

WOOD COUNTY HEAD START BIRON CENTER

December 2025

IMPORTANT DATES:

INFANT AND TODDLER IS CLOSED MONDAY, DEC 1

THE WHOLE CENTER WILL BE CLOSED
MONDAY, DEC 22- MONDAY, JAN 5
RETURN TUESDAY, JAN 6

POLICY COUNCIL MEETING - TUESDAY, DEC 9 AT 6PM AT THE
BIRON CENTER

WINTER WONDERLAND FAMILY DAY - THURSDAY, DEC 18
(AN INVITE WITH MORE INFO WILL COME HOME AFTER
THANKSGIVING BREAK)



From the Bus Stop

Bad Weather-School Cancellation Information

The Wisconsin Rapids Biron Head Start Center will not have classes if the school district of Wisconsin Rapids cancels classes for the day. We will have any school cancellations posted on our Facebook and ClassDojo pages. Individual drivers do have the right to cancel all or part of a route based on weather and road conditions. If this were to occur, you would receive a phone call and you can choose to transport yourself. If school is closed partly through the day, children will be fed lunch and sent home. Family Service Workers will be in contact with parents with details if this happens.

If you have any questions about our bad weather policy, please contact Transportation and Center Coordinator, Janet, at 715-422-2025 or 715-213-6729.

Conscious Corner

As a fellow parent, I know it is common to feel unsure of how to handle our child's negative behaviors, such as power struggling, defiance, verbal or physical aggression. The Seven Skills of Discipline are the only skills we need to transform these everyday discipline issues into teaching moments. These moments are our opportunity to teach children the social-emotional and communications skills necessary to manage themselves, resolve conflict, prevent bullying, and develop pro-social behaviors.

The seven skills emerge from the foundation of the Seven Powers that were discussed in last month's newsletter. The seven skills teach you to respond to conflict in a way that helps children moved from the resistant, lower center of their brain to the more cooperative, higher center. Below you will find the seven skills that when utilized consciously, yields critical core values and life skills.

- **Composure:** Self-regulation in action. It is the prerequisite skill adults need before disciplining children. Used consciously, it supports proper anger management.
- **Encouragement:** Encouraging children to help others creates a sense of belonging in which the desire to be of service outshines attention-seeking behaviors. This skill yields pro-social skills such as kindness, caring, and helpfulness.
- **Assertiveness:** Assertiveness is clear communication that focuses children's attention on what we want them to do. It is essential for setting effective and respectful limits. This skill yields bully prevention, healthy boundaries, and respect for self and others.
- **Choices:** Internally motivated choices bathe the brain in helpful chemicals that foster an optimistic "I can" attitude, increase compliance, enhance decision-making, and focus attention. Giving children two choices allows them to feel in control. This skill promotes impulse control and goal achievement.
- **Empathy:** Empathy is the ability to understand and share the feelings of others. When a child is upset, it is important to show that you see what they are feeling and want to understand and help. For example, "It was your turn to turn off the light, but John turned it off. I see that made you upset." This skill yields emotional regulation and perspective taking.
- **Positive Intent:** We must see children differently in order for them to behave differently. An example is, "You wanted the car, but you can not take the car away from your friend. When you want a turn, say "can I have a turn please?" This promotes cooperation and problem solving.
- **Consequences:** Consequences teach children to examine their behavior, reflect on their choices, and make changes until they reach their highest goals. For example, "If you throw the toy, then you will not get to play with it anymore." This reinforces the idea of learning from your mistakes and taking responsibility.

This information may seem overwhelming, but focusing on one area at a time and becoming more conscious of your interactions with your child will eventually become natural instinct. By implementing the powers and skills together, we learn to stay in control of ourselves and in charge of children in a manner that models the same skills we seek to teach.

Rudolph Celery Snacks

For a healthy and festive appetizer, fill celery sticks with peanut butter or cream cheese and use mini pretzels for antlers, chocolate chips or raisins for the eyes, and a raisin, cranberry, or raspberry for Rudolph's red nose.



