



**WELCOME BACK  
TO SCHOOL!**



# September Newsletter

Wood County Head Start- Biron Center      September 2021

## Welcome Back!

Hello parents! We appreciate all of you being so understanding with any changes that needed to be made. It has proven to be almost as difficult starting up this year as it was last year and we are all doing what we can to ensure that we provide a safe and educational environment for your littles! We will try to keep parents updated as much as possible when it comes to our policies and procedures related to COVID-19, but please understand that they may change at any moment. We understand that there may be times that our practices may cause inconvenience or go against personal beliefs, but we ask that you are patient and respectful as we are only doing as we are instructed and trying our best. Lastly, we have gone back to having folders sent back and forth, so please be sure to check your child's backpack on a regular basis as we send monthly activities and other important information this way. We look forward to the exciting school year ahead of us! If you have any concerns or questions, please don't hesitate to call your child's Family Service Worker or Teacher.

Fallon 715-422-0443 or 715-213-8579

Sam 715-422-0438 or 715-213-8498

## Healthy Smiles and Bookworms

As many of you may recall from previous years, we participate in the local Health Department's Healthy Smiles Program and the Wisconsin Association for Home and Community Education's Bookworm Program. Our first Healthy Smiles dates scheduled for September 22nd and 23rd, so be sure the kiddos are brushing their teeth well! In regards to the Bookworm Program, we have come to the decision that as of right now, we will be allowing the guest readers into the center, but this is subject to change depending on COVID. We have yet to schedule the first Bookworms date, but we hope to in the near future.

## Conscious Corner

As many of our families know, Head Start's curriculum is based around Conscious Discipline. Because we have seen the positive outcome of using specific techniques in the classroom as a way to help modify behavior, we would like to share it with our families in hopes that you can take some of the information and apply it to your home life. For our new families, the Conscious Discipline Brain State Model is a framework for us to understand the internal brain-body states that are most likely to produce certain behaviors in children and ourselves. With this awareness, we learn to consciously manage our own thoughts and emotions so we can help children do the same. The goal of this model is to increase our self-awareness so we can respond consciously to the needs of the moment, not only with our children, but others as well. Keep an eye out for our Conscious Corner section of the newsletter each month to find information, explanations, ideas, and tips. In the meantime, we encourage you to do some research on Becky Bailey and the Conscious Discipline Model that she brought to fruition.

## Policy Council

As we are trying to return to as normal as possible this year, we are still discussing options for in-person events, such as our first Family Engagement Night that we typically hold in September. Usually at our first Family Engagement Night, we go over Policy Council and vote in our representatives. If we are not able to gather in-person, we will adapt a voting process and be in touch with families to explain what exactly we need from them. At your home visit with your Family Service Worker, you filled out a questionnaire indicating whether you were interested in being a member of Policy Council. We will be reaching out to those individuals prior to the election; however, if you would like to be a representative and are unsure if you indicated so, please contact your child's teacher or Family Service Worker to let them know you are interested. Please remember to check your child's folder, as well as ClassDojo, as this will most likely be the means of communication regarding Policy Council.





# SCHOOL BUS

## From the Bus Stop

Welcome to those of you that are new to the Biron Center and welcome back to all of you who have been with us before. The transportation staff is looking forward to getting to know you and your children, as well as working with them to learn the routine of the bus. We will be practicing bus evacuations in the next few weeks, that way all of the children will know what to do in case of an emergency.

## Other Friendly Reminders

\*Any transportation changes should be made 24 hours in advance unless there is an emergency.

\*Please leave your child's weekly schedule on the transportation line (715) 422-2025.

\*Please keep your contact information up to date, so in case of an emergency, we can reach you.

Thank you for sharing your children with us! If you have any questions, comments, or concerns please contact me at (715) 422-2025.

Janet  
Center Coordinator/Transportation  
Supervisor

ABC 123

## Over the Kitchen Counter

### Eating your vegetables:

Although summer is drawing to a close, this is still a great time to find root vegetables- potatoes, carrot, turnips, parsnips, beets etc. Maybe you grew them in your own garden and will be harvesting them soon or you could also find them at your local farmers market. A great way to prepare root vegetables is to roast them, because of flavor, texture and the ability to maintain nutrients. Boiled or sautéed, can quickly turn to tasteless mush. Most root vegetables can be roasted together on a large baking sheet. Just cut into similar size pieces and don't overcrowd on the pan. Drizzle olive oil and your favorite herbs such as sage, rosemary, oregano or thyme. If using fresh herbs use one to two tablespoons, if dried herbs use one tablespoon. Roasted vegetables are crunchy on the outside and tender on the inside. They are delicious as a compliment to any meat and are great for adding to soups and or stews. We hope that you will give them a try!!

### Making your vegetables:

Preheat Oven to 400 degrees

Peel and cut 2 pounds vegetables into about 2 inch pieces.

Toss with one to two tablespoons olive oil and one tablespoon of your favorite herbs. 1/2 teaspoon of kosher salt and 1/4 teaspoon of black pepper.

Spread in single layer on baking sheet/pan stir occasionally and roast for 35 minutes or until vegetables are tender and lightly browned.



## Wood County Head Start

Administrative Office  
1011 8th St. South  
Wisconsin Rapids, WI 54494

Toll free: 866-421-2066  
Main line: 715-421-2066  
Fax: 715-421-2069

E-mail: [wchs@woodcoheadstart.org](mailto:wchs@woodcoheadstart.org)



Check out our website!  
[www.woodcoheadstart.org](http://www.woodcoheadstart.org)



## Biron Center Contact Information

550 Center Street  
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: Rachel  
Desk Phone: 715-422-2025