

# February 2026

## Wood County Head Start-West

### **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 cancelations 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  
Class DOJO messaging

### **You're Invited!**

Thursday, February 19, 2026

Science Night @ Helen's  
Zoo House 5-6:30

Hot meal and fun science  
activities!

### **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 owner.

### **Classroom Information**

#### **Preschool Room**

8:30-3:15

715-422-0421

#### **Infant & Toddler Rooms**

7:30-4:15

Infant: 715-422-0442

Toddler: 715-422-0422

### **Family Service Worker-Nicole**

Center: (715) 422-0423

Cell: (715) 213-8424

nbehselich@woodcoheadstart.org

# February

## Community Events

### Ruby's Pantry

Date: February 21, 2026

Location: Pitch Elementary School  
501 17th Street South  
Wisconsin Rapids, WI

More info:

mmertens@immanuelrapids.com or [www.facebook.com/rubys.immanuellutheranchurch](https://www.facebook.com/rubys.immanuellutheranchurch)



Scan QR code to get information  
and schedule for the WR Moravian  
Church Winter Market!



Saturday, February 14 | 2321 West Grand Ave.

Donation of \$12

#### What's included:

A bowl of soup of your choice

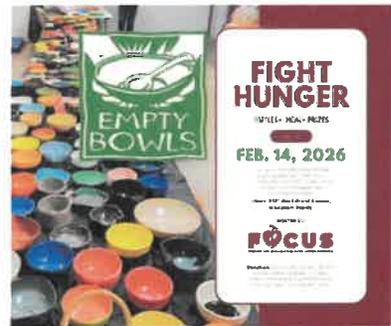
Homemade dinner roll & a cookie

Hand-crafted pottery bowl to take home

Plus, don't miss the chance to win amazing raffle baskets!

Your Participation helps support FOCUS. Feeding Our Communities with United Services in providing food and hope to those in need.

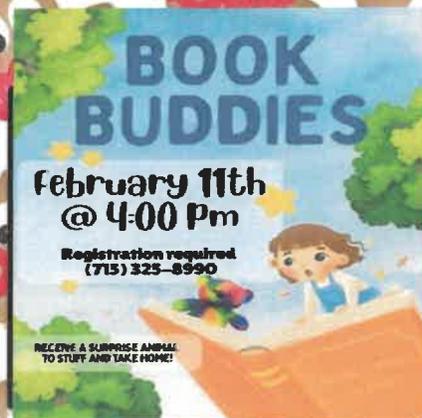
For more information: [www.facebook.com/events/703966809426320](https://www.facebook.com/events/703966809426320)



### Book Buddies

Lester Public Library of Rome  
Register: 715-323-8990  
1157 Rome Center Drive,  
Nekoosa, WI, 54457, United  
States

Come Join our stuffed animal  
adoption day! Children will  
receive a surprise animal to  
stuff and take home with them,  
as well as a birth certificate to  
name their special friend.



