



WOOD COUNTY HEAD START BIRON CENTER November Newsletter-2025

Fall Feast - November 25th, 2025

For our Fall Feast this year, we will be inviting all of our families to come spend some time with their child at the center and enjoy a delicious meal to celebrate Thanksgiving. All classes will be hosting a lunch, so be sure to keep an eye out for the invitation in their backpack and return by the RSVP date. Remember, if a parent is not able to attend, anyone special to your child may come. If you misplaced your RSVP, please contact your Family Service Worker.

We hope to see you there!

We hope you all have a wonderful Thanksgiving break spent with your loved ones.

REMINDERS:

Preschool/4k will be **OPEN** Monday, November 24th

Infant and Toddler will be **CLOSED** Monday, November 3rd

Infant and Toddler and Preschool/4k will be **CLOSED** November 26th 27th and 28th for Thanksgiving Break.





Reminders

Pick up Time

Please be here no later than 3:15pm to pick up your child. Make sure to plan for bad weather and road conditions this winter and to leave early to get here on time. You are always welcome to come at 2:30 to come eat snack with your child.

Attendance - Calling In

If your child is not coming in for the day please text/call your Family Service Worker the reason they are not coming instead of the teacher. The teachers get busy once school begins and don't always have a chance to check it through out the morning. The Family Service Workers take attendance for Preschool and will let the teachers know why your child is not here for you. Thank you!

Colder Weather

Please send a warm coat, mittens, and hat with your child now that the weather is getting cooler in the mornings. If you need help getting winter clothing please let Katie or Karen know so we can help get you some! Thank you!

Picking Up Early

If you need to pick up your child early from school please call the classroom /teacher. They will get your message right away.

Driver's License

Please make sure that anyone that is picking up your child from the classroom or bus has their I.D. on them, even if you have picked up before. It's our job to make sure the children go with approved people each day. Check in with your Family Service Worker, Katie or Karen if you need to make changes to the Emergency Pick Up List. Thank you!

Parent Teacher Conferences



Parent Teacher Conferences-Preschool & 4K

Conferences start this Monday, November 3rd and will continue to be scheduled for November 10th and 17th. If you have not scheduled your conference yet please contact your child's teacher. Conferences are a very important part of your child's educational experience as it brings the school family and home family together to communicate and discuss any concerns, problems, or changes. Please also take a moment during conferences to check Emergency Release Forms and make any changes necessary.

Physical Deadline



Parents, the deadline for our Head Start Preschool physicals December 1st and it is quickly approaching. If your child is not current as of this date, services may be suspended. If you are unsure whether your child is up to date on these appointments, or you have them scheduled, please contact your Family Service Worker. If you need assistance with making arrangements for appointments, please let your Family Service Worker know and they can help. Thank you!

Conscious Corner

The “conscious” part of Conscious Discipline is based on consciousness and mindfulness research and consists of seven powers. Although it may seem complicated, it is actually a fairly simple concept once broken down. The Seven Powers for Conscious Adults empower us to self-regulate. Self-regulation is managing our own thoughts, feelings, and actions. Becoming conscious of hurtful patterns and the willingness to change those patterns is the greatest gift we can give our children. Becoming conscious allows us to access our own wisdom and remain calm in the face of negative situations. Essentially, it is the foundation of choice and change and in order to successfully implement Conscious Discipline in your home, you must know all aspects that play a part, starting with yourself.

Power of Perception: No one can make you angry without your permission.

Goal: Teach adults and children to take responsibility for their own upset.

Power of Unity: We are all in this together

Goal: To perceive compassionately and offer compassion to other and to ourselves.

Power of Attention: Whatever we focus on, we get more of.

Goal: To create images of expected behavior in a child’s brain.

Power of Free Will: The only person you can change is you.

Goal: Learning to connect and guide instead of force and intimidate.

Power of Acceptance: The moment is as it is.

Goal: To learn to respond to what life offers instead of attempting to make the world go our way.

Power of Love: Choose to see the best in others.

Goal: Seeing the best in others keeps us in the higher centers of our brain so we can consciously respond instead of unconsciously react to life events.

Power of Intention: Mistakes are opportunities to learn.

Goal: To teach a new skill rather than punishing others for lacking skills we think they should possess by now.