WINTER GEAR REMINDER



WINTER IS HERE AND THE SNOW AND COLD TEMPERATURES ARE COMING WITH IT! IT IS IMPORTANT FOR FAMILIES TO SEND THEIR CHILDREN WITH CLOTHING APPROPRIATE FOR THE WEATHER. CLASSROOMS TRY TO GO OUTSIDE ANY CHANCE THEY GET, SO PLEASE BE SURE TO SEND SNOWPANTS, BOOTS, HATS, AND MITTENS TO SCHOOL WITH YOUR CHILD. IT WOULD ALSO BE HELPFUL TO SEND A PAIR OF SHOES FOR YOUR CHILD TO CHANGE INTO IF THEY ARE WEARING THEIR BOOTS TO SCHOOL. IT HELPS KEEP THE CLASSROOM FROM GETTING WET AND DIRTY. ALSO, PLEASE LABEL COATS, GLOVES, BOOTS, ETC. WITH THEIR FIRST NAME AND LAST INITIAL SO EVERYTHING GETS SENT HOME TO THE PROPER OWNER.

AN EXTRA CHANGE OF CLOTHES IS ALWAYS GOOD TO HAVE ON HAND, PLEASE KEEP A SET OF CLOTHES IN THEIR BACKPACKS FOR ACCIDENTS, WET FROM OUTSIDE, OR FROM EATING A MEAL. THANK YOU!



Reminder that if WRPS-Public School closes due to the weather then Head Start is closed as well. You can check Class Dojo or the Wood County Head Start Facebook Page to confirm.





MEALTIME MEMO

November
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HEALTHY COOKING

A nutritious meal starts with healthy ingredients, and how those ingredients are prepared or cooked is important. This *Mealtime Memo* explores ways to prepare nutritious meals in the Child and Adult Care Food Program (CACFP) using healthy ingredients and cooking methods.



Healthy Cooking Methods

Many healthy cooking methods are available as part of a reimbursable meal. The most common are baking, blanching, broiling, poaching, roasting, steaming, or stir-frying. Choosing equipment such as an air fryer, microwave, or slow cooker can also aid in healthy cooking. In the CACFP, foods that are deep-fat fried onsite (food submerged in hot oil) cannot count toward a reimbursable meal.

Helpful Tips!

- For definitions and video demonstrations of healthy cooking techniques, visit the American Heart Association (AHA) [website](#).
- Additionally, check out the USDA [CACFP Halftime: Methods for Healthy Cooking](#) webinar, which focuses on preparing nutritious meals and snacks in the CACFP.
- For a glossary of cooking terms to help prepare healthy meals, refer to the AHA website: [Common Terminology for Healthy Cooking](#).

Retaining Nutrients in Fruits and Vegetables

Fruits and vegetables are rich in essential vitamins that help the body function properly, including boosting the immune system, aiding wound healing, and strengthening bones. However, preparation and cooking methods can reduce the availability of these vitamins. Here are tips to help retain nutrients while preparing and cooking fruits and vegetables.

Preparation

Many nutrients are found in the skin or beneath the surface of fruits and vegetables so excessive trimming can diminish their nutrient content.

- For fruits and vegetables with edible skins, such as apples, pears, and potatoes, wash or scrub them instead of peeling them to preserve nutrients.
- Peel or trim minimally for produce that is typically peeled or trimmed, such as carrots, cucumbers, and sweet potatoes.
- For leafy vegetables, such as lettuce and cabbage, try to use the





Cooking

Water-soluble vitamins, such as B and C, are particularly sensitive to cooking and easily dissolve in water, making them vulnerable to nutrient loss. When boiled, these vitamins can leach out of vegetables and are lost if the water is discarded. To minimize nutrient loss during boiling:

- Use a small amount of water and avoid overboiling.
- Save and use the nutrient-rich water in broths, gravies, sauces, soups, or stews. You can also boil grains like rice, quinoa, or pasta in vegetable water to include extra nutrients and flavor.
- Cook vegetables quickly.
- Rather than boil, choose to microwave, roast, stir-fry, sauté, or steam vegetables.

