

Wood County Head Start October 2021 Newsletter



October Events

- ALL Head Start Classrooms will be in session Monday October 25th
- Preschool and 4K Classrooms will NOT be in session on Friday, October 29th for Record Keeping Day.

Classroom News

- Reminder: Please send your child to school with a warm coat, hat and mittens! We go outside daily and it can be chilly in the mornings. This includes our infant and toddler classrooms.



Upcoming Events

- Lions Screening was rescheduled to October 5th.
- Policy Council's first meeting will be held October 12th.



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Important Head Start Reminders



Physicals and Dentals

Physicals and dentals are due right after the Thanksgiving break at the end of November! Children that do not have a physical on file by this date will be dropped from our program! Please let Emily know if you are having difficulties getting this done.

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 10.62 to go towards meeting our monthly goals.

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.



Transportation Reminders

- Please be sure to label all of your child's belongings. Things get taken off and left on the busses and unless they are labeled with a name we do not know who they belong to.
- The children will practice bus evacuations 3 times throughout the school year.
- Please do not let your child take food and toys with them to school. Children are not allowed to eat on the bus as it is a choking hazard and toys can get lost or broken or cause arguments between children.

CONSCIOUS CORNER



A Parent's Guide to Conscious Discipline :

For those of you who may not know, Wood County Head Start utilizes Conscious Discipline, an evidence-based, trauma-informed curriculum that helps to facilitate appropriate social-emotional development. Conscious Discipline teaches children necessary life skills like:

Relationship forming, effective communication, sensitivity to the needs of others, and the ability to work with others. In order to use Conscious Discipline effectively, we as adults need to be more aware of our own emotional states. Every month, this column will highlight effective, Conscious Discipline approved, strategies to deal with some challenging behaviors our children can exhibit. First, however, it is important to be more aware of our own inner-states and the impact that has on our behaviors. "With this awareness, we learn to consciously manage our own thoughts and emotions so we can help children do the same." Understanding our Brain States: If you want to skip ahead to the end, I'll save you the trouble and tell you now that children cannot learn when they do not feel safe. When a child is in severe upset, they are not able to think clearly. They are in what is called a survival brain state. When the brain is in survival mode, it is only asking the question "Am I safe?" Until a child feels safe and secure, they are not able to fully process anything you say to them. You could be using the most calming tone, along with developmentally appropriate strategies, but if they are mid-meltdown, they don't really hear what you're saying to them because their brain is already stuck in fight or flight mode. Children need the help of adults to provide a safe, calm environment where they can learn to regulate their emotions appropriately so they can be brought back down to a calmer, more manageable state.

Once your child's meltdown has subsided, but they are still visibly upset, they are in what is called the emotional state. When children are in the emotional state, their brain can only think about one thing: "Am I loved?" To help children understand that they are still loved, regardless of whatever difficult behaviors they just exhibited while they were in a survival state, it is necessary to create a connection with that child. At this time, it is important to nurture and comfort your child until they have worked through their upset and are able to process logic and reason. Once a child has been able to calm their upset, their brain moves into the executive state, which is the optimal state for problem-solving and learning. When the brain is in the executive state, it is able to ask itself, "What can I learn from this?" Once a child has recovered from their upset, this is the time to have practical conversations with them to teach them necessary problem-solving skills and to teach them better ways to regulate their emotions and their reactions to upset. If we try to reason with children while they are still in a survival state, we only perpetuate the upset for longer periods of time. Unless you're assuring a child in a survival state that they are safe, it is unlikely that they're hearing a word you say.

Information courtesy of: https://consciousdiscipline.com/methodology/brain-state-model/#tab_survivalstate

Contact Information / Resources

How to Reach Us

Family Service Worker

Emily's Office: 715-384-3552

Work Cell: 715-459-2847

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 Anna, Stephane, Jenna, and Cassie.

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)

Family or Personal Issues

For information of support available please call your child's Family Service Worker, Emily (715-384-3552), or Valerie Bradley (Family Services Coordinator/Mental Health Consultant)

1-866-421-2066.



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

Community Resources



United Way's First Call: 211

Free and confidential information available 24 hours a day, everyday. Also available online: www.uwfirstcall.org

North Central Community Action: 715-387-2626

General assistance in counseling, housing, and employment

WIC: 715-387-8646

Economic Support: 715-387-6374

Housing, food, Badgercare, and childcare assistance.

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

MCHS-Community Connections Team: 715-858-4443

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.

OCTOBER

2021

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1	2
3	4	5 Lions Screening 	6	7	8	9
10	11	12 Policy Council Meeting 6PM Via ZOOM	13	14	15	16
17	18	19	20	21	22	23
24	25 ALL classrooms in Session	26	27	28	29 NO school for Preschool/4K- Record Keeping Day	30
31 HALLOWEEN 						

www.a-printable-calendar.com

