



May Newsletter

Wood County Head Start—West Center 2024

West Center Hours

Infant Room: 7:30-4:15 Phone #: 715-422-0442

Toddler Room: 7:30– 4:15 Phone #: 715-422-0422

Preschool Room: 8:15-3:15 Phone #: 715-422-0421

Parents, it is important that you pick your child up on time. Thank you!

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



Due date does not matter, we will except it.



Upcoming Events:

Monday, May 6th– I/T no school PDD

Wednesday, May 15th– Parent Breakfast

Monday, May 20th– Preschool in-session

Friday, May 24th– PS & I/T no school

Monday, May 27th– Memorial Day-no school



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.

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.

Policy Council Representatives

Your Wisconsin Rapids West Policy Council members are:

Ashley Webb, Jessica Enfield, Makayla Koehmstedt











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 of 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

CALIFORNIA
svelte



ZIVA NZA



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 mixing it with fruit



Cheesy Ranch Potatoes

Prep time: 20 minutes, Cook time: 4 hours, Servings: 6-8

Ingredients:

10 red potatoes (about 2-3 pounds)

2 T butter (melted)

2 cups shredded cheddar cheese (divided into 1.5 and .5 cups)

10 slices bacon cooked and crumbled (or sliced into 1 inch pieces and then cooked)

1 tsp black pepper

1 T Hidden Valley Seasoning

Instructions:

1. Cut bacon into 1 inch pieces and bake your bacon in the oven or skillet (use preferred method)
2. Cut your red potatoes in cubes. Hold the potato vertically, slice it down the middle, turn it and slice it vertically again. Then, lay it horizontal and cube it into thirds or fourths depending on how big the potato is.
3. Remove one tablespoon worth of Hidden Valley Ranch seasoning from a packet and set aside. Melt two tablespoons of butter and set aside and grab your black pepper. You'll need about 1/2 –1 tsp depending on taste.
4. In a large bowl, add your cubed potatoes, mix in your melted butter, pepper, ranch seasoning and stir well.
5. Lastly, add in your cooked and crumbled bacon, and 1.5 cups of cheese.
6. Set aside your crockpot and use a large piece of heavy duty foil to line the crockpot with. It's going to serve as a foil packet for the potatoes, put the lid on top of the crockpot and cook on high for 3-4 hours or low for 7-8 hours.
7. When potatoes are done cooking, sprinkle with cheese, cover for 5-10 minutes.
8. Enjoy!

No-Bake Peanut Butter Oatmeal Bars

Total Time: Prep/Cook: 10 minutes + chilling Makes: 9 servings

Ingredients:

1 cup creamy peanut butter, 3/4 cup honey, 3 cups old-fashioned oats

Directions:

In a small sauce pan, combine peanut butter and honey. Cook and stir over medium-low heat until melted and blended. Remove from heat; stir in oats. Spread into a greased 9-inch square pan; press lightly. Cool to room temperature; cover and chill for 1 hour.



Community Events & Activities

Ruby's Pantry-Mobile Food Distribution

When: May 18, 2024

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 \$25 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

Memory Café

Date: May 3rd 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.

Lunch by the River

Veteran's Memorial Park— 299 1st Street North Wisconsin Rapids, WI 11:30-1:00pm

Make your way to 1st Street North for entertainment and exceptional food along the Wisconsin River. Every Thursday starting in May 30th running until the end of August, from 11:30 a.m. - 1:00 p.m. Each week is sponsored by a different business and is sure to be a favorite summertime event.

Enjoy a taste of Wisconsin Rapids!



Check out the QR codes for summer ideas in Wisconsin Rapids!



Rafters Info 2024



McMillan Memorial Library



Skate City



South Wood County YMCA



Witter Park Aquatics Center



Dog Friendly Parks



Mead Field Splash Pad



ZOO



City Parks



Memory Game: Breathing Choices

Conscious Discipline breathing exercises shut off the body’s “fight or flight” response, allowing children and adults to calm themselves and choose effective responses to conflict and upset.

Three deep belly breaths shut off the brain’s “fight or flight” system. This active calming strategy is key to emotional health. Conscious Discipline utilizes four core breathing techniques: S.T.A.R, Drain, Balloon and Pretzel. These techniques are simple, fun ways to teach belly breathing to children.

