



# WOOD COUNTY HEAD START 2024 NEWSLETTER AUGUST/ SEPTEMBER

## SEPTEMBER EVENTS

**Family Fun Night:** All About  
Family + potty training tips.  
September 18<sup>th</sup>

We are looking for  
representatives to be a part of  
our Policy Council for this  
school year. Information will  
be sent home, if you are  
**interested** or have more  
**questions** about this please  
call your child's FSW.



## UPCOMING EVENTS:

**LIONS: VISION SCREENING**  
TUESDAY SEPTEMBER 30<sup>TH</sup>  
**HEARING SCREENING THURSDAY**  
OCTOBER 2<sup>ND</sup>

**HEALTHY SMILES WILL BE**  
APPLYING FLUORIDE VARNISH  
TO ANY CHILDREN SIGNED UP  
ON TUESDAY SEPT 16<sup>TH</sup>

**FAMILY FUN NIGHT: ALL ABOUT**  
**FAMILY SEPTEMBER 18<sup>TH</sup>**  
4:30PM-7:00 PM

## Classroom News

Each class will send home a weekly  
newsletter to keep parents informed  
of weekly lesson plans.

**\*Please remember to check your  
child's backpack and folder EVERY  
night.**

### **In-kind**

In-kind, or parent involvement, is **very** important to our program. As a condition of our grant we are required to meet % of our grant back in in-kind hours. For every hour that a parent or community member spends volunteering time with our children we get to count towards meeting our monthly goals.

#### **Ways to earn in-kind:**

- filling out and returning weekly and monthly activity sheets
- helping out in the classroom or at lunch time
- attending special events and parent meetings

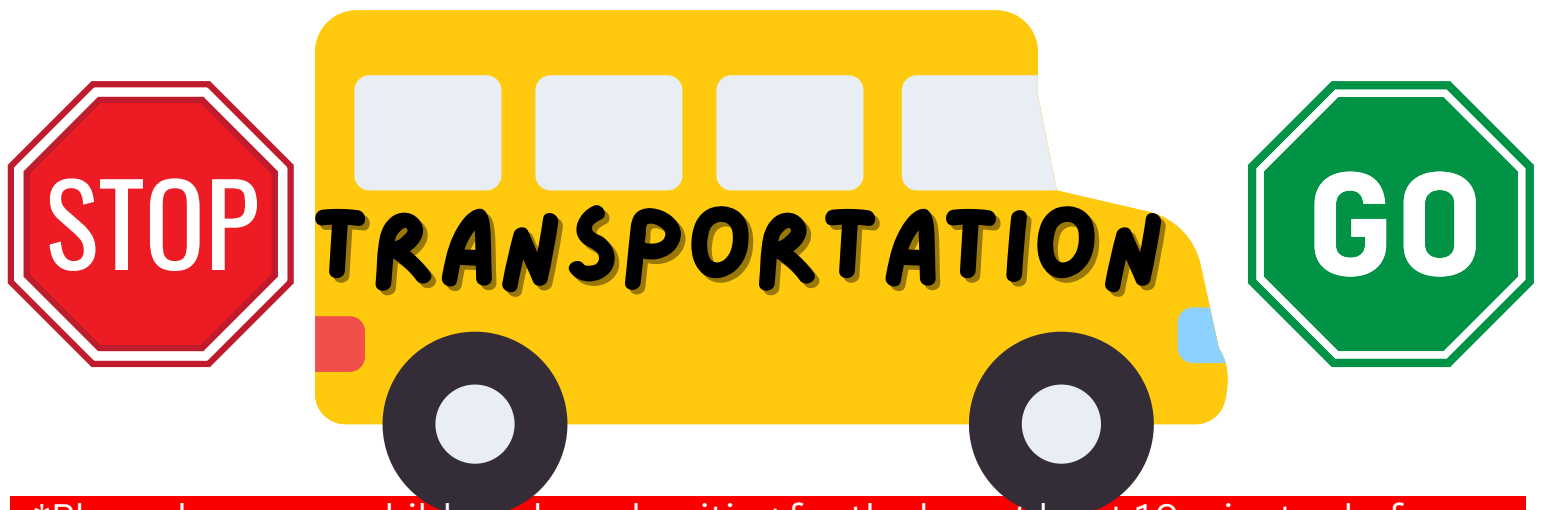
### **Attendance Policy**

Head Start requires that children keep an 97%average monthly attendance. 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 parents call or send a message on Class Dojo if a child will be out of school.** If a child is out and we have not heard from a parent we will be calling to check on the child.

