

Wood County Head Start - Biron Center Newsletter

October 2025

Upcoming Events

- **Policy Council Meeting**

Tuesday, October 7th @ 6pm at the
Biron Center

- **Fire Fighter Family Night**

Thursday, October 9th 4:45-6:15 pm @
the Biron Center

- **Developmental Screening**

Wednesday, October 15th @ the Biron
center by appointment

Reminders

Infant and Toddler:

CLOSED- Monday, October 6th

Preschool and 4k:

CLOSED -Friday, October 3rd.

OPEN- Monday, October 27th

CLOSED - Friday, October 31st

Donation Table

Please check out our donation table in front of the office window. We had a donation of med scrubs for women to wear for work, maternity pants, bigger size rain boots for children, and there is always child clothing out to look through.



QUICK REMINDERS

Thank you to our families for completing the In-kind Pink sheets every week. That helps keep our program funded. You can turn them in any time through out the year.

When doing the monthly physical activity you can do this activity multiple times throughout the month. So please feel free to write multiple amounts of time of doing the activity with your child on the form. Please attached example.

Please remember that your child needs to be picked up by **3:15pm**. Also, as weather gets colder and winter begins in the next months to leave a little sooner to make sure you are on time. Thank you!



~~Example~~

Parent Volunteer Form

Family Name: Johnson Child's Name: Sue

Please check the box that applies

- | | |
|--|--|
| <input type="checkbox"/> Breakfast, Snack, Lunch * | <input type="checkbox"/> Classroom * |
| <input type="checkbox"/> Field Trip | <input type="checkbox"/> Parent Committee |
| <input type="checkbox"/> Family Event | <input checked="" type="checkbox"/> In-Home Monthly Activity: <u>September</u> |
| <input type="checkbox"/> Classroom Prep | <input type="checkbox"/> Skill Building |
| <input type="checkbox"/> Curriculum | <input type="checkbox"/> Focus Group |
| <input type="checkbox"/> Other _____ | |

Date	Activity	Amount of time
9/4	The September physical activity has the children using their gross motor and balancing skills, establishing and building relationships and following directions.	30 min
9/8		10 min
9/15	_____	15 min
9/26	_____	50 min

Parent Signature: _____

Office Use

Total hours _____ x _____ (rate per hour) = _____

Space Amount _____

TOTAL _____

Staff Signature Karen Shurber

*Breakfast, Snack, Lunch consists of setting table, helping children serve themselves, helping children clean up their own place, wiping table, sweeping floor, tooth brushing

*Classroom consists of literacy, fine motor, gross motor, skill building, social emotional



Start simple with MyPlate



Cut Back on Added Sugars

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Think about your drinks

Balance your meal by drinking water instead of sugary drinks like soda, lemonade, or sports drinks. Try some sparkling water with a lemon wedge or a small piece of fresh fruit.



Enjoy a sprinkle or two

Skip the sugar and top your coffee with a dash of cinnamon, nutmeg, or cocoa powder instead. This adds a little variety to the flavor of your coffee.



Satisfy your sweet tooth

Indulge in a naturally sweet dessert—fruit! Enjoy a fresh fruit salad, baked apples with cinnamon, or a piece of fruit right out of the fridge.



Split the sweets

Share dessert with a friend. Half a pastry or slice of cake means only half the added sugars (and calories) for each of you.



Pick lower sugar options

Choose packaged foods that have less or no added sugars such as plain low-fat or fat-free yogurt, unsweetened applesauce, or canned fruit packed in its own juice or water.



Check the label

Added sugars are now prominently displayed on the Nutrition Facts label of packaged foods. Use this information to compare added sugars on similar products. Keep in mind that there are many names for added sugars, such as fructose, dextrose, maple syrup, and cane juice.





