



September Newsletter

Wood County Head Start- Nekoosa Center

September 2022

Upcoming dates

Tuesday September 20th: Picture Day
Thursday September 22nd: Hearing Screening
Monday September 26th: In Session
Friday September 30th: No School

Physical and Dentals



It is required, per daycare licensing regulations, 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. These are due by

Monday November 28th. Please inform Nicole of these appointment dates when you get them scheduled.

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.

Up to date immunization records, or a signed immunization waiver, must be completed within 30 days of their first day of attendance. Some of you may have a short period of time to get these appointments scheduled and completed, so please plan accordingly. If you are unsure if your child is up-to-date, or you have any concerns regarding this requirement, please contact Nicole at 715-886-8649.

Signing your child in/out

We would like to remind parents that it is very important that when you bring your child to school or pick them up you need to sign them in and out. It is a daycare licensing rule that we keep track of when children arrive and leave the center so we ask that everyone makes sure that they are doing this. Our sign in and sign out sheet is located on the students' cubbies when entering the classroom. Thank you in advance for your cooperation.



Policy Council Information

Information on voting for our policy council members will be coming home soon. Please look for this information in your child's folder.

Family Fun Night

In the month of October, we will be having our family fun night. More information about this event will be sent home in your child's folder soon.

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 their children we get a certain dollar amount that will go towards meeting our monthly goals.

Ways to earn in-kind:

- **Filing out and returning weekly and monthly activity sheets.**
- **Attending special event days and parent meetings.**

Please Help us meet our monthly goals this year!!



Attendance Policy

Head Start requires that children maintain an 85% average monthly attendance rate.

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 an adult calls or send a note if a child will be out of school.

If a child is out and we have not heard from an adult as to why the child is absent we will call to check on your child.



News from the Kitchen

We are looking forward to a great year of providing some good food and nutrition for the children. We are always looking for new snack ideas to try with the children so please let us know if you have any ideas we could add to our menu.

There are many factors that are affecting our food supply change during this time. On that note, meal time foods may be changed due food availability. If changes are made to the menu, a "change in menu" notification will be posted on ClassDojo.

Please reach out to Nicole by sending a message on ClassDojo or calling 715-886-8649 if you have any questions.



Our Conscious Corner -Conscious Discipline-



Conscious Discipline is the social-emotional curriculum that is used in our classroom.

What is Conscious Discipline?

Conscious Discipline is a research based program that helps adults stay calm enough to see misbehavior and upset as a signal to teach instead of punish. It then provides effective strategies for teaching social-emotional and life skills to children. - Conscious Discipline

To find out more information please either contact Nicole or visit consciousdiscipline.com

In each monthly newsletter, information about Conscious Discipline will be

Transportation News

4K Bus Rider Information:

*Please have your child ready and waiting for the bus at least 10 minutes before or after your child's usual bus pick-up and drop-off times as times may vary.

Bus Rules:

- *Stay seated at all times
- *Use inside voices
- *Keep hands and feet to self
- *NO food, drinks, or toys on the bus
- ***Medications cannot be in backpacks- They must be handed to an adult.**



Drop off/Pick up Information:

Drop off: Sign in at Door A (main entrance)- May walk child to classroom beginning at 8:30

Pick up: Door M (garden doors)- Please sign your child out before leaving.

Dismissal times: Tuesday, Thursday, Friday- 3:30
Wednesday- 2:30

We will ask to see a picture ID for anyone we are unfamiliar with that is picking up your child. If they are picking your child up from school they must be on your child's emergency contact form.

you need to add an emergency contact person to your child's list it needs to be done in writing. It must include the person's first and last name, full address, phone number, the relationship of that person to the child (ex: aunt, uncle, friend, etc) and if you give permission for them to be picked up at anytime.

Community Resources

United Way's First Call: 211

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

Also available online: 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: (715)-421-8840

Housing, foodshare, Badgercare, and childcare assistance

Food Assistance:

Valerie: 715-421-8950

SWEPS Food Pantry: 715-421-2050

Food Share: 888-794-5722

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 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.

We will be voting in our policy council member/s during the month of September! If you are interested in becoming a representative please let Nicole know as soon as possible. (715-886-8649)

Contact Us



Family Service Work &

Lead Teacher:

Nicole- 715-886-8649

(Classroom Direct Line)

715-459-5457 (Classroom Cell Phone)

Best times to reach Nicole are:

8:00-4:00 p.m. Mondays

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

If you call the classroom and no one answers please know that we may be busy with your child and leave a message so we can return your call as soon as we are able to.

Central Office in Wisconsin Rapids:

715-421-2066

Nekoosa Staff Members

Lead Teacher: Nicole E.

Teacher's Assistant: Brittany

Classroom Aide:

Room number: 120





Give Them More
of the
Good Stuff!

Potato Basics



Russet bake, mash, roast

Potatoes are loaded with
vitamin C and potassium.

Purple boil,
steam, roast,
salads, soups,
stews



White all ways



For best results,
match the type of
potato with the
suggested ways of
cooking them.

Red boil, steam, roast,
salads, soups, stews



Yellow all ways



New, Petite
(any potato harvested young)
boil, steam, roast

Fingerling bake, steam, roast

Store Well Waste Less

- Potatoes keep best where it is dark, cool and well ventilated.
- Store in a cabinet or drawer so light will not cause the skin to turn green and bitter. Avoid storing under the sink or near appliances that get hot.
- Store in a cool place but not in the refrigerator. Temperatures

below 45 degrees F can change flavor and texture.

