

MARCH NEWSLETTER - 2026

Biron Center

Closed Days

Preschool will be **OPEN:**

- Monday, March 2
- Monday, March 30

Preschool will be **CLOSED:**

- Friday, March 6
- Friday, April 3 for
(Good Friday)



Infant and Toddler will be **CLOSED:**

Monday, March 23
Friday, April 3 (Good Friday)

The Center will be CLOSED for everyone for Spring Break March 16-March 20



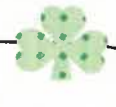
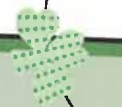
Safety Reminders

- Please make sure you are holding your child's hand coming and going from the center. There can be a lot of traffic at times and we want everyone to be safe.

Thank you!

Important Dates

- **Bookworms - March 4**
- **Policy Council - March 10**
- **Spring Break - March 16-20**
- **Family Day Event- March 26**



Family Day Event

We have rescheduled our February Family Day to March 26th. We are hoping you can still plan to come. An invite will go our next week for you to RSVP.

From the Bus Stop

We would like to thank everyone for a great year so far. As it gets nicer, we will start talking about bus evacuations and will have an evacuation drill or two. It is always important for kids to know what to do in any situation. As parents, it is helpful for you to remind children about important safety rules in the car and on the bus. Some of these rules are to always wear your safety belt, keep your hands to yourself, and use inside voices. Also, please do not send food, blankets, or toys with your child on the bus. Food can become a choking hazard, blankets get tangled in feet and become a tripping hazard. If they need to bring a blanket or stuff animal for nap time please send something that will fit in their backpack. Toys can become projectiles that could hurt someone. If you have any transportation changes or concerns, please contact Janet, Transportation Manager, at 715-213-6729. Lastly, we are not able to release your child from the bus to anyone who is not on your Child Release Form, so be sure to make any necessary updates. Conferences are a great time to do so!

Your Wisconsin Rapids Biron Transportation Team



PARENT TEACHER CONFERENCES/ HEADSTART APPS/4K REGISTRATION

We have started Parent Teacher Conferences and handing out Head Start Applications for next year already. We are excited to have your child come back next year! We have also started helping families with 4k registration that can be done online at wrps.org.

You will need your child's birth certificate and updated immunization record to upload online to be complete. If you haven't had your Parent Teacher Conference yet, Family Service Workers will go over the applications with you and assist you with filling them out then.

Reminder:

Parent Teacher Conference dates for March are March 6, and March 9. Please schedule with your child's teacher as soon as possible if you still need to.

Thank you!

Any questions or concerns please contact
Katie 715-459-3714 or Karen 715-213-8498

Biron's Whole Grain Banana Chocolate Chip Bread



Ingredients:

Yield: 2 loaves

- 4 c mashed banana (2 lb)
- 2 c brown sugar, packed
- 1 c vegetable oil
- 4 large eggs
- 2 tsp vanilla extract
- 1 tsp baking powder
- 2 tsp baking soda
- 1.5 tsp salt
- 2 tsp ground cinnamon
- 16 oz whole wheat flour (1 lb)
- 1.5 c chocolate chips

Directions:

1. Preheat the oven to 350°F with a rack in the center position. Lightly grease a 9" x 5" loaf pan.
2. In a large bowl, stir together the mashed banana, oil, sugar, eggs, and vanilla.
3. Mix the flour, baking soda, baking powder, salt, cinnamon, and chocolate chips (optional) into the banana mixture. Scrape the bottom and sides of the bowl and mix again to thoroughly combine the ingredients. Scoop the batter into the prepared pan.
4. Bake the bread for about 75 to 90 minutes, until the bread feels set on the top, and a paring knife (or other thin knife) inserted into the center comes out clean, or with just a few moist crumbs (but no wet batter). If you have a digital thermometer, the bread's temperature at the center should register about 205°F. If the bread appears to be browning too quickly, tent it with aluminum foil for the final 15 to 20 minutes of baking.
5. Remove the bread from the oven. Cool it in the pan for 15 minutes, then loosen the edges, and turn it out of the pan onto a rack to cool completely.



