

# West Center

## JANUARY NEWSLETTER

Welcome Back !

All of the staff would like to welcome the kids back to school! We hope that all the families had a great holiday and a nice Winter Break.

Sick Child

We want to send a friendly reminder to all that if your child is sick, please call the school and let us know. It is very important that we know if a child will not be coming to school. If we do not hear from you, we will be calling to check the status of your child.

*A big thank you for your help with this matter!*

***Preschool Hours - 8:30- 3:15***

***Infant/Toddler Hours - 7:30- 4:15***

### West Center Events

**Tuesday, January 6th – I/T classes resume**

**Tuesday, January 6th – Preschool classes resume**

**Thursday, January 22nd – Healthy Smiles @ 9:00am**

*Wisconsin Rapids West Policy Council members :*

*Lindsey Krenz, Carlee Rendmeister, Ashley Webb*

*Home Base: Frances Kinsman-Milor*

# 2026



### Center information

***Family Service Worker***

**Nicole: (715) 422-0423**

**Cell: (715) 213-8424**

***Preschool: (715) 422-0421***

***Infant Room: (715) 422-0442***

***Toddler Room: (715) 422-0422***

**Administrative Office:**

**(715) 421-2066**

ClassDojo messaging is a great way to contact your teacher and Family Service Worker as well.



*191 19th Ave S*

*Wisconsin Rapids, WI 54495*

SAVE THE DATE CENTER EVENTS:

**January 15<sup>th</sup> – Family Breakfast  
w/Activities**

**February 19<sup>th</sup> - Science Night 5-7**

**March 12<sup>th</sup> - Family Breakfast**

**April 16<sup>th</sup> - Family Breakfast**

**May 14<sup>th</sup> - Family Breakfast  
w/Activities**

**June- PS End of the Year Picnic-  
TBD**



## Community Events & Activities

### Memory Café

Date: January 2, 2026 Time: 10:30AM-12:00PM

Location: McMillan Memorial Library

More info: Contact Karen Bradbury, RN 715-422-2795

### Ruby's Pantry

Date: January 17, 2026

### Rome Sno-Bandits Ice Fisheree & Raffle

Lake Pentenwell-Rome: 1733 Archer Lane, Nekoosa, WI 54457

Registration January 9th starting at 11am.

Saturday January, 10 2026 7am—3pm

<https://www.facebook.com/events/2842898595920185>

### Winter Market 9am-1pm A the Moravian Church

Eggs, meat, salsas, crafts, soaps, candles, and more!

## 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.

**\*\*Please remember to write your child's name on their activities and fill out, sign, and return the Parent Volunteer Form. We also love to see pictures of your adventures for the physical activity, so feel free to text them to your Family Service Worker and they will be added to their portfolio.\*\***

### Bad Weather:

#### School Cancellation Information

The Wisconsin Rapids West 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 page. If you have any questions about our bad weather policy, please contact Family Service Worker, Nicole Behselich at 715-422-0423. OR in Class DOJO messaging.

### Winter Gear Reminder

When sending winter gear to school with your child, please label coats, gloves, boots, etc. with their first name and last initial so everything gets sent home to the proper

Wood County Head start

Website Link



# Fruit-a-licious Breakfast Cup

## 1 Start With Yogurt



Spoon yogurt into your cup.

## 2 Add Some Crunch



Spoon cereal on top of the yogurt.

## 3 Pick Fruit



Add some fruit on top of the cereal.

## 4 Make a Pattern



Add more yogurt, then cereal, then fruit.