### **Physicals and Dentals**

ALL children are required by day-care licensing to have updated physicals and dentals on file. Physical and dental forms are due within 90 days of a child entering our program so forms **NEED** to be returned to Head Start **BEFORE** November 24<sup>th</sup>



\*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. Changes in routes are common as there are days where we may not have as many children, this easily changes bus times!

\*Please also remember that **ONLY** those people on your child's emergency form are able to get your child off of the bus. If you need to add an emergency contact person to your child's list it needs to be done in writing with the person's first and last name, and phone number. We will also ask to see a picture ID for anyone we are unfamiliar with.

\*Please call with bussing changes on Mondays and leave a message if possible. If you are calling on the day of the change please call **BEFORE** 6am for the morning session and **BEFORE** 10am if your child is in the afternoon session.

### **Head Start Bus Rules:**

- \*Children **MUST** be buckled at all times
- \*Backpacks go under bus seats, not on laps
- \*Use inside voices
- \*Keep hands to own bodies
- \***NO** food, drinks, or toys on the bus
- \*Medications cannot be in backpacks

# HOW TO REACH US

## Family Service Workers

### Tyler:

Desk: 715-384-3552

Cell: 715-459-2847

8:00am-3:00pm Monday-Friday

### Center Director

### Cassie:

Desk-715-996-1791

8:00-3:00 Monday-Friday

### Classrooms

**I/T: 715-996-1788**

**Preschool and 4K: 715-387-3223**

Best times to call are:

7:45am-2:45pm on Mondays,

**Transportation: 715-384-4698**

Call before 6am for morning changes and before 10am for afternoon changes. Please leave a message.

## Central Office in Wisconsin Rapids:

715-421-2066

Policy Council is the parent board of directors. Each center has representatives to policy changes, approve all new hires and terminations, as well as be aware of classroom and center operations.

**We will be voting on the representatives for each class on Sept. 18<sup>th</sup> at the Family Fun Night.**

Did you know we are on Facebook?



Check ClassDojo for updates!



# ClassDojo

# INTRODUCING THE HEAD START STAFF:

4k

Teacher-Kristen

TA- Sam

CA- Mariah

Room 8

Teacher-Amber

TA- Valerie

CA- Rorie

Room 5

Teacher- Rebecca

TA- Kaylee/ Shania

CA- Callie

Room 6

Teacher-Kristina

TA- Tammy

CA- Tiffany

Room 1

Teacher- Pam

Carrie

Cassie

Room 3

Teacher-

Carly/Becky

Karen

Bridget

Bus

Donna

Greg

Tiffany

Mariah

# MEET THE MARSHFIELD STAFF



## Center Director



Hello,  
My name is Cassie. This will be my 6<sup>th</sup> year with Head Start. I previously worked as a teacher in our 4k Enrichment Program. I enjoy traveling, and spending time with my family. I am very excited to take on the new role as the Marshfield Center Director. I can't wait for another great school year!

## FSW

Hello,

My name is Tyler. I will be starting my 3rd year at Head Start as the Family Service Worker (FSW). I enjoy golfing and spending time outdoors. I am looking forward to another great school year!



## Transportation Supervisor

Hello,

My name is Donna, I am the Transportation Supervisor for the Marshfield Center. I have 14 years of bus driving experience. This will be my 4th year with Head Start. I am looking forward to another great school year.

# COMMUNITY RESOURCES

## **United Way's First Call: 211**

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

Also available online:  
[www.uwfirstcall.org](http://www.uwfirstcall.org)