Eat Vegetables & Fruits Throughout the Day

- + Eat a variety of colorful, nutrient-dense vegetables and fruits.
- + Eat whole vegetables and fruits in their original form. Wash thoroughly prior to eating raw or cooking.
- + Frozen, dried, or canned vegetables or fruits with no or very limited added sugars can also be good options.
- + If preferred, flavor with salt, spices, and herbs.
- + 100% fruit or vegetable juice should be consumed in limited portions or diluted with water.
- + Vegetables and fruits serving goals for a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements:
 - Vegetables: 3 servings per day
 - Fruits: 2 servings per day



Incorporate Healthy Fats

- + Healthy fats are plentiful in many whole foods, such as meats, poultry, eggs, omega-3-rich seafood, nuts, seeds, full-fat dairy, olives, and avocados.
- + When cooking with or adding fats to meals, prioritize oils with essential fatty acids, such as olive oil. Other options can include butter or beef tallow.
- + In general, saturated fat consumption should not exceed 10% of total daily calories. Significantly limiting highly processed foods will help meet this goal. More high-quality research is needed to determine which types of dietary fats best support long-term health.



Focus on Whole Grains

- + Prioritize fiber-rich whole grains.
- + Significantly reduce the consumption of highly processed, refined carbohydrates, such as white bread, ready-to-eat or packaged breakfast options, flour tortillas, and crackers.
- + Whole grains serving goals: 2–4 servings per day, adjusting as needed based on your individual caloric requirements.



Limit Highly Processed Foods, Added Sugars, & Refined Carbohydrates

- + Avoid highly processed packaged, prepared, ready-to-eat, or other foods that are salty or sweet, such as chips, cookies, and candy that have added sugars and sodium (salt). Instead, prioritize nutrient-dense foods and home-prepared meals. When dining out, choose nutrient-dense options.
- + Limit foods and beverages that include artificial flavors, petroleum-based dyes, artificial preservatives, and low-calorie non-nutritive sweeteners.
- + Avoid sugar-sweetened beverages, such as sodas, fruit drinks, and energy drinks.
- + While no amount of added sugars or non-nutritive sweeteners is recommended or considered part of a healthy or nutritious diet, one meal should contain no more than 10 grams of added sugars.
- + When selecting snack foods, added sugar limits should follow FDA “Healthy” claim limits. For example, grain snacks (e.g., crackers) should not exceed 5 grams of added sugar per $\frac{3}{4}$ ounce whole-grain equivalent, and dairy snacks (e.g., yogurt) should not exceed 2.5 grams of added sugar per $\frac{2}{3}$ cup equivalent.

Added Sugars

- + To help identify sources of added sugars, look for ingredients that include the word “sugar” or “syrup” or end in “-ose.”
- + Added sugars may appear on ingredient labels under many different names, including high-fructose corn syrup, agave syrup, corn syrup, rice syrup, fructose, glucose, dextrose, sucrose, cane sugar, beet sugar, turbinado sugar, maltose, lactose, fruit juice concentrate, honey, and molasses. Examples of non-nutritive sweeteners include aspartame, sucralose, saccharin, xylitol, and acesulfame K.
- + Some foods and drinks, such as fruits and plain milk, have naturally occurring sugars. The sugars in these foods are not considered added sugars.

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Biron's 2025-2026 POLICY COUNCIL REPRESENTATIVES

