



March Newsletter

Wood County Head Start—West Center

March 4, 2019

You're Invited to Dads Day!

We will be hosting a science themed Dads Day at the Vesper Center! Keep an eye out for an invitation that will be sent home. We invite all father figures, or anyone special in your child's life, to come to the Vesper Center for our Dads Day Celebration. The invitation will contain more specific information. Your attendance for this event helps us collect In-Kind for our program! We look forward to seeing you!

Date: January 13, 2019

Time: 8:30am—10:30am

Location: Head Start—Vesper Center

6263 Wisconsin Street

Vesper, WI 54489

Upcoming Events:

March 13th: Dads Day from 8:30am—10:30am

March 20th: Family Stress Presentation at Biron from 5:00pm—7:00pm

March 25th—29th: Spring Break—Head Start & Early Head Start Closed

April 1st: Early Head Start Resumes



In-Kind: Why it Matters

The Head Start program has provided many children and families with opportunities and resources that have helped them. In order for the Head Start program to operate, a grant is given for funding, but we are required to earn a part of our grant back through In-Kind.

In-Kind is the donation of time, space, or materials used in the program that would otherwise be purchased. When parents volunteer their time, such as helping in the classroom, attending special events, or donating items (clothes, toys, books, etc.), we are able to document that as In-Kind and count it towards our grant. Returning the pink weekly activity sheets also helps us reach our goal. For every hour that a parent or community member spends volunteering at our center, we get \$9.89 towards reaching our monthly In-Kind goals.

We appreciate you taking the time to help us to help your children.



Policy Council Representativess

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 2017-2018 Policy Council Representative. If you have a classroom or center issue you would like to discuss with another parent, please call your representative.

Your Wisconsin Rapids West Policy Council members are:
Jessica Swonger.....(920) 213-2323



Over the Kitchen Counter

In the spirit of St. Patrick's Day, I thought it would be appropriate to serve up some classic Irish comfort food. The best part about this recipe is the ease and convenience of being able to throw it in the slow cooker to forget about it until it's time to feast!



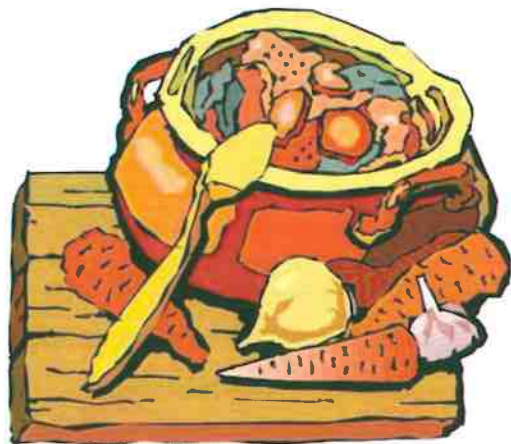
Crockpot Irish Stew

Ingredients:

1.5-2 lbs stew beef, cubed
1 (14oz) can diced tomatoes
1 (8oz) can tomato sauce
2 cups carrot slices
1 cup celery slices
1 cup onion slices
3/4 cup pearl barley
5 cups beef broth
1 tsp salt
1 bay leaf
1/2 tsp sage
1/2 tsp thyme
1/2 tsp pepper

Directions:

1. Combine all ingredients in slow cooker.
2. Mix well.
3. Cover and cook over LOW heat for 7.5-8 hours.





Parent Teacher Conferences

We are starting our winter parent teacher conferences. If you have not been able to set up a time to meet with your child's teacher, please do so as soon as possible. We would like to have a conference for every child to keep you updated on their progress here at Wood County Head Start!



Attendance Policy

Head Start requires that children keep an 90% average monthly attendance. Daily attendance is important in order for children to benefit the most from our program. If attendance becomes a consistent issue, a child may be dropped from the program.

We also ask that parents call or send a note if your child will be out of school. If a child is out and we have not heard from a parent, we will be calling to check on the child.

Suzanne's Infant / Toddler Room: **715-569-4992**



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

Public Planetarium Programs

When: Sunday March 10, and Sunday March 31 from 2:00pm—3:00pm

Where: **Allen F. Blocher Planetarium and the Arthur J. Pejsa Observatory**—2001 4th Ave, Stevens Point, WI

What: The Allen F. Blocher planetarium hosts a series of Sunday public planetarium programs throughout the year. All public programs are designed for a general audience. As a public service to the community **there is no admission charge** for the regularly scheduled programs. Seats are first come, first served for up to about 55 people. The Allen F. Blocher planetarium is located on the second floor of the Science Building, by the Foucault pendulum at UWSP. Access to the Arthur J. Pejsa Observatory is obtained by using the southwest stairwell in the Science Building and going to the fourth floor, **room D402**. Visitors are best advised to go to the third floor and follow the signs to the observatory by accessing the southwest stairwell. **Parking spots for visitors are available in Lots D or E or along the adjacent Stanley Street.** There is a map available online if needed: www.uwsp.edu/campusMap

