

MARCH

Wood County Head Start– West Center

Registration for 4K (Applications are provided to you by Head Start for WCHS 4K & WRPS 4K)

The end of the year will be here before you know it, so make sure you're taking the time to prepare for the school year! You will need your child's Birth Certificate. If you do not have one, you will need to get one.

If your child does not meet the 4-year cut-off for 4K, you will need to complete a Head Start application for next year's Preschool year. Please fill out an application and turn it in to your Family Service Worker or your child's teacher.

If you would like to register your child for 4K, please complete the application and provide your child's birth certificate . You will need to complete the WRPS application as well as the Head Start Application to register for 4k next year.

Policy Council Representatives:

Ashley Webb, Jessica Enfield, Makayla Koehmstedt

Upcoming Events:

March 1st PS no school– Record keeping day

March 4th: I/T no school PDD

Head Start & I/T Closed for Spring Break

March 25th-March 29th 2024

Upcoming Events Schedule

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 I/T room), 9:15-10:00 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 I/T room), 9:15-10 PS room**

June 2024– PS only—End of the Year Picnic

Community Events

Memory Café

Date: March 1, 2024 Time: 10:30AM-12:00PM

Location: McMillan Memorial Library 490 East Grand Avenue WR, WI 54494

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

Ruby's Pantry—Mobile Food Distribution

When: Saturday, March 16, 2024 registration starting at 8am.

Food bundles available starting 8:00-9:30

Where: Pitsch Elementary School 501 17th Street South WR, WI

What: A mobile food distribution on the 3rd Saturday of each month. Food distribution is available for anyone regardless of financial income or place residence. Be sure to remember containers to put your items in. A donation of \$25 is asked to cover the cost of transportation. In return, you will receive various amounts of food for the month that have been donated directly from manufacturers, which include: canned goods, meat, produce, cereal, bread, yogurt, and more.

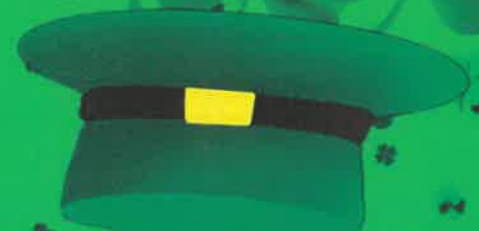
Wisconsin Rapids Winter Market 9:00am at the Moravian Church

