2021 Newsletter

Wood County Head Start- Biron Center

4K Registration for 2021-2022 School Year

We will have applications for Head Start and 4k at the Biron Office soon. Typically, Family Service Workers go over these applications with parents and assist them with filling them out after their child's winter Parent Teacher Conference. This year will be a little different due to conferences now being strictly virtual. Family Service Workers are still working out some kinks and will know more about how we will conquer this task in the upcoming week. One thing we do know for sure, and teachers have called to remind parents as well, that we will need you to have your child's birth certificate ready at the time of your virtual conference. The applications for 4K will not be turned in without us seeing your child's birth certificate. Also, there are a handful of kids that will be on their third year in our preschool program; these children will need proof of income with their Head Start application and your Family Service Worker will inform you of that as well. If you have any questions regarding Head Start and/or 4K registration please call Fallon at 715-422-0443 or Sam at 715-422-0438.

Upcoming Conference Dates

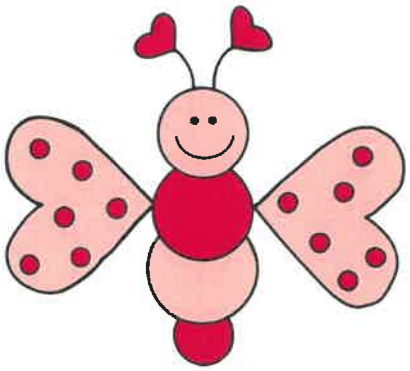
February 15th- Infant/Toddler Conferences Only

February 22nd- I/T and Preschool Conferences
(Late night appointments available this date only)

March 1st- I/T and Preschool Conferences

Parent Committee Meeting

Family Service Workers held the second Parent Committee Meeting in January and received some great input and feedback about some of the things we have been doing this year at Head Start. One of the major topics of discussion is the use of ClassDojo and the content being shared. Overall, we have found that parents are liking ClassDojo and that it is helpful for sending simple, yet important, reminders for parents; however, we have found that parents find it less convenient to have the monthly newsletter provided solely through ClassDojo. This will be discussed with the administration to seek approval to get the newsletter sent home in children's backpacks. We discussed the amount of activities being sent home for parents to do with their children and the importance of them, also asking if it seemed like too many activities were being sent home. Parents seem to like the activities and don't feel overwhelmed by the amount sent home, so Family Service Workers will continue to create multiple activities a month. We also touched base on parent support groups and feel that many of our parents may benefit from various support groups, especially during this difficult time. We encourage parents to let us know of any support groups they know of or participate in. It may be just what another parent is looking for and we want to be able to provide that information to them.



As we continue to hold these meetings, we are getting great insight and ideas from parents to help us better support and help our families, so thank you to those who participate in the meetings! If you have missed the first two meetings we had, don't worry, there is still time to participate. We will be having our last Parent Committee Meeting of the school year on April 21st at 5:30PM. We hope to see you there!

Policy Council Representatives

Policy council is our Parent Board of Directors. They are responsible for sharing with the group any concerns, suggestions, or recommendations that affect not only their center, but the entire Wood County Head Start program. As a member of Policy Council, they will share any ideas or concerns expressed by parents from the classroom they represent. If you have an issue you would like to discuss with another parent, please contact your Family Service Worker, Fallon (715-422-0443) or Sam (715-422-0438). Our Policy Council Representatives are:

Chante Hickey

Renee Munoz

Jennifer Jepson

Stephanie Haworth

Allison Kruger

From the Bus Stop

Wow, we are over halfway through the year! How time flies! Here are a few reminders from the transportation staff.

- If you are going to leave a message about your child not riding the bus, please do so before 6:30 AM. The number you should call is 715-422-2025.
- Please make sure that you are walking your child out to the bus and answering all of the COVID questions completely and honestly.

Thank you and stay warm!
Wisconsin Rapids Biron Transportation Team

Over the Kitchen Counter

It has definitely felt like winter lately! February is typically one of the coldest months for Wisconsinites and one favored meal to eat, especially when it's so cold outside, is soup! There's nothing like a nice, hot bowl of soup to chase the chill away and warm you from the inside, out. The varieties of soups are nearly endless! There are thinner, broth-based soups and thick, creamy soups. Just about any vegetables and meats can be thrown together in a pot and made into soup. Soups can be inexpensive to make, and large batches can either feed a crowd, or left-overs can be refrigerated or frozen. The recipe we've chosen to share this month is Cream of Wild Rice Soup. There are many different ways to make this soup; this is one of them. Feel free to add to the recipe if you'd like. A few things I typically add to my creamy soups are steamed broccoli and shredded cheddar cheese. We hope you enjoy this recipe, and we send warm wishes your way as we anxiously await the arrival of spring!

