



May Newsletter

Wood County Head Start—West Center

West Center Hours

Infant Room: 7:30-4:15 Phone #: 715-422-0442

Toddler Room: 7:30– 4:15 Phone #: 715-422-0422

Preschool Room: 8:15-3:30 Phone #: 715-422-0421

In-kind Round-up

Please complete and send in all the pink In-kind sheets you have lying around.



Due date does not matter, we will except it.

Upcoming Events:

Monday, May 4th– I/T no school PDD

Monday, May 11th– PS in-session

Thursday, May 14th– Parent Breakfast & Activities

Friday, May 15th– PS no school

Monday, May 25th– Memorial Day-no school



Health Record Updates: Physicals, Dentals, Vision, Hearing

Please contact your family service worker, Nicole, to make any last minute updates to your child's medical and dental records. With the official program year coming to a close, it is



important that your child's medical file is complete.



If you need to complete a medical or dental form for your child, or have any concerns, please contact Nicole at 715-422-0423.

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 working on monthly projects and Family Activity's with their children, or donating items (clothes, toys, books, etc.), we are able to document that as In-Kind and count it towards our grant. For every hour that a parent or community member spends volunteering their time gets us closer to reaching our monthly In-Kind goals.

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

Policy Council Representatives

Your Wisconsin Rapids West Policy Council members are:

Lindsey Krenz, Carlee Rendmeister, Frances Kinsman-Milor





Over the Kitchen Counter

10 Tips for *Summer*

1. Pack High Protein Snacks
2. Drink, Hydrate, Repeat
3. Bring Your Own Tumbler
4. Prep Your Veggies
5. Make Water a Non-Negotiable
6. Say YES to foods you love;
Say NO to foods you dont
7. Move your Body DAILY
8. Offer to Bring a Dish
9. Be In Tune with your Goals
10. Memories Over Macros



EAT YOUR WATER



Roughly 20% of our daily water intake comes from food



Signs of dehydration: headache, fatigue, extreme thirst



Fruits with high water content: cucumbers, watermelon, grapefruit

Summer Hydration Tips



Veggies with high water content: lettuce, peppers, celery



Other hydrating foods: smoothies, applesauce, soup



Make water more delicious by infusing it with fruit





EATING SMART ON THE RUN



Making Smart Drink Choices



DRINK WATER

- Drink six to eight 8-ounce glasses of water each day
- Drink more water when it is very warm or you are more physically active
- Keep a water bottle handy in the car, at home, work or school
- Drink water before, during and after physical activity
- Encourage children to drink water

DRINK MILK

- Children 1-2 years: 2 cups per day of whole milk
- Children 2-8 years: 2 cups per day of fat-free or low-fat milk
- Children 9 years and older: 3 cups per day of fat-free or low-fat milk
- Adults: 3 cups per day of fat-free or low-fat milk

- Enjoy milk with meals
- Enjoy milk on cereal
- Enjoy milk in hot beverages
- Enjoy yogurt to go
- Enjoy frozen yogurt
- Enjoy yogurt smoothies

DRINK 100% JUICE

- Infants: No juice before 6 months. Offer juice in a cup, not a bottle. Do not give juice at bedtime. Juice should be limited to no more than 4 ounces a day.
- Children ages 1-6: Limit juice to 4 to 6 ounces per day.
- Children ages 7 to 18: Limit juice to 8 to 12 ounces per day.
- Adults: Select whole fruits—fresh, frozen, canned or dried—rather than juice to get enough fiber.

DRINK FEWER REGULAR SOFT DRINKS

- Make them a sometimes drink.
- Drink smaller portions.
- Drink diet soft drinks or tea sweetened with low-calorie sweeteners.



NC STATE
EXTENSION

Community & Clinical
CONNECTIONS
for Prevention & Health
Branch
NORTH CAROLINA
DIVISION OF PUBLIC HEALTH

Make a Plan to Reduce Your Child's Blood Lead Level and Prevent It from Increasing

1. Work with your child's healthcare provider.

- ❑ Ask for the BLL of your child's blood lead test (for example, 2, 5, or 10 micrograms of lead per deciliter of blood). Keep a record so that you can show the test results to schools, WIC, or early intervention programs later and track changes over time.
- ❑ Ask whether your child needs more follow-up, such as more blood tests, nutrition services, or screening.
- ❑ Tell the healthcare provider about possible sources of lead in your child's environment; for example, peeling paint in your home or child care, recent painting or repairs, or work, hobbies, or consumer products that may involve lead.
- ❑ Be sure that all of your children younger than six years old are tested.
- ❑ Ask your healthcare provider for a list of local programs that help children with high blood lead levels.
- ❑ Contact your local Pediatric Environmental Health Specialty Unit for more information on lead poisoning and medical advice: <https://www.pehsu.net/findhelp.html>

2. Find and fix the sources of your child's lead exposure.

FIND: Paint that is in bad condition (peeling, flaking, chipping, or cracking), inside or outside your home, especially in places where your child spends time.

