

October

2025/26 newsletter



Center Hours

Infant Room:
7:30-4:15

Toddler Room:
7:30-4:15

Preschool Room
8:15-3:15



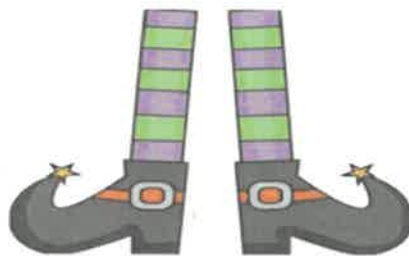
Policy Council Representatives

West Preschool:

Frances Kinsman-Milor
Ashley Webb

West I/T:

Carlee Rendmeister
Lindsey Krenz



Upcoming Events

Friday, October 3rd
PS NO school

Monday, October 6th-
I/T NO school

Thursday, October 16th
Family Breakfast

Monday, October 27th-
Preschool in-session



Contact Information—West

Nicole Behselich— FSW/CC

Email:

nbehselich@woodcoheadstart.org

Phone: 715-422-0423

Stephanie— Preschool
Phone: 715-422-0421

Kayla-Toddler Room
Phone: 715-422-0422

Bri— Infant Room
Phone: 715-422-0442

October

General Information



McMillan Memorial Library
490 East Grand Avenue
Wisconsin Rapids, WI 54494

Getting a McMillan Library Card

Getting a library card at McMillan is easy. Stop by our Service Desk (right inside our doors) or either of our desks upstairs with your photo id. If your photo id doesn't have your current address, you'll also need to bring along something with your current address, like a bill, piece of mail, lease, etc. We'll have you fill out a form and issue you a library card on the spot.

We don't have a minimum age for children to get a library card -- we leave that decision to parents/guardians. Both the child and the parent/guardian must be present for us to issue a card to a child and the parent must have photo id and proof of address, but we do not require a parent to have a card before we issue one to a child (although we highly encourage it).

Conscious Discipline 5 Steps to Self- Regulation

- I Am
- I Calm
- I Feel
- I Choose
- I Solve

Conscious Discipline Information for Parents!

Conscious Discipline is a proven, comprehensive approach that empowers you with skills that create a safe, connected, problem-solving environment for your family.

The Conscious Discipline website has lots of free resources for parents and families to use. Please take the time to explore and get great tips and activities to do with your child.

Consciousdiscipline.com

Physical/Dental

Please let your Family Service Worker know when you have an upcoming appointment scheduled for your child. Please include if this a dental appointment or a well child visit.

Thank you!

Contact information:

Desk line: 715-422-0423

Email: nbehselich@woodcoheadstart.org

ClassDojo messaging

Thank you!



October

Community Events



Where Bigger is Better

DATE

October 04, 2025 - October 05, 2025

TIME

Saturday 9-5pm

Sunday 9-4pm

LOCATION

Riverside Park 916

Prospect Avenue

Nekoosa, Wisconsin United States

ENTRY FEE

\$4 Gate Fee Adults; \$1 kids age 4-7; under 3 FREE

Park & Ride Shuttle FREE



Splash of Red Cranberry Tours

Splash of Red Cranberry Tours, hosted by Pittsville FFA and FFA Alumni, begin at the Pittsville School Auditorium. Students and FFA members lead the tours that include visiting a current marsh under production, an opportunity to pick fresh fruit from the vine, and observing the harvesting, testing, cleaning and freezing of the berries. The tour concludes back at the school with a cranberry based lunch that includes a cranberry dessert made by the Local Foods Class at Pittsville High School.

The charge for the tour is \$25 per person. Reservations are required!



Date: October 18th 1-4pm

Location: 1517 24th St. S Wisconsin Rapids, WI

Trunk - or - Treat

Everyone is invited to dress up and come visit our decorated trunks to receive free treats.

This event will be held in conjunction with Immanuel's upcoming Pumpkin Patch so come ready to pick out your pumpkins as well!