Of course, practice is required for these techniques to become second nature. Use this memory game to review and practice S.T.A.R., Drain, Balloon and Pretzel with your children or students. If you practice active calming with children while they are calm, it will become easier to access these skills in moments of upset.

HOW TO USE CONSCIOUS DISCIPLINE BREATHING TECHNIQUES

If you’re new to Conscious Discipline, here’s how to S.T.A.R., Drain, Balloon and Pretzel:

S.T.A.R.

Smile, Take a deep breath, And Relax. Breathe in through the nose with the belly going out, then out through the mouth with the belly going in. Help children learn to exhale longer than they inhale.

Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder and face muscles. Exhale slowly, making a “ssshhhh” sound, and release all your muscles, draining out the stress.

directions continued on next page

ConsciousDiscipline.com

Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms, and making a “pbpbpbpbp” sound (like a balloon releasing air).

Pretzel

Standing up, cross your ankles. Now cross your right wrist over your left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.

MEMORY GAME DIRECTIONS:

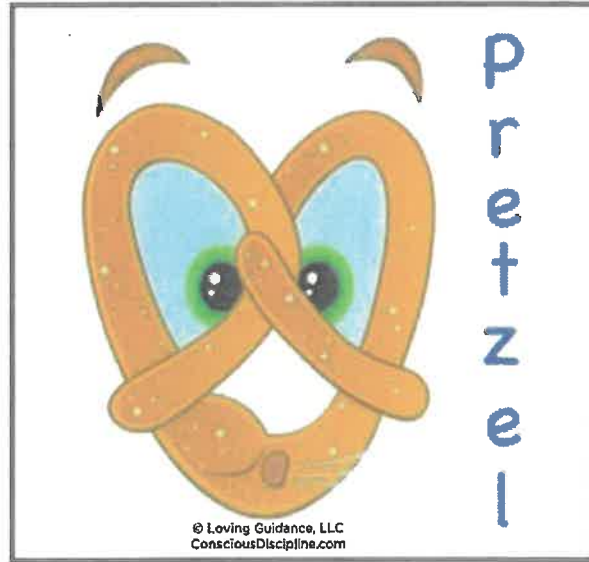
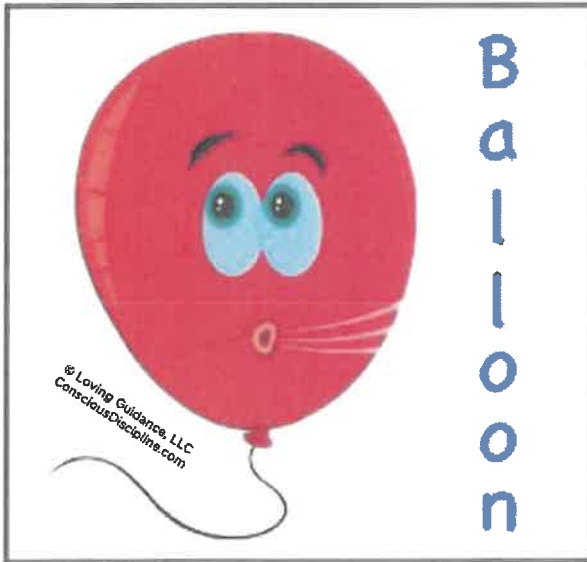
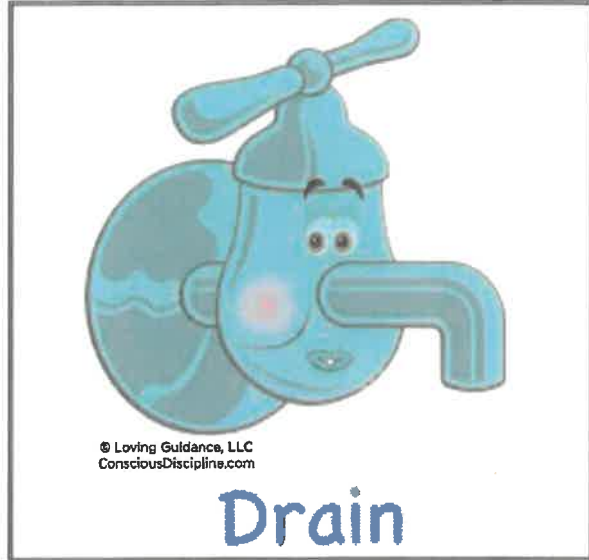
Making the Game Cards

- **STEP 1:** Print each page of the Breathing Choice cards on cardstock. For toddlers, print only the first two pages.
- **STEP 2:** Cut out each card. Laminate to ensure durability.