- Store in a paper bag or a plastic bag with holes that allow air flow.
- Scrub potatoes under running water just before cooking.
- If potatoes turn green or sprout but are firm, they are safe to eat. Cut those parts away before cooking.
- Put raw cut potatoes in a bowl of cold water with a splash of vinegar or lemon juice to keep them from turning brown.

Shop and Save

- Choose clean, smooth, firm potatoes with no cuts, bruises, sprouts or green skin.
- Potatoes are available year round. For best quality, buy the amount you can use within a few weeks.
- Potatoes are also available frozen, canned and dehydrated.



Enjoy Potatoes

Potato Pals

Ingredients:

- 1 pound **potatoes**, cut in cubes
- 1 Tablespoon **vegetable oil**
- ½ teaspoon **salt**
- ½ teaspoon **garlic powder** or 2 cloves garlic, minced

Directions:

1. Preheat oven to 400 degrees F.
2. In large bowl, stir together potatoes, oil, salt and garlic powder.
3. Lay potatoes out on a baking sheet.
4. Bake until potatoes are soft, about 20 minutes. Toss a couple times while roasting.
5. Refrigerate leftovers within 2 hours.

Makes 3 cups

Prep time: 10 minutes

Cooking time: 20 minutes

Go to
FoodHero.org
for easy, tasty
potato recipes

Mashed Potatoes

1. In a medium saucepan, cover with cold water 1½ pounds of potatoes, peeled (if desired) and cubed (about 6 cups).
2. Bring to a boil and simmer until potatoes are soft, about 15 minutes.
3. Drain and mash potatoes, then stir in ½ cup low-sodium broth or milk, 2 Tablespoons low-fat plain yogurt or sour cream, ½ teaspoon garlic powder, ½ teaspoon salt, ¼ teaspoon pepper and 1 Tablespoon margarine or butter, if desired.
4. Serve hot. Makes about 4 cups.

Cheesy Potato Soup

Ingredients:

- 1 cup chopped **onion**
- ¼ cup chopped **celery**
- 1 teaspoon **vegetable oil**
- 2 cups diced **potatoes**
- 2 cups low-sodium **chicken broth**
- ¼ teaspoon **pepper**
- 3 Tablespoons **cornstarch**
- 1½ cups low-fat **milk**, divided
- ¾ cup (3 ounces) shredded **cheddar cheese**
- 1 Tablespoon **bacon bits** or 1 slice **bacon**, cooked and crumbled

Directions:

1. In a large saucepan over medium-high heat, sauté onion and celery in oil until onion pieces are clear, about 3 to 5 minutes.
2. Add the potatoes, broth and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 to 25 minutes or until the potatoes are tender.
3. In a small bowl, stir together cornstarch and ¼ cup of milk until smooth. Add remaining milk. Stir into the potato mixture.
4. Cook and stir until thickened and heated through, about 5 minutes. Do not boil.
5. Remove from heat. Stir in cheese until melted. Top with bacon bits. Serve warm.
6. Refrigerate leftovers within 2 hours.

Makes about 6 cups

Prep time: 10 minutes

Cook time: about 40 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it.

Show kids how to:

- **scrub potatoes under running water.**
- **choose their own potato toppings for a quick meal.**

SLEEP AND YOUR CHILD

How You Can Build Healthy Sleep Routines

Sleep is important to how your child learns, grows, and even behaves. Children who get enough sleep regularly do better in school and have fewer behavior issues. A regular bedtime routine can help your child get enough sleep. It can also make bedtime easier for you!

Ideas to Build Your Own Bedtime Routine!



How Much Sleep Does Your Child Need?

AGE GROUP

HOURS THROUGHOUT THE DAY INCLUDING NAPS

Infants (0-12 months)

14-15 hours throughout the day

Toddler (1-3 years old)

12-14 hours throughout the day

Preschoolers (3-5 years old)

11-13 hours throughout the day

School age children
(5-12 years old)

10-12 hours



How Do You Know When Your Child Isn't Getting Enough Sleep?



"He gets really excited and hyper. He wants to run around and won't sit down, but I know he really needs to rest"

"Her teacher says she has a hard time paying attention and doesn't want to join in or loses interest."

"He will have a melt down that normally wouldn't cause that reaction. It's because he either didn't get a good nap or didn't sleep well the night before."

"Moody, he gets really moody. And I check in to ask if he's tired."

"She just sort of falls apart when she hasn't had enough sleep, and starts acting out."



If your child shows these signs, they may need more sleep or fewer interruptions at night.

Tips for Building a Bedtime Routine:

- **Set a regular bedtime.**
Including the weekends.
- **Start your child's bedtime routine about 30-60 minutes before their bedtime.**
This allows your child to recognize its time for bed and for you to spend quiet time together.
- **Pick out clothes and other things your child may need.**
- **Provide an area that is safe, comfortable, and mainly used for sleep** so there will be fewer interruptions.
- **Offer quiet activities.**
Reading a book or listening to soft music helps if your child is struggling to fall asleep.
- **Turn off the TV or video games.**
These make it harder for your child to fall and stay asleep.
- **Limit drinks.**
Beverages high in sugar or caffeine before bed such as juice, tea, soft drinks should be avoided.
- **Offer time that allows for quiet conversation.**
Talk about your child's day, favorite things, or sing a quiet song together.

What Do You Like to Do With Your Child Before Bed?

"We like to read a few books. Sometimes she will read them back to me."

"We sing my favorite song from when I was a child."

"We like to snuggle a few minutes before bedtime. It is my favorite part of the day."

"He likes it when I scratch his back for a few minutes. It really helps him calm down."



NATIONAL CENTER ON
Early Childhood Health and Wellness