From the Bus Stop

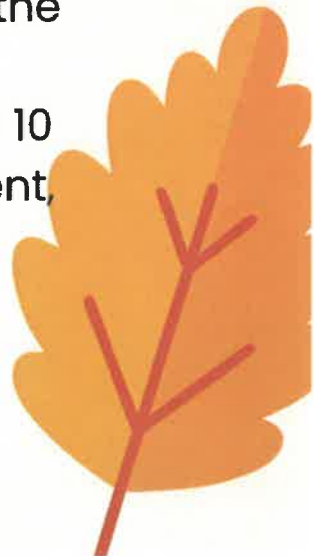
The first month of school has gone by fast!! We have been working with your children on learning how to buckle, unbuckle, and stay safe on the bus. We have also practiced how to evacuate the bus safely in case we ever need to.

Transportation Reminders

- Transportation changes are to be made **24 hours in advance** unless there is an emergency. Don't forget to state the child's name when leaving a message.
- **Transportation Department: (715) 422-2025/ Cell 715-213-6729**
- Please label all of your child's belongings (backpacks, coats, hats, mittens) with their name so when items are found, we can get them back to you.
- Please **DO NOT** send food or toys with your child on the bus. If your child brings a blanket to school, please put it **IN** their backpack. These items can become a hazard.
- Please keep your release forms, especially phone numbers, up-to-date, in case of an emergency situation.
- When the bus arrives to pick up and drop off your child, please be waiting for them, we try to stay on schedule the best we can and this helps immensely.
- Your child's pick up and drop off time may vary within 10 minutes because of unforeseen issues. Please be patient, we are doing the best we can.

**Thank you for sharing your children
with us!**

Biron Transportation Staff



Physical/Dental Deadline

Parents, the deadline for our Head Start Preschool physicals, including leads and hemoglobin tests, and dentals is December 1st and although it may seem far away, it is quickly approaching. We understand that it has been more difficult to get into some of the dentists in the area, but we do have a list of options that are relatively close. If you have not already taken your child in to these appointments, please schedule them as soon as possible and let your Family Service Worker know the dates so they can fax for the records afterwards. If you are unsure of what your child needs or you need assistance with scheduling an appointment, let your Family Service Worker know. Thank you!

-Katie 715-422-0428 Cell 715-459-3714

-Karen 715-422-0438 or 715-213-8498

Checking Backpacks

While checking and stuffing backpacks, we have noticed that many folders are not being checked regularly. Important information, such as event invites and field trip notices are sent home, so please be sure to check folders and complete/return any forms you find in the “Return to School” side of the folder. This year, we need an exceptionally large amount of “In-Kind”, so please be sure you are filling out and returning the pink sheets that are sent home weekly, as well as, the two monthly activities we send. Lastly, please remove any “Keep at Home” information from the folders as you receive them, as well as children’s artwork/crafts. Left unchecked, these folders become extremely full and artwork/crafts may be destroyed overtime.



Conscious Corner

Head Start is happy to help families bring the Conscious Discipline curriculum into the homes of our families and hopes you will continue to learn and grow together. This month we are focusing on the explanation of the three mental states and what they represent. This will be good to know as we continue to dive into the Conscious Discipline model that we practice in our classrooms.

- **Executive State:** What can I learn from this? An integrated executive state frees us from past conditioning, attunes us to the feelings and experiences of others, enables us to remain focused, and allows us to consciously respond instead of automatically react to life events. This is the optimal state for problem-solving and learning.

- **Emotional State:** Am I loved? An upset emotional state is triggered by things not going our way. It limits our ability to see from another's point of view and keeps us on autopilot. The only way to soothe an upset emotional state is through connection.

- **Survival State:** Am I safe? In this state, people feel triggered by threats and respond with flight, fight, or surrender. The only way to soothe the survival state is through the creation of safety.

You can use the knowledge of these mental states to help identify the state your child is in. Try to make them feel safe if they are in the survival state, make them feel loved and calm if they are in the emotional state. Do what you can to bring them to the executive state, which allows learning to occur. Give it a try, you'll be surprised with the positive results you will see.