## **North Central Community Action: 715-387-2626**

General assistance in counseling, housing, and employment

**WIC: 715-387-8646**

## **Job Center: 715-387-6386**

Resume and cover letter writing, interviewing skills, Job Club and YES program

## **Personal Development Center: 715-384-2971**

General assistance, including help with domestic abuse

## **MSTC: 715-389-7056**

Continuing education and HSED

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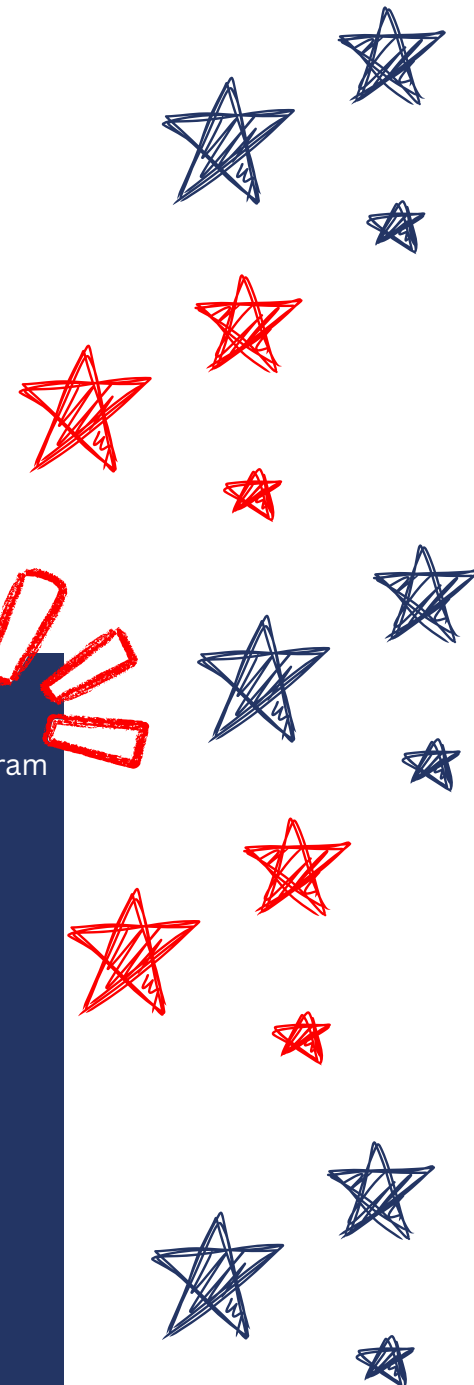
## **MSTC: 715-389-7056**

Continuing education and HSED, Sewing skills, Job Club and YES program

## **Personal Development Center: 715-384-2971**

General assistance, including help with domestic abuse

For information of support available please call your child's Family Service Worker, Tyler (715-384-3552)



## Reassuring Goodbye Rituals To Make School Drop-Offs Easier

### by Lindsay Barrett

Back-to-school season brings lots of big feelings for kids and families. Childcare handoffs or goodbyes at school or the bus stop are often where those feelings bubble over. “Transitions and separation can be so stressful for children,” social worker Laura H. reminds us. Whether it’s a battle that starts before you can even get shoes on at home, a slow buildup of tears during the commute to school, or a surprise meltdown at the last moment, drop-offs can be tough on many families. To prepare for back to school this year, check out these favorite goodbye rituals recommended by parents and teachers.

#### **Talk about it with a great book.**

Cozy conversations over books, enjoyed at a time of day completely separate from an emotional parting, are one of the best ways to give kids language and strategies to cope with separation. For instance, *Always With You, Always With Me* by Kelly Rowland and Jessica McKay and illustrated by Fanny Liem, follows a child and his mom through a week of goodbyes and reunions. When they have to be apart, they look for “magic traces” of each other, which families could replicate in their own way. Or, meet some owlets who miss their mommy in *Owl Babies*, by Martin Waddell and illustrated by Patrick Benson. The little owls — and little readers, too — find security in big sister Sarah’s patient refrain, “She’ll be back.” (And what joy when she is!) For more great titles, check out [15 Comforting Books for Kids With Separation Anxiety](#).

#### **Make your hug or kiss a special one.**

A special routine just for you and your child can be so reassuring. Jenn C. remembers how her mom always left a lipstick kiss on her sister’s hand. Now she gives her kids “three kisses on each cheek and then a ‘sticky’ hug (because it sticks all day long).” Some kids like to choose; the year she was four, my daughter insisted on “four hugs and four kisses.” Whatever it is, making your special goodbye the last thing you do before your exit gives kids a reassuring, loving landmark during the transition process.

#### **Leave them with a message.**

Many families land on a consistent message as part of their goodbyes. Parent Jenna P. says, “I shout ‘Be kind and be awesome!’ to my kids as they exit the car, usually while rolling their eyes.” Similarly, Tiffanie D. always reminds her kids to “Shine your light!” Eliza M. calls out, “Be a good learner and be a good friend!” While the instructive content is a nice bonus, it’s likely less about what you say and more about how hearing the same parting words every day becomes a comforting routine. I still fondly remember my own dad’s reliable, “See ya later, Alligator!”

