

# West Center

## JANUARY NEWSLETTER

# 2024

Welcome Back!

All of the staff would like to welcome the kids back to school! We hope that all the families had a great holiday and a nice Winter Break.

Sick Child

We want to send a friendly reminder to all that if your child is sick, please call the school and let us know. It is very important that we know if a child will not be coming to school. If we do not hear from you, we will be calling to check the status of your child.

*A big thank you for your help with this matter!*

***Preschool Hours - 8:30- 3:15***

***Infant/Toddler Hours - 7:30- 4:15***

### **West Center Events**

**Tuesday, January 2nd – I/T classes resume**

**Wednesday, January 3rd – Preschool classes resume**

**Thursday, January 11– Healthy Smiles @ 9:00am**

*Wisconsin Rapids West Policy Council members :*

*Jessica Enfield, Ashley Webb,*

### **Center information**

***Family Service Worker***

**Nicole: (715) 422-0423**

**Cell: (715) 213-8424**

***Preschool: (715) 422-0421***

***Infant Room: (715) 422-0442***

***Toddler Room: (715) 422-0422***

**Administrative Office:**

**(715) 421-2066**

**ClassDOJO messaging is a great way to contact your teacher and Family Service Worker as well.**



**191 19th Ave S  
Wisconsin Rapids, WI 54495**

# SAVE THE DATE CENTER EVENTS:

## January 24th– PS & I/T Family Lunch & Activities

**Preschool 11:00– 12:30 Infant/Toddler 10:00–11:30**

**Families w/ child in I/T & PS– 10–11 in I/T room, 11–12:30 PS room  
(lunch in PS room)**

## February 14th– PS & I/T Family Breakfast & Activities

**Preschool 8:30–10:00 Infant/Toddler 8:15–10:00**

**Families w/child in I/T & PS– 8:15–9:15 (breakfast in T/T room),  
9:15–10 PS room**

## March 20th– PS & I/T Family Lunch & Activities

**Preschool 11:00– 12:30 Infant/Toddler 10:00–11:30**

**Families w/ child in I/T & PS– 10–11 in I/T room, 11–12:30 PS room  
(lunch in PS room)**

## April 17th– PS & I/T Family Breakfast & Activities

**Preschool 8:30–10:00 Infant/Toddler 8:15–10:00**

**Families w/child in I/T & PS– 8:15–9:15 (breakfast in T/T room),  
9:15–10 PS room**

## May 15th– PS & I/T Family Breakfast & Activities

**Preschool 8:30–10:00 Infant/Toddler 8:15–10:00**

**Families w/child in I/T & PS– 8:15–9:15 (breakfast in T/T room),  
9:15–10 PS room**

**June 2024– PS only—End of the Year Picnic**

## Community Events & Activities

### Memory Café

Date: January 5, 2024 Time: 10:30AM-12:00PM

Location: McMillan Memorial Library

More info: Contact Karen Bradbury, RN 715-422-2795

### Ruby's Pantry

Date: January 20, 2024

### Lake Sherwood Fisheree

Date: January 20, 2024

Location: Lake Sherwood Lodge 1146 West Queens Way

Nekoosa, WI

Organizer: Lake Sherwood Lodge

lspoa@wctc.net 715-325-2636

## PARENTS AS TEACHERS

Thank you to everyone who turned in Monthly Activities; they look great on our Monthly Activity Board! The children love seeing their activities displayed on the wall and often point them out to teachers and other staff. The monthly activities that are sent back to school will be put into a "Family Portfolio" that the Family Service Workers put together. Each child or family's "Family Portfolio" will be given to the families at the end of the school year. It is a reminder of everything that you as families do to help your children with school readiness. After-all, parents are a child's most important teacher, and what you do matters.

**\*\*Please remember to write your child's name on their activities and fill out, sign, and return the Parent Volunteer Form. We also love to see pictures of your adventures for the physical activity, so feel free to text them to your Family Service Worker and they will be added to their portfolio.\*\***

### Bad Weather:

#### School Cancellation Information

**The Wisconsin Rapids West Head Start Center will not have classes if the school district of Wisconsin Rapids cancels classes for the day. We will have any school cancellations posted on our Facebook page. If you have any questions about our bad weather policy, please contact Family Service Worker, Nicole Behselich at 715-422-0423. OR in Class DOJO messaging.**

### Winter Gear Reminder

When sending winter gear to school with your child, please label coats, gloves, boots, etc. with their first name and last initial so everything gets sent home to the proper

Wood County Head start

Website Link



## No Cook Tomato Sauce

Try this tomato sauce, which requires no cooking, over pasta, or nearly any kind of meat or seafood.