Amber Barton

Ashley Johnson

Sarah Morgan

Tara Rendmeister

Jasmine Abreu

Vanessa Zouski

Natasha Putzkie

Kaylee Reifschneider

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

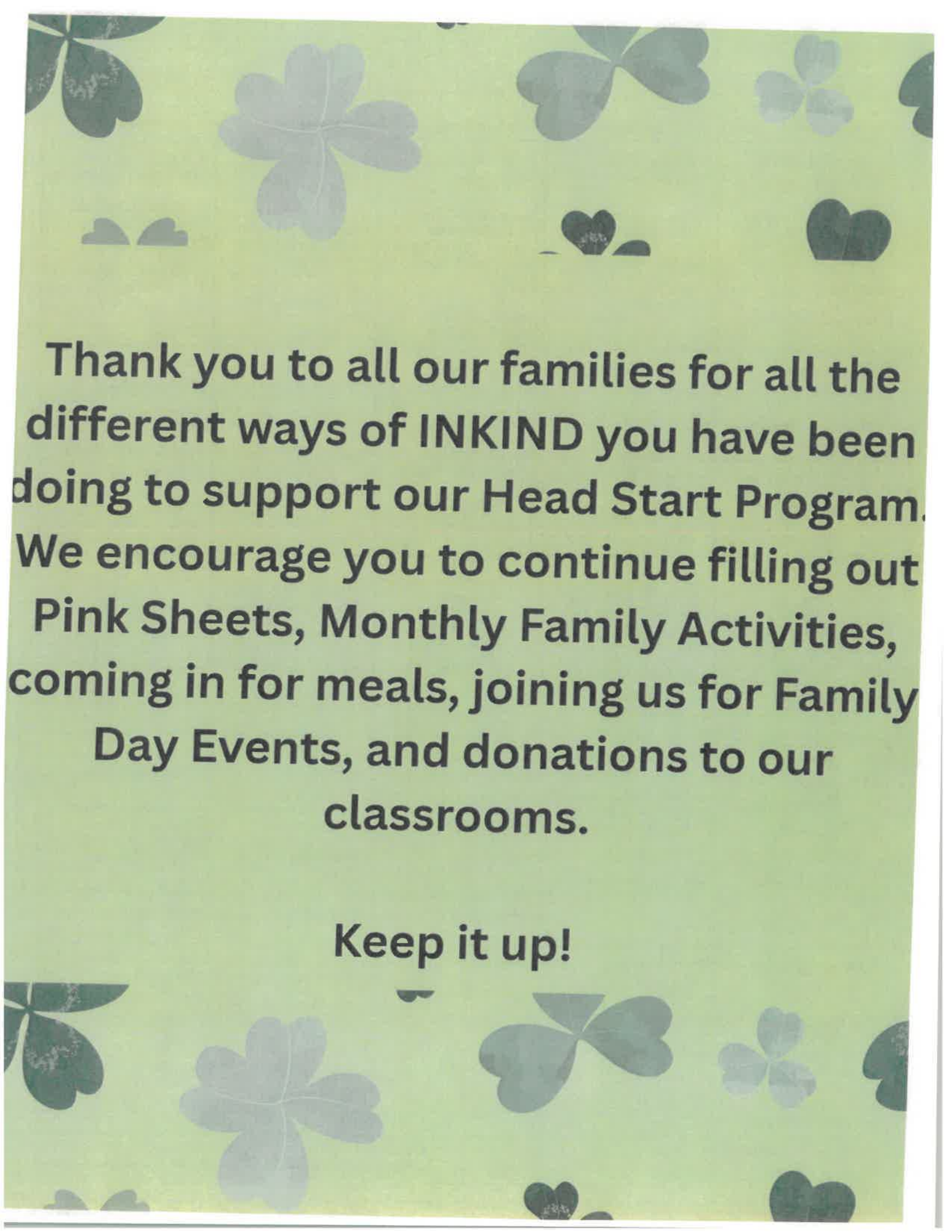
-desk phone 715-422-0438

-work cell 715-213-8498

Katie Kuschel

-desk phone 715-422-0428

-work cell 715-213-459-3714




Thank you to all our families for all the different ways of INKIND you have been doing to support our Head Start Program. We encourage you to continue filling out Pink Sheets, Monthly Family Activities, coming in for meals, joining us for Family Day Events, and donations to our classrooms.

Keep it up!

