



September Newsletter

Wood County Head Start- West Center September 2025

Drop Off and Pick Up

Please drop your children off in the driveway or along the road side out front. Please do not block the neighbors mailboxes or driveways. Thank you!

Please press the button located on to the left of the front entrance and we will buzz you in.



We will be voting for our Policy Council Representatives this month . Policy Council meets once a month and makes decisions that affect not only the West Center, but the agency as a whole.

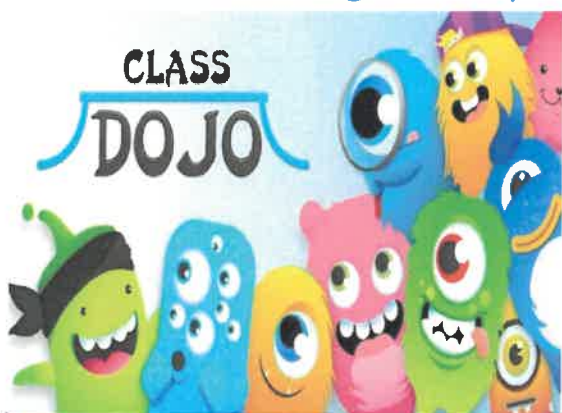
If you are interested in being a part of our Policy Council, please contact your Family Service Worker Nicole at 715-422-0423.



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!



Hey families,

This year we'll be encouraging positive skills, like perseverance and teamwork, with Class Dojo. We'll also rely on it to communicate with one another: instantly sharing messages, updates, events, and photos from class. It's simple, secure, and gives you a window into their school day!

Messaging

Confidential conversation with your child's teacher or FSW

Center Hours

Infant Toddler Rooms- 7:30-4:15

Preschool Room 8:15-3:15

Center Contact Information

Family Service Worker

Nicole: (715) 422-0423

Cell: (715) 213-8424

Email: nbehselich@woodcoheadstart.org

Preschoolers Teachers

(715) 422-0421

Infant Room

(715) 422-0442

Toddler Room

(715) 422-0422

Administrative Office

(715) 421-2066





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, such as helping in the classroom, attending special events, or donating items (clothes, toys, books, etc.), we are able to document that as In-Kind and count it towards our grant.

Weekly Family Activity Sheets (pink paper):

Each week you will receive a Family Activity Sheet, returning the completed pink weekly activity sheet also helps us reach our goal. For every minute/hour that a parent or community member spends volunteering their time furthering their child's education at home, we get money towards reaching our monthly In-Kind goals required for our program grant.

Monthly Projects/Activities:

Each month you will receive a project or activity or maybe both depending on the month or project.

The project will be sent back to school monthly to be posted on our monthly activity board. The board is located inside the front entrance to the right.

Please include the time it takes to discuss your project and gather supplies when filling out your in-kind sheet that is attached to the monthly project or activity. Return it to school completed with the project or completed activity. Thank you!

Completed projects will be put in your child's Portfolio each month when a new project is put up and it will be sent home at the end of the school year.



Over the Kitchen Counter w/Nancy:

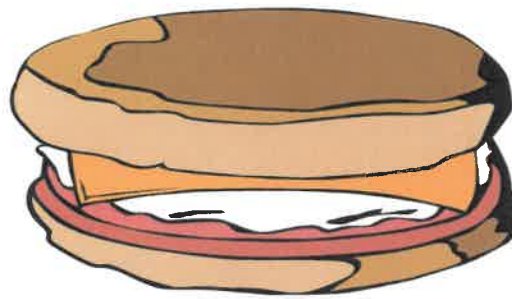
Welcome to a new school year everyone! I hope you had a wonderful summer! I am so excited for this new school year! I am also very excited about our meal and snack menus this year.

With school back in session, everyone's lives get a whole lot busier. Sometimes when we're rushing in the morning to get everyone where they need to go, we forget to take care of ourselves in the process. These premade, frozen breakfast sandwiches are a great way to make sure you and your family can get the proper nutrients when you're on the go!