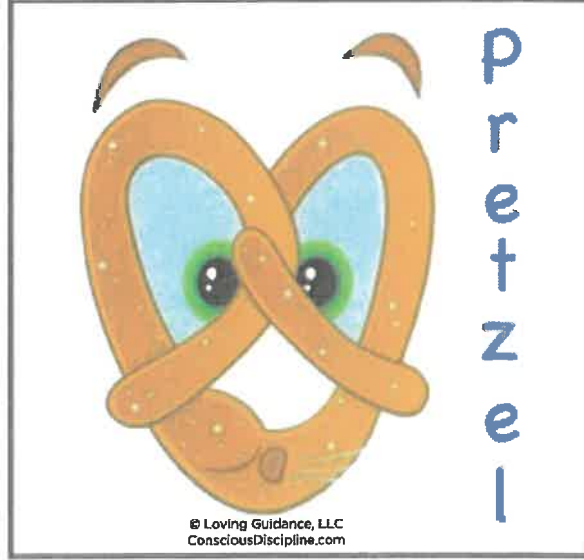
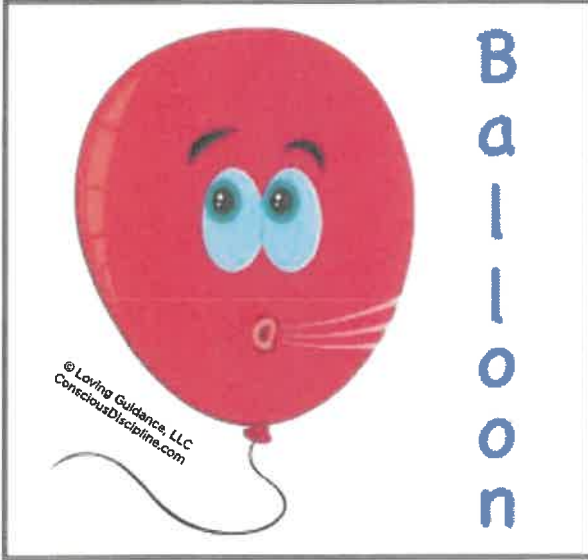
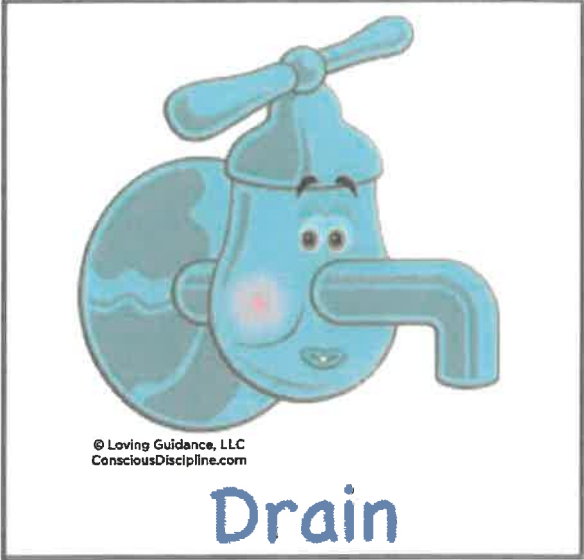
Playing the Memory Game

- **STEP 1:** Shuffle the cards.
- **STEP 2:** Lay the cards face down in rows.
- **STEP 3:** Turn over any two cards.
- **STEP 4:** If the cards match, keep them and practice the breathing strategy on the matching cards. If the matching cards have one icon, practice the breathing strategy once. 2 icons=2 breaths and 3 icons=3 breaths.
- **STEP 5:** If the cards do not match, turn them back over.
- **STEP 6:** Try to remember what image was on each card.
- **STEP 7:** Watch and remember during other players' turns.
- **STEP 8:** Repeat Steps 3-7 until all cards have been matched. When all cards have been matched, the game is over.