# February

## West Center Events

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



Parent Committee  
Meeting  
February 19<sup>th</sup>

## Biron/West Head Start Centers February 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2   Center Closed	3 <b>WG</b> Muffin, Applesauce  <b>HM</b> Hot Turkey & Cheese Rollup on <b>WG</b> Tortilla, Cheese Cube, French Fries, Pears  Rice Cakes	4 <b>WG</b> Toast, Scrambled Eggs, Jelly, Banana  Meatloaf, <b>WG</b> Brown Rice, Cooked Broccoli, Orange Slices  Ritz Crackers & Cheese Slices	5 <b>WG</b> French Toast Sticks, Peaches  <b>HM</b> Chili with Beef, <b>WG</b> Frito Chips, Noodles, Shredded Cheese, Sour Cream, Beans, Carrots & Dip, Apple Slices  Yogurt, Blueberries, <b>WG</b> Granola	6 <b>WG</b> Kix Cereal, Strawberries  <b>HM</b> Baked Chicken Parmesan, String Cheese, Garlic Bread, Lettuce Salad, Pineapple  <b>WG</b> Peanut/Seed Butter & Jelly Sandwich, 100% Juice
9 <b>WG</b> Oatmeal, Raisins, Diced Apples  <b>HM</b> Sloppy Joes on Bun, Cheese Slices, Pickles, Scalloped Potatoes, Pears  <b>WG</b> Pumpkin Bread  I/T Only	10 <b>WG</b> Life Cereal, Blueberries  Shredded Pork, Gravy, Mashed Potatoes, <b>WG</b> Roll, California Medley Vegetables, Orange Wedges  <b>WG</b> Cheez-It	11 <b>WG</b> Mini Waffles, Banana  <b>HM</b> Chicken Dumpling Soup, Crackers, Cheese Cube, Green Beans, Apple Slices  <b>WG</b> Graham Crackers	12 <b>HM</b> Egg & Cheese Sandwich on Croissant, Peaches  <b>WG</b> Fish Nuggets, Rice Pilaf, Mixed Vegetables, Pineapple  <b>WG</b> Tortilla Chips & Cheese Sauce	13 <b>HM WG</b> Strawberry Muffin Bars, Applesauce  <b>HM</b> Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Cooked Carrots, Pears  Valentine Trail Mix with <b>WG</b> Goldfish Crackers, 100% Juice
16 Cinnamon Toast, Sausage, Peaches  <b>HM</b> Mac & Cheese, Ham Slices, <b>WG</b> Breadstick, Peas, Tropical Fruit  <b>HM WG</b> Banana Bread  Preschool/4K in Session	17 <b>WG</b> Frosted Mini Wheats, Strawberries  BBQ Shredded Beef, Naan Bread, Cheese Slices, Carrots & Dip, Apple Slices  Yogurt, Pineapple, <b>WG</b> Granola	18 <b>WG</b> Bagel, Cream Cheese, Jelly, Banana  General Tso Chicken, <b>WG</b> Brown Rice, Broccoli & Dip, Orange Slices  Cheese Cube & Pretzels	19 <b>WG</b> French Toast Snackbread, Pears  Lasagna Rollup with Meat Sauce, <b>WG</b> Cheesy Breadstick, Green Beans, Fruit Salad  <b>WG</b> Sun Chips, 100% Juice	20 <b>WG</b> Cheerios, Blueberries  <b>HM</b> Chicken Pot Pie with <b>WG</b> Biscuits, Cheese Slices, Cooked Broccoli, Mandarin Oranges  <b>WG</b> Blueberry Snackbread  I/T Only
23 <b>WG</b> Muffin, Applesauce  <b>HM</b> Broccoli Cheese Soup, Diced Ham, Crackers, <b>WG</b> Breadstick, Cooked Carrots, Peaches  <b>WG</b> Veggie Crackers  I/T Only	24 <b>WG</b> Toasted Oats Cereal, Strawberries  Swedish Meatball with Gravy, Buttered Noodles, <b>WG</b> Roll, Mixed Vegetables, Pears  Pretzels & String Cheese	25 Scrambled Eggs, <b>WG</b> Toast, Apple Slices  Chicken Fajita Strips, Spanish Rice, Cheese, Salsa, Sour Cream, Lettuce, Corn, Tropical Fruit Salad  <b>WG</b> Animal Crackers	26 <b>WG</b> Pancakes, Banana  Turkey Slices, Hawaiian Roll, Cheese Slices, Tater Tots, Pickles, Mandarin Oranges  <b>WG</b> Graham Snacks with Peanut/Seed Butter	27 <b>HM WG</b> Apple Cinnamon Muffin Bars, Blueberries  <b>HM</b> Cheesy Flatbread with Sauce, Cottage Cheese, Cucumber & Dip, Pineapple  <b>WG</b> Goldfish Crackers, 100% Juice
		<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>		

# From the Kitchen

## Frozen Yogurt Bites

- 1 5.3 ounce container whole milk vanilla Greek yogurt
- 1/3 cup fresh raspberries

### Preparation

1. Place yogurt and raspberries in a bowl and mash with a fork. If you want chunks of raspberries don't overly mash.
2. Using a small spoon or spatula, place the mixture into silicone molds.
3. Tap once or twice to remove any air bubbles.
4. Place the mold on a small baking sheet or directly into your freezer and freeze for 4-6 hours or until bites are solid.
5. Pop bites from molds and enjoy!

## Party Punch

- 64 fluid oz Hawaiian Punch

- 12 fluid oz pineapple juice

- 1 liter ginger ale

Mix together in a large pitcher or punch bowl. Serve over ice.

## 2 Ingredient Cheesecake Dip

### Ingredients

1. 2-8oz Cream cheese, softened
2. 1- 14oz Sweetened Condensed milk

### Instructions

1. In a stand mixer or using a handheld mixer beat the cream cheese until smooth.
2. Add in sweetened condensed milk and continue to beat until smooth or creamy.
3. Serve with fruit, graham crackers, or whatever you would like.

# February



United States Department of Agriculture

## Kitchen Activities

Get your preschooler to try new foods by having them help you in the kitchen. Kids feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts. Children are less likely to reject foods that they help to make.

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.