- FIX:**
- ❑ Put a temporary barrier over the area to keep it out of your children's reach. You can use metal, duct tape, or cardboard.
 - ❑ If you see paint chips or dust on windowsills or floors, clean these areas regularly with detergent and a damp rag or mop. Do not sweep paint chips. If you vacuum paint chips and dust be sure to use a vacuum equipped with a high-efficiency particulate air (HEPA) filter. For detailed cleaning directions, see https://www.hud.gov/sites/documents/DOC_11678.PDF.
 - ❑ Frequently wash your child's hands, toys, bottles, pacifiers, and other items that your child may put in his or her mouth.
 - ❑ If you are a tenant, tell your property manager and landlord about chipping and peeling paint. It is management's responsibility to fix the problem. Some information about funding for home repairs can be [found here](#). If you're worried about reporting the problem, you can contact Legal Aid at www.lsc.gov/find-legal-aid. If you reside in public housing, report issues to your local public housing agency.

FIND: A certified lead risk assessor to look for all the sources of lead in your home and help you decide which repairs need to be done

- FIX:**
- ❑ Contact your local health or housing department to see if they offer lead risk assessments. For a list of risk assessors in your state, call the [National Lead Information Center](#) at 800-424-5323.

FIND: Bare soil (especially near homes built before 1928 or near a busy roadway, airport, or industrial source)

- FIX:**
- ❑ Test soil and cover with mulch, wood shavings, or grass.
 - ❑ Remove your shoes or wipe your feet carefully on a mat before you enter your home.

FIND: Items that may contain lead

- FIX:**
- ❑ Avoid imported products that may have high levels of lead, such as health remedies, eye cosmetics (such as kohl, kajal, and surma), candies, spices, foods, clay pots and dishes, painted toys, and children's jewelry.
 - ❑ Read about other sources of lead. Visit <https://www.epa.gov/lead/protect-your-family-sources-lead>.
 - ❑ Find out about lead in consumer products. Visit www.saferproducts.gov.

FIND: Renovation, repair, or painting work in a home built before 1978.

- FIX:**
- ❑ Keep your child away from any repair work that disturbs paint. It can create a lot of lead dust.
 - ❑ If you hire a contractor to renovate, repair, or paint your home, hire someone who is certified in lead-safe work practices by EPA. See <https://cfpub.epa.gov/lpp/pub/index.cfm?do=main.firmSearch>.
 - ❑ If you need to fix lead paint hazards, hire a certified abatement professional. You can find a firm by calling the [National Lead Information Center](#) at 800-424-5323.
 - ❑ If you are working on your own home, learn how to work lead-safe. See <https://www.epa.gov/lead/renovation-repair-and-painting-program-do-it-yourselfers>.
 - ❑ If you come into contact with lead, take a shower and wash your hair before being around children.

FIND: Lead in drinking water.

- FIX:**
- ❑ You cannot see, taste, or smell lead in water. To find a certified laboratory to test your water, see <https://www.epa.gov/dwlabcert>.
 - ❑ To learn whether your pitcher or faucet filter device does a good job removing lead from your water, see www.nsf.org/Certified/DWTU/.
 - ❑ Use cold tap water for making baby formula, drinking, and cooking. Always run the cold water for a few minutes before using. Boiling water does not remove lead.
 - ❑ To learn more, call the [Safe Drinking Water Hotline for Lead](#) at 800-426-4791.

FIND: Work or hobbies that may involve lead.

- FIX:**
- ❑ Remove work clothes and shoes before entering the home. Wash these clothes separately from other family laundry.
 - ❑ Do hobby activities away from your home and away from children.



National Center for HEALTHY HOUSING

Childhood Lead Poisoning What You Should Know about Your Child's Blood Lead Test Result

What is childhood lead poisoning?

Childhood lead poisoning is caused by too much exposure to lead dust, lead paint, lead-contaminated soil and drinking water, and other sources. Lead poisoning can hurt a child's brain and nervous system and affect growth, development, school performance, and success in later life. Exposure to lead can affect almost every organ and system in a child's body. Children whose bodies have too much lead will have problems with learning and behaving well. They may be cranky or too active, and they may have trouble paying attention. These problems may not show up until a child is in school.

Where does lead come from?

Lead is a metal found in the earth. Lead was used in household paint (until 1978), in gasoline (until the early 1980s), and in some pipes for drinking water (until 1986). Children come into contact with lead in different ways. The most common sources of lead are paint in homes built before 1978 and the lead dust and soil that comes from the chipping, peeling, and flaking lead paint. Some other sources of lead include (but are not limited to) drinking water, certain commercial products, and dust that adults bring home from hobbies or jobs that use lead.