Cooking With Healthy Ingredients

Here are healthy ingredient substitutions to make dishes more nutritious:

- **Cook with basic ingredients:** Start with whole foods like raw vegetables, fruits, proteins, and whole grains, and prepare meals from scratch. This allows you to enjoy food in its natural state without added ingredients.
- **Choose healthier oils:** Choose oils rich in unsaturated fats, such as avocado, olive, or canola oil, instead of butter or lard, which contain saturated fats. For example, spray a pan with canola oil instead of butter when cooking food, such as scrambling eggs.
- **Use low-fat dairy:** Substitute skim, low-fat, or evaporated milk when making “cream” sauces or soups. Choose low-fat options for sour cream and cream cheese when possible.
- **Season with herbs and spices:** Increase the flavor of your food with herbs, spices, onions, garlic, and citrus (e.g., lemon juice) instead of salt, butter, or margarine. These ingredients add flavor without extra salt and provide antioxidants, which help your body fight disease.



You can create delicious, nutrient-rich meals by choosing cooking methods and ingredients that support a healthier lifestyle.

Biron's 2025-2026 POLICY COUNCIL REPRESENTATIVES

Amber Barton

Destinee Allison

Sarah Morgan

Harmony Ellingson-Peters

Jasmine Schopp

Vanessa Zouski

Natasha Putzkie

Kaylee Reifschneider

Ashley Johnson

Ashley Pardo

Michaela Wilhelm

Tara Rendmeister

Makayla Krutza

If you have a classroom or center issue you would like to discuss with another parent, please get a hold of your Family Service Worker via ClassDojo, call, or text. We will connect you with a representative.

Karen Thurber

-desk phone 715-422-0438

-work cell 715-213-8498

Katie Kuschel

-desk phone 715-422-0428

-work cell 715-213-459-3714

Parent Volunteering = In Kind



Recent studies have shown that children are most successful in school when parents are involved.

Volunteering in the classroom, becoming active at the site or with home activities within the Head Start Performance Standards. The volunteer activities count as “In-Kind” for our program

What is IN-KIND?

Head Start & Early Head Start funds come directly from the federal government. However, the government only provides a certain percentage of the funds necessary to operate our program. The other percentage must come from in-kind. In-Kind is the donation of time, space or materials used in the program that would otherwise be purchased. A dollar amount is assigned to all volunteer hours whether in the classroom, at the site or at home. The dollar amounts are totaled and help us reach our required goals.

For every in-kind dollar that the program is not able to raise, the government could request a return from our program’s fund. Volunteer participation is critical to the operation of a successful Head start & Early Head Start program.

We rely on our Head Start and Early Head Start parents to participate and have fun with activities that benefit the program and most importantly their child. We hope that every parent becomes a Head Start Volunteer!



Happy Holiday Season! Below are some local free/low-cost ideas of ways to celebrate with friends and family.

Nekoosa Hometown Christmas - Runs Nov 29th – Dec 20th 5pm-8pm. Tree lighting ceremony Nov 29th at 6pm, Santa visits, drive thru lights at Riverside Park and tractor rides. Check out the website at <https://www.fornekoosa.org/s-projects-basic-2> for more information. Free

Petco's Annual in Store Pet Photos with Santa- Around Dec 13th & Dec 14th from 2pm-6pm. 1100 East Riverview Expressway. Free. Reservations are recommended. Option to donate a small amount to charity but not required.

9th Annual Christmas Tree Walk- Dec. 6th, 7th, 13th, 14th at 2:00pm. The historical museum is transformed. Free.

Rotary Winter Wonderland- Starting after Thanksgiving through New Years- Walk or drive through the light displays at the Wildwood Park and Zoo in Marshfield. Donation of non-perishable food or monetary donation.

Rekindle the Spirit Holiday Parade- Wednesday November 26th starts at 5:45pm by City Hall and ends past Hotel Mead. Free.

Nekoosa Holiday Parade & Fireworks – Saturday, December 6th 5:15pm – 9:30pm – Starts at Nekoosa Library and ends at Good Fellas, community activities like cookie decorating and craft shows with Fireworks to follow. Free.

Michael's craft stores free store holiday craft classes at 1210 Commons Circle Plover, WI:

Michael's Gnome Jar Making Class: Sunday, Dec. 7th 2pm-4:00pm- Ages 13 and over- Free except for cost of Mason jar.

Sunday Kids Club- Clay Trinket Tray Making Class- Sunday Dec. 14th 2pm-4pm- Free.