Freezer Breakfast Sandwiches

Ingredients:

- 1 dozen eggs
- Salt & pepper to taste
- 12 English muffins, split
- 12 slices of deli ham
- 12 slices cheddar cheese



Directions:

1. Preheat oven to 350 degrees and spray a muffin tin with cooking spray.
2. Crack one egg into each muffin tin and sprinkle with salt and pepper. For even baking, gently break the yolk using a fork or knife.
3. Bake eggs until whites are firm (18—20 minutes)
4. While eggs are baking, begin assembling the sandwiches by placing the bottoms of each English muffin on a flat surface. Top each bottom half with one slice of cheese and one slice of ham.
5. Place one egg on top of the ham and cheese half, then top with the second half of the English muffin.
6. For microwave reheating, wrap each sandwich individually in parchment paper then place in a resealable plastic bag to freeze. To reheat, simply place in the microwave for 60 seconds on full power, or 1 1/2 minutes on half power.



What Is the Policy Council?

Parents and family members often have questions about their program's Policy Council. Explore this tip sheet to learn answers to common questions about the Policy Council.

As a parent, you may wonder what the Policy Council is and about its role in Head Start and Early Head Start programs. You may have questions about how to join, serve on, or leave the Policy Council.

We encourage you to discuss your questions with your child's teacher, your family service worker, the program director, or other staff. They can partner with you to make your Policy Council experience the best it can be.

The Policy Council is a group of Head Start and Early Head Start parents and community members who help lead and make decisions about their program. Policy Council members are elected by the parents of children enrolled in the program. Parents often join the Policy Council after serving on a parent committee.

The Policy Council meets regularly as a group. Members can serve for one year at a time, and for up to five years. They work closely with the program's management team and governing body to provide overall direction for the program.

Why Do Head Start and Early Head Start Programs Have a Policy Council?

When Head Start began in 1965, its founders understood that parents are essential partners in educating young children. They felt parents should help decide how Head Start services can most benefit their family and other families in the community.

Head Start created the Policy Council as a formal leadership and policy-making role for parents. Today, every Head Start and Early Head Start program must have a Policy Council as part of its leadership structure. Through the Policy Council, parents have a voice in decisions about how the program spends money, what children do in their classrooms, and how the program works with community partners.

Children, parents, and the program benefit when parents take on leadership roles. Children learn more and experience healthier development at school and at home. Parents can become more confident, gain skills, and connect with other parents and staff. Program staff learn about the strengths, interests, and needs of the children, families, and community they serve.



What is the Parent Committee?

The Parent Committee is a newly organized group that consists of individuals who play a significant role in a child's experiences at Head Start. This committee is similar to Policy Council but at the center level. Individuals can be both a Parent Committee Member as well as a Policy Council Representative.

What does the Parent Committee do?

Members of the Parent Committee will have the opportunity to learn about and to provide feedback on selected curricula and instructional materials used in the program. They will be able to give suggestions and opinions on special event activities, fieldtrip opportunities, and what their child is learning throughout the school year to ensure that he or she is ready for the next step in their education. Parent Committee members will give ideas on topics that they feel parents would like to learn more about as well as share information with other members regarding community resources and local events. They will be encouraged to share information about Head Start with the community such as what the Head Start program has to offer, how to register children, and what job openings are available.

How often does the group meet?

Meetings will be held three times throughout the school year and will be held at the center or via ZOOM. We will discuss on our first meeting the best times and dates that work for parents to attend our parent committee meetings.

What does being a member mean?

Members of the Parent Committee will be given the opportunity to be engaged in their child's education while giving parents and family members the opportunity to recognize their role as a child's lifelong educator.

How do I become involved?

If you are interested in becoming a Parent Committee member, please call your Family Service Worker Nicole at 715-422-0423.



