

# February 2025

## Wood County Head Start-West

### **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, Nicole Behselich at 715-422-0423.  
OR  
Class DOJO messaging

### **You're Invited!**

Thursday, February 12, 2025  
to join us for  
breakfast!

**Parent Committee Meeting**  
9:15

### **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.

### **Classroom Information**

#### **Preschool Room**

8:30-3:15

715-422-0421

#### **Infant & Toddler Rooms**

7:30-4:15

Infant: 715-422-0442

Toddler: 715-422-0422

### **Family Service Worker-Nicole**

Center: (715) 422-0423

Cell: (715) 213-8424

nbehselich@woodcoheadstart.org

# February 2025

## Community Events

### Memory Café

Date: February 7, 2025 Time: 10:30AM-12:00PM

More info: Contact Karen Bradbury, RN 715-422-2795

### 2024 Wisconsin Rapids Special Olympics Polar Plunge

Date: February 1, 2025

Time: 9:30 AM - 3:00 PM CST

**Location:** 1259 Anchor Landing Dr  
Wisconsin Rapids, WI



### Event Description:

**Join us on February 1st at Anchor Bay for the Wisconsin Rapids Polar Plunge supporting the more than 14,000 athletes of Special Olympics Wisconsin. ARE YOU IN?**

### Ruby's Pantry

Date: February 15, 2025

Location: Pitch Elementary School  
501 17th Street South  
Wisconsin Rapids, WI



More info:

[mmertens@immanuelrapids.com](mailto:mmertens@immanuelrapids.com) or [www.facebook.com/rubys.immanuelranchurch](https://www.facebook.com/rubys.immanuelranchurch)



# February 2025

## West Center Events

### February 12, 2025-

Breakfast & Parent Committee Meeting

Breakfast: I/T & PS 8:15-9:15

Parent Committee Meeting: 9:15

### March 12, 2025-

Breakfast & activities

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

### April 16, 2025-

Breakfast only

I/T & PS 8:30-9:30

### May 14, 2025-

Breakfast & activities

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

June - EOY picnic- PS only TBD



# From the Kitchen

## Frozen Yogurt Bites

- 1 5.3 ounce container whole milk vanilla Greek yogurt
- 1/3 cup fresh raspberries

### Preparation

1. Place yogurt and raspberries in a bowl and mash with a fork. If you want chunks of raspberries don't overly mash.
2. Using a small spoon or spatula, place the mixture into silicone molds.
3. Tap once or twice to remove any air bubbles.
4. Place the mold on a small baking sheet or directly into your freezer and freeze for 4-6 hours or until bites are solid.
5. Pop bites from molds and enjoy!

## Party Punch

-64 fluid oz  
Hawaiian  
Punch

-12 fluid oz  
pineapple  
juice

-1 liter ginger  
ale

Mix together in  
a large pitcher  
or punch bowl.  
Serve over ice.

## 2 Ingredient Cheesecake Dip

### Ingredients

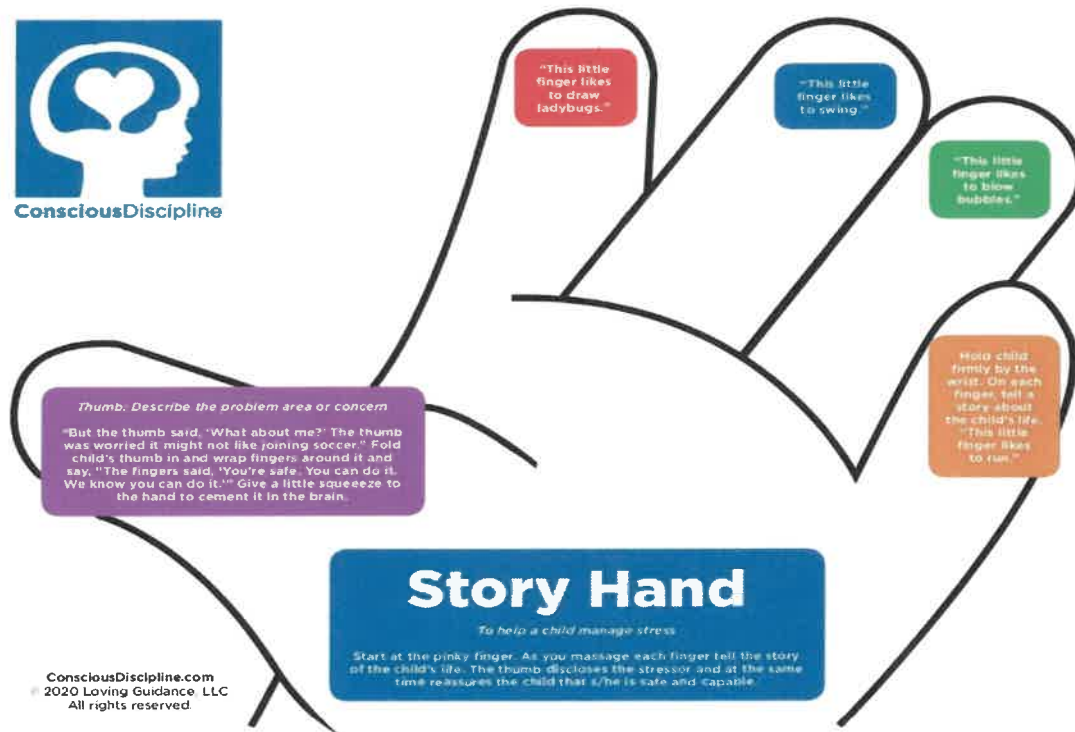
1. 2-8oz Cream cheese, softened
2. 1- 14oz Sweetened Condensed milk