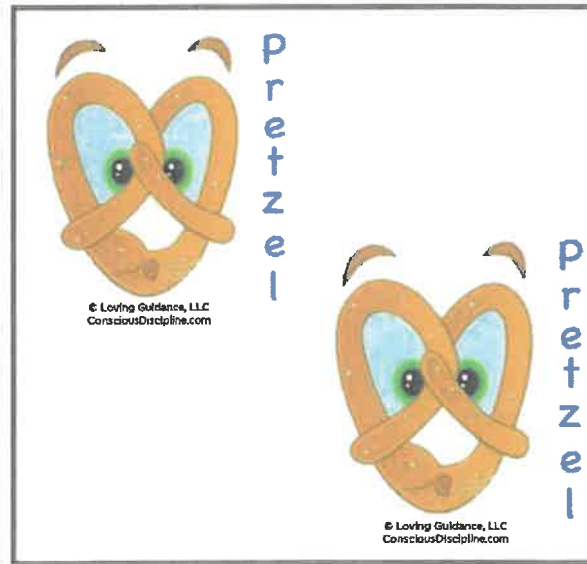
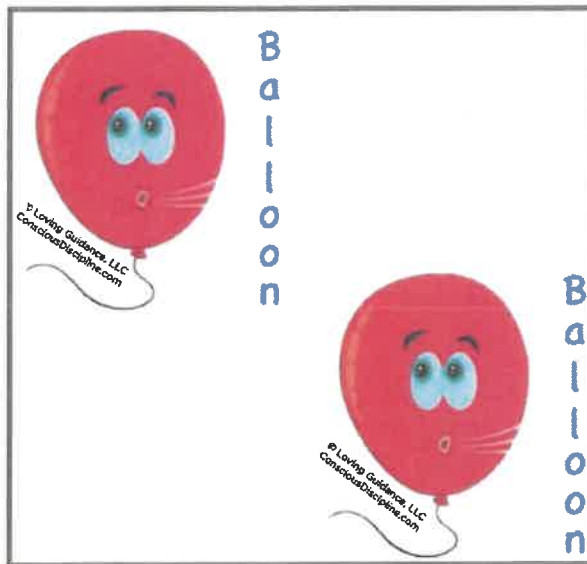
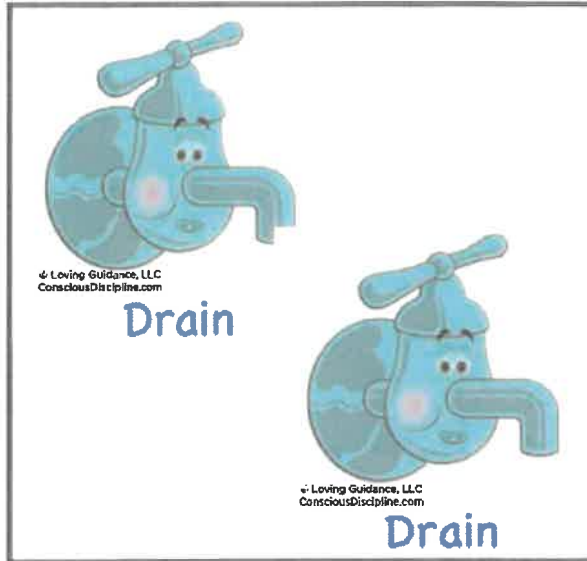
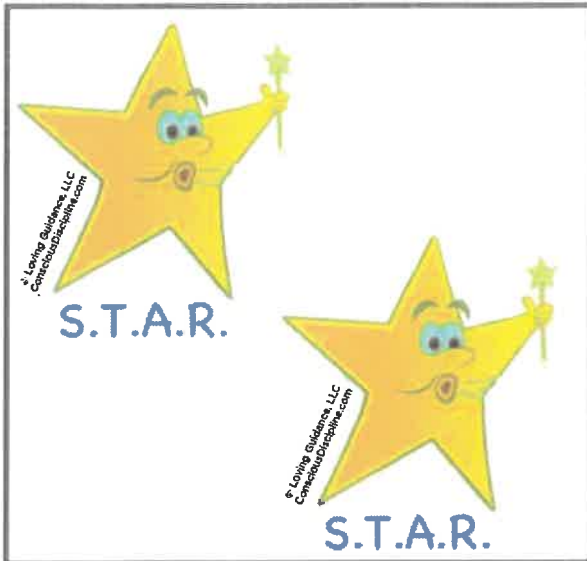
MEMORY GAME BREATHING CHOICES



