



# October Newsletter

Wood County Head Start- West October 2021



I would like to thank all our parents for connecting with Class DOJO. The West Center has a 100% parent connection rate.

We are working hard to keep you up to date on what is going on in our classrooms. Please continue to use Class DOJO messaging to contact your teacher and FSW with important information and parent

## Policy Council Information

Policy Council is our Parent Board of Directors. They meet typically once a month to discuss budget, policies, and a variety of other things.

Policy Council representatives are responsible for taking any concerns of the parents from the center they represent and address those concerns with the ENTIRE Policy Council group We would like to welcome and say "Thank you" to our 2021-2022 Policy Council Representatives. If you have a classroom or center issue you would like to discuss with your representative, please contact your FSW, Nicole, and she will put you in contact with them.

***Your Wisconsin Rapids West Policy Council members are:***

***Brittney Groshek, Jessica Enfield, & Sabrina Peyketewa-Major***



## Upcoming Events:



October 25th: Preschool in session

October 29th: Preschool closed Record Keeping Day!

## Physical/Dental Deadline

Parents, the deadline for our Head Start Pre-school physicals and dentals are 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 date of the appointments. If you need assistance with scheduling an appointment or transportation to an appointment, let your Family Service Worker know as well. Thank you! 715-422-0423

### Contact Information—West

Nicole Behselich- FSW/CC  
Email; [nbehselich@woodcoheadstart.org](mailto:nbehselich@woodcoheadstart.org)  
Phone; 715-422-0423

Laura's Room @ Biron : 715-422-0445  
Cindy's Room @ Biron: 715-422-0425  
Stacey's Room @ Biron: 715-422-0440

Bri-Toddler Room: 715-422-0422

Maria- Infant Room: 715-422-0442





## Over the Kitchen Counter

Hello everyone! I hope you all enjoyed your summer this year! Now, fall is officially here and the school year is in full swing, here at Head Start. It's almost impossible to ignore all the signs of fall, each time we step out the door and look around, the cooler temperatures, the shorter daylight hours, the beautiful colors of the changing leaves and pumpkins popping up everywhere in yards and on porches. Pumpkins don't just make pretty decorations, though. They're also wonderful for making delicious baked goods-breads, muffins, and deserts!



The first recipe I've included is for yummy Pumpkin Crunch Cake. I hope you'll find it easy to make, as well as delicious to eat! My second recipe is for Chili-Pasta Skillet. Chili's are wonderful for warming you up (and filling you up!) after a fall day spent outside, raking or jumping in leaf piles or going on a nature walk. I hope you enjoy both recipes! Have a happy and fun-filled and food-filled Fall season!





## Over the Kitchen Corner



### Pumpkin Crunch Cake

- 1 (15oz.) can pumpkin puree
- 1 (12oz) can evaporated milk
- 3 eggs
- 1 1/2 c sugar
- 1 1/2 tsp. cinnamon

- 1/2tsp. salt
- 1 box yellow cake mix
- 1c pecans, chopped  
(roasted, candied optional)
- 1c butter/  
margarine, melted



Preheat oven to 350 degrees. In a large bowl, whisk together pumpkin, evaporated milk, eggs, sugar, cinnamon and salt. Pour into greased 13x9" baking dish. Layer DRY cake mix evenly over top of pumpkin mixture. Sprinkle pecans on top of cake mix. Drizzle melted butter evenly over the top. Bake for 50-55 minutes or until golden brown. Serve either warm or chilled with cream!



## Over the Kitchen Counter

- Chili-Pasta Skillet
- 1 lb. ground beef
- 3/4 c chopped onion
- 1-15oz can red drained kidney beans,  
Rinsed and drained
- 1-8oz can tomato sauce
- 1/2c (2 oz.) dried elbow macaroni
- 1 4oz can diced green chili peppers,  
drained
- 2 to 3tsp chili powder
- 1/2tsp garlic salt
- 1/2c (2oz) shredded Monterey jack  
or shredded cheese

1. In a large skillet cook meat and onion until meat is brown and onion is tender. Drain off fat.
2. Stir in beans, undrained tomatoes, tomato sauce, uncooked macaroni, chili peppers, chili powder and garlic salt. Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or until macaroni is tender, stirring often. Remove skillet from heat; sprinkle mixture with cheese. Cover and let stand about two minutes or until cheese is melted





## Conscious Corner: A Parent's Guide to Conscious Discipline



As we introduced last month, we will give you some tips and advice for how to incorporate Conscious Discipline into your daily life. Conscious Discipline is all about turning everyday discipline issues into teaching moments for your struggling child. These times of struggle can be a great opportunity to teach your children social-emotional and communication skills that will be your child's foundation for problem solving using the Seven Skills of Discipline.

### The Seven Skills of Discipline

The Seven Skills of Discipline are the skills needed to turn discipline issues into teaching moments to help your child learn the social-emotional and communication skills necessary regulate their emotions, resolve conflict, prevent bullying, and develop pro-social behaviors. These seven skills are: **Composure, Encouragement, Assertiveness, Choices Empathy, Positive Intent, and Consequences**. By practicing each of these skills with your children, it teaches them core values and life skills.

**1—Practicing composure** can teach anger management, delay of gratification, and integrity.

**2—Practicing encouragement** can teach pro-social skills like kindness, caring, and helpfulness. It can lead to interdependence, optimism, and gratitude.

**3—Demonstrating assertiveness** helps set healthy boundaries and can assist in bully prevention. Practicing this skill can lead to respect for self and others.

**4—Teaching your child to make choices** can lead to impulse control, goal achievement, and persistence.

**5—Teaching your child empathy** helps with emotional regulation and perspective-taking, which often leads to honesty and honoring diversity.

**6—By modeling positive intent**, a child can learn cooperation, problem-solving, compassion, and generosity.

**7—By teaching your child consequences**, they are able to learn from their mistakes