April Newsletter

Wood County Head Start-Nekoosa Center

April 2, 2019

April Events

- Nekoosa Head Start **WILL BE** in session on the following Monday: **April 15th.** This is one of our make up days for a day we were off because of snow.
- Head Start **WILL NOT BE** in session on Friday April 19th (Good Friday) or Friday, April 26th (Record Keeping).
- Reminder if you have signed up for the Ready for Kindergarten class it will be held on Tuesday April 17th starting at 5:30.
- **Healthy Smiles** will be here April 16th to apply fluoride varnish to the children for the last time this school year.
- Even though it is Spring the temperatures are still cool. Please remember to send your child to school with a hat, warm coat, and gloves as we will continue to play outside daily and want them to stay warm.

Mom's/Family Day

Our next family day will be on **Thursday April 18th.** We are inviting mom's and all extended family members to join us this day to enjoy a delicious meal, and spend some quality time with your child and engage in some activities with your child. A invitation for this event has been sent home in your child's folder. Please send back the RSVP as soon as possible.

A sign-up sheet will be coming home this month in your child's folder for the end of the year home visits. These visits will be done in May and will be AT your home. Please sign up for a time that works best for you.

HOME VISITS

Classroom Reminders

- Please check your child's backpack EVERY night because we send important information home to our families in your child's parent communication folders and your child brings home wonderful creations they make throughout the day.
- Please continue to send back the weekly and monthly activity sheets to help us meet our in-kind goals.

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 $9.89 to go towards meeting our monthly goals.

Nekoosa Monthly In-kind goal is $3,634. 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. All of this in-kind helps us to achieve our goals!

If you have pink weekly in-kind sheets at home please feel free to send them back at any time! Lets try to meet our goal for the rest of the year!

Attendance Policy

Head Start requires that children maintain a 90% average monthly attendance rate. 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 parent 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.

Also if your child attends the 4K program through Nekoosa Public Schools you will also need to call their office to inform them of your child's absence. We are unable to do this for you. Thank you for your help in this matter.

Make-up Snow Days

The following days Nekoosa Head Start **WILL be in session** to make up for the days that we had no school.

- **Monday April 15th**
- **Monday May 6th** (This is not a make up day but was not put on the original parent calendar)
- **Thursday May 9th**
- **Friday May 10th**
- **Monday May 13th**
- **Tuesday May 14th** (Last day of Head Start unless we have more snow days this school year)

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 please.

Transportation News

School closing information:

***Head start will follow the Nekoosa Public Schools when closing for bad weather, so if **Nekoosa 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 -Nekoosa" so please only look for **"Nekoosa Public Schools."**

*If Nekoosa is closed for the day you will NOT receive a phone call, it will be your responsibility to watch or listen for the cancelation. We will have any school cancellations posted on our Facebook page.

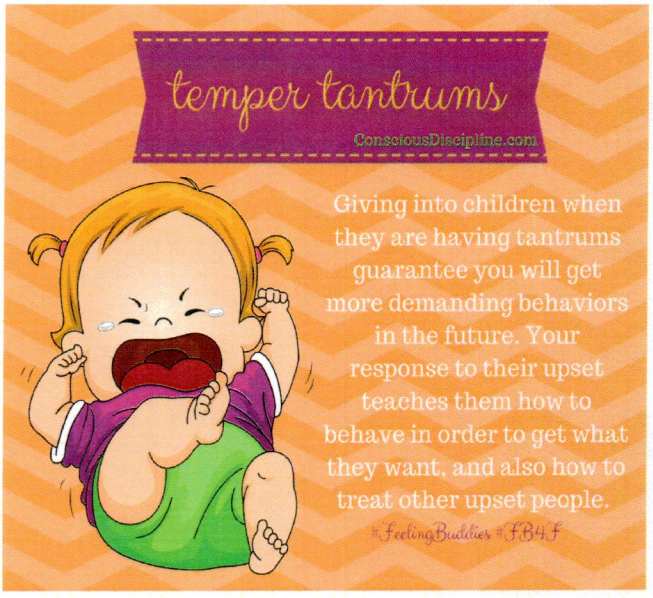
- If we close early we will contact parents to inform them. Please be sure to give us updated contact information so that you can be reached in this case.

If you have any questions about our bad weather policy, please contact our transportation coordinator, Rachel Krause at 715-422-2025 or 715-213-6729.

