WOOD COUNTY HEAD START
MARSHFIELD CENTER

MAY 2022 NEWSLETTER

May Events

There will be no school (Preschool & 4K) on Friday May 13th for Record Keeping Day.

Memorial Day is Monday May 30th.

Please don't forget if your child is remaining in the program we will need updated physical and dental forms so please be sure to get those filled out if your child goes over the summer. Those forms can be found on our website: woodcoheadstart.org

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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. Please remember to return the pink weekly sheets and monthly family sheets so that we can count this as in-kind.

Physicals and Dentals

Thank you to all the parents that worked so hard to get those physical and dental forms in! Please remember that if your child will be attending Head Start again next year he/she will need updated forms, so if he/she goes in before then ask for a new form to have filled out.

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 News

We will be practicing our last bus evacuation for the school year this month.

Classroom Reminders:

*Please remember to check Class Dojo on a daily basis to keep up-to-date on things that are happening in the classrooms as well as center.

*Please check your child's backpack EVERY night as there may be wet/dirty clothes that may need washed or projects that your child has made that can be taken out and kept at home.

Upcoming Events:

The last day for 4K and Preschool classes is Friday, June 3rd.

A HUGE **THANK YOU** to parents for the compassion, input, patience, and continued commitment through all the changes and challenges this school year.

We are so thankful to serve so many families in the community and hope you all have a wonderful summer.

We are going to miss our preschool and 4K friends while they are away and wish all the best for those moving onto Kindergarten next year!

Conscious Corner

THE SAFE PLACE TEACHES, TIME OUT PUNISHES.

MANY OFTEN CONFUSE THE SAFE PLACE WITH TIME OUT UNTIL THEY KNOW MORE ABOUT HOW THEY DIFFER.

THE SAFE PLACE USES TIMES OF UPSET AS TEACHING MOMENTS SO CHILDREN CAN PRACTICE ACTIVE CALMING. TIME OUT SEEKS TO PUNISH. IT IS ROOTED IN USING EXTERNAL FORCE TO GOVERN BEHAVIOR AND REMOVAL TO TRY AND MOTIVATE CHILDREN TO BEHAVE.

UNFORTUNATELY, IT SEEMS LIKE THE SAME CHILDREN ARE ALWAYS STUCK IN TIME OUT. MANY OF THESE CHILDREN DO NOT SEEM TO BE PHASED BY REMOVAL. THEY ARE NOT BEING MOTIVATED TO BEHAVE ANY DIFFERENTLY.

WHEN A CHILD IS BEING HURTFUL (OR CALLING FOR LOVE), THINK OF THIS LIST BELOW. IT IS THE BELIEFS THAT DR. BECKY BAILEY BASED THE SAFE PLACE ON:

1. CHILDREN WANT TO BE SUCCESSFUL

2. WHAT IS HELPFUL TO ONE CHILD MAY NOT BE HELPFUL TO ANOTHER

3. WHEN FEELING POWERLESSNESS, CHILDREN TEND TO WITHDRAW OR ACT OUT

4. CHILDREN WANT TO FEEL IN CONTROL OF THEMSELVES, BUT MAY NOT KNOW HOW. THIS IS A SCARY FEELING!

5. THE DESIRE TO BELONG IS WHAT MOTIVATES CHILDREN TO MAKE HELPFUL CHOICES

6. UPSET IS AN OPPORTUNITY TO TEACH SELF-CONTROL

7. CHOICE AND FREE WILL ARE IMPORTANT! CHILDREN CAN ELECT TO GO TO THE SAFE PLACE AND CHOOSE THE STRATEGIES THEY FIND HELPFUL.

Alternatives to a Time Out:

(These should be done TOGETHER to help regulate your child)

-Breathing exercises

-Take a break

-Read a story

-Listen to a song

-Go outside and release energy

-Draw a picture

-Use puppets

-Problem solve

-Ask questions

-Give choices

-Invite your child to use a "chill out corner" or safe place

Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.

S.T.A.R.

Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.

Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so

Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through

SELF-CARE CHALLENGE

Self-care is giving the world the best of you, instead of what's left of you. – Katie Reed

Doing small things each day to take care of our minds, bodies, and health not only helps us handle what life brings our way but also helps us to take better care of others. Try these self-care activities and cross them off as you go!