The seven powers provide a foundation that facilitates our access to the integrated executive brain state where all higher-order thinking occurs. From this state, we can override impulsive and reactive tendencies. Without addressing the conscious awareness and emotional intelligence of the adult, discipline systems within the home are ultimately doomed. The Seven Powers for Conscious Adults create long-term, lasting success by guiding us to become conscious, present, attuned, and responsive to the needs of ourselves and children. By applying these powers and thought processes to your daily life, you will see a change in the behavior of your child and even others around you.



From the Bus Staff

It seems like winter is here, and as it gets colder, we ask that you please send your children in weather appropriate clothes. Also, please label your child's winter gear with their first name and last initial. When children come in, they are excited and a lot of time we have random mittens or boots laying around, unsure of who they belong to.

Please make sure your child's blanket is in their backpacks when getting on the bus. Children are tripping and we want to keep them safe. We also want to remind parents about our bad weather cancellations; when Wisconsin Rapids

Public Schools are closed due to bad weather, so are we. The school cancellations will be available through local news and radio channels, and posted on our Facebook page as well.

You can also refer to your Head Start calendar for other days that we are scheduled to be closed.

Checking Backpacks



While checking and stuffing backpacks, we have noticed that many folders are not being checked regularly. This is the main way of communicating between Head Start and parents, so please be sure to check these daily if possible. Important information, such as event invites, are sent in the "Return to School" pocket of your child's folder. This information needs to be returned to school as soon as possible. Also, please remove any "Keep at Home" information from the folders as you receive them, as well as children's artwork/crafts. These folders will become extremely full and artwork/crafts may be destroyed overtime.

Thank you for your cooperation!!



Inkind- We invite you!

This is an open invitation to come and eat a meal with your child. We know with the uncertainty of Food Share that you may need extra help this month. We encourage you to come eat a delicious and nutritious meal while spending time with your child. Head Start also gets InKind for your time here helping in the classroom. Please reach out to your classroom teacher or Family Service Worker to pick a day to come.



Making the Most of Meal Times

As a provider, your job is to provide a variety of nutritious, tasty foods in a relaxing atmosphere. Here are some tips to help you make the most of your meal times.

Family Style Dining

Family-style dining is one strategy that helps create a pleasant meal time. In family-style dining, the food is placed in serving bowls on the table. Providers sit with the children and food is passed from child to child with your help. To make family style dining more successful:

- Have meals and snacks ready and on the table before children are seated.
- Use small pitchers for milk or juice, adult size cereal bowls as serving bowls and child-size serving utensils.
- Allow younger children to serve themselves bread, crackers or other foods that are easy to pick up.
- Have children help you set the table for meals and snacks. Glue a place setting onto a piece of cardboard for the helpers to use as a model.
- Consider each individual child's abilities. Some children may be able to serve themselves some foods independently, but may need help with other foods.
- Seat children who may need more help serving themselves near adults
- Expect spills! Stay calm and have paper towels within easy reach of children so that they can help clean up messes.



Encourage children to eat a variety of healthy foods

- Ask parents about their child's experience with various foods.
- Serve a variety of foods, including new foods.
- Share the same meal, showing enthusiasm for new foods.
- Draw attention to the food that is offered. Encourage children to try each food.
- Never pressure or bribe children to eat certain foods.
- Do not focus on which foods a child has chosen or how much a child has eaten.
- Recognize and respect cultural eating differences.

Engage children in pleasant conversation during meals

- Speak quietly with the children and give them your full attention.
- Focus on the positive. It is not the appropriate time to argue, fight, scold or bring up misdeeds that may have been committed before the meal.
- It is also not the most appropriate time for you to teach concepts. Instead, think of yourself as a hostess or host of a dinner party. Facilitate children's conversations. Telling children to "Eat and be quiet" denies them the perfect opportunity to practice their social and verbal skills.
- Encourage children to take small servings, never forcing them to eat all the food on the plate.
- Allow children to leave the table if they do not like the food being offered or do not want to eat. Have a specific, quiet activity ready for these children nearby.
- Avoid using food to reward, comfort or punish children. It promotes unhealthy relationships with food.
- Respond calmly when children spill and encourage or help them to clean up.
- Ask children if they have had enough to eat, or remind them when the next meal or snack will be offered if the meal is about to end and they have only eaten a small amount.



