



# May Newsletter

Wood County Head Start—West Center 2022

## In-Kind: Why it Matters

The Head Start program has provided many children and families with opportunities and resources that have helped them. In order for the Head Start program to operate, a grant is given for funding, but we are required to earn a part of our grant back through In-Kind.

In-Kind is the donation of time, space, or materials used in the program that would otherwise be purchased. When parents volunteer their time working on monthly projects and Family Activity's with their children, or donating items (clothes, toys, books, etc.), we are able to document that as In-Kind and count it towards our grant. For every hour that a parent or community member spends volunteering their time gets us closer to reaching our monthly In-Kind goals.

*We appreciate you taking the time to help us to help your children.*

**Please complete and send in all the pink In-kind sheets you have lying around.**



**Date due does not matter, we will except it.**



## Upcoming Events:

**Friday, May 13th— (PS only)— no school** (Record Keeping Day)

**Monday, May 30th— (PS & I/T)— no school** (Memorial Day)



## **Health Record Updates:**

### **Physicals, Dentals, Vision, Hearing**

**Please contact your family service worker, Nicole, to make any last minute updates to your child's medical and dental records. With the official program year coming to a close, it is important that your child's medical file is complete.**

**If you need to complete a medical or dental form for your child, or have any concerns, please contact Nicole at 715-422-0423.**



## **Policy Council Representatives**

**Policy Council is our Parent Board of Directors. They meet and approve all policy changes and all new hires and terminations. We would like to welcome and say "Thank**

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

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



## Community Events & Activities

### Supporting the FACTs (Family/Friends of Addiction Coming Together)

**When:** Tuesday, May 3rd & 17th from 7:00pm—8:00pm (Recurring every 3rd Tuesday of the month)

**Where:** **Aspirus Riverview Hospital**—410 Dewey St #101, Wisconsin Rapids

**What:** Supporting the FACTs is a Community Support Group for family and friends of those dealing with substance abuse. The purpose of the group is to provide resources, hope, and support through shared experiences with others who have loved ones dealing with substance addictions.

### Ruby's Pantry-Mobile Food Distribution

**When:** May 21, 2022

**Website:** <http://www.facebook.com/rubys.immanuellutheranchurch>

**Location:** Pitsch Elementary School—501 17th Street South Wisconsin Rapids, WI

**Event Description-** Ruby's Pantry America's Rural Foodbank

**Sponsored by:** Immanuel Lutheran Church

A drive-thru mobile food distribution on the 3rd Saturday of every month from 8:00-9:30 a.m.

**Who can participate?** Food Distribution is available for anyone regardless of financial income or place of residence.

**What do I bring?** Please leave your boxes/baskets home. This is a drive-thru distribution and food is pre-boxed. A donation of \$22 per bundle of food is requested. Each bundle is approximately 70+ lbs of food.

**What will I receive?** You will receive various amounts of food donated directly from manufacturers: canned goods, meat, produce, cereal, bread, pizza, yogurt, etc.

**Questions?** Email Marlene at [mmertens@immanuelrapids.com](mailto:mmertens@immanuelrapids.com)

### Memory Café

**Date:** May 6th **Time:** 10:30AM-12:00PM

**Where:** McMillan Memorial Library 490 E Grand Ave, Wisconsin Rapids, WI

**Description:** Memory Cafe Memory Cafes are designed specifically for people experiencing early stage dementia, mild memory loss or cognitive impairment, and for family and friends of those affected.



## Over the Kitchen Counter

### 10 Tips for *Summer*

1. Pack High Protein Snacks
2. Drink, Hydrate, Repeat
3. Bring Your Own Tumbler
4. Prep Your Veggies
5. Make Water a Non-Negotiable
6. Say YES to foods you love;  
Say NO to foods you dont
7. Move your Body DAILY
8. Offer to Bring a Dish
9. Be In Tune with your Goals
10. Memories Over Macros

**YQL NUTRITION**  
*Your Quality Life*

### EAT YOUR WATER



**WATER MELON**  
92% water



**PINE-APPLE**  
87% water



**SPINACH**  
92% water



**APPLES & PEARS**  
92% water



**CUCUMBER**  
96% water



**STRAWBERRY**  
92% water



ZIVANZA



Roughly 20% of our daily water intake comes from food



Veggies with high water content: lettuce, peppers, celery



Signs of dehydration: headache, fatigue, extreme thirst

**Summer Hydration Tips**



Other hydrating foods: smoothies, applesauce, soup



Fruits with high water content: cucumbers, watermelon, grapefruit



Make water more delicious by infusing it with fruit

## How can I say “no” and be heard?

In its simplest terms, saying “no” and being heard is called “assertiveness.” It is a key skill that both adults and children must cultivate in order to develop healthy relationships. Assertive commands focus on what you want to have happen, give clear information about what to do, and are given in a tone of voice that says “just do it.” [Conscious Discipline](#) (educators) and [Easy to Love, Difficult to Discipline](#) (parents) spend ample time focusing on the skill of assertiveness. The following tips from these publications will get you started:

**Focus on What To Do:** When you are upset, you are always focused on what you don’t want. Use active calming techniques to regain your composure as necessary, and then shift your focus away from what’s wrong. Instead, focus on what you want to have happen. Have you ever heard an Olympic athlete visualize “not losing?” No! They focus on diving their cleanest dive or running their fastest race in order to achieve their goal. Your goal is to paint a picture with your words and gestures of exactly what you want the child to do.