- 5 medium tomatoes, chopped
- 4 green onions, chopped
- 1/4 cup snipped, fresh basil
- 2 garlic gloves, minced
- 1 Tbsp. olive oil
- Salt and pepper to taste

Combine first five ingredients; toss lightly. Add salt and pepper. Let stand for 15 minutes, stirring occasionally.

## Sweet & Salty Marshmallow Popcorn Treats

And here's a fun popcorn treat to make with the kids! These are a tasty snack at home, but are also great to bring to a bake sale. A popsicle stick can be stuck into each popcorn ball, immediately after shaping.

- 4 qts. Popped Popcorn
- 3 cups salted peanuts
- 1 pkg milk chocolate M&Ms
- 1 pkg Large marshmallows
- 1 cup butter, cubed

In a large bowl, combine the popcorn, peanuts, and M&Ms. In a large saucepan, combine marshmallows and butter. Cook and stir over medium-low heat until melted. Add to popcorn mixture; mix well. When cool enough to handle, shape into 2-inch popcorn balls. Let stand until firm before wrapping in plastic. This makes about a dozen treats!



## CONSCIOUS CORNER:

### HOW DO I HANDLE MY TODDLER'S TEMPER TANTRUMS?

The core skill that will help you through a temper tantrum is keeping your cool. Your upset will only fuel your child's fire. Instead, use active calming techniques such as deep breathing to help manage these difficult, but developmentally normal fits.

As in any conflict situation, focus on what you want your child to do, model this behavior or state yourself, and notice any hint of success. In terms of tantrums, the behavior or state of being that you want from your child is "calm." Your job is to focus on "calm" and model calmness yourself. This may sound particularly difficult in the face of a screaming 3-year-old, but can we really expect a 3-year-old to keep his cool if we can't stay cool ourselves? Here's an example:

Your toddler wants a bag of candy he's spied in the grocery aisle. You say, "No." He crashes to the floor, screaming. You're feeling angry, embarrassed, exhausted and at your wits end. You feel like everyone's looking at you.

First, take three deep breaths to help calm the stress response in your body. Then, discipline yourself with the affirmation "I'm safe. Keep breathing. I can handle this." Way to go! You've just set the internal foundation needed to teach your child how to handle frustration and become calm! Now you can address your upset child.

Be encouraging. Get down at eye level with him and say, "You can handle this. Breathe with me. You're safe." Scoop him up, hold him in your arms and breathe deeply with him. When his body relaxes a little, say, "There you go, you're calming down." Then tell him he has a choice, "You can sit in the cart and hold the list, or you can sit in the cart and hold your truck." Once he makes his choice, celebrate your success together, "You did it! You calmed yourself down and that's hard to do."