Family Days Schedule

September 25, 2025 - Family Fun Night
I/T & PS 5:00-7:00pm

October 16, 2025- Family Breakfast only
I/T & PS 8:30-9:30

November 20, 2025- Family Lunch w/Activities
I/T time TBD, PS time TBD

December 18, 2025- Family Breakfast only
I/T & PS 8:30-9:30

January 15, 2025- Family Breakfast & Activities
I/T 8:15-10:00, 8:30-10:00

February 19, 2025- Science Night
I/T & PS 5:00-7:00pm

March 12, 2025- Family Breakfast only
I/T & PS 8:30-9:30

April 16, 2025- Family Breakfast only
I/T & PS 8:30-9:30

May 14, 2025- Family Breakfast & Activities
I/T 8:15-10:00, PS 8:30-10:0

June - EOY picnic- PS only TBD

September 2025 Head Start Menu - Biron/West

Monday	Tuesday	Wednesday	Thursday	Friday
1  Center Closed	2 WG Kix Cereal, Strawberries WG Chicken Nugget, Buttered Noodles, Corn, Peaches WG Scooby Graham Snacks	3 WG Waffle Sticks, Banana Meat Sauce, Spaghetti Noodles, Garlic Toast, Green Beans, Watermelon Yogurt, Blueberries, WG Granola	4 Scrambled Eggs, WG Toast, Orange Slices Nachos (HM Cheese Sauce, Lentil Taco Meat, WG Tortilla Chips, Corn, Lettuce, Salsa), Apple Slices WG Graham Cracker, Peanut/Seed Butter	5 WG French Toast Bread, Applesauce HM Meat/Cheese Pizza on WG English Muffin, Cottage Cheese, Cucumber & Dip, Mandarin Oranges Rice Cakes, 100% Juice
8  Center Closed	9 WG Pancake, Peaches Hamburger on Bun, Cheese Slices, Pickles, Tater Tots, Pineapple WG Banana Bread	10 WG Life Cereal, Banana HM Chicken Noodle Soup, Crackers, Cheese Cube, Cheesy Cauliflower, Grapes WG Animal Crackers	11 Cinnamon Toast, Applesauce WG French Toast Sticks, Sausage, Glazed Carrots, Clementines WG Peanut/Seed Butter & Jelly Sandwich	12 HM WG Banana Muffin, Mixed Berries Shredded Chicken in Gravy, WG Brown Rice, Mashed Butternut Squash, Broccoli & Dip, Fruit Salad WG Sun Chips, 100% Juice Slush Cup
15 WG Oatmeal, Raisins, Peaches Chicken Strips, Rice Pilaf, Green Beans, Tropical Fruit WG Blueberry Bread I/T Only	16 WG Frosted Mini Wheat Cereal, Strawberries BBQ Pulled Pork, Cheese Cube, Mini Naan, Pickles, Potato Smiles, Pears Trail Mix with WG Goldfish Crackers	17 WG Pumpkin Bread, Applesauce Meatloaf, WG Roll, Mashed Potatoes, Gravy, Peas, Apple Slices String Cheese & Hard Boiled Egg	18 Cheese Omelet, Banana Turkey & Cheese Rollup with WG Tortilla, Baked Beans, Carrots & Dip, Grapes WG Tortilla Chips & Salsa	19 WG Cheerios, Blueberries Cheesy Flatbread with Sauce, Cottage Cheese, Lettuce Salad, Strawberries WG Chex Mix, 100% Juice
22 Scrambled Eggs, WG Toast, Orange Slices Chicken Alfredo, Buttered Noodles, Broccoli, Apple Slices WG Veggie Crackers I/T Only	23 Rice Krispies, Strawberries Orange Chicken, WG Fried Rice, Mixed Vegetables, Mandarin Oranges WG Graham Snacks	24 Sausage, Hashbrown Patties, Banana Cheese Ravioli, Meat Sauce, WG Breadstick, California Veggies, Pears WG Cheez-It	25 HM WG Apple Cinnamon Muffin Bars, Peaches WG Fish Sticks, Rice Pilaf, Green Beans, Applesauce Saltine Crackers & Cheese Slices	26 WG Mini Waffles, Mixed Berries HM Grilled Cheese on WG Bread, Ham Slices, Tomato Soup, Crackers, Peas & Dip, Fruit Salad Apple Slices & Peanut/Seed Butter, 100% Juice
29 WG Bagel, Cream Cheese, Strawberries Chicken Fajita Strips w/ Bell Pepper, WG Tortilla, Cheese, Sour Cream, Black Beans, Salsa, Lettuce, Mango WG Sunchips Preschool in Session	30 WG Corn Chex Cereal, Peaches Popcorn Chicken, Gravy, Mashed Potatoes, WG Roll, Corn, Tropical Fruit Pretzel & WG Goldfish Crackers	All-day session children receive breakfast, lunch and snack. 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% 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 is NOT fed to infants under 1 year according to Wisconsin State Licensing.		