



## Enrollment for the 2026-27 School Year

If you have not already signed your child up for next year, or need to complete part of your child's application, please stop by the center or call your FSW Nicole at (715) 422-0423. Also, if you have any younger children, or know any families with younger children, don't forget to sign them up for next year as well! When turning in an application for new students, all you need to bring is proof of income. A few different options for proof of income are paycheck stubs, W2's, Child Care Assistance, SNAP, or your tax return.

## Dress for the Weather

As the temperatures are on the rise we're trying to get the kids outside to enjoy the fresh air and burn off some of their excess energy. But we all know that the weather in Wisconsin during the spring can be all over the place, so please send a jacket with your child just in case. Also, please be mindful that as the snow melts there may be mud out on the playground, so it may be a good idea to send extra clothes in your child's backpack and to send rain boots if you have them!

## Policy Council Representatives

Linsey Krenz, Frances Kinsman-Milor, Carlee Rendmeister

## Upcoming Events:

Friday, April 3rd— I/T & PS no school— Holiday

Monday, April 6, 2026— I/T no school— PDD

Thursday, April 16, 2026— Science Night @ Helen's Zoo House 5-6:30pm

Thursday, April 16, 2026— Parent Committee Meeting

## In-Kind: Why it Matters

The Head Start program has provided many children and families with opportunities and resources that have helped them. In order for the Head Start program to operate, a grant is given for funding, but we are required to earn a part of our grant back through In-Kind.

In-Kind is the donation of time, space, or materials used in the program that would otherwise be purchased. When parents volunteer their time, such as helping in the classroom, attending special events, or donating items (clothes, toys, books, etc.), we are able to document that as In-Kind and count it towards our grant. Returning the pink weekly activity sheets also helps us reach our goal. For every hour that a parent or community member spends volunteering at our center, we get money towards reaching our monthly In-Kind goals.

***We appreciate you taking the time to help us to help your children.***



### Join Us!

Please consider coming by the center to volunteer your time when you're available! It's a fun opportunity to spend quality time with your child while they are at school, and it helps us out by giving us much needed In-Kind. We are always happy to have you, whether you're just spending a little extra time after drop-off or if you come in for a hot, nutritious meal!



**EVENTS**

**April 16, 2026-**

Science Night @ Helen's Zoo  
House

I/T & PS 5-6:30pm

**Parent Committee Meeting**

**May 14, 2026-**

Breakfast & activities

I/T 8:15-10:00, PS 8:30-10:00

**June 5, 2026- PS only**

End Of the Year Picnic



## Slow-Cooker Taco Pasta

### Ingredients:

1 lb lean (at least 80%) ground beef

2 tbsp taco seasoning mix

white onion

1 garlic clove, finely chopped

1 can (14.5oz) diced tomatoes, undrained

2 cups shredded cheddar cheese (8oz)

1/2 cup water

1/4 cup finely chopped

4oz cream cheese

8oz medium shell pasta

Chopped fresh cilantro

### Directions:

1. In 10-inch skillet, cook beef over medium-high heat for 5 to 8 minutes, stirring frequently, until beef is thoroughly cooked; drain.
2. In 4 to 5 quart slow cooker, stir beef, water, taco seasoning, tomatoes, onion, and garlic until well blended.
3. Cover; cook on Low Heat setting for 3 to 4 hours.
4. Cook pasta as directed on box; drain. Uncover slow cooker; stir in cream cheese until melted. Stir in pasta and shredded cheddar cheese until well blended.



# Ways to Limit Pesticide Exposure

Pesticides are harmful chemicals that can affect children's and adult's health. When you spray pesticides in your home, they fill the air and settle on the floor and all of the surfaces. Here's how to limit your exposure.



Wash hands



Wash fruits and vegetables



Clean toys



Clean surfaces



Use doormats



Vacuum carpets; mop floors



Take off shoes inside



Circulate air



Avoid sprays when possible



The best way to keep pests out of your home is to remove their food, water, and shelter.