**Conscious Discipline**

– Parent Link



**Link to Temper Tantrums  
Article**



# January 2024 Head Start Menu - West Centers

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><i>Happy New Year</i> ★★</p> <p>Center Closed</p>	<p>2 <b>WG</b> Life Cereal, Mandarin Oranges</p> <p>Pizza Burgers on <b>WG</b> Bun, Potato Smiles, Pears</p> <p><b>WG</b> Trail Mix</p> <p>No Preschool/4K</p>	<p>3 <b>WG</b> English Muffin Egg &amp; Cheese Sandwich, Bananas</p> <p>HM Macaroni &amp; Cheese, Diced Ham, <b>WG</b> Breadstick, Peas, Tropical Fruit Salad</p> <p><b>WG</b> Peanut Butter &amp; Jelly Sandwich</p>	<p>4 <b>WG</b> French Toast Sticks, Mixed Fruit</p> <p>Meatballs with Mashed Potatoes &amp; Gravy, <b>WG</b> Bun, California Vegetables, Peaches</p> <p><b>WG</b> Graham Crackers, Applesauce</p>	<p>5 <b>WG</b> Cheerios, Blueberries</p> <p>HM Chicken &amp; Cheese <b>WG</b> Quesadilla, Cottage Cheese, Peppers Slices &amp; Dip, Orange Slices</p> <p>Apple Slices with Peanut Butter, 100% Juice</p>
<p>8</p>  <p>Center Closed</p>	<p>9 <b>WG</b> Bagels with Jam, Strawberries</p> <p><b>WG</b> Chicken Nuggets, Rice Pilaf, <b>WG</b> Roll, Peas, Applesauce</p> <p><b>WG</b> Goldfish Crackers</p>	<p>10 Special K Cereal Bananas</p> <p>Tacos (<b>WG</b> Tortillas, Taco Meat w/Lentils, Shredded Cheddar Cheese, Lettuce, Tomato, Sour Cream, Salsa), Corn, Fruit Cocktail</p> <p><b>WG</b> Muffins</p>	<p>11 <b>WG</b> Waffles, Blueberries</p> <p>Chicken Noodle Soup, <b>WG</b> Roll, Cheese Cubes, Baby Carrots &amp; Dip, Apple Slices</p> <p><b>WG</b> Tortilla Chips, Salsa</p>	<p>12 Scrambled Eggs with Cheese, <b>WG</b> Toast, Pineapple</p> <p>BBQ on a <b>WG</b> Bun, Cheese Slices, Winter Moon Vegetables, Peaches</p> <p><b>WG</b> Animal Crackers, 100% Juice</p>
<p>15 <b>WG</b> Cheerios Cereal, Tropical Fruit</p> <p>Chicken Patty on <b>WG</b> Bun, French Fries, Cucumber Slices, Pears</p> <p>Hard Boiled Egg, String Cheese</p> <p>No Preschool/4K</p>	<p>16 <b>WG</b> Pancakes, Pears</p> <p>Beef Roast, Mashed Cauliflower/Potatoes &amp; Gravy, <b>WG</b> Roll, Cooked Carrots, Fruit Salad</p> <p><b>WG</b> Graham Crackers, Peanut Butter</p>	<p>17 <b>WG</b> Oatmeal w/ Dried Fruit and Nuts,</p> <p>Cheesy Flatbread, Lettuce Salad with Tomatoes &amp; Cucumbers, Cottage Cheese, Strawberries</p> <p><b>WG</b> Trail Mix, 100% Juice</p>	<p>18 <b>WG</b> Frosted Mini Wheats, Apple Slices</p> <p>Burger with <b>WG</b> Bun, Cheese Slices, Diced Potatoes, Peaches</p> <p><b>WG</b> Goldfish Crackers, Pretzels</p>	<p>19 Cheese Omelet, <b>WG</b> Toast</p> <p>Sweet &amp; Sour Chicken, Brown Rice, Green Beans, Mandarin Oranges</p> <p><b>WG</b> Graham Snacks</p>
<p>22 <b>WG</b> Toast with Peanut Butter, Blueberries</p> <p>Chicken Alfredo Pasta, <b>WG</b> Roll, Broccoli, Kiwi</p> <p>Yogurt, Mixed Berries</p> <p>No preschool or 4K</p>	<p>23 Cheesy Hashbrown Bake, Turkey Sausage, Strawberries</p> <p>Cheeseburger Soup, <b>WG</b> Breadsticks, Roasted Cauliflower, Grapes</p> <p><b>WG</b> Sunchips, 100% Juice</p>	<p>24 <b>WG</b> Life Cereal, Bananas</p> <p>Stuffed Shells, Meat Sauce, Green Beans, Garlic Bread, Mandarin Oranges</p> <p><b>WG</b> Goldfish Crackers, String Cheese</p>	<p>25 <b>WG</b> Muffin, Baked Cinnamon Apples</p> <p>Scalloped Potatoes &amp; Ham, <b>WG</b> Roll, Broccoli, Peaches</p> <p><b>WG</b> English Muffin halves with Cream Cheese, Raisins</p>	<p>26 <b>WG</b> Waffle Sticks, Tropical Fruit Salad</p> <p>Shredded Ranch Chicken, Cheese Slices, Hawaiian Roll, Cooked Peas, Pears</p> <p><b>WG</b> Rice Cakes with Peanut Butter</p>
<p>29 <b>WG</b> Pancakes, strawberries</p> <p>Lasagna Casserole, <b>WG</b> Roll, Red pepper Strips &amp; Dip, Pineapple</p> <p>Cottage Cheese, Peaches</p> <p>No preschool or 4K</p>	<p>30, Kix Cereal, Blueberries</p> <p>Egg Roll in a Bowl, Scrambled Eggs, Fried <b>WG</b> Brown Rice, Green Beans, Pears</p> <p><b>WG</b> Animal Crackers</p>	<p>31 <b>WG</b> English Muffins, Strawberries</p> <p>Tomato Soup, HM Grilled Cheese <b>WG</b> Sandwich, Ham Slices, Roasted Broccoli, Mandarin Oranges</p> <p>Yogurt, Blueberries, <b>WG</b> Granola</p>	<p>All-day session children receive breakfast, lunch and snack.</p> <p>Milk is served with meals and snacks, 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.</p> <p>WG = whole grain      WGR = whole grain rich HM = homemade</p>	

\* 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.