Family STEAM—Crumpled Paper Art

When: Tuesday, March 5, 2019 from 6:30pm—7:45pm

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

What: Turn crumpled pieces of paper into colorful artwork in this fun paper art for kids inspired by the children's book *Ish* by Peter H. Reynolds. **This event is free of charge.**

Historic Point Basse Sugar Bush

When: Saturday, March 23, 2019 from 10:00am—4:00pm

Where: **Historic Point Basse Site**—300 Wakely Road, Nekoosa, WI 54457

What: Observe maple sap being cooked down in a large kettle over an open fire to make syrup. Observe maple sap being boiled down using a log as Native Americans would have done. Watch as the maple syrup is cooked down more to make maple sugar. If the trees are running, help gather the sap, then sample some 100% maple syrup on a silver dollar sized buckwheat pancake in the Wakely House. **Adults are \$3.00, students are \$1.00, and preschoolers are free of charge.** For further information call 715-459-1722.



Conscious Corner:

A Parent's Guide to Conscious Discipline

Last month we dove into some strategies you can use while your child is having a temper tantrum. For March, I thought it would be helpful to talk about some strategies to use when you think your child is on the verge of a tantrum, with the hopes that the tantrum may be avoidable.

Anticipating Temper Tantrums

“Let’s face it: some situations are more likely to evoke upset than others. The keys to navigating these rough waters are composure, assertiveness, encouragement, and choices. First and foremost, you must remain calm and in control of your own internal state. Breathe deeply and use affirmations to assist yourself in this process. Next, focus on assertive language with your child. Give an assertive command that paints a picture of what you want the child to do. For example, “It’s time to get out of the tub. Reach your hands up to the towel.”

If the child complies, say, “You’re doing it! Your arms are up just like this (model for the child).”

If the child refuses, say, “I’m going to help you start getting out.”

If the child complies this time, say, “That’s it. You’re doing it. It’s hard to stop when you are having fun.”

If the child refuses and turns or jerks away, notice the child’s body by saying, “Your arms went like this (demonstrate) and your head went like this (demonstrate).”

When your child looks to see what you are doing, take a breath and say, “There you are!” Then offer two positive choices such as, “You can get out of the water and into the towel or you can pull the plug and then get into the towel. Which do you choose?”

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

When you notice your child is on the verge of a tantrum, it is always helpful to take note of your own emotional state. Do you feel your own emotions escalating as your child’s are? This is a perfectly natural response, just take a deep breath and remember that your child’s behavior is happening in front of you, it is not happening to you. Sometimes your little ones just need a little help from you to learn how to regulate their emotions.

Early Years

WORKING TOGETHER FOR A GREAT START

March 2019



Wood County Head Start

KID BITS

Everyday math

Work math words like *bigger*, *smaller*, *more*, and *fewer* into everyday conversations with your youngster. You'll help her begin to understand math concepts and make comparisons. For instance, ask her which of her toy dragons is *bigger* and which is *smaller* or whether she has *more* or *fewer* red socks than blue socks.

Calming down

When your child needs to settle down, try this strategy. Sing a song together several times. Each time you repeat the song, get a little quieter, until you are singing in a whisper. You'll probably notice that your youngster is calmer. *Tip:* Suggest that he do this by himself when he is angry or upset.

Career day

Children love learning about the jobs that grown-ups do. Ask your youngster's teacher if you could volunteer to talk to the class about your job. Or see if you can arrange a field trip to your business. Your child will be proud to "share" you and your job with her teacher and classmates.

Worth quoting

"One person can make a difference, and everyone should try."

John F. Kennedy

Just for fun

Q: What has two legs but cannot walk?

A: Your pants!



Reasons for writing

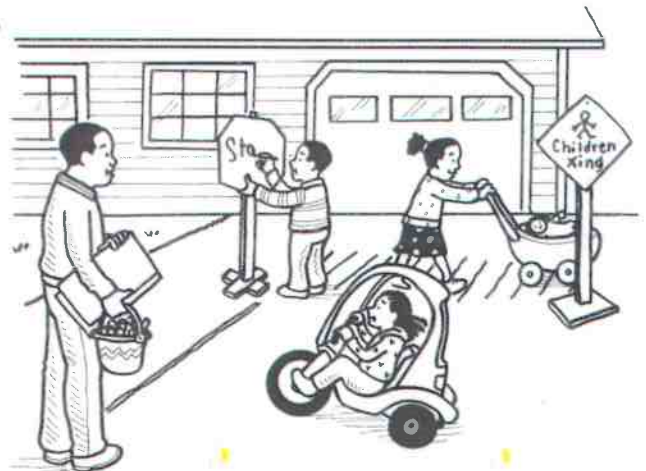
Those squiggles, letters, or invented words that your child writes show he understands that print has meaning. Encourage his efforts by finding more reasons for him to write. Consider these ideas.

