



# Wood County Head Start March 2019 Newsletter

## March Events

\*Our 4K and Infant/Toddler classes will be **CLOSED** on Friday, March 1st. Jennifer and Stephane's preschool classes will have classes like normal.

\***Daylight Savings Time** begins on Sunday, March 10th. Please remember to **turn your clocks AHEAD** by one hour before you go to bed Saturday night or first thing Sunday morning.

\*We will be celebrating our **Dad's and Grandpa's Day** on Friday, March 15th in our Preschool and 4K classrooms. (Our Infant/Toddler room will have a celebration closer to Father's Day in June.) This event will be held at the **Wildwood Park Pavilion**. The morning sessions will have class from **9:00-11:30am** and the afternoon sessions will have class from **11:30am-2:00pm**. **Cozette's 4K class** will have class as normal from **7:40-11:15am** and will be bussed over to Wildwood and attend the event from **11:30am-2:00pm**. Dads, Grandpas, Uncles, Moms, Grandmas, Aunts, etc are invited to attend for fun activities and a great meal. Please be sure to return the slips for the meal count and transportation needs.

\*There will be **NO school** for Head Start (Infant/Toddler, Preschool & 4K) or Public Schools (4-K's & ECE) during Spring Break, March 25th-29th.

## Upcoming Events:

- ☺ Our 4K will be making up snow days on Monday, April 1st and Monday, April 15th.
- ☺ Infant/toddler will be CLOSED on Monday, April 15th.
- ☺ We are looking at holding our Spring Family Night on Wednesday, April 17th from 5:15-7:15pm
- ☺ There will be **NO Head Start** (Preschool, 4K, or Infant/toddler) on Friday, April 19th.
- ☺ Preschool (Jennifer and Stephane's) classes will be **CLOSED** on Friday, April 26th for Record Keeping Day.



## Classroom News for March

The month of March will focus on:

- \*All About Me
- \*Buildings
- \*Dinosaurs
- \*Frogs

### Important Classroom Reminders:

\*Please remember to return your child's application for next year if they will be returning and you haven't done so already!

\*Please be aware of our attendance policy (see page 2) and remember to call the center if your child will not be attending school. Children need to be here as much as possible to get the most from our program.

## Inside this issue:

March Events & Classroom News	1
Reminders, transportation news, & Conscious Corner	2
Policy Council, contacts, resources	3
Monthly Calendar	4
Early Years	5-6
Lead Information	7
March Menu	8

# Important Head Start Reminders

## In-kind

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 time with our children we get 9.64 to go towards meeting our monthly goals.

Please continue to return weekly and monthly activity sheets and sign in your time if you come in for lunch or attend a special event.

## Attendance Policy

Head Start requires that children keep an 85% average monthly attendance. Daily attendance is important so that a child can benefit the most from school and a child may be dropped from our program if this policy cannot be followed.

**We also ask that parents call or send a note if a 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.

## Physicals and Dentals

Thank you to all the parents that worked so hard to get those physical and dental forms in! Please remember that if your child will be attending Head Start again next year he/she will need updated forms, so if he/she goes in before then ask for a new form to have filled out.



# Transportation News

## **School Closing Information:**

\*Head Start will follow the Marshfield Public Schools when closing for bad weather, so if **Marshfield is canceled then so are we.** We will NO longer be adding it to the tv stations or the radio under "Wood County Head Start-Marshfield" so please only look for "Marshfield Public Schools."

\*If Marshfield is closed for the day you will NOT receive a phone call, it will be your responsibility to watch or listen for the cancelation.

\*If we close early or decide not to bring the afternoon classes in to school we will do our best to contact parents to inform them. Please be sure to give us updated contact info so that you can be reached in this case.



# Conscious Corner

## Tantrums~

Giving into children when they are having tantrums guarantee you will get more demanding behaviors in the future. Your response to their upset teaches them how to behave in order to get what they want, and also how to treat other upset people.

Stopping a tantrum once it is set in action is impossible. Instead, our role as parents is to help our children move through their tantrums.

1) Discipline yourself first and your child second. Take several deep breaths before you begin to speak. Make your insides as calm as you would like the child's to become. Then say to the child, "You are safe, you can handle this. Breathe with me."

2) Use empathy and reflection to help the child become aware of him or herself. Help establish body awareness by stating what you see: "Your arms are going like this (demonstrate) you face looks like this (demonstrate)." Then build emotional awareness by naming the feeling you believe the child is experiencing, "Your body is telling me you might be feeling

frustrated. You wanted to buy something at the store." More than likely, your child will be able to organize enough to say what she wanted, "I want a cookie!" At this point, validate the child's desire and feelings, "You wish you could have a cookie. It is hard to not get what you want."