Use open-ended discussion starters like:

- *What was your favorite activity this morning? Why?*
- *What would you like to do later today? Why?*
- *If you could be an animal, what would you be and why?*
- *What clothes do you think we will need to wear when we go outside?*
- *What was your favorite part of that book we read?*
- *To me, this food tastes like _____. What do you think?*
- *I like the taste of _____ more than _____. What about you?*
- *Last night for dinner/this morning for breakfast I had _____. What about you?*

Wood County Head Start

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Biron Center Contact Information

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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: 715-422-0428
Cell Phone: 715-459-3714

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

November 2025 Head Start Menu - Biron

Monday

Tuesday

Wednesday

Thursday

Friday

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% or skim milk is served to 2-5 year olds. Water is available throughout the day.

WG = whole grain WGR = whole grain rich HM = homemade



3 Center Closed 	4 WG Cheerios Cereal, Blueberries Hamburger on Bun, Cheese Slices, Tater Tots, Pickles, Peaches WG Graham Crackers & Peanut/Seed Butter	5 WG Mini Waffle, Banana HM Sausage Tortellini Soup, Crackers, String Cheese, WG Roll, Broccoli & Dip, Grapes Yogurt & Pineapple	6 Scrambled Eggs, WG Toast, Orange Slices Nachos (HM Cheese Sauce, Lentil Taco Meat, WG Tortilla Chips, Corn, Lettuce, Salsa), Pears WG Goldfish Crackers & Pretzels	7 HM WG Pumpkin Bread, Applesauce HM Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Baked Beans, Pineapple WG Muffin, 100% Juice
10 WG Oatmeal, Baked Cinnamon Apples, Raisins HM Beef & Bean Enchilada on WG Tortilla, Spanish Rice, Salsa, Corn, Pears Cottage Cheese, Peaches IT ONLY	11 Special K Cereal, Strawberries Beef Roast with Gravy, Mashed Potatoes, WG Roll, Cooked Carrots, Tropical Fruit Salad WG Tortilla Chips & Salsa	12 Cheese Omelet, Orange Slices Orange Chicken, WG Brown Rice, Cooked Broccoli, Apple Slices WG Soft Pretzels & Cheese Sauce	13 WG Pancakes, Bananas HM Stuffed Pepper Soup with Beef & Rice, Crackers, WG Cheesy Breadstick, Green Beans, Pineapple Saltine Crackers & Cheese Slices	14 HM WG Apple Cinnamon Muffin Bars, Kiwi Cheesy Flatbread with Sauce, Cottage Cheese, Cucumber & Dip, Fruit Salad WG Cheez-It, 100% Juice
17 WG French Toast Sticks, Strawberries HM Chicken Corn Chowder with WG Biscuits, Cheese Slices, Peas, Peaches WG Veggie Crackers IT ONLY	18 WG Kix Cereal, Blueberries Lasagna Rollup with Meat Sauce, Garlic Bread, Parmesan, Italian Vegetables, Apple Slices WG Banana Bread	19 Cinnamon Toast, Applesauce Chicken Alfredo, Buttered Noodles, WG Breadstick, Green Beans, Grapes Yogurt, Mixed Berries, & WG Granola	20 Breakfast Burrito (WG Tortilla, Eggs, & Cheese), Banana HM Chili with Beef, WG Corn Chips, Cheese, Sour Cream, HM Cornbread, Beans, Fruit Cocktail WG Animal Crackers	21 WG Waffle Sticks, Fruit Salsa HM Meat/Cheese Pizza on French Bread, Cottage Cheese, Carrots & Dip, Pineapple WG SunChips, 100% Juice
24 WG Frosted Mini Wheats, Strawberries WG Chicken Nuggets, Buttered Noodles, Peas, Peaches Hard Boiled Egg & String Cheese Preschool in Session	25 WG Muffin, Fruit Salsa HM Baked Turkey, Mashed Potatoes, Stuffing, Gravy, Corn, Hawaiian Roll, Mandarin Oranges, HM WG Pumpkin Bars WG Graham Snacks	26 Center Closed 	27 Center Closed 	28 Center Closed 