Make a sign

Imaginary play offers plenty of chances to write. Your little one might make road signs for his toy cars or a menu for his pretend restaurant. To get ideas, he could look for road signs when you drive around town and write them down ("Stop," "Children Playing"). Or maybe he'll copy the names of foods from packages in your kitchen ("coffee," "waffles").

Keep a journal

Before going to sleep, suggest that your youngster record a memory in a notebook about something he did that day. First, write a fill-in-the-blank sentence for him. *Example:* "Today we went to Jack's house.



The best part was ____." Then, help him print the rest of his memory ("building a tent").

Write captions

When your child draws a picture, ask him to write a caption about it underneath or on the back. You can tell him how to spell the words he wants to write himself, or perhaps he'll dictate the caption to you. If he draws a boat, he might write, "This is the boat I want to sail on this summer."♥

Table manners

Family mealtime is a good opportunity to practice being polite. Use these tips to help your child discover that good manners make a meal more pleasant:

- Encourage your youngster to ask politely for food rather than reaching across others to get it. *Example:* "Please pass the salad."
- Dinner conversations teach your child to listen without interrupting. Let everyone have a chance to share something during the meal, and remind your youngster to wait until others finish before she speaks.
- Discuss ways to be polite even if she doesn't like what's served. She might take a small amount and try a few bites. Explain that words like *yucky* and *gross* aren't polite to the person who cooked the meal or to others who are enjoying the food.♥



How to talk about bullying and teasing

Did you know that bullying can start as early as preschool? That means it's never too early to bring up the topic with your little one. Here's how.

Define it. Give your youngster a clear idea of what bullying looks like or sounds like. For instance, if someone repeatedly calls your child names, hits or pushes her, or deliberately leaves her out, that's bullying.



Read books. Stories make good jumping-off points for discussions. Ask your librarian for books about bullying, such as *Strictly No Elephants* (Lisa Mantchev) or *The Recess Queen* (Alexis O'Neill). Read them aloud, and point out how the characters handled things. What might your youngster do in the same situation?

Make it okay to tell. Let your child know that the first thing to do if she is dealing with bullying is to go to a grown-up for help. Remind her that telling about bullying is not the same as tattling—telling is to get someone out of trouble, while tattling is to get someone in trouble.♥

ACTIVITY CORNER

Bigger, better bubbles

Turn bubble-blowing into science with this experiment.

Materials: 2 *tbsp.* dish soap, 1 *tbsp.* light corn syrup, $\frac{3}{4}$ *cup* water, bowl, spoon, pipe cleaners, timer, paper, pencil

Let your child stir together the dish soap, corn syrup, and water in a bowl. Next, let him make a bubble wand by bending a pipe cleaner to form a loop.



Have him dip his wand into the solution and gently blow to create a bubble. Time how long it lasts before it pops, and record the result.

Then, he can experiment with changing the solution. He might use different amounts of ingredients or leave one out. Help him write down each "recipe." To test them, he should blow a bubble from each new solution, time how long each bubble lasts, and record the results. He'll be using science to discover the best bubble formula!♥



PARENT TO PARENT

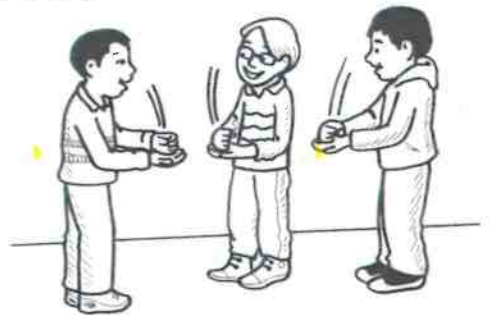
Think creatively

My son Miguel recently learned a fun version of rock, paper, scissors in school. The point is to stretch kids' creative thinking, and now Miguel and his friends play it all the time.

To play, the kids all tap their fists on their palms four times. They say "rock" on the first tap, "paper" on the second, and "scissors" on the third. And the fourth time, they each name any object. For instance, Miguel said, "Rock, paper, scissors, pizza!" while his friend said, "Rock, paper, scissors, book!"