Policy Council

On Wednesday, Sept 24 during our Family Fun Night we voted for our Policy Members. Below is the list of Policy Council Representatives for our Center. Policy Council representatives are responsible for sharing with the group any concerns, suggestions, or recommendations that may affect not only their center, but the entire Wood County Head Start program.

Amber Barton (Nicole's classroom)

Sarah Morgan (Nicole's Classroom)

Joy Ahlstrom (Karolina's Classroom)

Destinee Allison (Cindy's Classroom)

Harmony Ellingson-Peters (Mari Jo Classroom)

Jasmine Schopp (Laura Classroom)

Natasha Alvarez (Mari Jo Classroom)

Kaylee Reifschneider (Mari Jo Classroom)

Ashley Johnson (Cindy's Room)

Ashley Pardo (Mari Jo Classroom)

Michaela Wilhelm (Cindy's Classroom)

Tara Rendmeister (Nicole's Classroom)



Saturday, November 1, 2025 at 3 PM

TRUNK OR TREAT

What to expect

Dare to join the Wisconsin Rapids Police Department for a thrillingly FREE, family-friendly walk through! Creep through our spooktacular walk-through, filled with just the right amount of chills for all ages. Grab some wickedly delicious treats, meet the ghoulishly great folks from our community, and have a hauntingly good time! 🍬

- 📍 444 W Grand Ave, Wisconsin Rapids, WI 54495-2768, United States, Wisconsin Rapids, WI



- 📍 2011 10th St S, Wisconsin Rapids, WI, United States, Wisconsin 54494

2011 10th St S, Wisconsin Rapids, WI 54494-6302, United States · 5 mi

What to expect

Last year we expanded our FREE Haunted House through our warehouse. THIS YEAR we have an all-new path and are giving you a whole NEW experience. And YES...it's still FREE.

This event is a way to say "thank you" to our community for your support of ODC and our mission. (Donations are accepted but NOT REQUIRED)

Friday, October 17th from 6:00pm to 9:30pm
Saturday, October 18th from 6:00pm to 9:30pm

You asked. We listened! With a more intentional experience for kids. And SCARIER experience for the adults.

We will have two experiences this year at our Haunted House.

1. Dreadmore Cove is all about PIRATES. See the pirate jail and other scenes along the way before you walk through a cave and into a room filled with pirate games and activities and then leave with some fun pirate "loot" (treats).

2. Dreadmore Keep starts out in a creepy night market and then takes you through our building for all things classic-horror. You'll end the scary tour in our warehouse where a forest of chills awaits.

An experience for the WHOLE FAMILY. As before, this is an all-inclusive, wheelchair-accessible experience.



Oct 4 at 10 AM - Oct 5 at 5 PM

Fall Harvest Weekend

- 📍 343 CR-PP, Rudolph, WI
- 343 CR-PP, Rudolph, WI 54475-9585, United States · 5 mi

Come out to the farm for a fun filled weekend at Arnold's!!! We will have hayrides, a petting zoo, children's activities, face painting, emergency vehicle display and medical helicopter (Saturday only), live music by the band Sloppy Joe, pumpkin patch, beer tent and so much more!!! Our activities will be Saturday, October 4th from 10am-dark and Sunday, October 5th from 10am-5pm.



Sunday at 10 AM - 1 PM

7th Annual NextHome Priority Great Pumpkin Giveaway

- 📍 Feltz Family Farms and Dairy Store
- 5872 Porter Dr, Stevens Point, WI 54482-9738, United States · 15 mi

What to expect

🍂 Join us for our 7th Annual Great Pumpkin Giveaway! 🍂

📅 Sunday, October 5th
🕒 10:00 AM - 1:00 PM
📍 Feltz Dairy Store

Bring the whole family out for this FREE community event hosted by NextHome Priority! 🍂 The first 350 children will each receive a FREE pumpkin and a canvas bag courtesy of our team. 🍂

This year, we'll also be giving away 3 fall-themed baskets filled with seasonal goodies—don't miss your chance to win! 🍂

Other On-site Activities:

- 🍂 Visit the Corn Maze
- 🍂 Enjoy the Petting Zoo
- 🍂 Savor Fall treats & Ice Cream
- 🍂 Indulge in fresh cheese curds
- 🍂 Explore wine & gift selections and more!