If you are interested in decorating a trunk, you can sign up here:

<https://immanuelrapids.churchcenter.com/registrations/events/2477030>



Pop-Up Pantry is Saturday October 18, 2025

501 17th St S, Wisconsin Rapids, WI, USA

DAYS AND HOURS

3rd Saturday of the Month

Registration begins at 8:00 AM

Food bundles available 8:00-9:30 AM

Hosted by: Immanuel Lutheran Church

Cost: Donation of \$25.00 (no income or residency requirement)

Ruby's
PANTRY





October



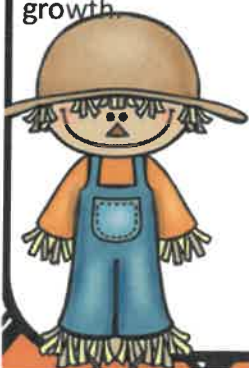
Kitchen Corner-Carved Pumpkin tips



How to Keep Your Pumpkin From Shriveling Pumpkins shrivel up because they run out of moisture. **Spraying it every day with water mixed with a few drops of bleach will keep it moist and ward off bacteria.** As an even easier solution, spray it with a DIY pumpkin preserve spray daily to fight off mold.

How to Use Ice to Preserve a Pumpkin

If you see your pumpkin starting to wilt, **give it an ice bath overnight for some serious rehydration.** Once you take it out, dry it thoroughly to prevent mold growth.



How to Preserve a Carved Pumpkin With Bleach

The bleach comes into play again post-carving, giving it a good cleansing. **Submerge your creation in a bucket filled with water and 2/3 cup of bleach.** Leave the pumpkin there to soak for up to 24 hours.

Why You Shouldn't Use Candles Inside a Pumpkin

Using candles inside your carved pumpkins can have a negative effect on them as the heat is essentially cooking the pumpkin. Try using flameless candles or glow sticks instead.




DIY Natural Pumpkin Preserve spray

8oz spray bottle
1 capful liquid castile soap (about 1/2 tsp)
6 drops peppermint essential oil

Mix all together. Spray carved pumpkin thoroughly. Be sure to spray inside, outside, carved areas, etc.

Roasted Pumpkin Seeds



3/4 cup raw pumpkin seeds
1 tablespoon olive oil
1/2 tsp kosher salt
1/4 tsp garlic powder
1/4 tsp paprika, optional
1/8 tsp black pepper

Instructions

1. Preheat oven 350
2. Wash seeds in a colander to remove pulp and fibers. Dry thoroughly
3. In a small bowl combine seeds, olive oil, salt, g. powder, paprika, and black pepper
4. Lightly grease a sheet pan with olive oil. Evenly spread the seasoned seeds on the sheet pan
5. Bake until the seeds are crunchy, about 12-15 minutes. Stir every 5 minutes
6. Transfer the roasted seeds to a bowl to cool down. Enjoy!





October



LEAD Information



What is Lead?

Lead is a naturally occurring element found in small amounts in the earth's crust. While it has some beneficial uses, it can be toxic to humans and animals, causing health effects.

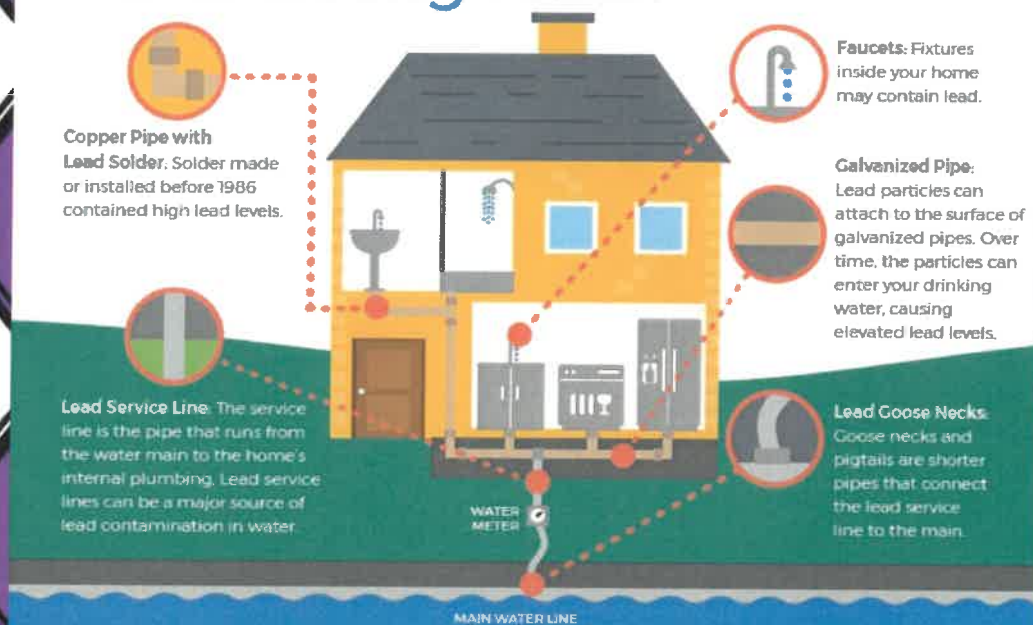
Where is Lead Found?