### Instructions

1. In a stand mixer or using a handheld mixer beat the cream cheese until smooth.
2. Add in sweetened condensed milk and continue to beat until smooth or creamy.
3. Serve with fruit, graham crackers, or whatever you would like.

# February 2024

## Conscious Discipline-Story Hand



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### Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.



### S.T.A.R.

Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



### Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



### Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbbppbpb" sound.



# Lead Information

## Steps to make your home Lead-safe.



Talk with your child's doctor about a simple blood lead test. If you are pregnant or nursing, talk with your doctor about exposure to sources of lead.



Talk with your local health department about testing paint and dust in your home for lead if you live in a home built before 1978.



**Renovate safely.** Common renovation activities (like sanding, cutting, replacing windows, and more) can create hazardous lead dust. If you're planning renovations, use contractors certified by the Environmental Protection Agency (visit [www.epa.gov/lead](http://www.epa.gov/lead) for information).



**Remove recalled toys and toy jewelry from children and discard as appropriate.** Stay up-to-date on current recalls by visiting the Consumer Product Safety Commission's website: [www.cpsc.gov](http://www.cpsc.gov).

### Lead can be found throughout a child's environment.



Homes built before 1978 (when lead-based paints were banned) probably contain lead-based paint.



When the paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.



Certain water pipes may contain lead.



Lead can be found in some products such as toys and toy jewelry.



Lead is sometimes in candies imported from other countries or traditional home remedies.



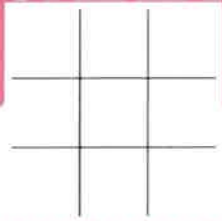
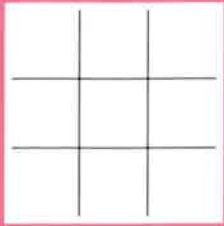
Certain jobs and hobbies involve working with lead-based products, like stain glass work, and may cause parents to bring lead into the home.



