

APRIL

WOOD COUNTY HEAD START 2026 NEWSLETTER

*HEAD START APPLICATIONS FOR NEXT YEAR WILL BE GIVEN OUT IN FEBRUARY (POSSIBLY BEFORE IF WE GET THEM.)

IF YOUR CHILD WILL BE RETURNING TO HEAD START THEY WILL HAVE TO HAVE A NEW APPLICATION ON FILE.

*OUR SPRING FAMILY NIGHT WILL BE THURSDAY, APRIL 30TH AT THE WILDWOOD STATION IN MARSHFIELD AT 4:30PM-6:30PM

UPCOMING EVENTS:

APRIL

APRIL 3RD - CLOSED (GOOD FRIDAY)

APRIL 27TH - IN SESSION

APRIL 30TH - PARTY AT WILDWOOD @4:30

MAY 1ST - NO SCHOOL

Classroom News

Each class will send home a weekly newsletter to keep parents informed of weekly lesson plans

***Please remember to check your child's backpack and folder EVERY night.**



Important Classroom Reminders:

*Please try to get here on time daily, as it is important for the children to get the most out of the day.

SPRING

TRANSPORTATION

School Closing Information:

*Head Start will follow the Marshfield Public Schools when closing for bad weather, so if Marshfield is cancelled then so are we. We will NO longer be adding it to the tv stations or the radio under "Wood County Head Start-Marshfield" so please only look for "Marshfield Public Schools."

*If Marshfield is closed for the day you will NOT receive a phone call, it will be your responsibility to watch, listen, and look for closings.

*If we close early or decide we want to close independently from Marshfield school district, we will post on Class Dojo.

COMMUNITY RESOURCES

United Way's First Call: 211

Free and confidential information available 24 hours a day, everyday. Also available online: www.uwfirstcall.org

North Central Community Action: 715-387-2626
General assistance in counseling, housing, and employment

WIC: 715-387-8646

Job Center: 715-387-6386

Resume and cover letter writing, interviewing skills, Job Club and YES program

Personal Development Center: 715-384-2971

General assistance, including help with domestic abuse

MSTC: 715-389-7056 Continuing education and HSED

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Personal Development Center:
715-384-2971
General assistance, including help with domestic abuse

For information of support available please call your child's Family Service Worker, Tyler (715-384-3552)