How do I know if my child is lead poisoned?

A blood test is the only routine way to find out whether your child is lead poisoned. Your healthcare provider may take blood from your child to test for lead. Blood lead testing is covered by Medicaid and many private insurers. You can also determine whether your child is at risk by getting your home inspected for lead-paint hazards and lead in water.

What do my child's test results mean?

No safe amount of lead has yet been found. According to the Centers for Disease Control and Prevention (CDC), most U.S. children ages 1 through 5 years have blood lead levels (BLLs) below 3.5 µg/dL (micrograms of lead per deciliter of blood). If your child has a BLL of 3.5 µg/dL or more or if your child is at risk, your family needs a plan to lower your child's exposure to lead. If you are planning to renovate or repaint your older home, be sure that the contractor is properly trained in lead-safe work practices.

Can my child be treated for lead poisoning?

Finding and removing the sources of lead is the most important way to prevent additional exposure and reduce levels in the blood. At very high levels (above 45 µg/dL), healthcare providers may treat children with medicine to help remove lead from their bodies. The medicine cannot reverse the injury to the brain caused by lead; however, it can reduce other serious and even life-threatening dangers of lead, such as coma and convulsions. The next section tells you how to make a plan to reduce your child's blood lead level.

You may need help to reduce your child's blood lead levels and prevent exposure.

Keep reading to learn how to:

- Work with your healthcare provider to follow up on your child's lead test.
- Seek help from other professionals to find the sources of lead and to fix the problems.



Cheesy Ranch Potatoes

Prep time: 20 minutes, Cook time: 4 hours, Servings: 6-8

Ingredients:

10 red potatoes (about 2-3 pounds)

2 T butter (melted)

2 cups shredded cheddar cheese (divided into 1.5 and .5 cups)

10 slices bacon cooked and crumbled (or sliced into 1 inch pieces and then cooked)

1 tsp black pepper

1 T Hidden Valley Seasoning

Instructions:

1. Cut bacon into 1 inch pieces and bake your bacon in the oven or skillet (use preferred method)
2. Cut your red potatoes in cubes. Hold the potato vertically, slice it down the middle, turn it and slice it vertically again. Then, lay it horizontal and cube it into thirds or fourths depending on how big the potato is.
3. Remove one tablespoon worth of Hidden Valley Ranch seasoning from a packet and set aside. Melt two tablespoons of butter and set aside and grab your black pepper. You'll need about 1/2 –1 tsp depending on taste.
4. In a large bowl, add your cubed potatoes, mix in your melted butter, pepper, ranch seasoning and stir well.
5. Lastly, add in your cooked and crumbled bacon, and 1.5 cups of cheese.
6. Set aside your crockpot and use a large piece of heavy duty foil to line the crockpot with. It's going to serve as a foil packet for the potatoes, put the lid on top of the crockpot and cook on high for 3-4 hours or low for 7-8 hours.
7. When potatoes are done cooking, sprinkle with cheese, cover for 5-10 minutes.
8. Enjoy!

No-Bake Peanut Butter Oatmeal Bars

Total Time: Prep/Cook: 10 minutes + chilling Makes: 9 servings

Ingredients:

1 cup creamy peanut butter, 3/4 cup honey, 3 cups old-fashioned oats

Directions:

In a small sauce pan, combine peanut butter and honey. Cook and stir over medium-low heat until melted and blended. Remove from heat; stir in oats. Spread into a greased 9-inch square pan; press lightly. Cool to room temperature; cover and chill for 1 hour.

