



PARENTS AS TEACHERS

Thank you to everyone who turned in Monthly Activities; they look great on our Monthly Activity Board! The children love seeing their activities displayed on the wall and often point them out to teachers and other staff. The monthly activities that are sent back to school will be put into a "Family Portfolio" that the Family Service Workers put together. Each child or family's "Family Portfolio" will be given to the families at the end of the school year. It is a reminder of everything that you as families do to help your children with school readiness. After-all, parents are a child's most important teacher, and what you do matters.



Upcoming Events

Monday, November 3rd -
No I/T- Professional Development Day

Wednesday, November 20th -
Family Lunch- Preschool & I/T

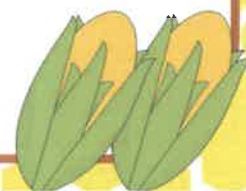
Thursday, November 20th -
Parent Committee Meeting
(starting after lunch, approximately 12:00)

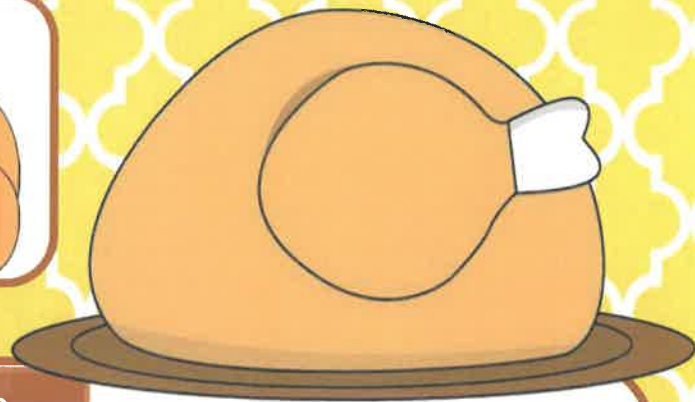
Monday, November 24th -
Preschool in-session

November 26th , 27th , & 28th -
No school - Preschool & I/T
Thanks Giving Break

Physicals/Dentals

Parents, the deadline for our Head Start preschool physicals and dentals is quickly approaching. If you have not already taken your child into these appointments, please schedule them as soon as possible. Be sure to let your Family Service Worker, Nicole, know the date of the appointments. If you need any assistance with scheduling an appointment, or transportation to an appointment, please don't hesitate to reach out to Nicole at 715-422-0423 or ClassDojo messaging.





Policy Council Representatives

Ashley Webb (PS), Carlee Rendmeister & Linsey Krenz (I/T),
Frances Kinsman Milor (HB)

Policy Council is our Parent Board of Directors.

We would like to welcome and say "Thank you" to our Policy Council Representatives. If you have a classroom or center issue you would like to discuss with your representative, please contact your FSW, Nicole, and she will get you in contact with them.

Parent Committee Volunteers

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. We will discuss on our first meeting the best times and dates that work for most 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.

Please send back your Parent Committee Invites!





Cranberry Fluff

Ingredients

1 (14-ounce) can whole berry cranberry sauce
1 (20-ounce) can crushed pineapple, drained
8 ounces frozen whipped topping, thawed
3 cups mini marshmallows

Instructions

In a large bowl, stir together cranberry sauce and crushed pineapple.
Fold in whipped topping until thoroughly combined.
Stir in mini marshmallows
Cover and chill for at least two hours before serving.

No Bake Pumpkin Pie

Ingredients

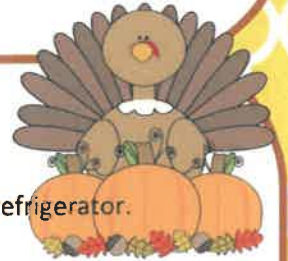
1 cup pumpkin puree
1 3.4 ounce box instant vanilla pudding
 $\frac{1}{4}$ cup milk
2 teaspoons pumpkin pie spice
8 ounces Cool Whip (1 full 8 ounce container)
1 - 9" graham cracker crust (store-bought or homemade)

Whipped cream for serving

Instructions

Stir together pumpkin puree, pudding mix, milk, and pumpkin pie spice. Stir until no lumps remain.
Carefully fold in Cool Whip.
Spread pumpkin mixture in prepared crust. Chill at least 3 hours or until it sets enough to slice. Serve with whipped cream.

Thaw Turkey Safely



Thaw your turkey in the refrigerator.

Keep your turkey in its original wrapping and place it in a container before putting it in the refrigerator. The container will prevent the turkey's juice from dripping on other food.
Allow [about 24 hours of thawing](#) for each 4 to 5 pounds of turkey.
A turkey thawed in the refrigerator can remain in the refrigerator for 1-2 days before cooking.

Thaw your turkey in cold water.

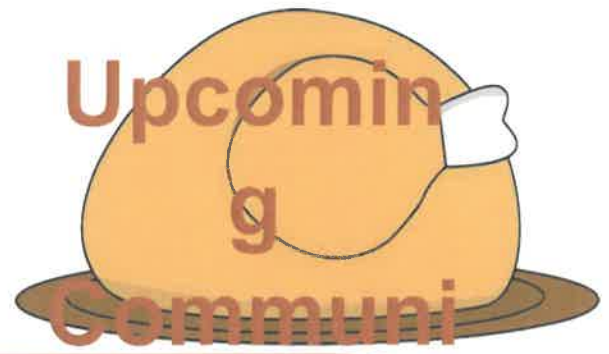
Be sure your turkey is in a leak-proof plastic bag before you place it in the sink. The bag will prevent the turkey's juice from spreading in the kitchen. It will also prevent the turkey from absorbing water, which can make your cooked turkey runny.
Make sure your turkey is fully covered with the cold tap water.
Change the water every 30 minutes.
Allow about 30 minutes of thawing for each pound of turkey.
A turkey thawed in cold water must be cooked immediately after thawing.