Spring

FAMILY NIGHT

Spring Family Night
4:30-6:30

Location- Wildwood Zoo
Day- Thursday the 30th of
April

Dinner will be served @
5:30

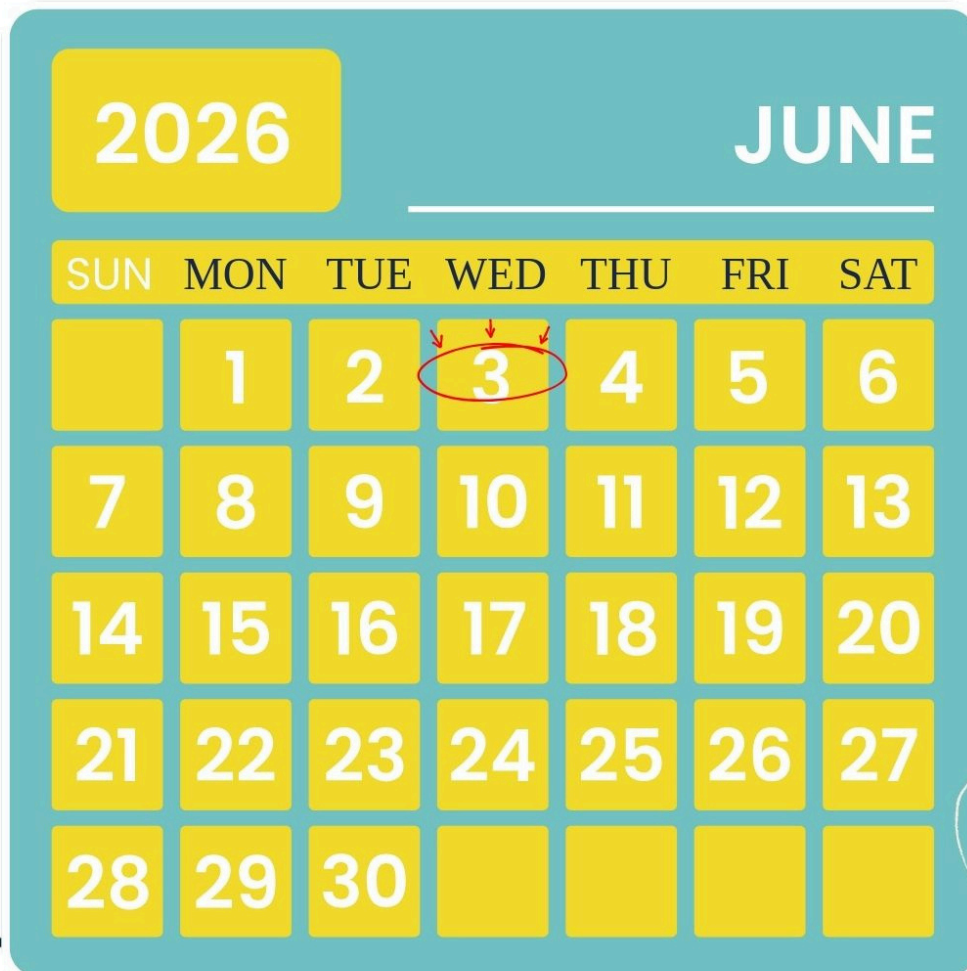


Hello Families,

Due to several snow days this school year, we will need to make up some missed instructional time. As a result, additional days have been added to the end of the school year. Our new last day of school will be Wednesday, June 3rd.

On Wednesday, June 3rd, we will celebrate the end of the year with a party at Wildwood Pavilion. More details about the event will be shared soon.

Thank you for your understanding. Please reach out with any questions.



Conscious Corner

Children need a minimum of 8 touches during the day to feel connected to a parent.

If they are going through a particularly challenging time, it's a minimum of 12 per day. It could be as simple as fixing their hair, a pat on the shoulder, or a simple hug.



Each day, children need 1 meaningful eye-to-eye conversation with a parent.

It is especially important for babies to have that eye contact, but children of all ages need us to slow down and look them in the eyes.

There are 9 minutes during the day that have the greatest impact on a child:

- *the first 3 minutes right after they wake up
- *the 3 minutes after they come home from school
- *the last 3 minutes of the day before they go to bed

Attendance Policy

Head Start requires that children keep an 85% average monthly attendance. Daily attendance is important so that a child can benefit the most from school and a child may be dropped from our program if this policy cannot be followed.

We also ask that parents call or send a note if a child will be out of school. If a child is out and we have not heard from a parent we will be calling to check on the child.