West Head Start Center May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<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.</p> <p style="color: red;">Water is available throughout the day.</p> <p>WG = whole grain HM = homemade</p>				<p>1 WG Muffin, Mandarin Oranges</p> <p>HM Grilled Cheese on WG Bread, Tomato Soup, Crackers, Turkey Slices, Cooked Carrots, Pineapple</p> <p>Hard Boiled Egg & String Cheese, 100% Juice</p>
<p>4</p> <p style="color: red; font-weight: bold;">Center Closed</p> 	<p>5 Cinnamon Toast, Sausage Patty, Peaches</p> <p>Orange Chicken, WG Brown Rice, Mixed Vegetables, Pears</p> <p>WG Soft Pretzels & Cheese Sauce</p>	<p>6 Corn Flakes Cereal, Strawberries</p> <p>Spaghetti Noodles with Meat Sauce, Parmesan, WG Cheesy Breadstick, Broccoli & Dip, Apple Slices</p> <p>Trail Mix with WG Goldfish Crackers</p>	<p>7 WG Mini Waffles, Banana</p> <p>Chicken Strips, Rice Pilaf, Peas, Clementines</p> <p>WG Graham Crackers & Peanut/Seed Butter</p>	<p>8 WG Life Cereal, Blueberries</p> <p>HM Cheesy Flatbread with Sauce, Cottage Cheese, Lettuce Salad, Fruit Salad</p> <p>WG Sunchips, 100% Juice</p>
<p>11 Scrambled Eggs, WG Toast, Strawberries</p> <p>Chicken Fajita Strips, WG Tortilla Shells, Spanish Rice, Cheese, Lettuce, Seasoned Zucchini, Salsa, Mango</p> <p>WG Graham Crackers</p> <p style="color: red;">Preschool in Session</p>	<p>12 WG Blueberry Bread, Applesauce</p> <p>Popcorn Chicken Bowl (WG Chicken, Gravy, Mashed Potatoes, Cheese, & Corn), WG Roll, Peaches</p> <p>WG Animal Crackers</p>	<p>13 WG Frosted Mini Wheats, Banana</p> <p>Ham & Cheese Slices, Naan Bread, Pickles, Potato Smiles, Watermelon</p> <p>WG Pumpkin Bread</p>	<p>14 WG French Toast Sticks, Hashbrown, Cubed Ham, Blueberries</p> <p>Glazed Meatloaf, Cheese Cube, Buttered Noodles, Cooked Broccoli, Orange Slices</p> <p>WG Chex Mix, 100% Juice Slush Cups</p>	<p>15 WG HM Banana Muffin Bars, Pears</p> <p>HM Beef & Bean Enchilada on WG Tortilla, Spanish Rice, Salsa, Corn, Tropical Fruit Salad</p> <p>Ritz Crackers & Cheese Slices</p> <p style="color: red; text-align: center;">I/T ONLY</p>
<p>18 WG French Toast Bread, Applesauce</p> <p>Salisbury Steak with Gravy, Buttered Noodles, Mixed Vegetables, Peaches</p> <p>WG Veggie Crackers</p> <p style="color: red; text-align: center;">I/T ONLY</p>	<p>19 Rice Krispies Cereal, Blueberries</p> <p>WG Fish Nuggets, Naan Bread, Carrots & Dip, Pineapple</p> <p>WG Banana Bread</p>	<p>20 WG Pancake, Banana</p> <p>Nachos (Lentil Taco Meat, WG Tortilla Chips, Cheese, Corn, Lettuce, Salsa), Clementines</p> <p>Pretzels & String Cheese</p>	<p>21 HM Egg & Cheese Sandwich on Croissant, Pears</p> <p>HM Creamy Italian Pasta with Chicken, WG Breadstick, Green Beans, Apple Slices</p> <p>WG Frito Corn Chips with Salsa & Dip</p>	<p>22 WG Kix Cereal, Strawberries</p> <p>HM Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Broccoli & Dip, Fruit Salad</p> <p>WG Cheez-It, 100% Juice</p>
<p>25</p> <p style="color: red; font-weight: bold;">Center Closed</p> 	<p>26 WG Muffin, Strawberries</p> <p>HM Chicken Noodle Soup, Crackers, Cheese Cubes, Cooked Carrots, Pears</p> <p>Yogurt with WG Granola</p>	<p>27 Crispix Cereal, Banana</p> <p>Meatballs with Gravy, Mashed Potatoes, WG Roll, Peas, Orange Slices</p> <p>WG Peanut/Seed Butter & Jelly Sandwich</p>	<p>28 Cheese Omelet, Hashbrown Patty, Apple Slices</p> <p>HM Mac and Cheese, WG Breadstick, Cubed Ham, Cucumber & Dip, Peaches</p> <p>WG Tortilla Chips & Cheese Sauce</p>	<p>29 WG Cheerios, Blueberries</p> <p>WG Chicken Nuggets, Rice Pilaf, California Vegetable Blend, Grapes</p> <p>Rice Cakes, 100% Juice Slush Cups</p>



Check out the QR codes for summer ideas in Wisconsin Rapids!



Rafters Information



McMillan Memorial Library



Skate City



South Wood County YMCA



Witter Park Aquatics Center



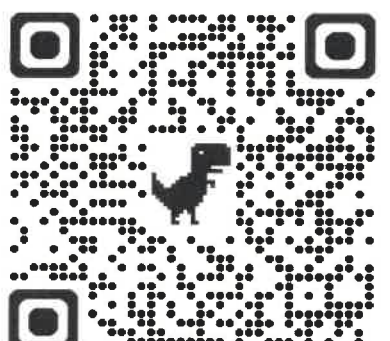
Dog Friendly Parks



Mead Field Splash Pad



ZOO



City Parks