Thaw your turkey in the microwave.

Follow the microwave manufacturer's instructions for thawing turkeys.
A turkey thawed in the microwave must be cooked immediately after thawing.

Never thaw your turkey by leaving it out on the counter A turkey must thaw at a safe temperature. When a turkey stays out at room temperature for more than 2 hours, its temperature becomes unsafe even if the center is still frozen. Germs can grow rapidly in the "danger zone" between 40°F and 140°F.





Name: 2025 Rekindle the Spirit

Date: November 26, 2025

Time: 5:30 PM - 7:30 PM CST

Information: 715-423-1830

Event Description:

Rekindle your holiday spirit with the [Heart of Wisconsin Chamber of Commerce](#). Be part of the buy local, holiday celebration. Festivities include Parade, and Holiday Lights in Veterans' Park in Wisconsin Rapids and more!

Parade will start at 3rd Avenue and make its way across the Grand Avenue Bridge ending at Lincoln Street. Visit [McMillan Memorial Library](#) after the parade for a holiday celebration!



SAVE THE DATE!

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 8:30-10:00

June - EOY picnic- PS only TBD

**Rotary Winter Wonderland-
Marshfield Wildwood Zoo**

Main Attractions & Events

Walking and Drive thru
Light Displays
Animated Displays



Days of Operation

Open 7 days a weeks starting the day after Thanksgiving (Nov 28th) through New Years Eve (Dec 31st) 5pm – 9pm

Information: 715-316-8009

When it's time to break out the holiday spirit, it's time to head over to Rotary Winter Wonderland at Marshfield's Zoo & Park. The Zoo glows and twinkles with over one million LED lights. This marvelous winter wonderland helps support local food pantries each year. No entry fee, but cash and food donations encouraged.

Name: Ruby's Pantry - Mobile Food Distribution

Date: November 15, 2025

Location: 501 17th St S, Wisconsin Rapids, WI

Website:

<http://www.facebook.com/rubys.immanuel.lutheran.church>

Ruby's Pantry America's Rural Foodbank

Sponsored by: Immanuel Lutheran Church

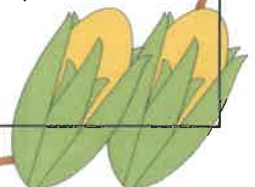
A drive-thru mobile food distribution on the 3rd Saturday of every month from 8:00-9:30 a.m.

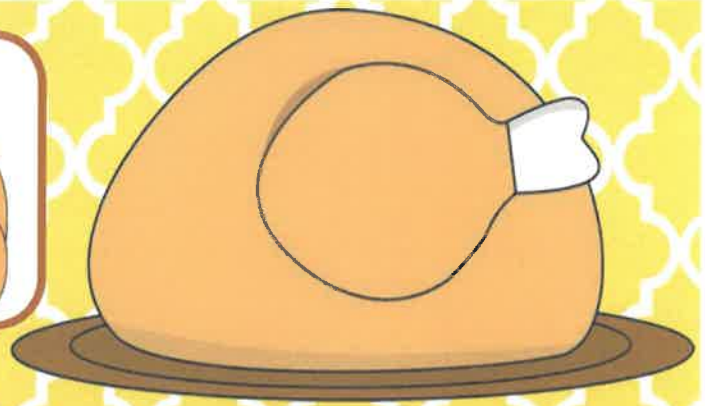
Who can participate? Food Distribution is available for anyone regardless of financial income or place of residence.

What do I bring? Please leave your boxes/baskets home. This is a drive-thru distribution and food is pre-boxed. A donation of \$25 per bundle of food is requested. Each bundle is approximately 70+ lbs of food.

What will I receive? You will receive various amounts of food donated directly from manufacturers: canned goods, meat, produce, cereal, bread, pizza, yogurt, etc.

Questions? Email Marlene at mmertens@immanuelrapids.com





Conscious Corner

The Seven Powers for Conscious Adults

"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 tendencies. Any classroom management or discipline system that fails to address the conscious awareness and emotional intelligence of the adult is 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."

1—**Power of Perception**— No one can make you angry without your permission. The power of perception aims to teach adults and children to take responsibility for our own upset.

2—**Power of Unity**—We are all in this together. It is important to perceive compassionately and to offer compassion to others and to ourselves.

3—**Power of Attention**—Whatever we focus on, we get more of. By giving our children the power of attention, we aim to create images of expected behavior in a child's brain.

4—**Power of Free Will**—The only person you can change is you. It is important to learn to connect and guide instead of force and coerce. You alone are responsible for your actions.

5— **Power of Acceptance**— Accept that the moment is as it is. We must learn to respond to what life offers instead of attempting to make the world go our way.

6—**Power of Love**— Choose to see the best in others. 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.

7—**Power of Intention**—Mistakes are opportunities to learn. We aim to teach a new skill rather than punishing others for lacking skills we think they should possess by now



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.



November 2025 Head Start Menu - West

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 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 Baked Turkey, Mashed Potatoes, Gravy, Stuffing, Corn, Hawaiian Roll, Mandarin Oranges, HM WG Pumpkin Bars 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 Chili with Beef, WG Corn Chips, Cheese, Sour Cream, HM Cornbread, Beans, Fruit Cocktail WG Graham Snacks	26 Center Closed 	27 Center Closed 	28 Center Closed 