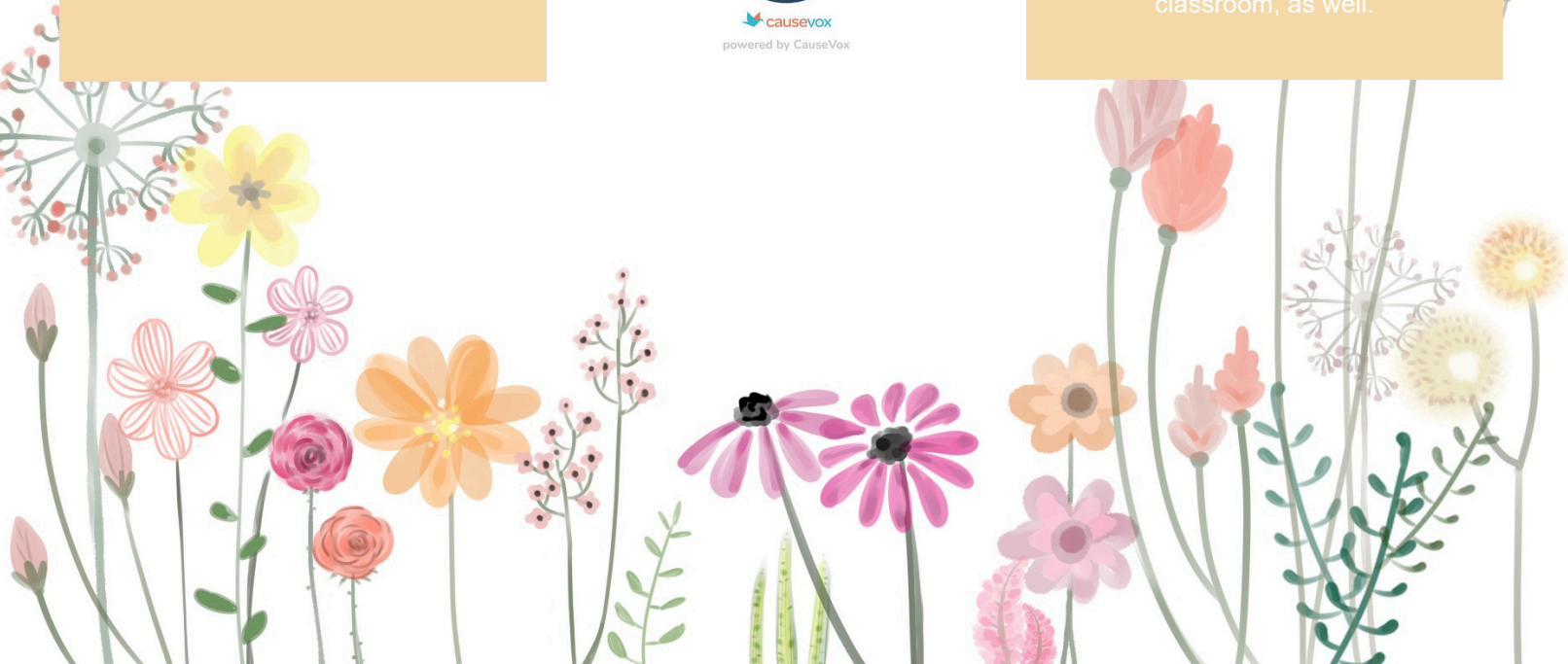
GOAL: \$265,158



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In-kind

In-kind, or parent involvement, is very important to our program. As a condition of our grant we are required to meet 25% of our grant back in in-kind hours. Please remember to return the pink weekly sheets and monthly family sheets so that we can count this as in-kind. Don't forget to ask your child teacher about opportunities to volunteer in the classroom, as well.