3) Shift the focus to what you want the child to do and offer two positive choices to help her successfully meet your expectations. You might say, "You have a choice. You can have a snack in your car seat or have a snack when we get home. Which would you choose?"

## Policy Council

Policy Council is the parent board of directors. Each center has representatives to approve all policy changes, approve all new hires and terminations, as well as be aware of classroom and center operations.

Please feel free to go to a representative with any questions or concerns with the program.

Our new 2018-19 PC reps are:

Dana Weideman 715-305-4162

Danielle Hendershot 715-451-2911

*We are looking for more reps, if anyone is interested please contact Larissa!*

## How to Reach Us

### Family Service Worker

Larissa: 715-384-3552

8:00am-3:00pm Monday-Friday

### Classrooms

I/T: 715-996-1788

Preschool and 4K: 715-387-3223

Best times to call are:

7:45am-3:45pm on Mondays,

7:45-8am & 3-3:45pm Tues.-Fri. for Jennifer & Stephanie

7:30-7:45am & 2:45-3pm Tues.-Fri. for Christy

Transportation: 715-384-4698

Call before 6am for morning changes and before 10am for afternoon changes. Please leave a message.

Central Office in Wisconsin Rapids:  
1-866-421-2066 (toll free)

## Community Resources

### United Way's First Call: 211

Free and confidential information available 24 hours a day, everyday. Also available online:  
[www.uwfirstcall.org](http://www.uwfirstcall.org)

### North Central Community Action: 715-387-2626

General assistance in counseling, housing, and employment

WIC: 715-387-8646

### Job Center: 715-387-6386

Resume and cover letter writing, interviewing skills, Job Club and YES program

### Personal Development Center: 715-384-2971

General assistance, including help with domestic abuse

MSTC: 715-389-7056

### Economic Support: 715-387-6374

Housing, food, Badgercare, and childcare assistance

### MCHS-Community Connections Team: 715-858-4443

[www.communityconnectionsteam.org](http://www.communityconnectionsteam.org)

Connecting resources in your community to meet needs including baby needs, caregiver support, childcare, clothing, dental, food, utility bills, job search, health insurance, housing, medication costs and transportation

## Family or Personal Issues

For information of support available please call Larissa Dillenbeck (Family Service Worker) at 715-384-3552 or Valerie Bradley (Family Services Coordinator/Mental Health Consultant) at 1-866-421-2066.



# March 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1 NO I/T NO 4K	2
3	4	5	6	7	8	9
10 	11	12	13	14	15 Preschool & 4K Dads & Grandpa's Day	16
17 	18	19	20	21	22	23
24	25 Spring Break NO SCHOOL	26 Spring Break NO SCHOOL	27 Spring Break NO SCHOOL	28 Spring Break NO SCHOOL	29 Spring Break NO SCHOOL	30
31						

# 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

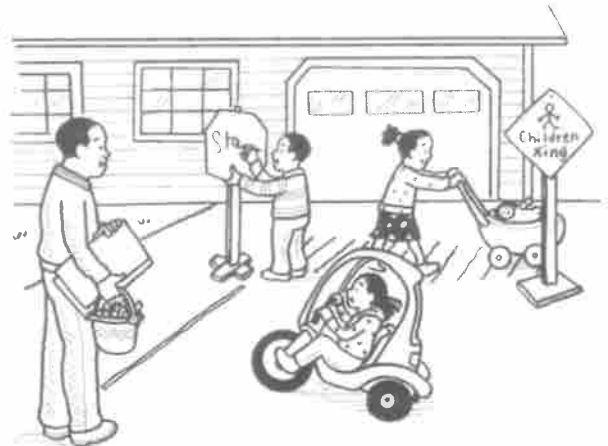
Those squiggles, letters, or invented words that your child writes show he understands that print has meaning. Encourage his efforts by finding more reasons for him to write. Consider these ideas.

### 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 Maniucha) 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. ♥

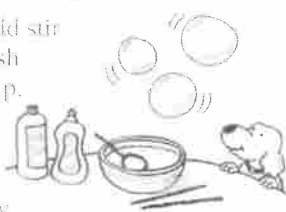
## ACTIVITY CORNER

### Bigger, better bubbles

Turn bubble-blowing into science with this experiment.

**Materials:** 2 tbsp. dish soap, 1 tbsp. light corn syrup, ¼ 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  
128 N. Royal Avenue • Front Royal, VA 22630  
800-361-3052 • [Resourceman@wonderskilled.com](mailto:Resourceman@wonderskilled.com)  
[www.frontline.com](http://www.frontline.com)  
ISSN 1540-5567

Childhood lead poisoning is a major environmental health problem in the U.S.