### At 2 years:

- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce or greens
- Help "read" a **cookbook** by turning the pages
- Make "faces" out of pieces of fruits and vegetables
- Rinse vegetables or fruits
- Snap green beans



### At 3 years:

All that a 2-year-old can do, plus:

- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza



### At 4 years:

All that a 3-year-old can do, plus:

- Peel eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads



### At 5 years:

All that a 4-year-old can do, plus:

- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater

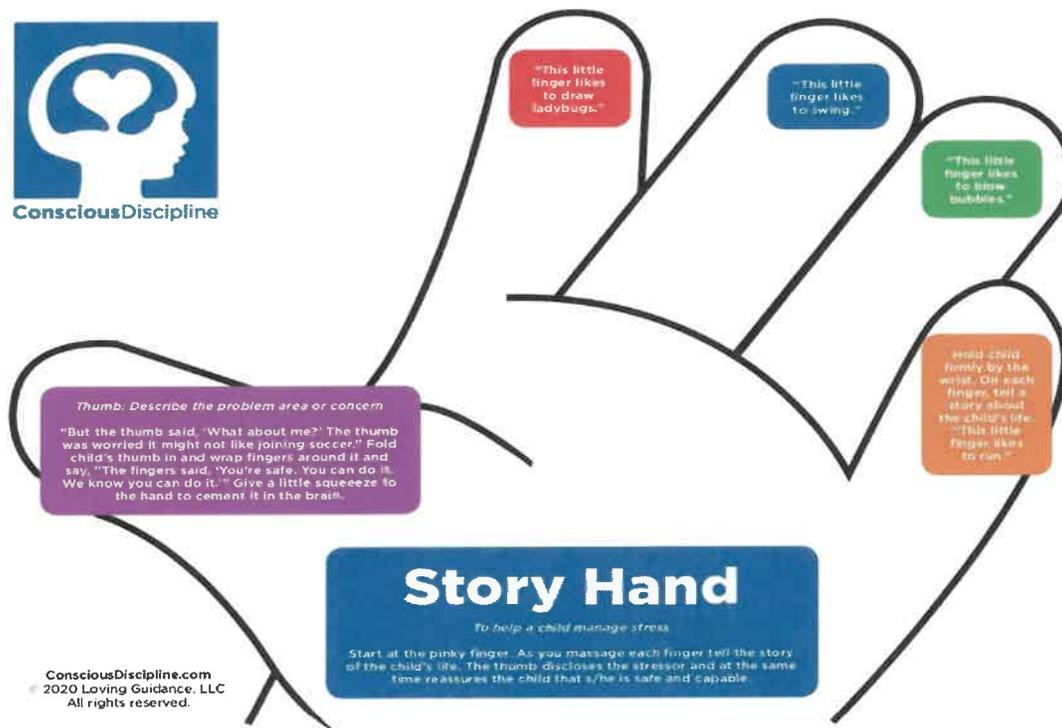
Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information. USDA is an equal opportunity provider and employer.

Center for Nutrition Policy and Promotion  
July 2015



# February

## Conscious Discipline-Story Hand



### Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.



### S.T.A.R.

Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



### Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



### Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbbppppb" sound.



# Lead Information

## Steps to make your home Lead-safe.



Talk with your child's doctor about a simple blood lead test. If you are pregnant or nursing, talk with your doctor about exposure to sources of lead.



Talk with your local health department about testing paint and dust in your home for lead if you live in a home built before 1978.



**Renovate safely.** Common renovation activities (like sanding, cutting, replacing windows, and more) can create hazardous lead dust. If you're planning renovations, use contractors certified by the Environmental Protection Agency (visit [www.epa.gov/lead](http://www.epa.gov/lead) for information).



**Remove recalled toys and toy jewelry from children and discard as appropriate.** Stay up-to-date on current recalls by visiting the Consumer Product Safety Commission's website: [www.cpsc.gov](http://www.cpsc.gov).

### Lead can be found throughout a child's environment.



1 Homes built before 1978 (when lead-based paints were banned) probably contain lead-based paint.



2 When the paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.



3 Certain water pipes may contain lead.



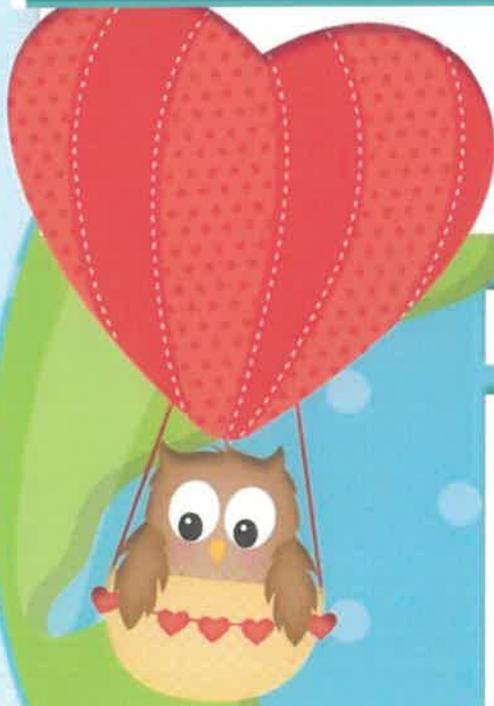
4 Lead can be found in some products such as toys and toy jewelry.



5 Lead is sometimes in candies imported from other countries or traditional home remedies.



6 Certain jobs and hobbies involve working with lead-based products, like stain glass work, and may cause parents to bring lead into the home.



# Puzzle game