Conscious Corner

A temper tantrum is an uncontrolled outburst of anger. A temper tantrum is usually the result of a child's unsuccessful efforts to control a situation. The tantrum says, "I have tried so hard to make the world go my way. Now I'm frazzled. I feel terrified. I feel helpless. I feel powerless." Both children and adults have tantrums.

Tantrums are most typical for children between the ages of fifteen months and three years. These small children are battling between dependence and independence. Also, they have limited skills to influence the events that take place in their lives, so temper tantrums do and can occur frequently. The temper tantrum reflects the child's inner struggle. However, certain parental practices encourage temper tantrums to continue far past the toddler years. These include inconsistency, expectations that are too high, undue strictness, over-protectiveness, overindulgence and lack of assertive limit setting.



Stopping a tantrum once it is set in action is impossible. Instead, our role as adults is to help children move through their tantrums. The following suggestions will get you started:

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 to become.

2) Say to the child, "You are safe, you can handle this. Breath with me."

3) 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) your face looks like this (demonstrate)."

4) 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."

5) Shift the focus to what you want the child to do and offer two positive choices to help the child 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 do you choose?"

As always, we wish you well!
www.ConsciousDiscipline.com

Community Resources

United Way's First Call: 211
Free and confidential information available 24 hours a day, everyday.
Also available online: www.uwfirstcall.org

Job Center: 715-422-5000
Resume and cover letter writing, interviewing skills, unemployment and job search help

MSTC: 715-422-5300
Continuing education and HSED

The Family Center: 715-421-1511
Domestic Abuse assistance, safe shelter, and visitation services

Wood County Human Services Department: 1-888-794-5722
Housing, foodshare, Badgercare, and childcare assistance

WIC: 715-421-8950
Assistance with food

Contact Us

Family Service Work,
Lead Teacher
and Transportation:
Nicole- 715-459-5457 (Cell)
715-886-8649 (Classroom Phone)

Best times to reach Nicole are:
8:00-3:45 p.m. Mondays
8:00-9:45am and 1:15-3:45pm Tuesday-Friday

Central Office in Wisconsin Rapids:
715-421-2066

Nekoosa Staff Members

Lead Teacher: Nicole E.
Teacher's Assistant: Crystal
Classroom Aide: Holly

Bus Driver: Julie Bus Aide: Michelle
Bus Driver: Laurie Bus Aide: Mindy

Family Event's Cook: Nicole B.

Family or Personal Issues

For information of support available please call Family Service Worker Nicole 715-886-8649 or Valerie Bradley (Family Service Coordinator/ Mental Health Consultant) 715-421-2066.

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 contact our Nekoosa Head Start representative with any questions or concerns with the program.

Our 2018-2019 Policy Council representatives are:

Solstice Linzmeier– 715-223-5599
Rachael Zemke– 715-213-6151

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Head Start In Session	16 Healthy Smiles	17	18 Mom/ Family Day 10:30-1:15	19 No School (Good Friday)	20
21	22	23	24	25	26 No School (Record Keeping)	27
28	29	30	Nekoosa Classroom Number: 715-886-8649 715-459-5457 (Cell) Teachers: Nicole, Crystal and Holly			

A Letter to Families About the Discovery Area

Dear Families,

Young children have many questions about the world around them. They ask, "Where did the puddle go?" "What do worms eat?" "How can I make my truck go faster?" "Do fish go to sleep?"

In our classroom, the Discovery area is a place where children explore and investigate to answer their questions. They observe, experiment, measure, solve problems, take things apart, and handle the materials and living things we put out. They predict what will happen as a result of their actions.

In the Discovery area children *do* what scientists do. They ask questions, plan and conduct investigations, gather information, construct explanations, and communicate findings. They also learn important scientific concepts as they study plants, animals, magnets, properties of materials, light, shadows, how things work, rainbows, the human body, our senses, how things move and change, and more. In addition to learning science content, they learn how to solve problems together and how to communicate with others.

What You Can Do at Home

Young children are curious and love to investigate. You don't need to be an expert to help your child learn about science. Science is all around us, from making bubbles in the bathtub to boiling water on the stove. Your enthusiasm and positive attitude about science will be contagious. Get in the habit of wondering out loud ("I wonder how that ant can carry that big piece of food"; "I wonder why your shadow is sometimes small and sometimes big.").

The questions you ask and comments you make when your child is exploring can extend his or her scientific thinking. Here are some examples:

"What do you think will happen when. . . ?"