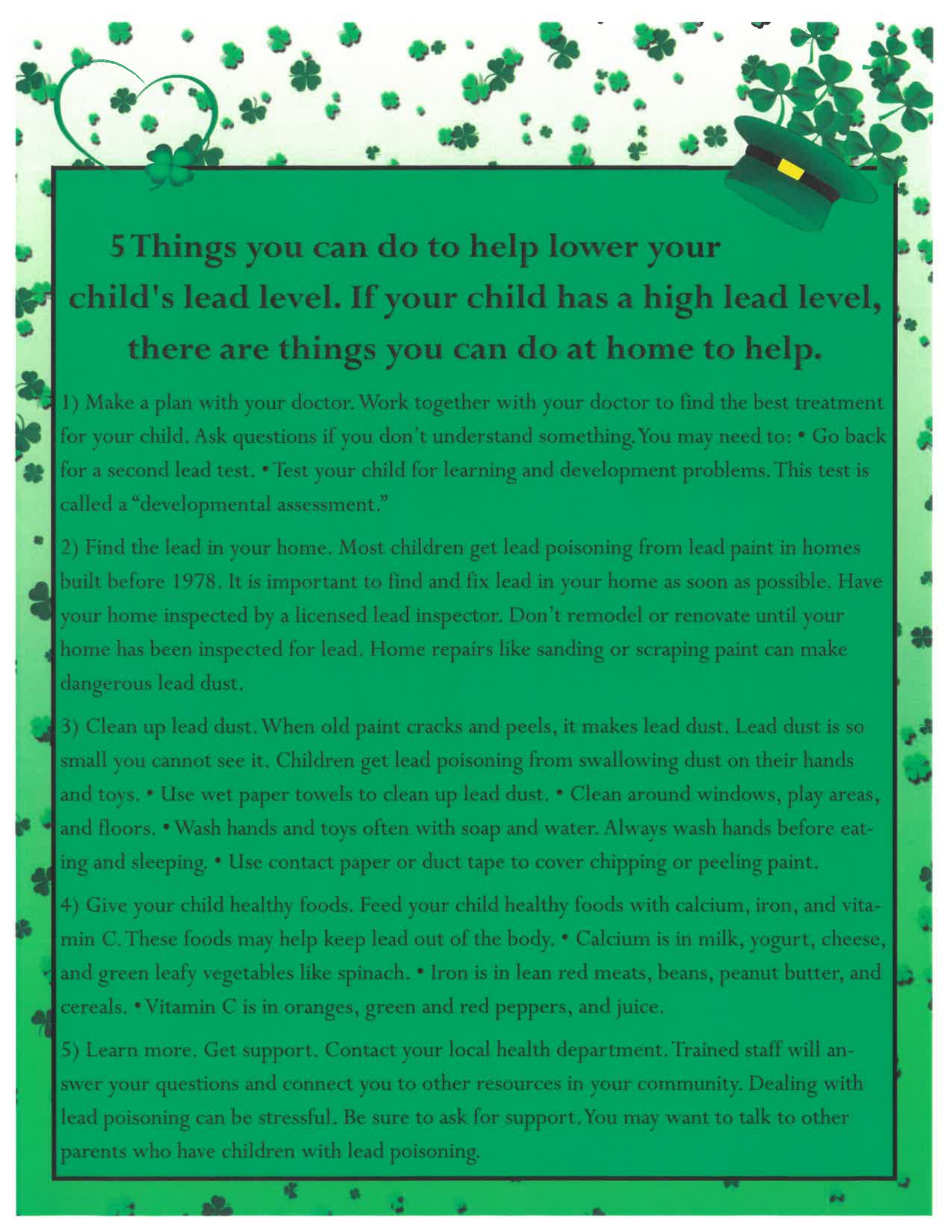
Dates: 3/9, 3/16,, 3/23

Nekoosa Spring Easter 5k Run/Walk & Egg Hunt

Date/Time: 3/23/24 at 4:30

Riverside Park 916 Prospect Avenue Nekoosa, WI





5 Things you can do to help lower your child's lead level. If your child has a high lead level, there are things you can do at home to help.

1) Make a plan with your doctor. Work together with your doctor to find the best treatment for your child. Ask questions if you don't understand something. You may need to:

- Go back for a second lead test.
- Test your child for learning and development problems. This test is called a "developmental assessment."

2) Find the lead in your home. Most children get lead poisoning from lead paint in homes built before 1978. It is important to find and fix lead in your home as soon as possible. Have your home inspected by a licensed lead inspector. Don't remodel or renovate until your home has been inspected for lead. Home repairs like sanding or scraping paint can make dangerous lead dust.

3) Clean up lead dust. When old paint cracks and peels, it makes lead dust. Lead dust is so small you cannot see it. Children get lead poisoning from swallowing dust on their hands and toys.

- Use wet paper towels to clean up lead dust.
- Clean around windows, play areas, and floors.
- Wash hands and toys often with soap and water. Always wash hands before eating and sleeping.
- Use contact paper or duct tape to cover chipping or peeling paint.

4) Give your child healthy foods. Feed your child healthy foods with calcium, iron, and vitamin C. These foods may help keep lead out of the body.

- Calcium is in milk, yogurt, cheese, and green leafy vegetables like spinach.
- Iron is in lean red meats, beans, peanut butter, and cereals.
- Vitamin C is in oranges, green and red peppers, and juice.

5) Learn more. Get support. Contact your local health department. Trained staff will answer your questions and connect you to other resources in your community. Dealing with lead poisoning can be stressful. Be sure to ask for support. You may want to talk to other parents who have children with lead poisoning.

Homemade Baked Chicken Nuggets

Serves: 4 Prep Time: 20 mins Cook Time: 25 mins Total Time: 45 min

Ingredients:

Breading:

1 cup plain breadcrumbs 1/2 tsp garlic powder 1/2 tsp smoked paprika
1/4 tsp salt freshly cracked pepper 2 Tbsp olive oil

Yogurt Slurry:

1/3 cup Greek Yogurt 1/8 tsp salt 3 Tbsp water

Chicken:

1 boneless, skinless chicken breast (about 2/3 lb)

Directions:

1. Preheat the oven to 425°F. Place a wire cooling rack, or two, over a baking sheet to hold the nuggets as they bake.
2. In a wide shallow bowl, combine the breadcrumbs, garlic powder, smoked paprika, salt, and some freshly cracked pepper (about 5 cranks of a pepper mill). Stir these ingredients together until evenly combined. Drizzle the oil over the breadcrumb mixture, then stir until the breadcrumbs are coated in oil. The breadcrumbs should look like damp sand.
3. In a separate small bowl, stir together the Greek yogurt, salt, and water until smooth. You want the yogurt to be a similar consistency to buttermilk or heavy cream. It should be thick enough to coat the chicken.
4. Trim any excess fat from the chicken breast, then cut it into small, 3/4 to one-inch pieces. For a 2/3 lb. chicken breast you should get about 22-24 pieces.
5. Dip each piece of chicken into the yogurt slurry, then roll it in the seasoned breadcrumb mixture until the chicken piece is fully coated. Place each coated nugget onto the wire cooling rack on the baking sheet.
6. Once all of the chicken pieces are fully coated, transfer the baking sheet to the oven and bake for 23-25 minutes, or until the breading is browned on the edges.
7. Remove the chicken nuggets from the oven and let cool for 3-5 minutes, then serve with your favorite dip.

Conscious Corner:

A Parent's Guide to Conscious Discipline

Anticipating Temper Tantrums

"Let's face it: some situations are more likely to evoke upset than others. The keys to navigating these rough waters are composure, assertiveness, encouragement, and choices. First and foremost, you must remain calm and in control of your own internal state. Breathe deeply and use affirmations to assist yourself in this process. Next, focus on assertive language with your child. Give an assertive command that paints a picture of what you want the child to do. For example, "It's time to get out of the tub. Reach your hands up to the towel."

If the child complies, say, "You're doing it! Your arms are up just like this (model for the child)."

If the child refuses, say, "I'm going to help you start getting out."

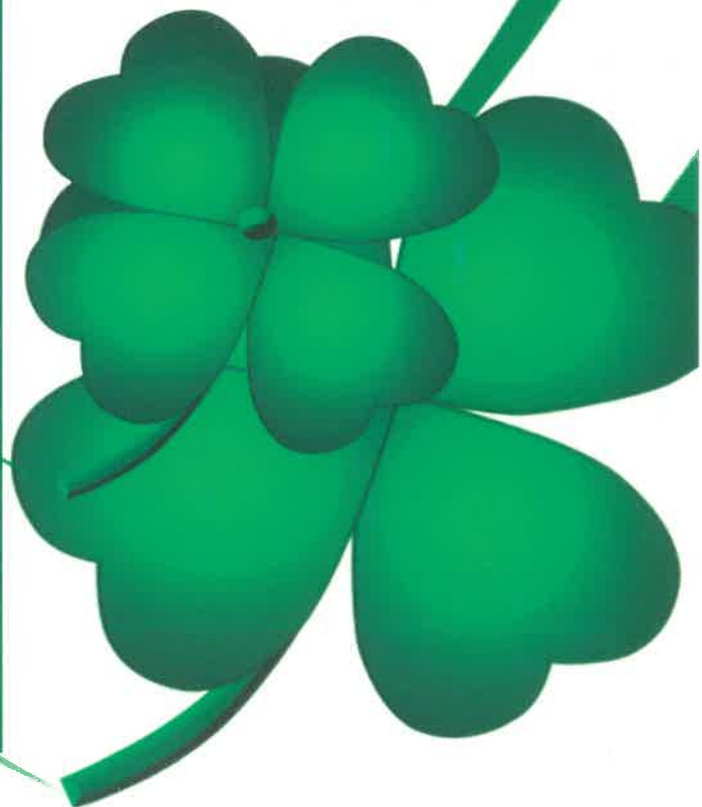
If the child complies this time, say, "That's it. You're doing it. It's hard to stop when you are having fun."

If the child refuses and turns or jerks away, notice the child's body by saying, "Your arms went like this (demonstrate) and your head went like this (demonstrate)."

When your child looks to see what you are doing, take a breath and say, "There you are!" Then offer two positive choices such as, "You can get out of the water and into the towel or you can pull the plug and then get into the towel. Which do you choose?"