## West Head Start Centers February 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3   <b>Center Closed</b>	<p>4 <b>HM</b> Breakfast Pizza (Crust, Eggs, Ham, and Cheese), Pineapple</p> <p><b>HM</b> Broccoli Cheese Soup, Turkey Slices, <b>WG</b> Garlic French Bread, Carrots &amp; Dip, Pears</p> <p><b>WG</b> Graham Crackers, Applesauce</p>	<p>5 <b>WG</b> Toast, Jelly, Banana</p> <p>Cheese Ravioli, Meat Sauce, <b>WG</b> Breadstick, Asparagus, Fruit Salad</p> <p>Cheese Cube &amp; Apple Slices</p>	<p>6 <b>WG</b> Mini Waffles, Blueberries</p> <p>Lentil Taco Meat, <b>WG</b> Tortilla, Cheese, Salsa, Sour Cream, Lettuce, Corn, Grapes</p> <p><b>WG</b> Goldfish Crackers</p>	<p>7 Special K Cereal, Strawberries</p> <p><b>HM</b> Baked Chicken Parmesan, <b>WG</b> Brown Rice, Green Beans, Peaches</p> <p><b>WG</b> Pumpkin Bread, 100% Juice</p>
<p>10 <b>WG</b> Muffin, Applesauce</p> <p><b>HM</b> Creamy White Chili Soup w/ Chicken, <b>WG</b> Roll, Corn, Strawberries</p> <p><b>WG</b> Rice Cakes</p> <p style="text-align: center;"><b>I/T Only</b></p>	<p>11 <b>WG</b> Kix Cereal, Blueberries</p> <p><b>HM</b> Coconut Curry Chicken, Basmati Rice, Naan Bread, Snap Peas &amp; Dip, Tropical Fruit</p> <p>Yogurt, Mixed Berries, <b>WG</b> Granola</p>	<p>12 Cheddar Omelet, Canadian Bacon, Hashbrown Patties, <b>WG</b> Muffin, Fruit Salad</p> <p><b>WG</b> Spaghetti &amp; Meat Sauce, Garlic Bread, Green Beans, Mandarin Oranges</p> <p><b>WG</b> Tortilla Chips &amp; Salsa</p>	<p>13 <b>WG</b> Pancakes, (w/Banana, Peanut Butter, Chocolate Chips)</p> <p><b>HM</b> Cream of Potato Soup, Ham Slices, <b>WG</b> Roll, Peas, Pears</p> <p>Peaches &amp; Valentine Trail Mix</p>	<p>14 <b>HM WG</b> Blueberry &amp; Strawberry Muffin Bars, Applesauce</p> <p>Meatballs, Gravy, Mashed Potatoes, Cooked Carrots, <b>WG</b> Roll, Strawberries &amp; Pineapple Fruit Fluff</p> <p><b>WG</b> Sun Chips, 100% Juice</p>
<p>17 <b>WG</b> French Toast Snackbread, Orange Wedges</p> <p><b>HM</b> Creamy Italian Sauce with Chicken, Buttered Noodles, <b>WG</b> Cheesy Breadstick, Green Beans, Peaches</p> <p><b>WG</b> Animal Crackers</p> <p style="text-align: center;"><b>Preschool/4K in Session</b></p>	<p>18 <b>WG</b> Muffin, Applesauce</p> <p><b>HM</b> Philly Cheesesteak Sloppy Joes on <b>WG</b> Bun, Cheese Slices, Sweet Potato Fries, Pears</p> <p>String Cheese &amp; Pretzels</p>	<p>19 <b>WG</b> Life Cereal, Banana</p> <p><b>HM</b> Chili with Beef Lentil, Buttered Noodles, Shredded Cheese, Sour Cream, Cucumbers &amp; Dip, Pineapple</p> <p><b>WG</b> Graham Snacks</p>	<p>20 Egg &amp; Cheese Sandwich on Croissant, Peaches</p> <p><b>WG</b> Fish Sticks, <b>HM</b> Bean &amp; <b>WG</b> Brown Rice, Mixed Vegetables, Apple Slices</p> <p><b>HM WG</b> Zucchini Bread, 100% Juice</p>	<p>21 <b>WG</b> Cheerios, Strawberries</p> <p>Chicken Tenders, Rice Pilaf, Peas, Grapes</p> <p><b>WG</b> Blueberry Snackbread</p> <p style="text-align: center;"><b>I/T Only</b></p>
<p>24 <b>WG</b> Oatmeal, Raisins, Diced Apples</p> <p><b>HM</b> Mac &amp; Cheese, Buttered Noodles, Diced Ham, <b>WG</b> Breadstick, Broccoli, Fruit Salad</p> <p><b>WG</b> Crackers &amp; Hard-Boiled Egg</p> <p style="text-align: center;"><b>I/T Only</b></p>	<p>25 Cinnamon Toast, Peaches</p> <p><b>HM</b> Nachos with Beef Lentil (<b>WG</b> Tortilla Chips, Cheese, Lettuce, Salsa, Sour Cream), Corn, Grapes</p> <p><b>WG</b> Chex Mix</p>	<p>26 <b>WG</b> French Toast Sticks, Fruit Salsa</p> <p>Teriyaki Chicken, <b>WG</b> Fried Rice, Stir Fry Vegetables, Mandarin Oranges</p> <p><b>WG</b> Soft Pretzels &amp; Cheese</p>	<p>27 Scrambled Eggs with Cheese, Mandarin Oranges</p> <p>Shredded Pork, Gravy, Mashed Potatoes, <b>WG</b> Roll, California Medley Vegetables, Apple Slices</p> <p><b>WG</b> Goldfish Crackers, Cheese Cubes</p>	<p>28 <b>WG</b> Frosted Mini Wheats Cereal, Strawberries</p> <p><b>HM</b> Meat/Cheese Pizza, Cottage Cheese, Cooked Carrots, Pineapple</p> <p><b>WG</b> Peanut Butter &amp; Jelly Sandwich, 100% Juice</p>
		<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. Water is available throughout the day.</p> <p><b>WG</b> = whole grain    <b>WGR</b> = whole grain rich    <b>HM</b> = homemade</p>		

# Puzzle game



X	O	O
	X	
	X	