# Conscious Discipline

## My toddler is biting. What should I do?

- **Try to locate stressors in the toddler's life:** Not enough structure, too much structure, not enough rest, eating, bowel habits, connection, attunement, etc.
  - **Start a stress reduction program** at home and school.
- More touching (skin to skin), body massage games (I am saying goodnight/goodbye to your legs, arms, hands, fingers, head, etc.)
- I Love You Rituals with attuned interactions
- Chest and lap time while downloading calm
- More visual schedules and routines
- **Shadowing and teething necklace:** There is nothing you can do to help a child learn other ways of getting his or her needs met after the bite has occurred. You must catch the child before the bite. Most bites occur during transitions and non-structured time. Have a person shadow the child who is biting. When the child begins to bite:
  - Toss the teething cloth into the child's open mouth. The mouth will close.
  - Say, "You wanted \_\_\_\_\_ (take an educated guess as to what the child wanted). Say \_\_\_\_\_ (acceptable words) or do \_\_\_\_\_ (acceptable action)!"
  - Firmly say, "STOP. No bite! Ouch (make pained face) biting hurts."
  - Make visuals of alternatives to biting: My turn, play, move, etc.

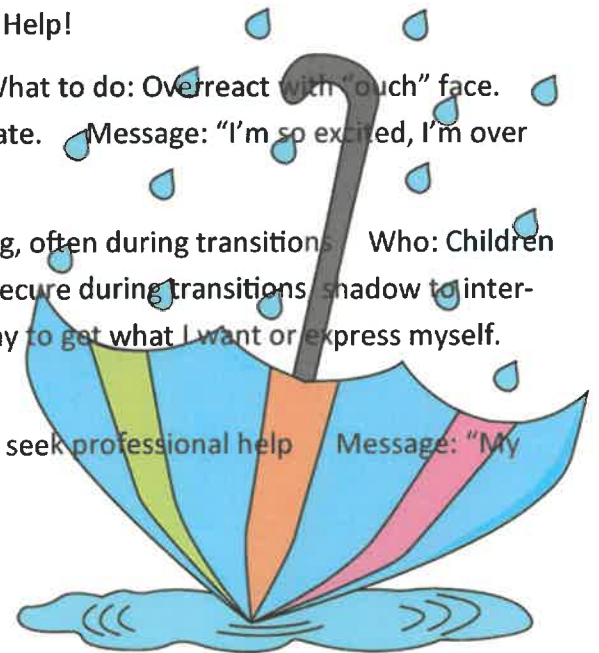
After age three, children usually bite when they feel powerless or scared, such as when they are losing a fight or think they are going to be hurt by another person. Children older than three who frequently bite other people may need to be seen by a doctor. This type of biting may be a sign that a child has problems with expressing feelings or self-control.

**5-7 months**— Why: Teething discomfort around the mouth    Who: Caregivers    What to do: Teething rings, over-react to bite with face and sound (ouch)    Message: "My mouth hurts. Help!"

**8-13 months**— Why: Overexcited    Who: Caregivers or child nearby    What to do: Overreact with "ouch" face. "Biting hurts" A.C.T method. Downloading throughout the day to regulate.    Message: "I'm so excited, I'm over aroused. Help!"

**15-36 months**: Why: Stressed, frustrated, as a strategy to get something, often during transitions    Who: Children    What to do: Locate and reduce stress, start stress reduction program, secure during transitions shadow to interfere, use biting intervention strategy    Message: "I know no other way to get what I want or express myself. Help!"

**4+** Why: Early stressor, tantrums    Who: Children or self    What to do: seek professional help    Message: "My clacker is way off. Help!"



