



Wood County Head Start February 2025 Newsletter

February Events

*Our 4K/Preschool classrooms WILL have class on Monday, February 17th. They will NOT have class on Friday, February 21st.

*Head Start applications will be given out soon for the 2025-26 school year. Please return them as soon as possible once you have received them. If you registered your child for 4K next year with the school district but are planning to attend Head Start, you WILL have to fill out a Head Start application. **If you know someone that is interested in our program and would like to take them an application let Mr. Tyler know or have them contact me!**

*Parent Teacher Conferences will be starting around the end of this month please be ready to schedule one with your child's teacher.

Upcoming Events:

© Spring Break will be March 17th-21st. There will be no Head Start that week.



Important Classroom Reminders:

*We continue to go outside EVERY day unless the temperature is below zero. Please be sure to dress your children in warm clothes!

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

*Please have your child leave all toys and food at home, it can become an issue when they are asked to put them in their backpacks during class time or when other children want what they have.

*Please don't forget to be checking Class Dojo for important updates and information! We are using this program as one of our main communication tools this year.

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Important Head Start Reminders

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.**

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 ClassDojo message 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.

Physicals and Dentals

Thank you to all the parents that worked so hard to get those physical and dental forms in! Please remember that if your child will be attending Head Start again next year he/she will need updated forms, so if he/she goes in before then ask for a new form to have filled out.



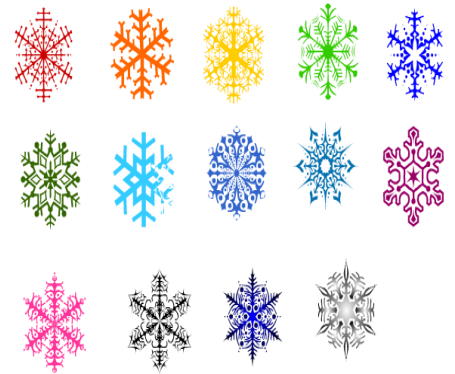
Transportation News

School Closing Information:

*Head Start will follow the Marshfield Public Schools when closing for bad weather, so if **Marshfield is canceled 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 or listen for the cancelation.

*If we close early or we will do our best to contact parents to inform them. Please be sure to give us updated contact info so that you can be reached in this case.



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

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 2024-25 PC reps are:

Adam and Nicole Nelson

Emily Edmundson

Lacey Mitchell

Kortney Meharg



How to Reach Us

Family Service Workers

Tyler: 715-384-3552

tkempf@woodcoheadstart.org

Classrooms

Infant room: 715-996-1788

Toddler room: 715-996-1792

Preschool and 4K: main: 715-387-3223

Cassie's 4K: 715-996-1787

Kristina: 715-996-1785

Amber: 715-996-1789

Donna/Transportation: 715-384-4698

Central Office in Wisconsin Rapids:

1-866-421-2066 (toll free)

Or 715-421-2066

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

Economic Support: 715-387-6374

Housing, food, Badgercare, and childcare assistance

MCHS-Community Connections Team: 715-858-4443

www.communityconnectionsteam.org

Connecting resources in your community to meet needs including baby needs, caregiver support, childcare, clothing, dental, food, utility bills, job search, health insurance, housing, medication costs and transportation

Family or Personal Issues

For information of support available please call your child's Family Service Worker, Tyler (715-384-3552), or Valerie Bradley (Family Services Coordinator/Mental Health Consultant) 1-866-421-2066.



February 2025

Sun

Mon



Tue

Wed

Thu

Fri

Sat

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2 	3	4	5	6	7	8
9	10	11	12	13	14 	15
16	17 <i>4K/Preschool in Session</i>	18	19	20	21 <i>No 4K/ Preschool Classes</i>	22
23	24	25	26	27	28	