## 5 Enjoy



## Ingredients



low-fat yogurt



cereal

Choose fruits

apple



pineapple



raisins



peaches



blueberries



banana





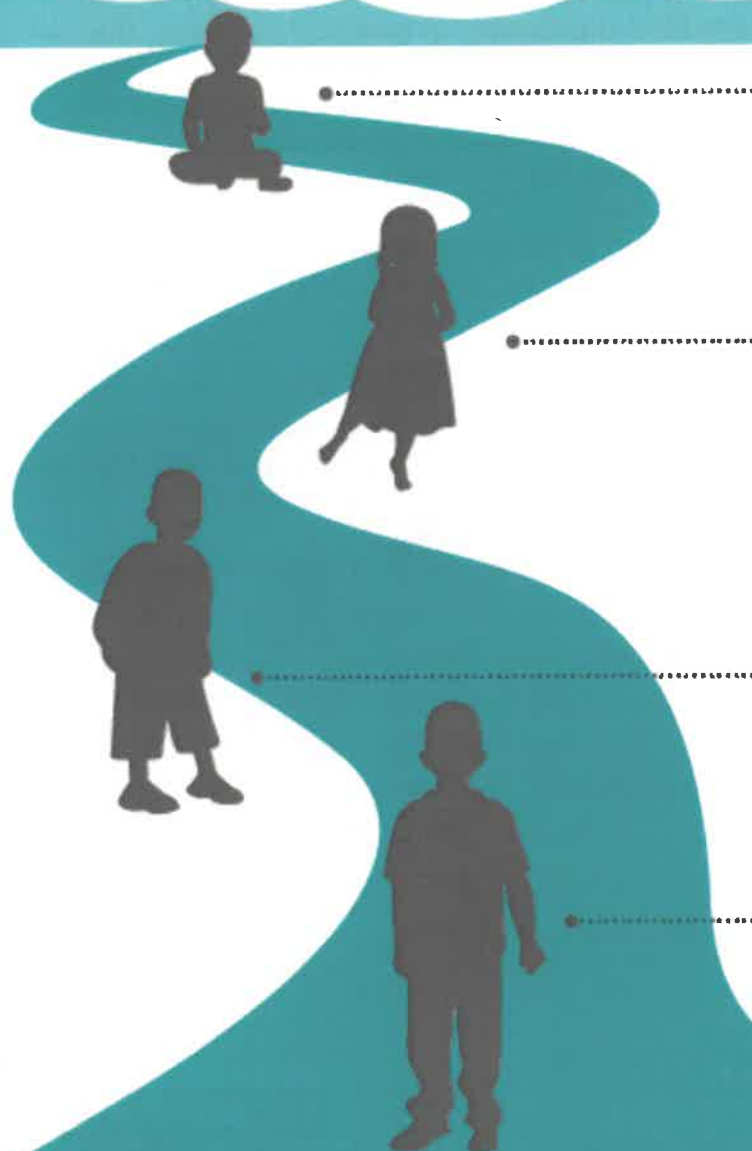


United States Department of Agriculture

# Behavioral Milestones

The preschool years are an important time for developing healthy habits for life. From 2 to 5 years old, children grow and develop in ways that affect behavior in all areas, including eating. The timing of these milestones may vary with each child.

2-5  
year  
olds!



## 2 YEARS

- Can use a spoon and drink from a cup
- Can be easily distracted
- Growth slows and appetite drops
- Develops likes and dislikes
- Can be very messy
- May suddenly refuse certain foods

## 3 YEARS

- Makes simple either/or food choices, such as a choice of apple or orange slices
- Pours liquid with some spills
- Comfortable using fork and spoon
- Can follow simple requests such as "Please use your napkin."
- Starts to request favorite foods
- Likes to imitate cooking
- May suddenly refuse certain foods

## 4 YEARS

- Influenced by TV, media, and peers
- May dislike many mixed dishes
- Rarely spills with spoon or cup
- Knows what table manners are expected
- Can be easily sidetracked
- May suddenly refuse certain foods

## 5 YEARS

- Has fewer demands
- Will usually accept the food that's available
- Dresses and eats with minor supervision

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.  
USDA is an equal opportunity provider and employer.

Center for Nutrition Policy and Promotion  
July 2015



## CONSCIOUS CORNER:

### HOW DO I HANDLE MY TODDLER'S TEMPER TANTRUMS?

The core skill that will help you through a temper tantrum is keeping your cool. Your upset will only fuel your child's fire. Instead, use active calming techniques such as deep breathing to help manage these difficult, but developmentally normal fits.

As in any conflict situation, focus on what you want your child to do, model this behavior or state yourself, and notice any hint of success. In terms of tantrums, the behavior or state of being that you want from your child is "calm." Your job is to focus on "calm" and model calmness yourself. This may sound particularly difficult in the face of a screaming 3-year-old, but can we really expect a 3-year-old to keep his cool if we can't stay cool ourselves? Here's an example:

Your toddler wants a bag of candy he's spied in the grocery aisle. You say, "No." He crashes to the floor, screaming. You're feeling angry, embarrassed, exhausted and at your wits end. You feel like everyone's looking at you.

First, take three deep breaths to help calm the stress response in your body. Then, discipline yourself with the affirmation "I'm safe. Keep breathing. I can handle this." Way to go! You've just set the internal foundation needed to teach your child how to handle frustration and become calm! Now you can address your upset child.

Be encouraging. Get down at eye level with him and say, "You can handle this. Breathe with me. You're safe." Scoop him up, hold him in your arms and breathe deeply with him. When his body relaxes a little, say, "There you go, you're calming down." Then tell him he has a choice, "You can sit in the cart and hold the list, or you can sit in the cart and hold your truck." Once he makes his choice, celebrate your success together, "You did it! You calmed yourself down and that's hard to do."