Biron Head Start Center March 2026 Menu

Spring Break - 16th-20th

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 WG Banana Bread, Applesauce</p> <p>Orange Chicken, WG Brown Rice, Green Beans, Peaches</p> <p>Rice Cakes</p> <p style="color: #E91E63;">Preschool in Session</p>	<p>3 WG Kix Cereal, Strawberries</p> <p>Burgers on a Bun, Cheese Slices, Potato Smiles, Pickles, Mandarin Oranges</p> <p>WG Sunchips</p>	<p>4 Cheese Omelet, Orange Slices</p> <p>Nachos (WG Tortilla Chips, Pulled Pork, Cheese, Lettuce, Salsa, Sour Cream), Corn, Pineapple</p> <p>Trail Mix with WG Goldfish Crackers</p>	<p>5 WG Waffle Sticks, Pears</p> <p>Spaghetti with Meat Sauce, Garlic Bread, California Vegetables, Tropical Fruit</p> <p>WG Chex Mix, 100% Juice</p>	<p>6 WG Blueberry Snackbread, Applesauce</p> <p>WG Chicken Nuggets, Rice Pilaf, Peas, Peaches</p> <p>WG Animal Crackers</p> <p style="color: #E91E63; text-align: center;">I/T Only</p>
<p>9 Cream of Wheat, Raisins, Strawberries</p> <p>HM Chicken Rice Soup, Cheese Cube, Crackers, WG Roll, Mixed Veggies, Mandarin Oranges</p> <p>WG Muffin</p> <p style="color: #E91E63; text-align: center;">I/T Only</p>	<p>10 Rice Krispies Cereal, Blueberries</p> <p>HM Grilled Cheese on WG Bread, Tomato Soup, Ham Slices, Carrots & Dip, Pears</p> <p>WG Graham Cracker</p>	<p>11 Scrambled Eggs, WG Toast, Banana</p> <p>Shredded Chicken, Gravy, Mashed Potatoes, WG Roll, Green Beans, Grapes</p> <p>Hard Boiled Eggs & Cheese Cube</p>	<p>12 WG Pumpkin Bread, Peaches</p> <p>WG Fish Nuggets, Rice Pilaf, Peas, Orange Slices</p> <p>Yogurt, WG Granola</p>	<p>13 WG French Toast Sticks, Fruit Salsa</p> <p>HM Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Lettuce Salad, Pineapple</p> <p>WG Cheez-It, 100% Juice</p>
<p>16</p>  <p style="color: #E91E63;">Center Closed Spring Break</p>	<p>17</p>  <p style="color: #E91E63;">Center Closed Spring Break</p>	<p>18</p>  <p style="color: #E91E63;">Center Closed Spring Break</p>	<p>19</p>  <p style="color: #E91E63;">Center Closed Spring Break</p>	<p>20</p>  <p style="color: #E91E63;">Center Closed Spring Break</p>
<p>23</p>  <p style="color: #E91E63;">Center Closed</p>	<p>24 WG Muffin, Pears</p> <p>Meatball, Gravy, Mashed Potatoes, WG Roll, Green Beans, Fruit Salad</p> <p>WG Graham Crackers</p>	<p>25 WG Pancake, Banana</p> <p>Alfredo Pasta, Chicken, WG Breadstick, Italian Vegetables, Orange Slices</p> <p>WG Peanut/Seed Butter & Jelly Sandwich</p>	<p>26 Cinnamon Toast, Mixed Berries</p> <p>Lasagna Rollup with Meat Sauce, WG Cheesy Breadstick, Green Beans, Apple Slices</p> <p>WG Sunchips</p>	<p>27 WG French Toast Bread, Applesauce</p> <p>HM Cheesy Flatbread with Sauce, Cottage Cheese, Carrot & Dip, Fresh Strawberries</p> <p>WG Chex Mix, 100% Juice</p>
<p>30 WG Bagel, Cream Cheese, Kiwi</p> <p>BBQ Beef on Bun, Cheese Slices, Sweet Potato Fries, Cucumber & Dip, Apple Slices</p> <p>WG HM Lemon Blueberry Muffin Bars</p> <p style="color: #E91E63;">Preschool in Session</p>	<p>31 WG Cheerios, Strawberries</p> <p>Chicken Strips, Rice Pilaf, Baked Beans, Peaches</p> <p>WG Animal Crackers</p>	<p>All-day session children receive breakfast, lunch and snack.</p> <p style="color: #E91E63;">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 HM = homemade</p>		