Information courtesy of: <https://consciousdiscipline.com/free-resources/discipline-tips/>

When you notice your child is on the verge of a tantrum, it is always helpful to take note of your own emotional state. Do you feel your own emotions escalating as your child's are? This is a perfectly natural response, just take a deep breath and remember that your child's behavior is happening in front of you, it is not happening to you. Sometimes your little ones just need a little help from you to learn how to regulate their emotions.



West Head Start Center March 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">March 25th - 31st is Spring Break!</p> <p>All-day session children receive breakfast, lunch and snack. Milk is served with meals 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.</p> <p>WG = whole grain HM = homemade</p> <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.</p>				
<p>4</p>  <p style="text-align: center;">Center Closed</p>	<p>5 WG Honey Bunches of Oats Cereal, Oranges</p> <p>WG Chicken Nuggets, Buttered Noodles, WG Roll, Peas, Applesauce</p> <p>WG Muffin</p>	<p>6 WG Pancakes, Bananas</p> <p>Lentil & Beef Tacos on WG Tortilla, Lettuce, Salas, Sour Cream, Corn, Pears</p> <p>Yogurt and Berries</p>	<p>7 Breakfast Burrito on WG Tortilla, Strawberries</p> <p>Turkey sandwich on WG Roll, Pasta Salad, Carrots & Dip, Peaches</p> <p>Trail Mix with WG Goldfish Crackers</p>	<p>8 WG Bagel, Cream Cheese, Fruit Salsa</p> <p>HM Spaghetti Bake, Cheesy Breadsticks, California Vegetables, Kiwi</p> <p>WG Sun Chips</p>
<p>11 WG Oatmeal, Raisins, Diced Apples</p> <p>HM Beef Stroganoff, Egg Noodles, WG Roll, Corn, Apple Slices</p> <p>WG Animal Crackers</p> <p style="text-align: center;">No Preschool/4k</p>	<p>12 WG Frosted Mini Wheats Cereal, Blueberries</p> <p>Chicken Tenders, Rice Pflaf, WG Roll/Bread, Corn, Pears</p> <p>WG Rice Cakes, Fresh Tangerines</p>	<p>13 WG Apple Cinnamon Muffin Bars, Applesauce</p> <p>HM Cheese Broccoli Soup, Ham, Cheese Slices, Hawaiian Roll, Cucumbers & Dip, Fruit Mix</p> <p>WG Tortilla Chips, Salsa & Cheese Sauce</p>	<p>14 WG French Toast Sticks, Orange Slices</p> <p>Chicken Fajita Strips, WG Softshells, Cheese, Salsa, Lettuce, Tater Tots, Pineapple</p> <p>Celery Sticks, Peanut Butter, Raisins</p>	<p>15 Scrambled Eggs w/ Cheese, Strawberries</p> <p>HM Meat Pizza/Cheese Pizza, Cottage Cheese, Lettuce Salad, Mandarin Oranges</p> <p>Yogurt, WG Granola, Blueberries</p>
<p>18 WG Waffles, Bananas</p> <p>Shredded Pork, Gravy, Mashed Potatoes, WG Bread/Roll, Green Beans, Pears</p> <p>Cheese and Crackers</p> <p style="text-align: center;">No Preschool/4k</p>	<p>19 WG Cheerios, Peaches</p> <p>Cheese Omelet, Roasted Diced Potatoes, WG Toast, Fruit Cocktail</p> <p>Apple Slices and Peanut Butter</p>	<p>20 WG Life Cereal, Blueberries</p> <p>Sweet and Sour Meatballs, Rice Pilaf, Broccoli, WG Breadstick, Pineapple</p> <p>WG Soft Pretzels, Cheese Sauce</p>	<p>21 WG Breakfast Sandwich (Egg, Cheese, WG English Muffin), Banana</p> <p>Burgers on WG Buns, Cheese Slices, Sweet Potato Fries, Mandarin Oranges</p> <p>Carrots & Dip, Hard-Boiled Eggs</p>	<p>22 WG Muffin, Applesauce</p> <p>WG Fish Sticks, Buttered Noodles, WG Roll/Bread, Peas, Tropical Fruit Mix</p> <p>WG Sun Chips</p>
<p>25</p>  <p style="text-align: center;">Center</p>	<p>26</p>  <p style="text-align: center;">Closed</p>	<p>27</p>  <p style="text-align: center;">For</p>	<p>28</p>  <p style="text-align: center;">Spring</p>	<p>29</p>  <p style="text-align: center;">Break</p>