- Lead in children can cause:
  - Nervous system and kidney damage;
  - Learning disabilities;
  - Attention Deficit Disorder; and
  - Decreased intelligence.

### Where Does Lead Poisoning Come From?

- Before 1978, some paint used in houses and apartments, inside and out, contained lead.
- People can get lead in their body if they:
  - Put their hands or other objects covered with lead dust in their mouths;
  - Eat paint chips or soil that contains lead.
- Breathe in lead dust, especially during renovations that disturb painted surfaces.
- Children are more likely to be affected by lead dust than adults because they are more likely to put their hands and other objects into their mouths.

Old water pipes can contain lead, too. Bathing in it isn't a problem, but drinking or cooking with it could be.

### How Can You Tell If Your Child Has Been Exposed To Lead?

Some the signs of lead poisoning aren't easy to spot, the only sure way to know if a child has too much lead in his or her body is with a simple blood test. Children with high levels of lead may complain of headaches or stomachaches, or may become very irritable and tired.

### What Can You Do About Lead in Your Home?

- You can do a lot. And most of it is just common sense stuff that you would probably do, anyway.
  - One of the most important things is to find out whether there is any lead-based paint or other sources of lead where you live or where your children play or visit often. How do you do that?
    - If your home was built before 1978, it may contain lead-based paint. Don't remove lead paint yourself. Hire a trained and certified professional to test your home for lead. Call 1-800-424-LEAD (5323) for a list of contacts in your area.
    - If you rent, it's your landlord's job to keep paint in good shape. Report peeling or chipping paint to your landlord and call your health department if the paint is not repaired safely.

**chances**  
 Like winning the lottery...or...meeting your soulmate...  
 ...Giving your child a great start in life is one that will last forever.



### Talk To Your Child's Doctor About Having Your Children Tested For Lead Poisoning.

Tell your doctor that you'd like to have your children, especially those under age 6, tested for lead. Your doctor can explain how important it is to have children from 6 months to 2 years tested. During these 18 months, children grow the most. Head Start also requires a blood test when a child enters the program. Ask the Health Specialist at your local Head Start center to tell you about the process.

### Here's One Thing You Should NOT Do:

Don't try to remove lead-based paint by yourself. Hire a professional who has training in lead-safe work practices. Infants, children, and pregnant women should not be in the home while renovations and repairs are under way. Be sure they can stay with a relative or a neighbor.

Checking the paint and pipes is probably the hardest part of protecting your child from lead poisoning. You can't really do it by yourself. But you and your family can do a lot on your own without any expert advice. Join with other Head Start parents and ask representatives of your local health and environmental departments to come speak to a group of parents about lead poisoning prevention.

### Set a Few Simple Rules for You and Your Children.

- ▶ Get your young children tested for lead, even if they seem healthy.
  - ▶ Make sure the whole family washes their hands before meals and before going to bed.
  - ▶ Wash toys, bottles, and pacifiers regularly.
  - ▶ Clean up any peeling or chipping paint, and don't let children play with paint chips.
  - ▶ Mop floors regularly.
  - ▶ If you think your windowsills may contain lead-based paint, wipe them down with a wet cloth each time you open and close them.
  - ▶ Take down old, vinyl mini-blinds that may contain lead and buy blinds that are labeled as "lead-free."
  - ▶ Let water run until it becomes cold as it will get. This could take as little as 15 to 30 seconds if there has been recent heavy water use such as showering or toilet flushing. (Let water run longer if responding to your local conditions). If possible, use a filter for drinking and cooking water.
  - ▶ If your job exposes you to lead, remove work clothes at work and wash your work clothes separately from the clothes you wear around your family.
  - ▶ Cover dirt with mulch or other plants especially next to your home to keep children away from lead paint chips or flakes that may fall from painted outside walls.
  - ▶ Do not store food in glazed pottery from foreign countries.
  - ▶ Feed children healthy, low-fat foods high in calcium, iron, and vitamin C. Lead in the body stops good vitamins, such as iron and calcium, from working right.
- These small investments of time and effort don't seem all that hard when you're helping your child to a whole lifetime of good health. Remember, it isn't about luck. It's about protecting your child from lead poisoning.