#### **Let them push you out the door.**

Social worker Laura H. says her daughter used to “Literally push me out the front door at daycare. It allowed her to have some control over my leaving.” Similarly, several young friends from my preschool teaching days always liked to dramatically “shut the gate” after their parents exited. These actions are often good for a few therapeutic giggles and help kids feel capable as they start their day.

#### **Make it silly.**

Nothing quells tears and anxiety like a dose of laughter. Silly rituals help many families through separation woes. Rachael B. always sang, “Pants! Don’t leave the house without them, you’re going to need them for school ... pants” sung to the tune of ‘Fame!’ We don’t remember how it started, but it stuck!” Scott M. says, “When we used to do outdoor drop-off at preschool, we always drove away doing the same honk rhythm while kids waved.” Bus-stop dad Adam M. had a “secret handshake” with his kindergarten son they did right before he boarded that made everyone — including his kiddo — smile.

#### **Get busy right away.**

My kids’ beloved preschool teacher has always been a master at creating urgent, appealing tasks for kids right when they arrive at school. Invitations like “Ah! I need your help checking for eggs in the chicken coop!” or “Oh! We’re just about to walk over to the sandbox and see the dinosaur nest kids are building” don’t leave time for a sad goodbye to erupt — there’s fun to be had! Connect with the teacher and request this kind of help. Then blow a kiss and get out of there! Showing kids that you trust their teachers to help them goes a long way, and even if kids cry at your departure, it’s almost always done by the time you’re out of the parking lot.

#### **Keep it predictable.**

The beauty of goodbye rituals is that they give kids something to count on in a situation they can’t really control. Maybe each day it’s “Ten pushes on the swings, and then I’ll go.” — and stick to it! Parent Meredith B. says, “For years, we waved until we couldn’t see each other anymore.” What sweeter way to start the day is there than that?



## Preventing Morning Madness

By: Cara Johnson-Bader

1) Create a schedule – Our family created a schedule. We brainstormed a list of tasks and talked about who should be responsible for each task. Then we determined an order for the tasks. It was nice to include the boys in creating the schedule, as they felt that they were part of the process. I can remind them that it was their idea to get dressed and then eat breakfast. (The schedule is posted in the hallway outside the bedrooms of both boys. It has been a great tool to help keep all of us on track. I wish I would have had this when they were infants and toddlers. I think mornings would have been smoother. They even drew the pictures for the chart!)

2) Prepare the night before – The more prepared we are the more likely we are, to avoid the morning madness. From clothes and shoes to lunches and backpacks, we prepare everything the night before. This has been a huge stress reliever for our family.

We use a days-of-the-week organizer to choose outfits for the week. On Sunday afternoon, we choose clothes for the entire week. We look at the ten day forecast to decide what types of clothing to choose—shorts, jeans, long-sleeve shirt, short-sleeve shirt, etc. It has ended up being a very educational process, as we discuss the upcoming weather, accuracy of forecasts, etc. We find our shoes the night before. In the past, we would be zipping through our morning routine, and Ben would say, “I can’t find my shoes. Mommy, where are my shoes?” I would frantically run around the house looking in every nook and cranny for the shoes only to find that they were in daddy’s car, and he had left for the office over an hour ago. Then I would dig through our shoe bin to try to find shoes that fit. This usually ended in tears, as the shoes were a little tight, ugly, uncomfortable, or caused Ben to run slowly (one of my favorite reactions to ‘old shoes’), etc. Now, we find our shoes and set them next to the garage door before we start bedtime.

The boys take a bath or shower before bed. This is helpful because I am not trying to get myself ready and give the boys a bath in the morning, and they wake up clean. It is one less thing to add to our already busy morning.

After bedtime, I am exhausted and ready to sit down to watch a little TV, but I know that I will have a crazy morning if I don’t prepare the backpack. It is much easier to take care of those details after Ben and Will go to bed rather than in the morning. I check the backpacks for teacher notes, field trip permission slips, etc. and make Ben’s lunch and snack. If needed, I create and post a “Remember to Take” checklist on the garage door, so I see it before we walk out to the van. It is a lot faster in the evening than in the morning, and a lot less stressful!

3) Set a bedtime and stick to it! – When the boys are in bed by 8:00 p.m. with lights out, they wake up refreshed, cheerful, happy and brush their teeth, get dressed, and eat breakfast without me nagging them or reminding them of the consequences of not following the family rules. When we miss or delay the bedtime, the boys wake up groggy and cranky. The morning then turns into morning madness. Not the best way to begin the day!