Rudolph's Country Christmas – Dec. 13th starting at 2pm From a 5k run/walk to wagon rides and Santa visits. Free.

Family fun activities at home- Get together to play board games, make traditional holiday foods, do crafts, bake cookies, watch holiday movies, look at old family photos, or read a favorite holiday book.

Participate in charitable events- Coordinate with local nursing homes to make cards for residents without family members, donate to a toy drive, donate dog and cat treats to animal shelters.

Biron Head Start Center December 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1  Center Closed	<p>2 WG French Toast Bread, Applesauce</p> <p>WG Fish Nuggets, Buttered Noodles, Mixed Vegetables, Pineapple</p> <p>Rice Cakes</p>	<p>3 Canadian Bacon, Hashbrown Patties, Banana</p> <p>Chicken Fajita Strips with Bell Peppers, WG Tortilla, Cheese, Salsa, Sour Cream, Lettuce, Corn, Pears</p> <p>WG Chex Mix</p>	<p>4 WG Life Cereal, Strawberries</p> <p>BBQ Pulled Pork on a Bun, Cheese Slices, Pickles, Coleslaw, Cheesy Tater Tots, Apple Slices</p> <p>WG Peanut/Seed Butter & Jelly Sandwiches</p>	<p>5 WG Mini Waffle, Peaches</p> <p>HM Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Lettuce Salad, Orange Slices</p> <p>WG Goldfish Crackers, 100% Juice</p>
<p>8 WG Bagel, Cream Cheese, Jelly, Mandarin Oranges</p> <p>HM Chicken Noodle Soup, Crackers, Cheese Cube, Green Beans, Pineapple</p> <p>WG Muffin</p> <p style="text-align: center;">IT Only</p>	<p>9 WG Cheerios Cereal, Peaches</p> <p>HM Mac & Cheese, Diced Ham, WG Breadstick, Cooked Carrots, Pears</p> <p>Ritz Crackers & Peanut/Seed Butter</p>	<p>10 WG Blueberry Bread, Applesauce</p> <p>HM Sloppy Joes on a Bun, Cheese Slices, Potato Smiles, Pickles, Apple Slices</p> <p>WG Tortilla Chips & Cheese Sauce</p>	<p>11 Breakfast Croissant Sandwich with Egg & Cheese, Banana</p> <p>Meatballs with Gravy, Mashed Potatoes, WG Roll, California Blend Vegetable, Grapes</p> <p>Trail Mix with WG Goldfish Crackers</p>	<p>12 WG French Toast Sticks, Blueberries</p> <p>Cheesy Flatbread with Sauce, Turkey Slices, Peas & Dip, Fruit Salad</p> <p>WG Animal Crackers, 100% Juice</p>
<p>15 WG Oatmeal, Raisins, Pears</p> <p>Chicken Strips, WG Roll, Corn, Fruit Cocktail</p> <p>WG Cheez-It</p> <p style="text-align: center;">IT Only</p>	<p>16 Rice Krispies Cereal, Peaches</p> <p>Ham Rollup with WG Tortilla, Cheese Slices, Pickles, Tater Tots, Pears</p> <p>WG Pumpkin Bread</p>	<p>17 Scrambled Eggs, WG Toast, Banana</p> <p>Meatloaf, WG Brown Rice, Cooked Broccoli, Mandarin Oranges</p> <p>Yogurt, Pineapple</p>	<p>18 WG Pancakes, Blueberries</p> <p>Roast Beef with Gravy, Buttered Noodles, Cooked Carrots, Hawaiian Roll, Apple Slices</p> <p>WG Graham Snacks</p>	<p>19 WG Muffin, Applesauce</p> <p>Meat Sauce, Spaghetti Noodles, Parmesan, Garlic Toast, Green Beans, Orange Slices</p> <p>WG Sun Chips</p>
22  Center Closed	23  Center Closed	24  Center Closed	25  Center Closed	26  Center Closed
29  Center Closed	30  Center Closed	31  Center Closed	<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% or skim milk is served to 2-5 year olds. Water is available throughout the day.</p> <p>WG = whole grain WGR = whole grain rich HM = homemade</p>	