#### Conscious Discipline

##### - Parent Link



#### Link to Temper Tantrums Article



# January 2026 Head Start Menu - West Center



Monday

Tuesday

Wednesday

Thursday

Friday

<p>All-day session children receive breakfast, lunch &amp; 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>			<p>1</p> <p>Center Closed</p> <p><i>Happy New Year</i> ★★</p>	<p>2</p> <p>Center Closed</p> 
<p>5</p> <p>Center Closed</p> 	<p>6 <b>WG</b> Banana Bread, Applesauce</p> <p><b>WG</b> Fish Nuggets, Mini Naan, Green Beans, Tropical Fruit</p> <p><b>WG</b> Graham Crackers</p>	<p>7 <b>WG</b> Frosted Mini Wheats, Strawberries</p> <p>Orange Chicken, <b>WG</b> Brown Rice, Cooked Broccoli, Clementines</p> <p>Hard Boiled Egg &amp; String Cheese</p>	<p>8 <b>WG</b> Muffin, Pears</p> <p><b>HM</b> Hot Turkey &amp; Cheese Rollup on <b>WG</b> Tortilla, Cottage Cheese, Potato Smiles, Apple Slices</p> <p>Yogurt, <b>WG</b> Granola, Blueberries</p>	<p>9 <b>WG</b> French Toast Sticks, Banana</p> <p>Cheese Ravioli, Meat Sauce with Beef, <b>WG</b> Breadstick, Carrots &amp; Dip, Fruit Salad</p> <p>Rice Cakes, 100% Juice</p>
<p>12 Scrambled Eggs, <b>WG</b> Toast, Strawberries</p> <p><b>HM</b> Creamy White Chili with Chicken, Crackers, <b>WG</b> Cheesy Breastick, Peas, Orange Slices</p> <p><b>WG</b> Veggie Crackers</p> <p>I/T Only</p>	<p>13 Special K Cereal, Blueberries</p> <p>Pork Roast with Gravy, Mashed Potatoes, <b>WG</b> Roll, Seasoned Zucchini, Pineapple</p> <p><b>WG</b> Muffin</p>	<p>14 <b>WG</b> Pumpkin Bread, Peaches</p> <p>Nachos (<b>HM</b> Cheese Sauce, Lentil Taco Meat, <b>WG</b> Tortilla Chips, Corn, Lettuce, Salsa), Grapes</p> <p>Pretzels &amp; String Cheese</p>	<p>15 Cheese Omelet, Cinnamon Toast, Hashbrown Patties, Mandarin Oranges</p> <p><b>WG</b> Chicken Nuggets, Buttered Noodles, Cooked Broccoli, Apple Slices</p> <p><b>WG</b> Chex Mix</p>	<p>16 <b>WG</b> Waffle Sticks, Banana</p> <p><b>HM</b> Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Green Beans, Peaches</p> <p><b>WG</b> Graham Crackers, 100% Juice</p>
<p>19 <b>WG</b> Muffin, Applesauce</p> <p>Cheesy Scalloped Potatoes, Diced Ham, <b>WG</b> Roll, Cooked Carrots, Clementines</p> <p>Saltine Crackers &amp; Cheese Slices</p> <p>I/T Only</p>	<p>20 Rice Krispies, Dried Fruits, Strawberries</p> <p><b>HM</b> Grilled Cheese on <b>WG</b> Bread, Diced Turkey, Tomato Soup, Broccoli &amp; Dip, Pears</p> <p><b>WG</b> Cheez-It</p>	<p>21 Scrambled Eggs, <b>WG</b> Toast, Orange Slices</p> <p>Chicken Strips, Rice Pilaf, Peas, Apple Slices</p> <p><b>WG</b> Goldfish Crackers &amp; Pretzels</p>	<p>22 <b>WG</b> English Muffin Toast, Peanut/Seed Butter, Jelly, Banana</p> <p>Hamburger on Bun, Cheese Slices, Pickles, Sweet Potato Fries, Peaches</p> <p>Yogurt, Pineapple, &amp; <b>WG</b> Granola</p>	<p>23 <b>WG</b> Mini Waffles, Fruit Salsa</p> <p>Creamy Italian Pasta with Chicken, Hawaiian Roll, Green Beans, Mandarin Oranges</p> <p><b>WG</b> Sunchips, 100% Juice</p>
<p>26 <b>WG</b> Oatmeal, Dried Fruits, Apples</p> <p>BBQ Beef on Bun, Cheese Slices, Peas, Pickles, Pineapple</p> <p><b>WG</b> Graham Crackers</p> <p>I/T Only</p>	<p>27 <b>HM WG</b> Muffin Bars, Peaches</p> <p>Popcorn Chicken Bowl (<b>WG</b> Chicken, Gravy, Mashed Potatoes, Cheese, &amp; Corn), <b>WG</b> Roll, Pears</p> <p><b>WG</b> Animal Crackers</p>	<p>28 Turkey Sausage, Hashbrown, Orange Slices</p> <p><b>HM</b> Bean &amp; Cheese Burrito on <b>WG</b> Tortilla, Spanish Rice, Salsa, Corn, Apple Slices</p> <p><b>WG</b> Goldfish Crackers</p>	<p>29 <b>WG</b> Blueberry Bread, Mandarin Oranges</p> <p><b>WG</b> Pancake, Sausage Patties, Tater Tots, Cooked Carrots, Grapes</p> <p>Cheese Cube &amp; Pretzels</p>	<p>30 <b>WG</b> Corn Chex Cereal, Strawberries</p> <p><b>HM</b> Cheesy Flatbread with Sauce, Cottage Cheese, Cucumber &amp; Dip, Fruit Salad</p> <p><b>WG</b> Muffin, 100% Juice</p>