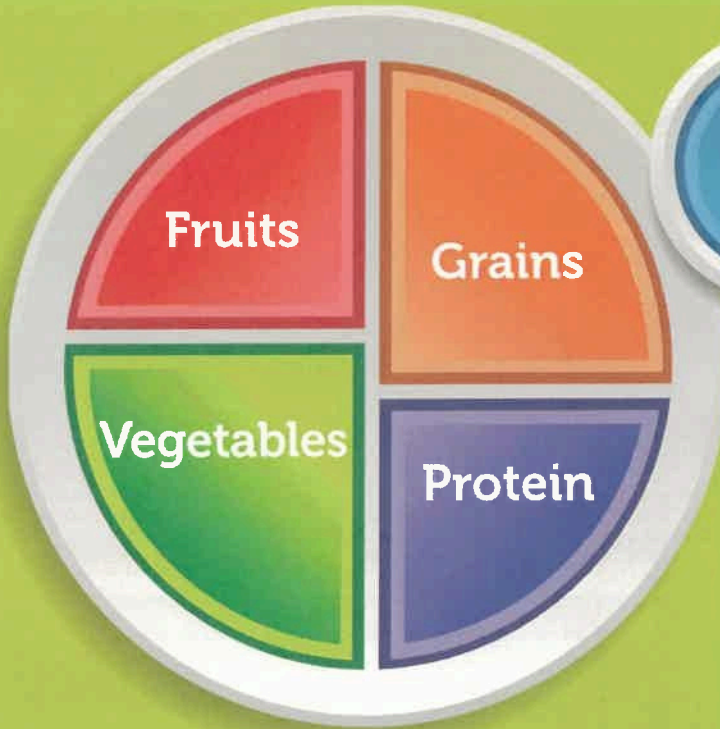


Marshfield Head Start Center April 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All-day session children receive breakfast, lunch and snack.</p> <p style="color: red;">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 style="text-align: center;">WG = whole grain HM = homemade</p>		<p>1 Cinnamon Toast, Blueberries</p> <p>Beef Stroganoff, Egg Noodles, WG Garlic Bread, Peas, Fruit Cocktail</p> <p>WG Sunchips</p>	<p>2 Scrambled Eggs, WG Toast, Pineapple</p> <p>Turkey & Cheese Rollup with WG Tortillas, Pasta Salad, Cucumber & Dip, Melon</p> <p>WG Peanut Butter & Jelly Sandwich</p>	<p>3 Rice Krispies, Tropical Fruit</p> <p>Chicken Breast Sandwich on WG Bun, Cheese Slices, Winter Blend Vegetables, Apples</p> <p>Rice Cakes, 100% Juice Y Kids Only</p>
<p>6 WG Muffins, Applesauce</p> <p>Corn Dogs, French Fries, Cooked Carrots, Mandarin Oranges</p> <p>WG Scooby Graham Snacks</p> <p style="color: red; text-align: center;">Y Kids Only</p>	<p>7 WG Cheerios, Mixed Berries</p> <p>Chicken Noodle Soup, Crackers, WG Breadstick, Cottage Cheese, Peas, Pears</p> <p>WG Blueberry Bread</p>	<p>8 Cinnamon Toast, Mango</p> <p>HM WG English Muffin Meat Pizza, Cottage Cheese, Cucumbers & Dip, Pineapple</p> <p>WG Tortilla Chips, Salsa</p>	<p>9 WG Waffle Sticks, Strawberries</p> <p>Meat Loaf, Mashed Potatoes, Gravy, WG Roll, Corn, Grapes</p> <p>WG Animal Crackers, 100% Juice</p>	<p>10 WG Kix Cereal, Bananas</p> <p>WG Chicken Tenders, Potato Smiles, Green Beans, Peaches</p> <p>WG Muffin</p>
<p>13 WG Life Cereal, Blueberries</p> <p>Macaroni and Cheese, Diced Ham, WG Breadstick, Carrots & Dip, Mango</p> <p>WG Scooby Grahams</p> <p style="color: red; text-align: center;">IT Only</p>	<p>14 WG Muffins, Pineapple</p> <p>Chicken Patty on WG Bun, Cheese Slice, Green Beans, Apple Slices</p> <p>WG Goldfish Crackers</p>	<p>15 WG Pancakes, Peaches</p> <p>Beef Taco Meat, WG Softshells, Cheese, Salsa, Lettuce, Corn, Tropical Fruit</p> <p>WG Graham Crackers, Peanut Butter</p>	<p>16 WG Cheerios, Strawberries</p> <p>Hamburgers, WG Bun, Cheese Slice, Baked Beans, Pickles, Pears</p> <p>Rice Cakes</p>	<p>17 Cinnamon Toast, Banana</p> <p>WG Fish Nuggets, Sweet Potato Fries, WG Roll, Applesauce</p> <p>WG Chex Mix</p>
<p>20 WG Blueberry Snack Bread, Peaches</p> <p>Ham & Cheese Slices, WG Roll, Tater Tots, Cooked Carrots, Mandarin Oranges</p> <p>WG Animal Crackers</p> <p style="color: red; text-align: center;">IT Only</p>	<p>21 WG Frosted Mini Wheats, Strawberries</p> <p>Chicken Fajita Meat, WG Tortilla, Cheese, Lettuce, Pepper Strips, Salsa, Mango</p> <p>WG Sunchips</p>	<p>22 WG French Toast Sticks, Turkey Sausage, Apple Slices</p> <p>Cheese Omelet, Hash Brown Patties, WG Toast, Melon</p> <p>Yogurt, Mixed Berries, WG Granola</p>	<p>23 WG Banana Bread, Tropical Fruit</p> <p>Spaghetti with Meat Sauce, Garlic Bread, California Vegetables, Pears</p> <p>WG Animal Crackers</p>	<p>24 WG Waffles, Banana</p> <p>WG Chicken Strips, Buttered Noodles, WG Roll, Peas, Mandarin Oranges</p> <p>WG Peanut Butter & Jelly Sandwich</p>
<p>27 WG Life Cereal, Pears</p> <p>WG Fish Nuggets, WG Cheesy Breadstick, Sweet Potato Fries, Clementines</p> <p>Hummus, String Cheese & Pretzels Preschool in Session</p>	<p>28 WG Bagels, Cream Cheese, Strawberries</p> <p>Sloppy Joes on a WG Bun, Cheese Slices, Potato Smiles, Pickles, Blueberries</p> <p>Apple Slices with Peanut Butter</p>	<p>29 Yogurt, Mixed Berries, WG Granola</p> <p>Chicken Alfredo, Noodles, WG Breadstick, Peas, Applesauce</p> <p>WG Chex Mix</p>	<p>30 WG Pancakes, Turkey Sausage, Bananas</p> <p>Meatballs with Gravy, Mashed Potatoes, WG Roll, California Blend Vegetable, Grapes</p> <p>Cheese and Crackers</p>	