### Where Can I Find More Information?

For more information on lead and lead poisoning, contact the National Lead Information Center at 1-800-424-LEAD (5323), where specialists can speak to you in English and Spanish, call your local health department, or visit EPA's Web site at [www.epa.gov/lead](http://www.epa.gov/lead)

- Wood Co. Health Department: (715) 941-8911 (Marshfield area - 387-8646)
- Marathon Co. Health Department: (715) 261-1900

# March 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><b>WG=Whole Grain; Bold=Whole Grain item;</b> HM=Homemade</p>				<p><i>1 No All day or I/T class</i> Cornflakes Cereal Oranges</p> <p>Sweet &amp; Sour Meatballs Buttered Noodles <b>WG Bread/Roll</b> Peas Fruit Salad</p> <p><b>WG Tortilla Chips, Salsa</b></p>
<p><b>4</b> <i>I/T Only</i> <b>WG Kix Cereal</b> Mixed Fruit</p> <p>HM Spaghetti Bake Garlic Bread Green Beans Pears</p> <p>Crackers Cheese Slices</p>	<p><b>5</b> <b>WG Pancakes</b> Strawberries</p> <p>HM Macaroni &amp; Cheese Diced Ham Eggroll Broccoli Apples</p> <p><b>WG Chex Mix</b> Fruit Salsa</p>	<p><b>6</b> Special K Cereal Bananas</p> <p>Hamburgers on a <b>WG Bun</b> Cheese Slices, Pickles Baked Beans Carrots &amp; Dip Oranges</p> <p>Cheese Breadsticks Marinara</p>	<p><b>7</b> <b>WG Waffles</b> Blueberries</p> <p>HM Breaded Chicken Tenders Rice Pilaf <b>WG Breadstick</b> Peas Peaches</p> <p>Yogurt Parfaits with Bananas &amp; <b>WG Granola</b></p>	<p><b>8</b> <b>WG Cinnamon Apple Muffin Bars</b>, Applesauce</p> <p>Pork Roast Mashed Potatoes, Gravy <b>WG Bread/Roll</b> Corn Mandarin Oranges</p> <p>Pretzels, <b>WG Goldfish Crackers</b> w/ Peanut Butter</p>
<p><b>11</b> <i>I/T Only</i> Crispix Cereal Mixed Fruit</p> <p>English Muffin Pizzas <b>WG Breadstick</b> Mixed Vegetables Peaches</p> <p><b>WG Toast</b>, Peanut Butter &amp; Jelly</p>	<p><b>12</b> French Toast Strawberries &amp; Blueberries</p> <p>HM Chicken &amp; Cheese <b>WG Quesadillas</b>, Salsa Rice Pilaf Veggies &amp; Dip Pineapple</p> <p><b>WG Animal Crackers</b> Bananas</p>	<p><b>13</b> <i>Vesper Breakfast</i> <b>WG Life Cereal</b> Mandarin Oranges</p> <p>HM Beef Stroganoff Buttered Noodles <b>WG Bread/Roll</b> Green Beans Melon Fruit</p> <p>Crackers Cheese Cubes</p>	<p><b>14</b> <b>WG Oatmeal</b> with Brown Sugar, Bananas</p> <p>HM Broccoli &amp; Cheese Soup Turkey &amp; Cheese on a Hawaiian Roll Lettuce/Tomato Grapes</p> <p>Bagels with Cream Cheese</p>	<p><b>15</b> <i>Mfld Dad's Day off site</i> <b>WG Pancakes</b> Baked Cinnamon Apples</p> <p>HM Lasagna Bake Garlic Bread Corn Tropical Fruit Salad</p> <p>Trail Mix with <b>WG Goldfish Crackers</b></p>
<p><b>18</b> <i>I/T Only</i> Rice Crisp Cereal Mixed Fruit</p> <p>HM Chicken Noodle Casserole with Peas &amp; Carrots <b>WG Breadstick</b> Mandarin Oranges</p> <p><b>WG Graham Crackers</b></p>	<p><b>19</b> <b>WG Waffles</b> Fruit Salsa</p> <p>HM Cheese/Meat Pizza Cottage Cheese Lettuce Salad Apples</p> <p><b>WG Gold Fish Crackers</b> String Cheese</p>	<p><b>20</b> <b>WG Frosted Mini Wheats</b> Bananas</p> <p>Grilled Chicken on a Bun Lettuce/Tomato Cheesy Tots Fruit Mix</p> <p>Soft Pretzels with Cheese Sauce</p>	<p><b>21</b> Cinnamon Toast Applesauce</p> <p>HM Meatloaf Mashed Potatoes, Gravy <b>WG Bread/Roll</b> Peas Pears</p> <p>Yogurt, Strawberries &amp; Bananas</p>	<p><b>22</b> Breakfast Burrito (Egg, Cheese, Tortilla), Salsa Oranges</p> <p>Baked Fish Cheesy Hashbrowns <b>WG Bread/Roll</b> California Vegetables Peaches</p> <p><b>WG Sun Chips</b></p>
<p><b>25</b></p>				<p><b>26</b></p>
<p><b>27</b></p>				<p><b>28</b></p>
<p><b>29</b></p>				<p><b>29</b></p>
<p><b>Spring Break</b></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.**