Community Resources

Emergency Broadband Benefit: 1-888-225-5322
The Emergency Broadband Benefit is an FCC program to help families and households struggling to afford internet service during the COVID-19 pandemic.

Economic Support: 715-387-6374
Housing, food, Badgercare, and childcare assistance.

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.

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: Mid-State Technical College is one of 16 regional colleges in the Wisconsin Technical College System with campuses in Adams, Marshfield, Stevens Point, and Wisconsin Rapids. Offering associate degrees, technical diplomas, and certificates in a variety of high-demand career fields designed to meet local workforce needs.
715-389-7056

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
Assistance with food

Hotline Numbers

National Suicide Prevention Lifeline/Wisconsin Lifeline
800-273-TALK (8255)

National Domestic Violence Hotline
(800) 799-7233

LGBTQIA+ National Hotline
888-843-4564

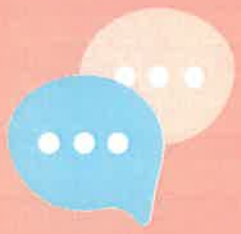
Wisconsin Addiction Recovery Helpline
2-1-1

Poison Control
(800) 222-1222

National Eating Disorders Association Helpline: 1-800-931-2237

Parent Hotline: 1-800-840-6537

Elder Abuse Hotline: 1-800-252-8966



Wisconsin Home Energy Assistance Program 1-866-432-8947

This program can assist with:
Home heating assistance
Electric assistance for energy costs not used for heating
Crisis assistance for energy emergencies
Furnace assistance for repair or replacement of nonoperating heating equipment
Weatherization assistance to keep homes warmer in winter and cooler in summer

Community Resources Continued

ADRC - Aging and Disability Resource Center 715-384-1905

Marshfield Area United Way - 715-507-5005

CHILDREN'S HOSPITAL OF WISCONSIN/ COMMUNITY SERVICES CHILD & FAMILY COUNSELING FAMILY RESOURCE CENTER - 800-653-2779

BRIDGE CENTER - 715-207-1512
The Bridge Center is a 501(c)(3) non-profit organization providing training and coaching for the parents, grandparents, and other caregivers of children with autism spectrum disorders.

MARRIAGE AND FAMILY HEALTH SERVICES 715-486-8302

Wood County Human Services - 715-387-6374 Marshfield Office

COMMUNIDAD HISPANA – 715-536-0533

HMONG ASSOCIATION OF WOOD COUNTY – 715-424-4981

Marshfield Clinic

BEHAVIORAL HEALTH AND PSYCHIATRY (715) 389-5744

Behavioral Health
715) 387-5744 Adult Appointments
(715) 387-5744 Child Appointments

WOOD COUNTY CRISIS INTERVENTION & REFERRAL SERVICE 715-384-5555 (24 hours)

SALVATION ARMY –
Emergency meals/vouchers
715-387-0395 (St. Vincent De Paul) (Marshfield Only)
715-384-5555 (Crisis Intervention after 5:00PM)

WISCONSIN FOOD SHARE 888-794-5722

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(800) 222-1222

National Eating Disorders Association Helpline: 1-800-931-2237

Parent Hotline: 1-800-840-6537

Elder Abuse Hotline: 1-800-252-8966

Family Support

For information of support available please contact your child's Family Service Worker, Emily 715-384-3552, or Valerie Bradley (Family Services Coordinator/Mental Health Consultant) 1-866-421-2066.

Head Start Website

Scan the QR code to be brought to Wood County Head Start's Website for medical/dental forms, employment opportunities, parent complaint forms, and frequently asked questions.

Contact Us

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For information of support available please contact 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.

If you are interested in learning more or becoming a representative please let Emily or your child's teacher know as soon as possible.