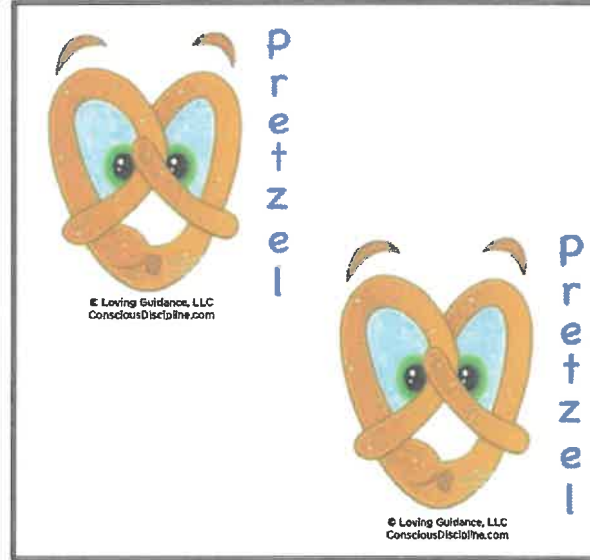
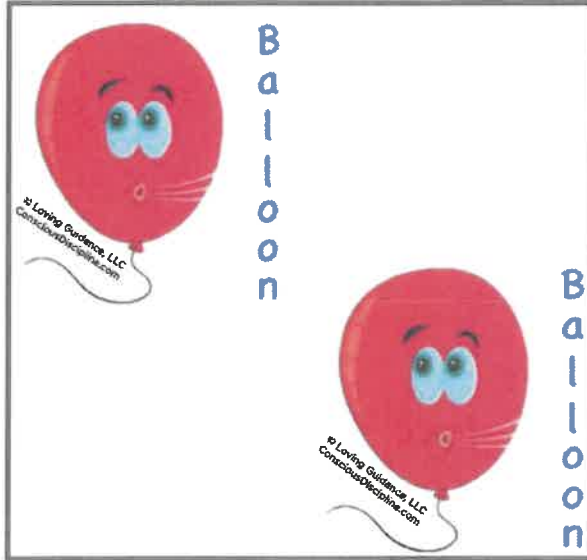
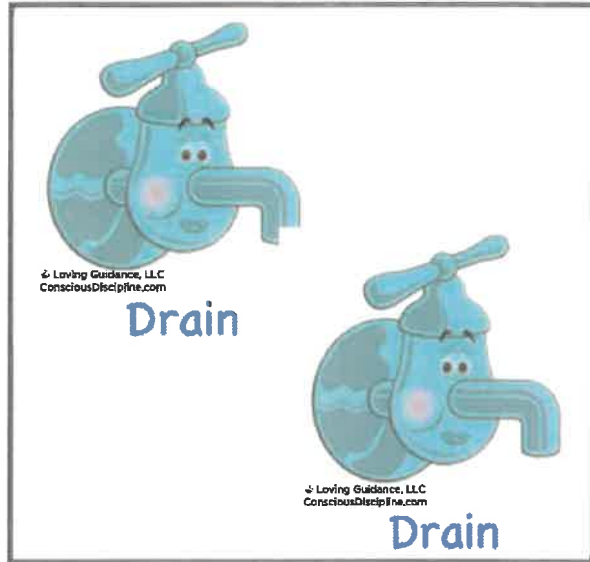
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