



September Newsletter

Wood County Head Start- Biron Center September 2022

Welcome Back!

Hello parents! We are so excited to start this school year and get back to what we like to call "normal"! As of now, we plan to have in-person events, celebrations, meetings, etc., masks are a thing of the past, and children will once again brush their teeth in the classrooms. Although we are all trying to put COVID behind us, we're still required to follow quarantine protocols determined by the CDC in the event an individual were to test positive. For the families who have been a part of our Head Start family for a few years, you may remember our first Family Engagement Night of the school year, where you got to know the center and the staff, had a nice dinner, and discussed Policy Council. We are excited to say that we can now host the event again and the plans are in the works! Children will have a folder in their backpack to transport information, activities, and invitations, so please be sure to check the backpack on a regular basis. Lastly, we would like to welcome our new Family Service Worker Shannon to the team! If you are at the center, feel free to stop in the office and introduce yourself! If you have any concerns or questions, please don't hesitate to call your child's Family Service Worker or Teacher.

Fallon 715-422-0443 or 715-213-8579

Shannon 715-422-0438 or 715-213-8498

Healthy Smiles and Bookworms

As many of you may know, Head Start participates in the local Health Department's Healthy Smiles Program and the Wisconsin Association for Home and Community Education's Bookworm Program. Our first visit from Healthy Smiles is scheduled for September 15th and Bookworms will begin visiting in October. Please keep an eye out for more information and dates in your child's folder and on ClassDojo.

Conscious Corner

As many of our families know, Head Start's curriculum is based around Conscious Discipline. Because we have seen the positive outcome of using specific techniques in the classroom as a way to help modify behavior, we would like to share it with our families in hopes that you can take some of the information and apply it to your home life. For our new families, the Conscious Discipline Brain State Model is a framework for us to understand the internal brain-body states that are most likely to produce certain behaviors in children and ourselves. With this awareness, we learn to consciously manage our own thoughts and emotions so we can help children do the same. The goal of this model is to increase our self-awareness so we can respond consciously to the needs of the moment, not only with our children, but others as well. Keep an eye out for our Conscious Corner section of the newsletter each month to find information, explanations, ideas, and tips. In the meantime, we encourage you to do some research on Becky Bailey and the Conscious Discipline Model that she brought to fruition.

Policy Council

Our Policy Council is a very important part of our program and the decisions that are made to better serve our families. Typically we have voting for our Policy Council Representatives at our first Family Engagement Night, however, we are going to try something new this year and will conduct the voting via ClassDojo. At your home visit with your Family Service Worker, you were asked if there were any parent involvement groups you would be interested in participating in, one being Policy Council. If you said you were interested in being a representative, we will be reaching out to you prior to the election; however, if you would like to be a representative and are unsure if you indicated so, please contact your child's teacher or Family Service Worker to let them know you are interested. Please remember to check your child's folder, as well as ClassDojo, as this will most likely be the means of communication regarding Policy Council and the voting process.





SCHOOL BUS

From the Bus Stop

Welcome to those of you that are new to the Biron Center and welcome back to all of you who have been with us before. The transportation staff is looking forward to getting to know you and your children, as well as working with them to learn the routine of the bus. We will be practicing bus evacuations in the next few weeks, that way all of the children will know what to do in case of an emergency. Please read over some reminders listed below regarding transportation and thank you for sharing your children with us!

- *Make sure contact information is up to date so we can reach you!
- *Only those on your child's Emergency Release Form can get your child off the bus and must show their ID the first time.
- *Any transportation changes should be made 24 hours in advance. Also, please leave your child's weekly schedule on the transportation line, (715) 422-2025, on Monday.

If you have any questions, comments, or concerns please contact Janet at (715) 422-2025.

Janet
Center Coordinator/Transportation
Supervisor

ABC 123

Over the Kitchen Counter

Back to school is one of the busiest times of the year next to the holidays. As a mother, I know that the first thing our kids do when we get home is run to fridge saying they are starving. You don't want them to ruin their dinner, but you don't want to deal with a hangry child either. Here are some simple and delicious snack ideas you can have ready for the kids to grab. Pre-portioning and preparing snacks alleviates the stress of finding something, prevents the kiddos from over-snacking, and encourages healthy eating habits.

Perfect Snack Ideas:

- Various Flavors of Mini Muffins
 - Applesauce Pouch/Gogurt
 - Banana and Graham Crackers
- Fresh Fruit/Veggies (Washed and Portioned)
 - String Cheese
 - Frozen Chocolate Dipped Bananas
- Cheese/Peanut Butter and Crackers
 - Dry Cereal
- Mini Bagel and Cream Cheese
 - Pretzels and Cheese
 - Trail Mix
 - Ants On A Log
- Raisins/Dried Cranberries
- Yogurt With Granola



Wood County Head Start

Administrative Office
1011 8th St. South
Wisconsin Rapids, WI 54494

Toll free: 866-421-2066
Main line: 715-421-2066
Fax: 715-421-2069
E-mail: wchs@woodcoheadstart.org



Biron Center Contact Information

550 Center Street
Wisconsin Rapids, WI 54494
Phone: 715-422-0441
Fax: 715-422-0444

Infant Room: 715-422-0439
Toddler 1 Room: 715-422-0446
Toddler 2 Room: 715-422-0447
Stephanie's Room: 715-422-0437
Ashley's Room: 715-422-0435
Cindy's Room: 715-422-0425
Laura's Room: 715-422-0445

Family Service Worker: Shannon
Desk Phone: 715-422-0438
Cell Phone: 715-213-8498

Family Service Worker: Fallon
Desk Phone: 715-422-0443
Cell Phone: 715-213-8579

Transportation: Janet
Desk Phone: 715-422-2025