Cream of Wild Rice Soup

2 tbsp. of butter or margarine

1/2 tbsp. Flour

2 cups chicken broth

1/4 tsp. crushed thyme leaves

1 (6.2 oz.) Uncle Ben's Long Grain & Wild Rice Fast cook

1 cup onion, chopped

2 cups of water

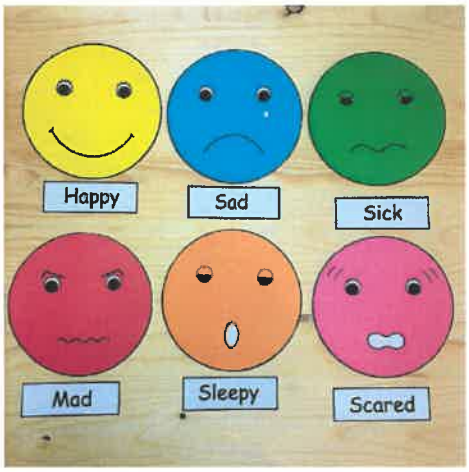
2 cups milk or half 'n half

1-2 cups cubed, cooked chicken

Melt butter in a 3-quart saucepan. Add onion and cook until tender, but not brown. Stir in flour. Gradually stir in water, broth and milk. Add contents of rice and seasoning packets and thyme. Stir. Bring to a boil. Reduce heat; cover and simmer 15 minutes, stirring occasionally. Add the chicken and heat through. **Makes 6 servings.**

Conscious Corner

Some of our Head Start parents may have heard their children mention "The Safe Place" at school. The Safe Place is an area where children can go to change their inner state from upset to composed in order to optimize learning. All of our classrooms have a Safe Place that the children know they are able to go to whenever they are feeling sad, angry, scared, etc. When beginning to utilize some of the Conscious Discipline techniques in your home, it may be beneficial to create a Safe Place of your own with your child. When creating a Safe Place, find an area that is suitable and easily accessible for your child, but also somewhere they can have some space from others, yet not be completely alone. Make the space comfortable with a cushion, blankets, stuffed animals, a book or toy they love, etc. Encourage children to use the Safe Place and model calming yourself and help them do the same when they are upset. Use phrases such as, "You're safe.", "Breathe with me.", "You can do this.". Like with any interaction, your intention will impact how children receive the message, so be sure to use a tone that assures your child that they are capable and you are there to help them. Saying "Take a breath!" in a frustrated tone will have a completely different outcome than saying "Breathe with me." in a calmer tone.



Along with comforting items in the safe place, there are also some tools that can be available to help your child as well. In our classrooms, we use the feeling buddies to help the kids express what they are feeling by identifying with the facial expressions on them. One way to implement a similar system in your own Safe Place is to draw or print pictures of faces that would help your child to express what they are feeling inside.

This is a great step in the right direction for helping your child manage their emotions at home. Next month's newsletter will go over the four breathing techniques that we teach the kiddos to use when they begin to feel some of those big emotions.

Wood County Head Start

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E-mail: wchs@woodcoheadstart.org

Check out our website!
www.woodcoheadstart.org

Biron Center Contact Information

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Wisconsin Rapids, WI 54494

Phone: 715-422-0441

Fax: 715-422-0444

Infant Room: 715-422-0439

Toddler 1 Room: 715-422-0446

Toddler 2 Room: 715-422-0447

Chante's Room: 715-422-0437

Ashley's Room: 715-422-0435

Karolina's Room: 715-422-0425

Cindy's Room: 715-422-0440

Laura's Room: 715-422-0445

Family Service Worker: Sam

Desk Phone: 715-422-0438

Cell Phone: 715-213-8498

Family Service Worker: Fallon

Desk Phone: 715-422-0443

Cell Phone: 715-213-8579

Transportation: Janet

Desk Phone: 715-422-2025