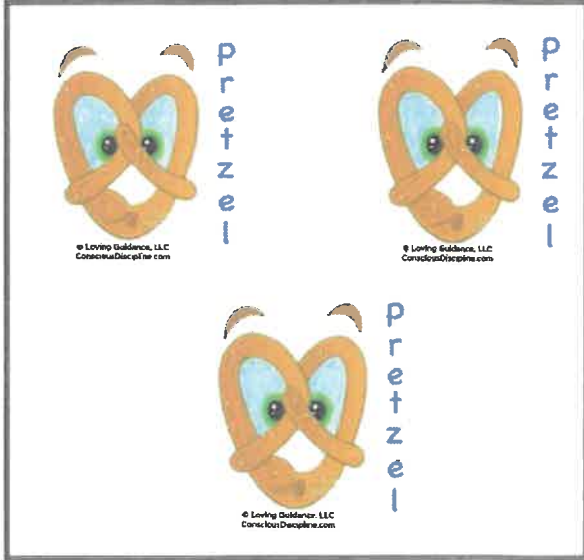
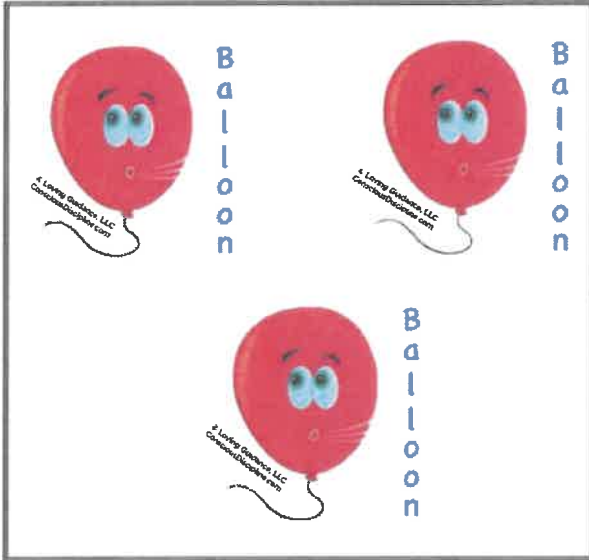
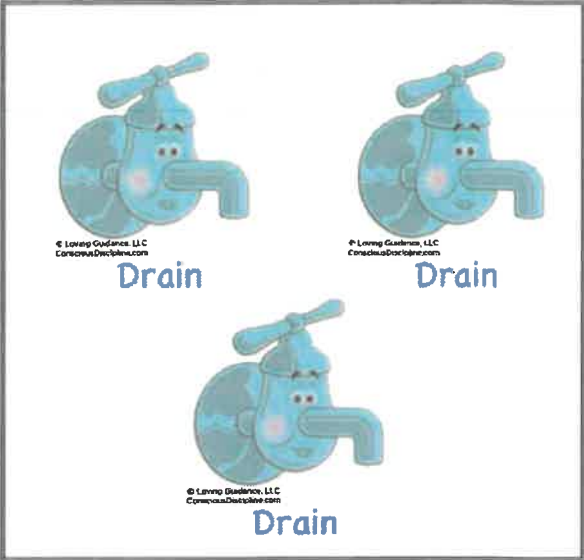
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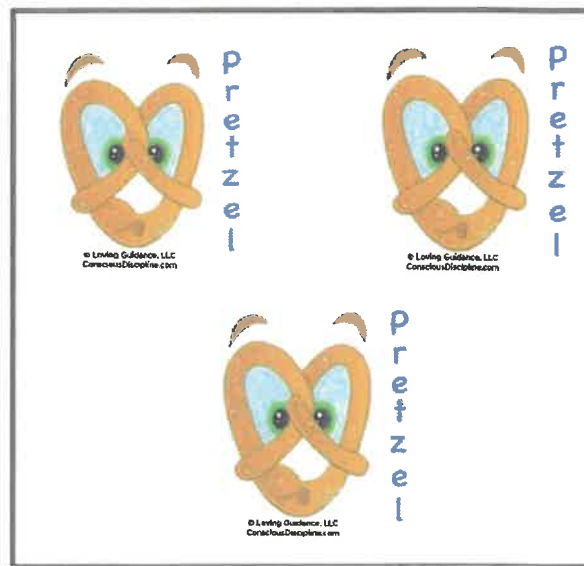
