



# October Newsletter

Wood County Head Start- Nekoosa Center

October 2021

## Physical and Dental Reminder

It is required, per daycare licensing, that all enrolled preschool children have an up-to-date physical, a hemoglobin test, two lead tests, and a dental visit within 90 days of their first day of attendance.

A vision and hearing screening needs to be completed within the first 90 days of attendance and will be completed with your child during the school day.

If you are unsure if your child is up to date, or you have any concerns regarding the physical and dental requirements, please contact Nicole at 715-886-8649.



## Upcoming Dates:

**Nekoosa Head Start WILL BE in session on Monday October 25th.**

**Friday October 29th: No School-Record Keeping**

**Our first set of parent teacher conferences will be held in November.  
Sign up information will be sent to you mid to end of October.**

## Important Classroom Reminders

- The weather changes day to day! It is starting to get colder outside so we are asking that you please send your child to school with the appropriate clothing (ex: coat, hats etc).
  - Be sure to label everything! Other children may have the same clothing and the only way we can tell whose is whose is if a name is on the clothing!
  - Children should leave all toys, stuffed animals, and food at home, it can become an issue in the classroom and we do not want any of your child's personal belongings lost or broken while at school.
- \*Medications cannot be in backpacks- They must be handed to the bus driver or a teacher (if the child is being dropped off) and a medication form needs to be filled out in order to administer medication to your child.**

# Important Head Start Reminders

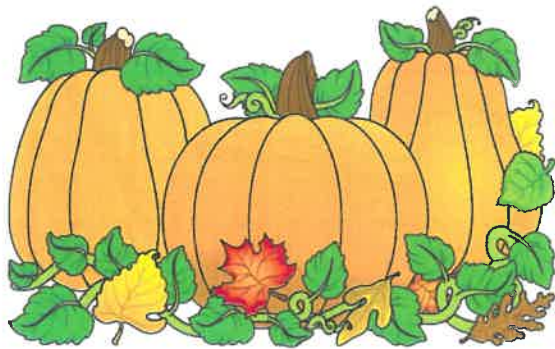
## In- Kind

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 a certain dollar amount that will go towards meeting our monthly goals.

### **Ways to earn in-kind:**

- **Filing our and returning weekly and monthly activity sheets.**

**Please Help us meet our monthly goals this 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.

**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.

We understand this is a different year for everyone so please know that Head Start does understand that children may be out more this year due to sickness.

Also, if your child attends the 4K program the Nekoosa school district still needs to be aware of their absence. We try our best to inform the office of any child's absence in our classroom but on occasion we may forget! If this happens you may be contacted by the public schools.

## Transportation News

\*Please be sure to label all of your child's belongings. Things get taken off and left on the buses and unless they are labeled with a name we do not know who they belong to. There is a lost and found in our classroom and as well as inside of Humke Elementary so if your child does misplace an item please contact us and we can look in the lost and found as well.

**\*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, broken, or cause arguments between children.

**\*ONLY people who you have authorized on your child's emergency form are able to pick your child up from school.**

If an authorized person comes to pick up your child and a Head Start staff has not met that person picking up we will require them to show ID before we release your child to them.





# Our Conscious Corner -Conscious Discipline-



There are seven skills that emerge from the foundation of the Seven Powers for Conscious Adults. As we become more conscious of our reactions to conflict, we can choose a different response. The seven skills teach you to respond to conflict in a way that helps children move from the resistant, lower centers of their brain to the more cooperative, higher centers.

Each month I will send information about one of the seven skills. The seven skills are Composure, Encouragement, Assertiveness, Choices, Empathy, Positive Intent and Consequences.

## Skill of Assertiveness:

Assertiveness is a clear communication that focuses children's attention on what we want them to do. Clear communication is essential for children to meet our expectations and for setting limits respectfully.

Assertiveness is how we teach children that words have more power than hitting. It is Conscious Discipline's bully prevention program. We must be assertive with children in order for them to learn to be assertive with each other.

### Examples of Assertiveness

**Instead of:**

- No pushing
- Don't chew with your mouth open!
- Stop hitting me with the rattle
- Stop grabbing
- No splashing!
- Don't pick your nose!
- You're going to break it
- Quit pulling on my shirt!

**Say:**

- Move please
- Chew with your mouth closed
- Shake, shake, shake the rattle!
- May I have a turn, please?
- Keep the water in the bathtub.
- Here. Use a tissue.
- Bring it over here so I can show you how to use it properly.
- When you want my attention, tap me on the arm like this.

## Community Resources

### **United Way's First Call: 211**

Free and confidential information available 24 hours a day, everyday.

Also available online: [www.uwfirstcall.org](http://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

### **WI 715-421-8950**

Assistance with food

## 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 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, Nicole (715-886-8649). We would like to welcome and thank our 2021-2022 Policy Council Representative!