Lead can be found in all parts of our environment – the air, the soil, the water, and even inside our homes. Much of our exposure comes from human activities including the use of fossil fuels including past use of leaded gasoline, some types of industrial facilities and past use of lead-based paint in homes. Lead and lead compounds have been used in a wide variety of products found in and around our homes, including paint, ceramics, pipes and plumbing materials, solders, gasoline, batteries, ammunition and cosmetics.



CONCERNED ABOUT LEAD IN YOUR DRINKING WATER?

Sources of LEAD in Drinking Water



WHO IS AT RISK? Children ages 6 and under are at the greatest risk. Pregnant women and nursing mothers should avoid exposure to lead to protect their children. Exposure to lead can result in delays in physical and mental development. Your child is also at risk if: your home or a home that your child spends a lot of time in was built before lead paint was banned in 1978, renovation work is being done in such a home, the adults in the home work with lead.

Nutrition Tips for Children



Good nutrition provides children with the energy & nutrients they need to grow & develop properly, maintain a healthy weight, and support their immune system!

1 Fill half a plate with colourful fruits and veggies, and split the other half between whole grains & healthy proteins.¹



When it comes to fruits and vegetables- the more variety, the better!



Choose whole grains such as whole wheat bread, pasta, brown rice, and quinoa.



Offer healthy proteins like beans, nuts, fish and poultry over processed or red meats.



Include healthy oils from plants as well as unsaturated fats in foods like avocado, peanuts, and salmon.



Make water the drink of choice for every meal.¹

2

Probiotics

In addition to ensuring an adequate intake of healthy micronutrients and macronutrients, probiotics can play an important role in building and maintaining a healthy gut.

3

Make Mealtimes the Focus²

Help instill good nutritional values in your child by eating together, encouraging conversation & turning off distractions.



4

Ask an Expert

Make an appointment with a Registered Dietitian – they are trained experts who can provide you and your child with custom meal plans and other nutritional advice.



References

1. Harvard T.H. Chan School of Public Health. (2023). The Nutrition Source – Kid's Healthy Eating Plate. <https://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate/>
2. Government of Canada. (2022). Canada's food guide – Healthy eating for parents and children. <https://food-guide.canada.ca/en/tips-for-healthy-eating/parents-and-children/>

This infographic was made possible due to an unrestricted educational grant from:





October



Center Family Events

September 25th- FFN

October 16th- Family Breakfast

**November 20th- Family Lunch
w/Activities**

December 18th- Family Breakfast

January 15th- Breakfast w/Activities

February 19th- Science Night 5-7

March 12th- Family Breakfast

April 16th- Family Breakfast

May 14th- Family Breakfast w/Activities

June- PS End of the Year Picnic- TBD

October 2025 Head Start Menu - Biron/West

Monday		Tuesday	Wednesday	Thursday	Friday
<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% 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>1 Scrambled Eggs, WG Toast, Banana</p> <p>HM Beef Noodle Soup, Crackers, Cheese Cubes, Green Beans, Pears</p> <p>Yogurt, Blueberries, WG Granola</p>	<p>2 WG Pumpkin Bread, Applesauce</p> <p>HM Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Carrots & Dip, Peaches</p> <p>WG Soft Pretzel & Cheese Sauce</p>	<p>3 WG Waffle Sticks, Blueberries</p> <p>Bean & Cheese Burrito on WG Tortilla, Spanish Rice, Corn, Tropical Fruit Salad</p> <p>Rice Cakes, 100% Juice</p> <p>I/T Only</p>
<p>6</p>  <p>Center Closed</p>	<p>7 Special K Cereal, Strawberries</p> <p>HM Hot Turkey & Cheese Rollup on WG Tortilla, WG Cheesy Breadstick, Carrots & Dip, Pears</p> <p>Trail Mix with WG Goldfish Crackers</p>	<p>8 WG Pancakes, Fruit Salsa</p> <p>Scalloped Potatoes, Ham, Cheese Cube, Mini Naan, Cooked Broccoli, Apple Slices</p> <p>WG Graham Crackers with Peanut/Seed Butter</p>	<p>9 Breakfast Croissant Sandwich with Egg & Cheese, Banana</p> <p>Meatloaf with Gravy, WG Brown Rice, Mixed Vegetables, Orange Slices</p> <p>WG Animal Crackers</p>	<p>10 HM WG Blueberry Muffin Bars, Applesauce</p> <p>HM Baked Chicken Parmesan, String Cheese, WG Breadstick, Cucumbers & Dip, Pineapple</p> <p>WG Cheez-It, 100% Juice</p>	
<p>13 Cinnamon Toast, Strawberries</p> <p>BBQ Beef, WG Roll, Cheese Slices, French Fries, Pickles, Peaches</p> <p>WG Graham Crackers</p> <p>I/T Only</p>	<p>14 WG Kix Cereal, Blueberries</p> <p>Chicken Strips, Rice Pilaf, Cooked Broccoli, Apple Slices</p> <p>WG Muffin</p>	<p>15 WG English Muffin Toast with Peanut/Seed Butter & Jelly, Banana</p> <p>Lentil Taco Meat, WG Tortilla, Cheese, Salsa, Sour Cream, Corn, Lettuce, Fruit Cocktail</p> <p>Ritz Crackers & Cheese Slices</p>	<p>16 WG French Toast Sticks, Sausage, Strawberries</p> <p>HM Chicken Cordon Bleu Casserole, Buttered Noodles, Cheese Cube, Peas, Pears</p> <p>WG Tortilla Chips & Salsa</p>	<p>17 Cheese Omelet, Hashbrown Patties, Kiwi</p> <p>HM Meat/Cheese Pizza Quesadilla on WG Tortilla, Sauce, Cottage Cheese, Lettuce Salad, Fruit Salad</p> <p>WG Goldfish Crackers, 100% Juice</p>	
<p>20 WG Toast, Scrambled Eggs, Strawberries</p> <p>HM Creamy Ham & Potato Soup, Cheese Slices, Crackers, Broccoli, Peaches</p> <p>WG Sun Chips</p> <p>I/T Only</p>	<p>21 WG Blueberry Bread, Applesauce</p> <p>Meatballs with Gravy, Mashed Potatoes, Green Beans, WG Roll, Peaches</p> <p>String Cheese & Hard Boiled Egg</p>	<p>22 WG Life Cereal, Pears</p> <p>WG Fish Nuggets, Cheese Cube, Rice Pilaf, Cooked Carrots, Grapes</p> <p>WG Peanut/Seed Butter & Jelly Sandwich</p>	<p>23 WG Biscuits with HM Sausage Gravy & Jelly, Apple Slices</p> <p>Turkey & Cheese Slices on Hawaiian Roll, Pickles, Potato Wedges, Pineapple</p> <p>Yogurt, Peaches, WG Granola</p>	<p>24 WG Waffle Sticks, Fruit Salsa</p> <p>HM Meat/Cheese Pizza on Flatbread, Cottage Cheese, Broccoli & Dip, Mandarin Oranges</p> <p>WG Chex Mix, 100% Juice</p>	
<p>27 HM WG Banana Muffin Bars, Blueberries</p> <p>Spaghetti Noodles, Meat Sauce, WG Breadstick, Green Beans, Fruit Salad</p> <p>String Cheese & Pretzels</p> <p>Preschool in Session</p>	<p>28 WG French Toast Bread, Peaches</p> <p>HM Grilled Cheese on WG Bread, Ham Slices, Tomato Soup, Crackers, Seasoned Zucchini, Apple Slices</p> <p>WG Rice Cakes</p>	<p>29 WG Toast, Scrambled Eggs, Banana</p> <p>HM Mac & Cheese Sauce, Buttered Noodles, Diced Turkey, Peas, Tropical Fruit</p> <p>WG Graham Crackers</p>	<p>30 WG Frosted Mini Wheats Cereal, Strawberries</p> <p>Salisbury Beef Steak, Gravy, WG Roll, Mashed Potatoes, Carrots & Dip, Orange Slices</p> <p>WG Banana Bread</p>	<p>31 WG Oatmeal, Apples, Raisins</p> <p>Chicken Nuggets, Rice Pilaf, Green Beans, Peaches</p> <p>WG Veggie Crackers, 100% Juice</p> <p>I/T Only</p>	