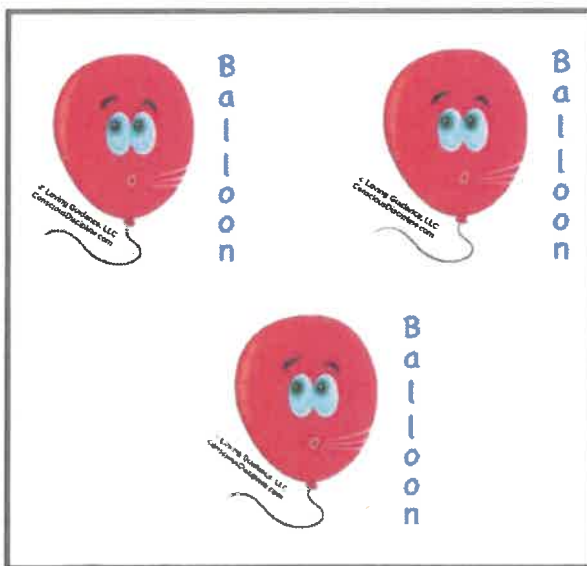
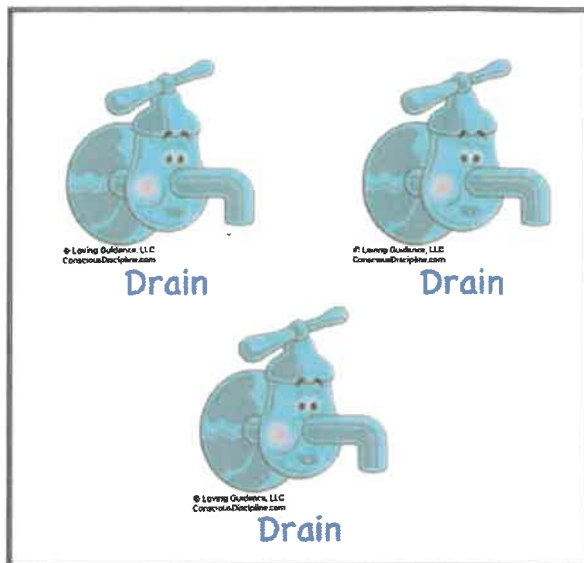
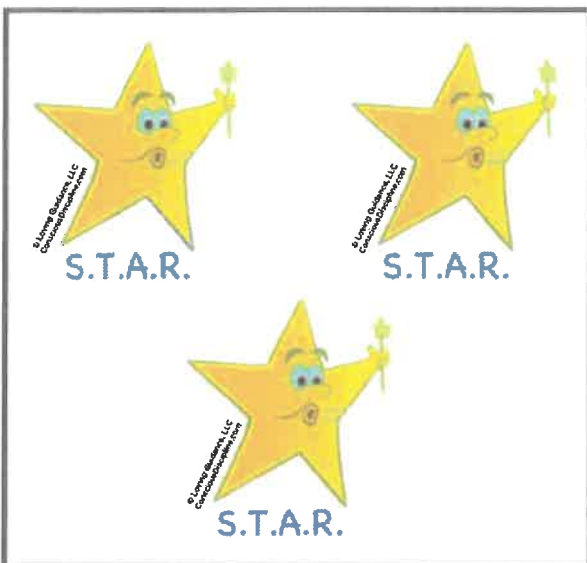
MEMORY GAME BREATHING CHOICES