Friday, October 17, 2025 at 6:30 PM

Halloween Outdoor Movie Night @ Rome Bandshell

- 📍 274 Geneva Trl, Nekoosa, WI 54457-8617, United States
- 274 Geneva Trl, Nekoosa, WI 54457-8617, United States

We're back with more outdoor movies at the Rome Town Center Bandshell!

- Friday, October 17th @ 6:30 PM (or dusk)
- We'll be watching the 2012 movie "Hotel Transylvania"
- Stay tuned to this event and/or the Visit Adams County and Visit Rome event pages as we get closer to the date—we may have a few surprises in store!

Oct 17 at 6 PM - Oct 18 at 9:30 PM

FREE Haunted House at ODC Wisconsin Rapids

Saturday, October 18, 2025 at 10 AM – 2 PM

2nd Berries & Boo's Scarecrow Contest & Display

📍 451 Kahoun Rd, Wisconsin Rapids, WI,
United States, Wisconsin 54494
451 Kahoun Rd, Wisconsin Rapids, WI 54494-8252,
United States · 1 mi

Village of Biron Happenings!

2nd Berries & Boos Scarecrow Contest & Display
Oct. 18, 2025
10 a.m. – 2 p.m.
451 Kahoun Rd, Wisc. Rapids

Take a drive through the Village and you will see,
Just how creative we all can be!
All the scarecrows posing could be silly or sad,
But's up to you to see the fun that we had!

Afterwards visit the Biron Municipal Center
and cast your vote for your favorite scarecrow
and check out all the other fun activities!

Craft & Vendor Booths
Biron VFD Brat Fry
Kids' Activities
Raffle Baskets
Bulk Cranberries for sale

(Maps will be available on our website or at the
Municipal Center & Voting is 25 cents per vote.



Oct 4 at 9 AM – Oct 5 at 4 PM

Nekoosa Giant Pumpkin Fest 2025

What to expect

Family fun event at beautiful Riverside Park in Nekoosa. An exciting giant pumpkin & vegetable weigh-off will be held on Saturday. There will be arts, crafts, a farm & flea market, pumpkin decorating, games and entertainment for kids, carnival, and food all weekend long. We have a tractor show scheduled for Saturday and a car cruise-in on Sunday. Gates open at 9:00 with a cost of \$4 for adults, \$1 for ages 4-7, 3 and under are free. (Profits go to local organizations). Pumpkin and vegetable growers can start dropping off at 7 a.m. Free parking shuttle service (including handicap accessible) available from Nekoosa Middle School. On site parking for a fee. Hope to see you there.



Wood County Head Start

Administrative Office
1011 8th St. South
Wisconsin Rapids, WI 54494

Toll free: 866-421-2066
Main line: 715-421-2066
Fax: 715-421-2069
E-mail: wchs@woodcoheadstart.org



Biron Center Contact Information

550 Center Street
Wisconsin Rapids, WI 54494
Phone: 715-422-0441
Fax: 715-422-0444

Infant Room: 715-422-0439
Toddler 1 Room: 715-422-0446
Toddler 2 Room: 715-422-0447
Nicole's Room: 715-422-0437
Mari Jo's Room: 715-422-0435
Cindy's Room: 715-422-0425
Laura's Room: 715-422-0445
Karolina's Room 715-422-0440

Family Service Worker: Karen
Desk Phone: 715-422-0438
Cell Phone: 715-213-8498

Family Service Worker: Katie
Desk Phone: 715-422-0443
Cell Phone: 715-459-3714

Transportation: Janet
Desk Phone: 715-422-2025
Cell Phone 715-213-6729