Our 2021-22 PC reps are:

Brandon Willems 715-897-6076

Family Service Worker
Emily:
Office -715-384-3552
Cell - 715-459-2847
evehrs@woodcoheadstart.org

Classrooms
Infant room - Melissa:
715-996-1788

Toddler room - Jerica:
715-996-1792

Teacher main: 715-387-3223

Amber's 4K: 715-996-1786

Preschool - Cassie:
715-996-1789

Preschool - Anna:
715-996-1785

Transportation: 715-384-4698

Central Office in Wisconsin Rapids:
1-866-421-2066 (toll free)
Or 715-421-2066

MAY

2022

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 **No School**	3	4	5	6	7
8	9 **No School**	10	11	12	13 **No School (Preschool & 4K) Record Keeping Day**	14
15	16 **No School**	17	18	19	20	21
22	23 **No School**	24	25	26	27	28
29	30 **Memorial Day - No School**	31	1	2	3 **Last Day for Preschool and 4K**	

Wood County Head Start - Marshfield Center

Notes: _____

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May 2022 Menu Marshfield Head Start Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed	3 Cottage Cheese, Blueberries Burger on WG Bun, Orange Halves, Baked Beans WG Animal Crackers	4 Yogurt, Apple Slices, V-8 Blend Juice Cheese Pizza, Fresh Pear, Corn Yogurt, Peaches	5 Cereal, Orange Halves, Apple Slices Flame Grilled Chicken, Mandarin Oranges, Brown Rice, Green Peas Pretzels, WG Goldfish Crackers	6 Oatmeal Cinnamon Breakfast Round, Banana French Toast Sticks, Sausage Patty, Applesauce, Fresh Carrots Crackers, String Cheese
9 Center Closed	10 Muffin, Orange Wedges, Applesauce Soft Shell Taco, Pears, Lettuce, Tomato WG Chocolate Chip Muffin	11 Hard Boiled Egg, Fruit Cup, V-8 Juice Meatloaf, HM Bread, Mashed Potatoes, Clementine Graham Crackers, Peanut Butter	12 Cereal, Apple Slices, Bananas Chicken Nuggets, Kiwi, Fresh Broccoli Cheese Cubes, WG Goldfish Crackers	13 WG Waffle, Orange Halves Cheese Omelet, HM Bread, Carrots, Bananas Animal Crackers No preschool/4K
16 Center Closed	17 Cottage Cheese, Strawberries Lasagna Roll, WG Breadstick, Blueberries, Brussel Sprouts WG Tortilla Chips, Salsa & Cheese Sauce	18 Yogurt, Apple Slices, Fruit Cup Chicken Snack Wrap, Orange Halves, Lettuce, Tomato Waffle Sticks	19 Muffin, Blueberries Applesauce Burger on WG Bun, Banana, Baked Beans Rice Cakes, Peaches	20 WG Pancakes, Bananas, V-8 Juice Flame Grilled Chicken, Brown Rice, Mandarin Oranges, Green Peas Yogurt, Granola
23 Center Closed	24 Muffin, Orange Wedges Soft Shell Taco, Apple Slices, Lettuce, Tomato WG Graham Crackers, Strawberries	25 Hard Boiled Egg, Apple Slices, Fruit Cup Cheesy Breadstick, Marinara Sauce, Orange Halves, Corn WG Sun Chips	26 Cereal, Blueberries, Applesauce Popcorn Chicken, Mixed Fruit, Fresh Broccoli Cheese and Crackers	27 Oatmeal Cinnamon Breakfast Round, Banana Mini Sub Sandwich, Fresh Strawberries, Sugar Snap Peas Soft Pretzels, Cheese Sauce
30 Center Closed	31 Cottage Cheese, Fresh Strawberries, Fruit Cup Burger on WG Bun, Pears, Baked Beans WG Peanut Butter and Jelly Sandwich	All-day session children receive breakfast, lunch and snack. Milk is served with meals and snacks and occasionally juice is served at snack time instead of milk, to 1-5 year olds. Unflavored whole milk is served to 1 year olds, unflavored 1% or skim milk is served to 2-5 year olds. Water is available throughout the day. WG = whole grain HM = homemade ** Infants and Toddlers (I/T) will be fed "on demand" according to their own feeding patterns and what is developmentally right for each child. Infants that are developmentally ready are provided with infant cereal by itself or w/fruit &/or vegetables as well as some of the menu items. Peanut Butter is NOT fed to infants under 1 year according to Wisconsin State Licensing.		