MEMORY GAME BREATHING CHOICES



MEMORY GAME BREATHING CHOICES



May 2024 Menu West Head Start Center

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Scrambled Eggs, Apple Slices, WG Toast Baked Chicken Breast, Mashed Potatoes, Gravy, WG Roll, Cucumbers & Dip, Seasonal Fruit WG Tortilla Chips & Salsa	2 WG Muffin, Banana Lentil & Beef Taco Meat, WG Soft Shells, Shredded Cheese & Lettuce, Fresh Veggies w/ Dip, Watermelon Seasonal Fruit, Yogurt & WG Granola	3 WG Cheerios Cereal, Fresh Strawberries Ham, Turkey & Cheese Slices, Hawaiian Roll, Sugar Snap peas w/Dip, Seasonal Fruit WG Crackers, String Cheese, Grapes
 Center Closed	7 WG Bagels, Cream Cheese, Fruit Salsa Beef BBQ, WG Roll, Peas, Baked Beans, Mandarin Oranges WG Sun Chips, 100% Fruit Juice	8 WG Pancakes, Bananas Turkey & Cheese Rollup with WG Tortillas, Pasta Salad, Carrots & Dip, Pears Peanut Butter, Celery, Raisins	9 Breakfast Burrito (WG tortilla, scrambled eggs, shredded cheese), Baked Cinnamon Apples HM Pizza Quesadilla (WG Tortilla), Cottage Cheese, Potato Smiles, Peaches WG Goldfish Crackers and Pretzels	10 WG Kix Cereal, Kiwi WG Chicken Nuggets, Buttered Noodles, Broccoli, Applesauce Fresh Berries, WG Granola, and Yogurt
13 WG Blueberry Muffin Bars, Applesauce Chicken Chimichangas, Salsa, WG Brown Rice, Corn, Apple Slices Hard Boiled Egg, WG Crackers	14 WG Life Cereal, Oranges Grilled Cheese Sandwich on WG Bread, Ham Slices, Tomato Soup, Cucumbers & Dip, Pears Hummus and Fresh Vegetables	15 Breakfast Sandwich (WG English Muffin, Egg, Cheese, Sausage Patty), Bananas WG Spaghetti, Meat Sauce, Garlic Bread, Lettuce Salad, Mandarin Oranges Trail Mix, 100% Juice Slush Cup	16 WG French Toast Sticks, Sausage, Mixed Berries Fish Sticks, WG Roll, Green Beans, Potato Smiles, Tropical Fruit Mix Animal Crackers, Peaches	17 WG Pumpkin Bread, Clementines HM Meat Pizza/Cheese Pizza, Cottage Cheese, Cooked Carrots, Kiwi Yogurt, WG Granola, Blueberries
20 WG Pancakes, Blueberries Chicken Strips, Rice Pilaf, Cauliflower & Dip, Tropical Fruit Salad WG Graham Snacks, Clementines Preschool in Session	21 WG Toast w/ Peanut Butter & Jelly, Applesauce Meatballs, Gravy, Mashed Potatoes, WG Roll, Green Beans, Watermelon WG Chex Mix, 100% Juice	22 HM Egg Bake, Hash Browns, Salsa, WG Toast Cheese Ravioli, Meat Sauce, WG Breadstick, Roasted Broccoli, Peaches Apple Slices & Nut Butter	23 WG Frosted Mini Wheat Cereal, Oranges Chicken Fajita Strips, WG Softshells, Cheese, Black Beans, Salsa, Lettuce, Red Pepper Strips, Pineapple Cheese & WG Crackers	24 WG Oatmeal, Raisins, Diced Apples Chicken Breast Sandwich on WG Bun, Cheese Slices, Raw Veggies & Dip, Pickles, Fresh Fruit WG Animal Crackers IT Classes Only
 Center Closed- Memorial Day	28 WG Cheerios, Applesauce WG Flatbread Cheese Pizza, Cottage Cheese, Spring Salad, Grapes WG PB & Jelly Sandwich	29 WG Toast with Peanut Butter, Banana Hot Ham & Cheese on Pretzel Bun, Tater Tots, Carrots & Dip, Seasonal Fruit WG Muffin, 100% Juice Slush Cup	30 WG Waffles, Fresh Blueberries HM Macaroni and Cheese, Turkey on a WG Roll, Peas, Pears Dill Dip & Fresh Vegetables	31 Bagel, Cream Cheese, Jelly, Peaches Hamburger on WG Bun, Cheese Slices, Sweet Potato Fries, Corn, Apple Slices Carrots & Ranch, String Cheese

All-day session children receive breakfast, lunch and snack. Milk is served with meals and snacks 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. **WG** = whole grain **HM** = homemade

** 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 & Honey are NOT fed to infants under 1 year according to Wisconsin State Licensing.