"I wonder why. . . "

"How do think we can find out. . . ?"

Look for opportunities to support your child's scientific thinking during everyday activities: playing with toys, taking a bath, helping to make dinner, playing in the backyard, or going on an outing. Remember, you don't need to know all of the answers! It is a good sign if your child is curious, wants to investigate everything, asks lots of questions, and wants more answers. We encourage you to visit our Discovery area with your child.

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Early Years

WORKING TOGETHER FOR A GREAT START

April 2019

Wood County Head Start

KID BITS

True or false?

Little ones are still learning the difference between real and make-believe, so they may fib without thinking things through. To help your child consider true vs. false, write a large T (true) and F (false) on paper. Take turns saying a sentence. If it's true ("I have 10 fingers"), the other person slaps the T. If it's false ("I have a pet dragon"), he slaps the F.

A look back

Introduce your youngster to history by reading books about early American settlers, such as *Sarah Morton's Day* by Kate Waters. Then, discuss what she has learned. How were settlers' lives different? (They didn't have cars and made their own clothes.) How were they the same? (They lived in houses and played games.)

Earth Day

Show your child that he can do his part to help the planet on April 22—and every day. Help him turn an empty wipes container into a portable trash can. He could decorate it with permanent markers and take it along to the park so he'll have a place to stash his trash instead of littering.

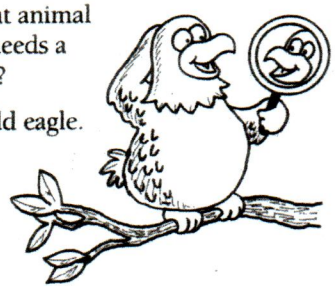
Worth quoting

"Nothing is so contagious as enthusiasm." *Samuel Taylor Coleridge*

Just for fun

Q: What animal never needs a haircut?

A: A bald eagle.



Fine motor fun—outside!

Your youngster can build hand strength and coordination with fun outdoor activities. Try these ideas that will help her with tasks like holding a pencil, using a fork, and tying her shoes.

Shadow tracings

Find a sunny spot on a sidewalk, driveway, or playground blacktop, and have your child use sidewalk chalk to trace around shadows. She could outline the shadow of a tree or ask you to pose while she traces your shadow. Suggest that she add details in the outlines, like leaves and bark on the tree, or a face, hair, and clothing on your shadow.

Plastic cap fishing

Build hand-eye coordination with this fishing game. First, collect and rinse plastic caps and lids from bottles and jars. Then, take them outside with a bucket of water and some kitchen utensils. Let your youngster float the caps in the water and fish them out. She might scoop them with a spoon, pinch them with tongs, or use a strainer as a net.

Spray art

Fill several spray bottles with water. Help your child add a few drops of different colors of washable paint to each bottle and shake them up. Outdoors, she can spray the water onto a fence or wall to make a painting. Squeezing the handles will strengthen hand muscles—and she'll enjoy being creative.♥

Sincere apologies

"Say you're sorry!" If you're like many parents, you've said those words to your child and maybe not gotten a genuine apology. Consider these suggestions to help him learn to apologize—and mean it.

- **Lead by example.** When you mess up, get down on your youngster's level, look him in the eye, and offer an apology. ("I'm sorry I threw away your snack. I should have asked if you were finished.")
- **Give guidance.** If your child needs to apologize, encourage him to say what he's sorry for and why. ("I'm sorry I left the refrigerator door open. I know the food could've gotten warm.") Then, he can tell how he'll do better in the future. ("I'll make a sign to hang on the fridge so I'll remember next time.")♥

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Can I help?

Need an extra pair of helping hands? Look no further than your little one! Here are ways you can build on his eagerness to help out and teach him skills for the future.

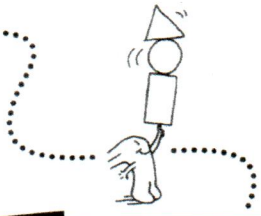
Say yes. When your youngster asks to help you, let him, even if you think the job is too hard for him. Just look for a small part he can tackle. Maybe he could shake the pillows out of the pillowcases when you're changing the sheets, for example.

Be patient. Allow your child to work at his own pace. Sure, it might take a little longer for him to load all the bowls into the dishwasher. But the sense of accomplishment he'll feel is worth a few extra minutes.

Offer a hand. If you notice your youngster struggling, ask if he needs help rather than taking over. But be prepared to let him work things out on his own if he turns you down.

