



December Newsletter

Wood County Head Start– Vesper Center

December 6, 2018

Holiday Celebration

Please save the date for our Holiday Celebration on Thursday, **December 20, 2018!** We are inviting all families in before the Winter Break to do have a nice breakfast and spend some quality time with your child and their school family. Keep an eye out for an invitation!



Upcoming Events

December 10th: Healthy Smiles

December 20th: Holiday Breakfast

December 24th—January 2nd: Winter Break — Center Closed

January 3rd: Head Start & Early Head Start Resumes



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 cancellations posted on our Facebook page. If you have any questions about our bad weather policy, please contact Family Service Worker, Tricia Burda at 715-422-0423.



Policy Council Representatives

Policy Council is our Parent Board of Directors. They meet and approve all policy changes and all new hires and terminations. We would like to welcome and say “Thank you” to our 2018-2019 Policy Council Representatives. If you have a classroom or center issue you would like to discuss with another parent, please call one of you representatives.

Your Wisconsin Rapids West Policy Council member is:



Jessica Swonger

(920) 213-2323

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.

Thank you, we greatly appreciate it!





Community Events & Activities

Fireworks & Lights Parade

Rudolph Country Christmas

When: Dec. 8th 9am—5:15pm

Where: **Downtown Rudolph** at 1559 Main Street, Rudolph, WI 54475

What: The *Rudolph Country Christmas* event has so much to offer everyone. Last year there was over 50 craft vendors, breakfast with Santa, food sales throughout the afternoon, cookie sales, a chainsaw demonstration, a blacksmithing demo, games and crafts for kids, elegant craft-making for adults, horse-drawn wagon rides, sled-dog weight pull competition, inflatable fun for kids, a gingerbread competition, face painting, a chili cook-off, pictures with Santa, live reindeer, a petting zoo, live music, fireworks, and a lighted parade!

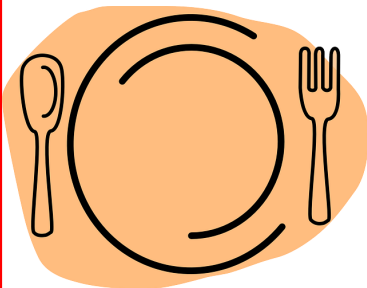
International Games Day at McMillan Library

When: Dec. 10th 11am—3pm

Where: McMillan Library—All Purpose Room, Fine Arts Center, and throughout the library.

What: From Tabletop to Desktop and all the way to Virtual Reality, McMillan Memorial Library is joining over a thousand libraries around the world in a celebration of games. Along with select video games, our newly expanded collection of board and card games will be available to play, or bring your own! There will be nearly 200 board & card games to play, prizes, pizza, and snacks. **Free of charge!**

The Neighborhood Table



The Neighborhood Table is a nonprofit, charitable organization staffed by volunteers who provide free meals to anyone in need. They serve **every Thursday and the last two Tuesdays of each month from 4:30 p.m. to 6:00 p.m. at United Methodist Church, 441 Garfield Street, in Wisconsin Rapids.** Carry-outs are available on Thursdays only by calling (715) 422-1980.



Conscious Corner:

A Parent's Guide to Conscious Discipline

Last month we shared the Seven Skills of Discipline with you, so this month we will be focusing on The Seven Powers for Conscious Adults. The Seven Powers for Conscious Adults hones in on the importance of self-regulation and how it is our responsibility as adults to remain calm when our limits may be tested by our children. By modeling this self-regulation we are able to be the best version of ourselves, and therefore we are able to provide the best level of care to our children.

The Seven Powers for Conscious Adults

“The seven powers provide a foundation that facilitates our access to the integrated executive brain state where all higher-order thinking occurs. From this state, we can override impulsive tendencies. Any classroom management or discipline system that fails to address the conscious awareness and emotional intelligence of the adult is ultimately doomed. The Seven Powers for Conscious Adults create long-term lasting success by guiding us to become conscious, present, attuned, and responsive to the needs of ourselves and children.”

- 1—**Power of Perception**—No one can make you angry without your permission. The power of perception aims to teach adults and children to take responsibility for our own upset.
- 2—**Power of Unity**—We are all in this together. It is important to perceive compassionately and to offer compassion to others and to ourselves.
- 3—**Power of Attention**—Whatever we focus on, we get more of. By giving our children the power of attention, we aim to create images of expected behavior in a child's brain.
- 4—**Power of Free Will**—The only person you can change is you. It is important to learn to connect and guide instead of force and coerce. You alone are responsible for your actions.
- 5— **Power of Acceptance**—Accept that the moment is as it is. We must learn to respond to what life offers instead of attempting to make the world go our way.
- 6—**Power of Love**—Choose to see the best in others. Seeing the best in others keeps us in the higher centers of our brain so we can consciously respond instead of unconsciously react to life events.
- 7—**Power of Intention**—Mistakes are opportunities to learn. We aim to teach a new skill rather than punishing others for lacking skills we think they should possess by now.



Over the Kitchen Counter

Happy Holidays! I know this time of year can be hectic for everyone, so in the interest of saving your valuable time, I selected two crockpot recipes to share with you. One is a blueberry oatmeal that can cook overnight for a hot and easy breakfast for you and your family. The second is a chicken parmesan pasta that will be perfect for either lunch or dinner at your convenience.

Blueberry Slow-Cooker Oatmeal

Ingredients:

Unsalted butter, for greasing.	3 c. Whole milk
2 c. Water	2 c. Old Fashioned Oats
1/4 c. Brown Sugar	2 tbsp. Maple Syrup (more for serving)
2 tsp. Vanilla Extract	2 tsp. Cinnamon
1/4 tsp. Kosher Salt	1 c. Frozen Blueberries
1/4 c. Shredded Coconut	

Directions:

1. Butter the inside of your slow cooker.
2. Add in all ingredients **except blueberries and coconut**. Cook, stirring occasionally, on high for 4 hours or on low for 8 hours.
3. In the last 10 minutes of cooking, turn dial to warm and gently stir in the blueberries and coconut.
4. Serve topped with maple syrup.

Yields: 8-10 servings



Slow Cooker Chicken Parmesan Pasta

Ingredients:

4 Boneless, Skinless Chicken Breasts	Salt & Pepper
2 (28oz) cans of crushed tomatoes	1 onion, diced
1 tsp dried oregano	1 tsp dried parsley
1/2 tsp crushed red pepper flakes (optional)	1 lb penne
1 1/2 cups shredded mozzarella cheese	2 tbsp parsley
1/4 cup freshly grated parmesan cheese	

Directions:

1. Season chicken with salt and pepper, to taste. Place chicken into a 6-qt slow cooker.
2. In a large bowl, combine crushed tomatoes, onion, basil, oregano, parsley, and red pepper flakes, if using. Stir in the slow cooker and gently toss to combine. Cover and cook on low heat for 4 hours.
3. Remove chicken from the slow cooker and shred, using two forks.
4. In a large pot of boiling, salted water, cook pasta according to package instructions; drain well.
5. Stir pasta and chicken into the slow cooker; top with cheeses. Cover and cook on low for an additional 10-20 minutes, or until the cheeses have melted.
6. Serve immediately, garnished with parsley, if desired

Yield: 8 servings