“Don’t you dare touch anything in this store” focuses on what you don’t want (don’t touch). Pivot and reframe it in the positive, “Keep your hands in your pockets.” All assertive commands give usable information. “Don’t \_\_\_\_\_” is not usable information because it doesn’t tell what to do. “Don’t hit your brother” becomes: “When you want your brother to move say, “move please.”

**Give the Command Assertively:** There are three tones of voice we use when we communicate: passive, aggressive and assertive.

A passive approach says, “Approve of me, love me, is it okay with you if\_\_\_\_\_.” A passive approach does not engender respect or compliance, so a passive person often resorts to manipulation or ‘going through the back door’ to get their needs met. Passive communication is not effective communication.

An aggressive approach says, “I am right and you are wrong, no matter what.” It often includes threats, blame, severe consequences or “you” statements that are focused solely on the other person. An aggressive approach invites a defensive response and engenders fear. Aggressive communication is not effective communication.



An assertive approach says, "Do this," in a clear and respectful manner with a voice of no doubt. With children, follow these steps to deliver an assertive command:

1. Establish eye contact by approaching the child, getting down on his/her level and moving closer until he/she notices you. For easily distracted children, you may need to get as close as six inches.
2. Verbally tell the child what you want him/her to do. State your expectations clearly and simply. Be certain that the statement is formulated in the positive... focus on what you want them to do and paint a clear picture with your words. "Hold my hand so you are safe when we cross the street." "Give me the scissors. They are sharp and could cut you." "Use a quiet voice while we are in the museum." "Pick up the markers and put them in the shoe box."
3. Give visual, auditory and tactile cues as often as possible. Demonstrate a gentle touch, gesture in the direction you wish the child to move, practice what a soft voice sounds like, etc.
4. Send the nonverbal message "just do it" with the tone of your voice and with your nonverbal stance as you give the command. If your nonverbal cues are passive, your child may easily refuse. If your nonverbal cues are aggressive, your child will resist in self-defense. When nonverbal and verbal communication both say, "Just do it," you let the child know your command has meaning.
5. Celebrate your child's success. The minute the child begins to show any degree of compliance, jump in with praise. Even if s/he wasn't really going to comply, s/he likely will comply once you begin to praise him/her. "Good for you," "You did it," and "way to go" followed by a description of the child's action are great ways to celebrate them without judging. "Way to go! You're reaching for my hand so we can cross the street safely!"

If your child chooses not to comply, repeat the request and say, "I'm going to show you what to do." Lead the child gently and instructively in completing the request. Say, "I'm going to show you how to cross the street safely" and take the child's hand in yours.





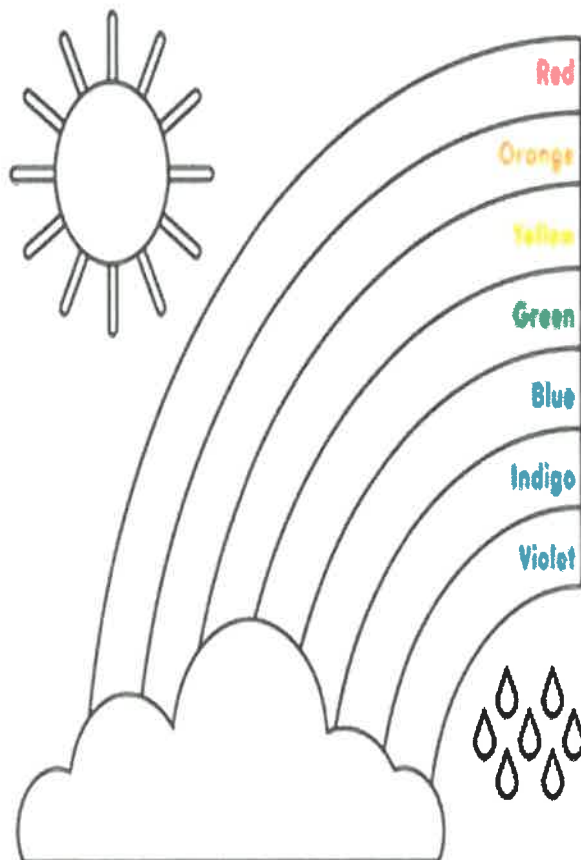
# Kid Activity— Enjoy!

## The Colors of a Rainbow

Name \_\_\_\_\_

Date \_\_\_\_\_

Color the rainbow. Then answer the question.



How many colors does a rainbow have? \_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_



## Counting Cupcakes

Color the cupcakes, then count them.  
Draw a line to the correct amount.



1



4



3



5



2