Eat Smart To Play Hard

Use **MyPlate** to help you fuel up with foods from each food group.



Choose **MyPlate.gov**

Keep on Moving!

You need at least **60 minutes** of physical activity each day. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!



FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.



VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.



PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.



DAIRY Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.

How to Reach Us

Family Service Workers

Tyler:

Desk: 715-384-3552

Cell: 715-459-2847

8:00am-3:00pm Monday-Friday

Center Director

Cassie:

Desk-715-996-1791

8:00-3:00 Monday-Friday

Classrooms

I/T: 715-996-1788

Preschool and 4K: 715-387-3223

Best times to call are:

7:15am-3:15pm Mondays- Friday

Transportation: 715-384-4698

Call before 6am for morning changes and before 10am for afternoon changes. Please leave a message.

Central Office in Wisconsin Rapids:

715-421-2066



Policy Council

Policy Council is the parent board of directors. Each center has representatives to approve all policy changes, as well as be aware of classroom and center operations.

Please feel free to go to a representative with any questions or concerns with the program.

Our new 2025-26 PC reps are:

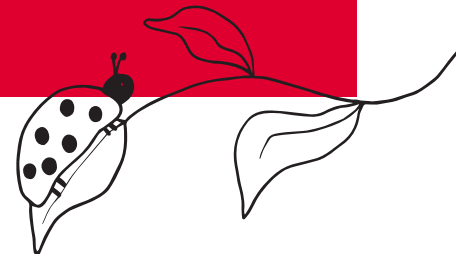
Samantha Kiple (Rebecca's Classroom)

Michaela Buckwalter (Kristina's Classroom)

Emily Vanleer (Kristen's-4K)/(Carly/Pam Toddler/Infant Classrooms)

Tracey Gunn (Amber's Classroom)

Kortney Meharg (Kristen's-4K Classroom)/(Carly/Pam Toddler/Infant Classrooms)



Stress Doesn't Just Impact You. It Also Impacts Your Children.

Stress is a part of life. Too much stress can cause health problems and can make parenting more difficult. Caregiver stress can even contribute to children's challenging behavior. This brochure identifies some easy-to-use stress reduction and self-care tips. It can be shared with parents and staff.

Take Care of Yourself: Reduce Your Stress

We all have stress. Stress is part of life.

There are many sources of stress. Some stress can come from outside sources like:

- Conflict with others
- Challenges at work or school
- Limited finances
- Illness
- Loss of a loved one

Some stress comes from inside sources such as:

- Worrying about things you can't control
- Unrealistic beliefs
- Fear of failure

Too much stress can take a toll on your health and your ability to parent.

You can take steps to care for yourself and reduce your stress.

Do you have too much stress? Did you know reducing your stress can help your child's behavior?

Do you have:

- Memory problems
- Frequent worries
- Feelings of irritability
- Headaches, chest pains, stomach pains, frequent illnesses
- Increase/decrease in appetite
- Difficulty/irregular sleeping

Excessive use of medications, alcohol, or cigarettes

Take Steps to Reduce Your Stress

7 Tips and Tools to Reduce Stress

- Notice your thoughts and feelings without thinking they are wrong.
- Focus on what is in your control, not what is out of your control.

Spend time with friends.

Take Care of Yourself

- Eat a healthy diet and drink plenty of water.
- Spend a few minutes of quiet time each day.
- Exercise and spend time doing things you enjoy.

“Talk back” to your unhelpful thoughts.