**Haley Smits**

## Contact Us



Family Service Work and Lead Teacher :

Nicole- 715-886-8649

Best times to reach Nicole are:

8:00-4:00 pm Mondays

8:00-8:30am and 3:45-4:00 pm Tuesday-Friday

Central Office in Wisconsin Rapids:

715-421-2066

## Nekoosa Staff Members



**Nicole**

**Lead Teacher & Family Service Worker**



**Maria**

**Teacher Assistant**



**Brittany**

**Classroom Aide**







Celebrating our foods,  
recipes and traditions

# Latinx Culture

## The Region

- Latin America is one of the most diverse regions in the world. It includes more than 30 countries, all with many different ethnic groups and cultures.
- Its land varies from mountains to deserts to rainforests and is rich in biodiversity.
- Fresh foods like tomatoes, tomatillos, sweet peppers, hot chili peppers, onions, garlic, cilantro, and oregano are available throughout the year and used in countless dishes.

## Traditions

- Family is the heart of the Latinx community.
- In Latinx culture, cooking and eating together is a common way of bonding.
- Family meals lead to better nutrition by exposing children to more fruits and vegetables. They also improve relationships and emotional health, helping family members learn about one another as they sit together at the table.

## Stories

- When they move to a new country, most people carry their cultural traditions with them.
- The video *Sabores Latinos* tells the story of Rosario and her family. It shows how they use herbs and spices to give their dishes authentic Mexican flavor now that they live in Oregon. To watch our video, visit <https://www.foodhero.org/oregon-harvest-schools-latinx>

## Our Celebrations

*Family meals are especially important on holidays. Here are examples of holidays that some countries in the region celebrate:*



- Independence Day:**  
July 20 in Colombia;  
September 15 in Costa Rica;  
September 16 in Mexico;  
September 18 in Chile



- Día de Muertos (Day of the Dead):** November 1 and 2 in Mexico



- Children's Day:**  
April 30 in Mexico; August 8 in Chile; September 9 in Costa Rica



- Mother's Day:**  
May 10 in Mexico; second Sunday of May in Chile, Colombia, and Cuba; August 15 in Costa Rica



- Father's Day:** third Sunday of June in Chile, Colombia, Costa Rica, Cuba, and Mexico



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. 2021 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

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# Celebrating with Salsas

## Salsa Roja

### Ingredients:

- 3 dried **chiles de árbol** (omit for mild salsa or see Note)
- 3 medium **tomatoes**, stems removed
- ¼ medium **onion**, cut in big chunks
- 3 **serrano peppers** (use ¼ to ½ bell pepper for mild salsa)
- 1 clove **garlic**, unpeeled
- ¼ teaspoon each **salt** and **pepper**
- 2 Tablespoons chopped **cilantro**

### Directions:

1. On a dry skillet on medium heat, grill chiles de árbol until lightly toasted, about 2 to 3 minutes on each side.
2. In a blender, grind the toasted chiles until pieces are small.
3. Place vegetables and garlic on the skillet. Grill on medium heat until soft, about 10 minutes. Move around a few times to brown all edges.
4. Remove peel from garlic. Add garlic, vegetables, salt and pepper to blender. Pulse 4 to 5 times to a thickness you like.
5. Move salsa to a bowl. Stir in cilantro and serve.
6. Refrigerate leftovers within 2 hours.

### Note:

- No whole chile de árbol? Use ¼ teaspoon ground chile de árbol or cayenne pepper. For mild salsa, use 1 teaspoon ground California chile.

**Makes** 1½ cup

**Prep time:** 10 minutes

**Cook time:** 25 minutes

## Notes About Salsas

- Wash hands with soap and water right after handling hot peppers; avoid touching face.
- Chop the leaves and stems of cilantro; all parts are flavorful.
- No blender? Use a knife or grind with a molcajete, a traditional stone mortar and pestle.

Go to  
[FoodHero.org](http://FoodHero.org)  
for easy, tasty  
salsa recipes

## Salsa Verde

### Ingredients:

- 1 pound **tomatillos**, husks removed
- ¼ medium **onion**, cut in big chunks
- 5 **serrano peppers** (use ½ bell pepper for mild salsa)
- 2 cloves **garlic**, unpeeled
- ¼ teaspoon **salt**
- ½ cup chopped **cilantro**

### Directions:

1. Scrub tomatillos under running water with a clean vegetable brush.
2. Place the vegetables and garlic on a dry skillet. Grill on medium heat until soft, about 10 minutes. Move around a few times to brown all edges.
3. Remove peel from garlic. Add garlic, vegetables, salt and pepper to a blender. Pulse 4 to 5 times to a thickness you like.
4. Move salsa to a bowl. Stir in cilantro and serve.
5. Refrigerate leftovers within 2 hours.

**Makes** 2 ½ cups

**Prep time:** 10 minutes

**Cook time:** 15 minutes

## Pico de Gallo

### Ingredients:

- 2 large **tomatoes**, diced
- ¼ **onion**, minced
- 1 **serrano pepper**, seeds removed and minced (use ¼ cup minced bell pepper for mild salsa)
- ¼ cup chopped **cilantro**
- 2 Tablespoons **lime juice**
- ¼ teaspoon **salt**

### Directions:

1. In a large bowl, combine all ingredients. Serve right away.
2. Refrigerate leftovers within 2 hours.

**Makes** 2 cups

**Prep time:** 15 minutes