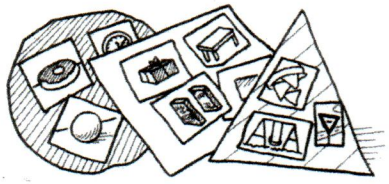
Praise effort. Thank your child for his help, and point out how he made a difference. ("We got the towels folded a lot faster, thanks to your hard work!") You'll make him feel proud and motivate him to keep helping.♥

ACTIVITY CORNER



Shapes galore

Circles, squares, triangles, rectangles…shapes are everywhere! Encourage your child to explore them with these activities:



- Let your youngster feel shapes to learn their attributes, like number of sides and corners. Together, bend and tape straws into different shapes, and put them in a paper bag. Take turns reaching in and feeling a shape without looking. Now describe it, and say what you think it is. ("This shape has three straight sides and three corners. It's a triangle.")
- Have your child find pictures with real-life shapes. First, help her cut construction paper into large shapes. Now let her flip through old magazines, search for pictures with each shape, and cut out and glue them on the matching paper. *Examples:* clock (circle), cheese (triangle), blanket (rectangle).♥

OUR PURPOSE

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

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Q & A

What to do about whining

Q: *My son whines when he doesn't get his way. What do you suggest?*

A: Whining is common at this age, and it can easily become a habit. First, explain that whining is unpleasant to listen to, and make sure your son realizes what it sounds like. You could demonstrate by saying the same thing in a whiny voice and again in a regular voice.

Then, tell him you'll respond to requests when he uses a pleasant voice. If he whines, offer him a do-over. You might say, "Please try that again in your normal voice."

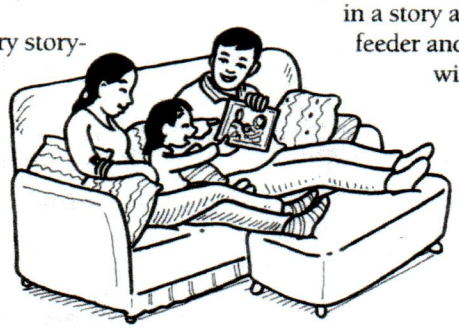
Finally, be consistent. Your child probably won't stop whining overnight, but as he realizes that it won't get him what he wants, he'll gradually break the habit.♥

PARENT TO PARENT

Family storytelling

At our daughter Zoe's school literacy night, the reading teacher said telling family stories improves kids' speaking and listening skills. She explained that anyone can be a storyteller, and she gave us a few pointers.

We decided to try storytelling with Zoe, using the strategies we learned. Since the teacher said kids love to hear about when they were "little," we started with a story about the day Zoe was born. My husband and I took turns adding to it, and Zoe piped up with details she'd heard over the years: "And I had a full head of hair!"



Other times, we use family photos as a prompt. The other day, Zoe led us in a story about building a bird feeder and watching the birds with her grandma.

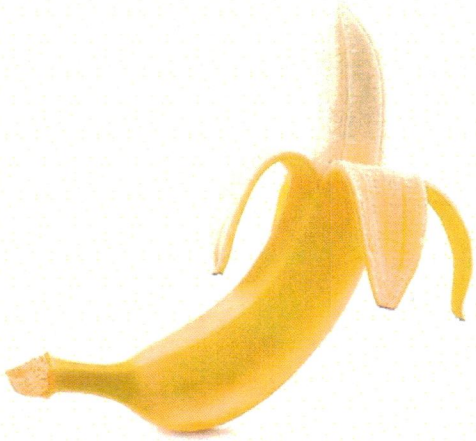
I know storytelling will help Zoe with communication skills in school. But the thing I like best is the time we spend sharing family history and bonding.♥

Banana Basics

Shop and Save

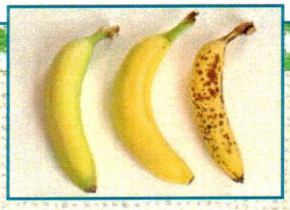
- Bananas are available year-round at low prices. Yellow bananas are the most common and can be eaten at several stages of ripeness. Red bananas are shorter, plumper and only eaten when ripe. Plantains are related to bananas but are starchy, like root vegetables. They are usually cooked rather than eaten raw.
- Choose bananas according to the ripeness desired. As they ripen, the skin color changes from green to yellow to speckled with brown to more brown or black. The flesh becomes softer and more flavorful.