Now each player makes an argument for why his object "wins." Miguel said you need food to survive, and his friend argued that you can read books to learn to make any kind of food.

I love hearing the creative arguments that the children come up with, and they're getting good at defending their ideas.♥



Q&A

Avoid overscheduling

Q: I'd like to sign my daughter up for extracurricular activities this spring. How many should I let her choose?

A: Structured after-school activities have many benefits. Your daughter will learn about teamwork and build communication skills while she socializes with other children.

On the other hand, kids this age need plenty of free time to play, so consider starting with

just one activity. She'll get more out of one team or class that she loves than from two or three that wear her out.

To help your child pick an activity, talk to her about what she likes to do (play catch, tumble, arts and crafts). To find out about offerings, stop by the school office or community center, or visit the parks and recreation department's website.♥



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
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www.rfeonline.com
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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><i>1 No All day or I/T class</i></p> <p>Cornflakes Cereal Oranges</p> <p>Sweet & Sour Meatballs Buttered Noodles WG Bread/Roll Peas Fruit Salad</p> <p>WG Tortilla Chips, Salsa</p>
<p>4 WG Kix Cereal <i>I/T Only</i> Mixed Fruit</p> <p>HM Spaghetti Bake Garlic Bread Green Beans Pears</p> <p>Crackers Cheese Slices</p>	<p>5 WG Pancakes Strawberries</p> <p>HM Macaroni & Cheese Diced Ham Eggroll Broccoli Apples</p> <p>WG Chex Mix Fruit Salsa</p>	<p>6 Special K Cereal Bananas</p> <p>Hamburgers on a WG Bun Cheese Slices, Pickles Baked Beans Carrots & Dip Oranges</p> <p>Cheese Breadsticks Marinara</p>	<p>7 WG Waffles Blueberries</p> <p>HM Breaded Chicken Tenders Rice Pilaf WG Breadstick Peas Peaches</p> <p>Yogurt Parfaits with Bananas & WG Granola</p>	<p>8 WG Cinnamon Apple Muffin Bars, Applesauce</p> <p>Pork Roast Mashed Potatoes, Gravy WG Bread/Roll Corn Mandarin Oranges</p> <p>Pretzels, WG Goldfish Crackers w/ Peanut Butter</p>
<p>11 Crispix Cereal <i>I/T Only</i> Mixed Fruit</p> <p>English Muffin Pizzas WG Breadstick Mixed Vegetables Peaches</p> <p>WG Toast, Peanut Butter & Jelly</p>	<p>12 French Toast Strawberries & Blueberries</p> <p>HM Chicken & Cheese WG Quesadillas, Salsa Rice Pilaf Veggies & Dip Pineapple</p> <p>WG Animal Crackers Bananas</p>	<p>13 WG Life Cereal Mandarin Oranges</p> <p>HM Beef Stroganoff Buttered Noodles WG Bread/Roll Green Beans Melon Fruit</p> <p>Crackers Cheese Cubes</p>	<p>14 WG Oatmeal with Brown Sugar, Bananas</p> <p>HM Broccoli & Cheese Soup Turkey & Cheese on a Hawaiian Roll Lettuce/Tomato Grapes</p> <p>Bagels with Cream Cheese</p>	<p>15 WG Pancakes Baked Cinnamon Apples</p> <p>HM Lasagna Bake Garlic Bread Corn Tropical Fruit Salad</p> <p>Trail Mix with WG Goldfish Crackers</p>
<p>18 Rice Crisp Cereal <i>I/T Only</i> Mixed Fruit</p> <p>HM Chicken Noodle Casserole with Peas & Carrots WG Breadstick Mandarin Oranges</p> <p>WG Graham Crackers</p>	<p>19 WG Waffles Fruit Salsa</p> <p>HM Cheese/Meat Pizza Cottage Cheese Lettuce Salad Apples</p> <p>WG Gold Fish Crackers String Cheese</p>	<p>20 WG Frosted Mini Wheats Bananas</p> <p>Grilled Chicken on a Bun Lettuce/Tomato Cheesy Tots Fruit Mix</p> <p>Soft Pretzels with Cheese Sauce</p>	<p>21 Cinnamon Toast Applesauce</p> <p>HM Meatloaf Mashed Potatoes, Gravy WG Bread/Roll Peas Pears</p> <p>Yogurt, Strawberries & Bananas</p>	<p>22 Breakfast Burrito (Egg, Cheese, Tortilla), Salsa Oranges</p> <p>Baked Fish Cheesy Hashbrowns WG Bread/Roll California Vegetables Peaches</p> <p>WG Sun Chips</p>
25	26	27	28	29
<p>Spring Break</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.**

