops them with raisins.

Sophia gets a kick out of “cooking,” and I like knowing that she's eating healthy snacks.♥



Q & A

Is my child on target?

Q: My son seems to pick up some skills more slowly than his classmates do. His teacher said he shows no signs of a developmental delay, although I can't help but worry. What should I do?

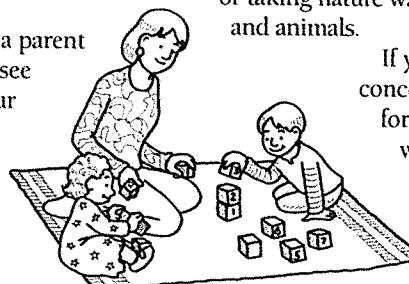
A: You can feel confident that your son's teacher observes students closely to discover what they know—and whether they need extra help.

However, it's hard as a parent not to worry when you see other kids do things your child is still working on. It may help to keep in mind that children learn and develop at different rates. One student might pick up

counting right away while another might learn to write his name first.

Try focusing on helping your son develop a love of learning. Show interest in the work he brings home. Snuggle up and read aloud to him. And do playful learning activities together, such as singing counting songs, building with blocks, or taking nature walks to observe plants and animals.

If you continue to have concerns, ask the teacher for a conference. She will update you on your son's progress, and you can ask about ways to help him at home.♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-3052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
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February 2019

Wood County Head Start, Inc.
This institution is an equal opportunity provider

Mon	Tue	Wed	Thu	Fri
		<p><i>*Morning session receives Breakfast and Lunch. Afternoon session receives Lunch and Snack. All-day sessions receives Breakfast, Lunch and Snack.</i></p> <p>Milk is served with meals (occasionally juice may be served at snack instead of milk to 1-5 year olds). Unflavored whole milk is served to 1 year olds; Unflavored 1% milk is served to 2-5 year olds. Water is available throughout the day.</p> <p>WG=Whole Grain; Bold=Whole Grain item; HM=Homemade</p>		<p>1 WG Waffles Sticks Pears</p> <p>Ham & Cheese on a Pretzel Bun, Scalloped Potatoes Green Beans Mandarin Oranges</p> <p>HM Cinnamon Pita Chips Fruit Salsa</p>
<p>4 <i>I/T Only</i> WG Kix Cereal Mixed Fruit</p> <p>Cheese Ravioli with Meatsauce Garlic Bread Peas Peaches</p> <p>WG Animal Crackers</p>	<p>5 French Toast Applesauce</p> <p>HM Pizza Quesadillas on a WG Tortilla Rice Pilaf Veggies & Dip Fresh Pineapple</p> <p>Yogurt, WG Granola Bananas</p>	<p>6 Crispix Cereal Oranges</p> <p>HM Chicken Alfredo Cottage Cheese WG Breadsticks Broccoli Fruit Mix</p> <p>Pretzels, WG Goldfish Crackers with Peanut Butter</p>	<p>7 WG Pancakes, Peanut Butter, Bananas, Choc. Chips</p> <p>Meatballs in Gravy Mashed Potatoes WG Bread/Roll Mixed Vegetables Grapes</p> <p>String Cheese Crackers</p>	<p>8 <i>4K & All Day Preschool ONLY</i> WG Life Cereal Peaches</p> <p>Beef Softshell Tacos Cheese Salsa, Lettuce Tater Tots Mandarin Oranges</p> <p>WG Sun Chips</p>
<p>11 <i>I/T Only</i> WG Toasted Oats Cereal Mixed Fruit</p> <p>HM Breaded Chicken WG Bread/Roll Cheesy Tots Green Beans Pears</p> <p>Cheese Crackers</p>	<p>12 WG Apple Cinnamon Bars Bananas</p> <p>HM Beef Stroganoff Buttered Noodles Egg Rolls Peas Mandarin Oranges</p> <p>Cinnamon Toast Applesauce</p>	<p>13 <i>Vesper Breakfast</i> WG Pancakes Strawberries</p> <p>Tomato Soup WG Grilled Cheese Ham Veggies & Dip Melon Salad</p> <p>Trail Mix with WG Gold Fish Crackers</p>	<p>14 Special K Cereal Bananas</p> <p>Spaghetti Bake Cottage Cheese Garlic Bread Corn Fruit Salad</p> <p>WG Graham Crackers</p> 	<p>15 WG Oatmeal, Raisins Blueberries</p> <p>Baked Fish Sticks Rye Bread Baby Red Potatoes Apples & Dip</p> <p>Peanut Butter & Jelly WG Sandwich</p>
<p>18 <i>I/T Only</i> WG Life Cereal Mixed Fruit</p> <p>HM Macaroni & Cheese Diced Ham, WG Bread/Roll Cooked Carrots Pineapple</p> <p>Graham Crackers Peanut Butter</p>	<p>19 WG Pancakes Baked Cinnamon Apples</p> <p>Nachos w/ WG Tortilla Chips, Taco Beef, Cheese Lettuce, Salsa, Corn Fruit Mix</p> <p>Yogurt, Berries WG Granola</p>	<p>20 WG Kix Cereal Bananas</p> <p>WG Chicken Nuggets Rice Pilaf WG Bread/Roll Veggies & Dip Mandarin Oranges</p> <p>Cheese Breadsticks, Marinara</p>	<p>21 Bagels, Cream Cheese Fruit Salsa</p> <p>HM Chili with Noodles Crackers, Cheese Potato Smiles Pears</p> <p>WG Chocolate Chip Muffin Bars</p>	<p>22 Egg, Ham, Cheese on an English Muffin, Oranges</p> <p>Turkey with Gravy Mashed Potatoes WG Bread/Roll California Vegetables Peaches</p> <p>Cheese, Crackers</p>
<p>25 <i>I/T Only</i> Crispix Cereal Mixed Fruit</p> <p>Chicken Noodle Casserole with Peas & Carrots Hawaiian Roll Mandarin Oranges</p> <p>WG Blueberry Muffin</p>	<p>26 French Toast Peaches & WG Granola</p> <p>HM Cheese/Meat Pizza Cottage Cheese Lettuce Salad Fresh Pineapple</p> <p>WG Animal Crackers Bananas</p>	<p>27 WG Frosted Mini Wheats Strawberries</p> <p>Cheese Ravioli with Meatsauce Garlic Bread Green Beans Fruit Mix</p> <p>Soft Pretzels with Cheese</p>	<p>28 WG Waffles Bananas</p> <p>Cream of Potato Soup Diced Ham WG Breadstick Veggies & Dip, Apples</p> <p>Peanut Butter & Jelly WG Sandwich</p>	

**Infants and Toddlers (I/T) will be fed "on demand" according to their own feeding patterns and what is developmentally right for each child. Infants that are developmentally ready are provided with Infant Cereal by itself or w/fruit &/or vegetables as well as some of the menu items. Peanut butter is not fed to infants under 1 year according to Wisconsin State Licensing. Substitutes are provided for allergies.