Bananas provide potassium, which may protect against high blood pressure and other heart diseases.



More About Bananas

- When bananas are peeled or cut, the flesh starts to brown. Browned bananas might not look attractive but they are safe to eat. Reduce browning by:
  - Peeling or cutting just before using.
  - Dipping in fruit juice that is acidic or high in vitamin C, such as lemon, lime, orange or pineapple.
- Use banana to replace egg in baked goods:
  ¼ cup mashed banana (about ½ banana) = 1 egg
- Bananas can also substitute for up to half of the fat in baked goods. They will add a banana flavor and some sweetness.



Store Well Waste Less

- **Bananas are usually stored at room temperature. They continue to ripen after harvest. The warmer the temperature, the faster they ripen.**
  - **To speed ripening, place in a closed paper bag in a warm area. Adding a ripe apple can speed the process. Check daily.**
  - **To slow ripening, choose a cool spot or refrigerate. Ripe bananas can be refrigerated for up to 2 weeks. The skin may turn black but the flesh will be fine.**
- **Freeze bananas for longer storage.**
  - **In their skin – Use within 2 months for best quality. Thaw in refrigerator. Squeeze banana from the skin.**
  - **Peeled – Use within 4 to 6 months for best quality. Package as chunks or mashed in measured amounts. Use frozen or thawed.**

Banana Math

1 pound =
3 medium bananas
(7 to 8 inches) =
2 to 2½ cups sliced =
1⅓ cups mashed

Frozen banana chunks are great for smoothies.

Oregon State University

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Share on:

Enjoy Bananas!

Banana Oatmeal Muffins

Very ripe bananas give muffins more flavor.

Ingredients:

1 cup **quick rolled oats**
¼ cup **milk**
2 **eggs**, lightly beaten
⅓ cup **oil**
1 cup mashed ripe **bananas**
1½ cups **whole wheat flour**
½ cup **sugar**
2 teaspoons **baking powder**
1 teaspoon **baking soda**
¼ teaspoon **salt**

Directions:

1. Preheat oven to 400 degrees F. Lightly oil or spray the bottoms of 12 muffin cups.
2. Mix oats with milk. Stir in lightly-beaten eggs, oil and bananas. Let stand while measuring dry ingredients.
3. In a separate bowl, combine dry ingredients and stir well.
4. Add oat mixture to dry ingredients and stir gently to moisten. Don't overmix.
5. Fill muffin cups ¾ full.
6. Bake at 400 degrees F until golden brown and a toothpick inserted in the center comes out moist but clean, about 18 to 20 minutes.

Note: To bake as Banana Oatmeal Bread, use an 8 or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.

Makes 12 muffins or 1 loaf
Prep time: 15 minutes
Cook time: 18-20 minutes

Cuban Baked Bananas

Ingredients:

6 **bananas**, peeled and sliced lengthwise
4 Tablespoons **brown sugar**
4 Tablespoons **margarine** or **butter**
½ cup **raisins** or other dried chopped fruit
⅓ cup **pecans** or **other nuts**, chopped

Directions:

1. Lightly spray or oil a 9 x 13-inch pan.
2. Arrange the split bananas in the pan.
3. Top evenly with brown sugar, small pieces of margarine, raisins and pecans.
4. Bake at 350 degrees F for 30 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes 12 half bananas
Prep time: 10 minutes
Cook time: 30 minutes

Dried Bananas

1. Peel bananas and slice evenly into slices ⅛ to ¼-inch thick. Thicker pieces take longer to dry.
2. Optional: Dip in acidic fruit juice (lemon, lime, orange, or pineapple) to reduce browning. Sprinkle with cinnamon or other flavorings if desired.
3. Dry until pieces bend like thick leather and no longer feel sticky.

- **Oven** – set at lowest temperature (175 to 200 degrees F); use convection bake if available; takes 1 to 3 hours.
  - Arrange pieces in a single layer on a wire rack or baking sheet. A wire rack helps them dry faster. A baking sheet takes longer and pieces need to be turned over part way through the drying.
- **Dehydrator** – set to 135 degrees F; takes 6 to 12 hours.
  - Arrange in a single layer on dehydrator racks.

4. Cool. Store in an airtight container or bag.

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- **peel bananas. Try starting at the end away from the stem. The skin is less fibrous and easier to pull apart.**
- **mash bananas with a fork. A flat dish or plate might make mashing easier.**