## Biron/West 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: #E9967A;">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><b>1 HM Egg &amp; Cheese Sandwich</b> on Croissant, Banana</p> <p>Meatloaf, Mashed Potatoes, Gravy, <b>WG</b> Roll, Corn, Grapes</p> <p><b>WG Tortilla Chips &amp; Cheese Sauce</b></p>	<p><b>2 WG Mini Waffles, Fruit Salsa</b></p> <p><b>HM Macaroni and Cheese, Ham Slices, WG Breadstick, HM Pea Salad, Orange Slices</b></p> <p>Rice Cakes, 100% Juice</p>	<p style="text-align: center;"><b>3</b> <span style="color: #E9967A;">Center Closed</span></p> 
<p><b>6</b> <span style="color: #E9967A;">Center Closed</span></p> 	<p><b>7 WG Frosted Mini Wheats, Blueberries</b></p> <p><b>WG Chicken Patty, Hawaiian Roll, Cheese Slices, Pickles, Carrots &amp; Dip, Pineapple</b></p> <p><b>WG Cheez-It</b></p>	<p><b>8 WG French Toast Sticks, Peaches</b></p> <p><b>HM Beef Stroganoff, Buttered Noodles, WG Roll, Green Beans, Apple Slices</b></p> <p>String Cheese &amp; Pretzels</p>	<p><b>9 Sausage, Hashbrown Patty, Strawberries</b></p> <p><b>HM Chicken &amp; Cheese Quesadilla on WG Tortilla, Spanish Rice, Salsa, Sour Cream, Bell Pepper &amp; Dip, Pears</b></p> <p><b>WG Sunchips</b></p>	<p><b>10 WG Blueberry Bread, Applesauce</b></p> <p>Cheese Ravioli, Meat Sauce, Parmesan, Garlic Bread, California Blend Vegetable, Mandarin Oranges</p> <p><b>HM WG Banana Oatmeal Bars, 100% Juice</b></p>
<p><b>13 WG Muffin, Applesauce</b></p> <p><b>HM Creamy Ham and Potato Soup, Crackers, Cheese Cubes, Cooked Carrots, Pears</b></p> <p><b>WG Veggie Crackers</b></p> <p style="text-align: center; color: #E9967A;">I/T ONLY</p>	<p><b>14 WG Life Cereal, Blueberries</b></p> <p><b>WG Chicken Nuggets, Rice Pilaf, Peas, Peaches</b></p> <p>Animal Crackers</p>	<p><b>15 Scrambled Eggs, WG Toast, Banana</b></p> <p><b>BBQ Pulled Pork on a Bun, Cheese Slices, French Fries, Pickles, Grapes</b></p> <p>Yogurt, Strawberries, <b>WG Granola</b></p>	<p><b>16 WG Biscuits, HM Sausage Gravy, Jelly, Apple Slices</b></p> <p><b>HM Beef Noodle Soup, Crackers, Cheese Cube, Broccoli &amp; Dip, Orange Slices</b></p> <p><b>WG Graham Crackers</b></p>	<p><b>17 WG Kix Cereal, Strawberries</b></p> <p>Turkey &amp; Cheese Slices, Hawaiian Roll, Tater Tots, Pickles, Tropical Fruit Salad</p> <p><b>WG Goldfish Crackers, 100% Juice</b></p>
<p><b>20 WG Pumpkin Bread, Applesauce</b></p> <p><b>HM Bean &amp; Cheese Burrito on WG Tortilla, Spanish Rice, Salsa, Corn, Peaches</b></p> <p><b>WG Graham Crackers</b></p> <p style="text-align: center; color: #E9967A;">I/T ONLY</p>	<p><b>21 Special K Cereal, Strawberries</b></p> <p><b>WG Fish Nuggets, Naan Bread, Mixed Vegetables, Mandarin Oranges</b></p> <p><b>WG Muffin</b></p>	<p><b>22 WG French Toast Bread, Apple Slices</b></p> <p><b>HM Chili with Beef, WG Frito Chips, Noodles, Cheese, Beans, Carrots &amp; Dip, Pineapple</b></p> <p>Ritz Crackers with Ham &amp; Cheese Slices</p>	<p><b>23 WG Waffle Sticks, Blueberries</b></p> <p>Sweet &amp; Sour Meatballs, <b>WG Brown Rice, Cooked Broccoli, Orange Slices</b></p> <p>Trail Mix w/ <b>WG Goldfish Crackers</b></p>	<p><b>24 HM WG Blueberry Muffin Bars, Peaches</b></p> <p><b>HM Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Lettuce Salad, Strawberries</b></p> <p><b>WG Peanut/Seed Butter and Jelly Sandwich, 100% Juice</b></p>
<p><b>27 WG Bagel, Cream Cheese, Strawberries</b></p> <p>Pork Loin Cubes with Gravy, Mashed Potatoes, <b>WG Roll, Green Beans, Fruit Salad</b></p> <p><b>WG Sunchips</b></p> <p style="color: #E9967A;">Preschool in Session</p>	<p><b>28 WG Kix Cereal, Pears</b></p> <p><b>HM Sloppy Joes on a Bun, Cheese Slices, Baked Beans, Pickles, Orange Slices</b></p> <p>Yogurt &amp; <b>WG Granola</b></p>	<p><b>29 WG Banana Bread, Applesauce</b></p> <p>Cheese Omelet, <b>WG Toast, Potato Wedges, Grapes</b></p> <p>Rice Cakes</p>	<p><b>30 WG Pancakes, Banana</b></p> <p><b>HM Lentil Taco Meat, WG Tortilla Chips, Cheese, Lettuce, Salsa, Corn, Peaches</b></p> <p><b>WG Chex Mix</b></p> 	