



Wood County Head Start– Biron Center
2021 Newsletter

Parents as Teachers

Thank you to everyone who turned in the September Monthly Activities; they look great on our Monthly Activity Board! The children love seeing their activities displayed on the wall and often point them out to teachers and other staff. The monthly activities that are sent back to school will be put into a “Family Portfolio” that the Family Service Workers put together. Each child or family’s “Family Portfolio” will be given to the families at the end of the school year. It is a reminder of everything that you as families do to help your children with school readiness. After-all, parents are a child’s most important teacher, and what you do matters.

****Please remember to write your child’s name on their activities and fill out, sign, and return the Parent Volunteer Form. We also love to see pictures of your adventures for the physical activity, so feel free to text them to your Family Service Worker and they will be added to their portfolio.****

Physical/Dental Deadline

Parents, the deadline for our Head Start Preschool physicals, including leads and hemoglobin tests, and dentals is November 30th, and although it may seem far away, it is quickly approaching. If you have not already taken your child in to these appointments, please schedule them as soon as possible. Be sure to let your Family Service Worker know the dates of the appointments so they can fax for the records afterwards. If you are unsure of what your child needs or you need assistance with scheduling an appointment, let your Family Service Worker know. Thank you!

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

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



Checking Backpacks

While checking and stuffing backpacks, we have noticed that many folders are not being checked regularly. This is the main way of communicating between Head Start and parents, so please be sure to check these daily if possible. Important information, such as event invites, are sent in the "Return to School" pocket of your child's folder. This information needs to be returned to school as soon as possible. Also, please remove any "Keep at Home" information from the folders as you receive them, as well as children's artwork/crafts. These folders will become extremely full and artwork/crafts may be destroyed overtime.

Thank you for your cooperation!!

From the Bus Stop

The first month of school has gone by fast!! We have been working with your children on learning how to buckle, unbuckle, and stay safe on the bus. We have also practiced how to evacuate the bus safely in case we ever need to.

Transportation Reminders

- Transportation changes are to be made 24 hours in advance unless there is an emergency. Don't forget to state the child's name when leaving a message.
- **Transportation Department: (715) 422-2025**
- Please label all of your child's belongings (backpacks, coats, hats, mittens) with their name so when items are found, we can get them back to you.
- Please **DO NOT** send food or toys with your child on the bus. These items can become a hazard.
- Please keep your release forms, especially phone numbers, up-to-date, in case of an emergency situation.
- When the bus arrives to pick up and drop off your child, please be waiting for them, we try to stay on schedule the best we can and this helps immensely.
- Your child's pick up and drop off time may vary within 10 minutes because of unforeseen issues. Please be patient, we are doing the best we can.

Thank you for sharing your children with us!

Biron Transportation Staff





Over the Kitchen Counter

Fall can be another terrible allergy season for many people. You may be able to help relieve seasonal allergy symptoms yourself by making a few simple changes to your diet. There are foods with anti-inflammatory properties that may help you become less reactive to irritants like pollen. A study done in Crete, on the Mediterranean, showed that children ages 7-18, who ate diet rich in these anti-inflammatory foods, had fewer respiratory allergies than those whose diets included pro-inflammatory foods, such as red meat and margarine. Anti-inflammatory foods you can try include: fish, olive oil, nuts, apples, blueberries, green tea, red grapes, sweet potatoes, tomatoes, and Wild Alaskan salmon. Surprisingly, popcorn is a smart anti-allergy snack. It contains 300 mg of polyphenols-potent anti-inflammatory antioxidants per 3 cup serving. That's actually nearly double the amount that fruit contains, say scientists who presented these findings at a meeting of the American Chemical Society. Your own air-popped popcorn will be lowest in calories and saturated fat.



No Cook Tomato Sauce



Try this tomato sauce, which requires no cooking, over pasta, or nearly any kind of meat or seafood.

- 5 medium tomatoes, chopped
- 4 green onions, chopped
- 1/4 cup snipped, fresh basil
- 2 garlic gloves, minced
- 1 Tbsp. olive oil
- Salt and pepper to taste

Combine first five ingredients; toss lightly. Add salt and pepper. Let stand for 15 minutes, stirring occasionally.

Sweet & Salty Marshmallow Popcorn Treats



And here's a fun popcorn treat to make with the kids! These are a tasty snack at home, but are also great to bring to a bake sale. A popsicle stick can be stuck into each popcorn ball, immediately after shaping.

- 4 qts. Popped Popcorn
- 3 cups salted peanuts
- 1 pkg milk chocolate M&Ms
- 1 pkg Large marshmallows
- 1 cup butter, cubed

In a large bowl, combine the popcorn, peanuts, and M&Ms. In a large saucepan, combine marshmallows and butter. Cook and stir over medium-low heat until melted. Add to popcorn mixture; mix well. When cool enough to handle, shape into 2-inch popcorn balls. Let stand until firm before wrapping in plastic. This makes about a dozen treats!

Conscious Corner

Head Start is happy to help families bring the Conscious Discipline curriculum into the homes of our families and hopes you will continue to learn and grow together. This month we are focusing on the explanation of the three mental states and what they represent. This will be good to know as we continue to dive into the Conscious Discipline model that we practice in our classrooms.

- **Executive State:** What can I learn from this? An integrated executive state frees us from past conditioning, attunes us to the feelings and experiences of others, enables us to remain focused, and allows us to consciously respond instead of automatically react to life events. This is the optimal state for problem-solving and learning.
- **Emotional State:** Am I loved? An upset emotional state is triggered by things not going our way. It limits our ability to see from another's point of view and keeps us on autopilot. The only way to soothe an upset emotional state is through connection.
- **Survival State:** Am I safe? In this state, people feel triggered by threats and respond with flight, fight, or surrender. The only way to soothe the survival state is through the creation of safety.

You can use the knowledge of these mental states to help identify the state your child is in. Try to make them feel safe if they are in the survival state, make them feel loved and calm if they are in the emotional state. Do what you can to bring them to the executive state, which allows learning to occur. Give it a try, you'll be surprised with the positive results you will see.



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



Check out our website!
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
Stephanie's Room: 715-422-0437
Ashley's Room: 715-422-0435
Cindy's Room: 715-422-0425
Stacey'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