Marshfield Head Start Center February 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 WG Oatmeal Rounds, Fruit Cocktail</p> <p>Popcorn Chicken, French Fries, Green Beans, Peaches</p> <p>Scooby Graham Snacks</p> <p style="text-align: center;">Y Kids Only</p>	<p>4 WG Frosted Mini Wheats Cereal, Strawberries</p> <p>Chicken Fajita Meat, WG Shells, Cheese, Salsa, Lettuce, Bell Pepper Strips, Pears</p> <p>WG Peanut Butter & Jelly Sandwiches</p>	<p>5 Egg Bake w/ Cheese and Turkey Sausage, Applesauce</p> <p>BBQ on a WG Bun, Cheese Cubes, Baked Beans, Roasted Broccoli, Watermelon</p> <p>WG Chex Mix</p>	<p>6 WG Cheerios, Bananas</p> <p>Beef Stroganoff, Buttered Noodles, Mixed Vegetables, Grapes</p> <p>WG Sunchips</p>	<p>7 WG Waffle Sticks, Apple Slices</p> <p>Pizza WG Quesadillas, Cottage Cheese, Potato Smiles, Pineapple</p> <p>Cheese Slices, WG Crackers</p>
<p>10 WG Toast, Jelly, Applesauce</p> <p>Chicken Noodle Soup, Oyster/Saltine Crackers, WG Cheese Filled Breadstick, Cooked Carrot, Pears</p> <p>WG Blueberry Bread No preschool or 4K</p>	<p>11 Special K Cereal, Mixed Berries</p> <p>WG Chicken Nuggets, Rice Pilaf, WG Roll, Peas, Apple Slices</p> <p>Hard Boiled Eggs</p>	<p>12 WG French Toast Sticks, Strawberries</p> <p>HM Pork Roast, Mashed Potatoes, Gravy, WG Bread/Roll, Green Beans, Peaches</p> <p>WG Sun Chips, 100% Juice</p>	<p>13 Rice Krispies, Bananas</p> <p>Cheesy Flatbread, Italian Veggies, Cottage Cheese, Tropical Fruit Salad</p> <p>Trail Mix with WG Goldfish Crackers</p>	<p>14 Scrambled Eggs, Hashbrown, Pears</p> <p>Ham Slices, Scalloped Potatoes, WG Rolls, Cucos and Dip, Grapes</p> <p>Valentine's Day Yogurt w/ Strawberries, WG Granola</p>
<p>17 WG Life Cereal, Pears</p> <p>WG Fish Sticks, Sweet Potato Fries, WG Bread/Roll, Mixed Vegetables, Apple Slices</p> <p>WG Goldfish Crackers, Cheese Cubes Preschool/4K in Session</p>	<p>18 WG Cheerios, Applesauce</p> <p>Turkey Rollup with WG Tortillas, Cheese Slices, Tater Tots, Peas, Mandarin Oranges</p> <p>Trail Mix, 100% juice</p>	<p>19 Cheese Omelet, WG Toast, Banana</p> <p>HM Cream of Potato Soup, Ham, Cheese Slices, Hawaiian Roll, Cooked Carrots, Kiwi</p> <p>WG Banana Bread</p>	<p>20 WG Apple Cinnamon Muffin, Peaches</p> <p>Spaghetti & Meatballs, Garlic Bread, Green Beans, Pineapple</p> <p>WG Tortilla Chips & Salsa</p>	<p>21 WG Pancakes, Blueberries</p> <p>HM WG English Muffin Meat Pizza/Cheese Pizza, Cottage Cheese, Lettuce Salad, Applesauce</p> <p>WG Animal Crackers</p> <p style="text-align: center;">No preschool or 4K</p>
<p>24 WG Kix Cereal, Applesauce</p> <p>Macaroni & Cheese, Diced Ham, WG Breadstick, Peas, Tropical Fruit Salad</p> <p>WG Pumpkin Bread No preschool or 4K</p>	<p>25 Cinnamon Toast, Peaches</p> <p>HM Nachos (WG Tortilla Chips, Beef, Cheese, Lettuce, Salsa, Sour Cream), Corn, Mango</p> <p>100% Juice, WG Rice Cakes</p>	<p>26 WG Pancakes, W/ Banana and Peanut Butter</p> <p>Cheese Ravioli, Meat Sauce, Garlic Bread, Italian Veggies, Fruit Salad</p> <p>WG Graham Crackers Snacks</p>	<p>27 WG Frosted Mini Wheats Cereal, Orange Wedges</p> <p>Chicken Alfredo, Pasta, WG Breadstick, Cooked Broccoli, Mixed Fruit</p> <p>Pretzels, String Cheese</p>	<p>28 WG Waffles, Blueberries</p> <p>Chicken Tenders, Rice Pilaf, WG Roll, California Blend Veggies, Grapes</p> <p>WG Peanut Butter & Jelly Sandwich</p>
		<p style="text-align: center;">All-day session children receive breakfast, lunch and snack.</p> <p style="text-align: center;">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 WGR = whole grain rich HM = homemade</p>		

Tips to encourage positive behaviour

1. Give your child positive attention and spend quality time together

Your relationship is key to guiding your child towards positive behaviour. You can build a close and loving relationship by [spending time with your child](#) playing, reading or chatting. Giving your child [positive attention](#) like hugs, smiles and encouragement is also important.

2. Be a role model

Use your own behaviour to guide your child. Your child watches you to get clues on how to behave – and what you do is often much more important than what you say. For example, if you want your child to say ‘please’, say it yourself. If you don’t want your child to raise their voice, speak quietly and calmly yourself.

3. Tell your child how you feel

Telling your child honestly how their behaviour affects you helps your child to see their own feelings in yours. And if you start sentences with ‘I’, it gives your child the chance to see things from your perspective. It’s best to talk about feelings when you’re both calm.

[Helping your child understand their own and other people’s emotions](#) is important to helping them cope with strong emotions like frustration that sometimes lead to behaviour like [tantrums](#).

4. Catch your child being ‘good’

When your child is behaving well, give your child positive feedback or praise. For example, ‘Wow, you’re playing so nicely. I really like the way you’re keeping all the blocks on the table’. Praise makes positive behaviour more likely and challenging behaviour less likely. Try to focus more on positive behaviour than challenging behaviour.

5. Get down to your child’s level

When you get close to your child, you can tune in to what they’re feeling or thinking. Being close helps your child focus on what you’re saying about their behaviour. It also makes it easier for your child to follow your instructions.

6. Listen actively

To listen actively, you can nod as your child talks, and repeat back what you think your child is feeling. For example, ‘It sounds like you felt really sad when Amit wouldn’t let you join his game’. This helps your child feel heard, respected and comforted.

7. Keep promises

When you follow through on your promises, your child learns to trust and respect you. Your child learns that you won’t let them down when you’ve promised something nice, and your child also learns not to try to change your mind when you’ve explained a consequence. So when you promise to go for a walk after your child picks up their toys, make sure you have your walking shoes handy. If you tell your 3-year-old that they’ll have quiet time if they don’t stop throwing dirt, be prepared to follow through.

8. Create an environment for positive behaviour

The environment around your child can influence their behaviour, so you can [shape the environment to help your child behave well](#). This can be as simple as making sure your child’s space has plenty of safe, stimulating things to play with. Also make sure that your child can’t reach things they could break or that might hurt them.

9. Decide what’s important

Before you get involved in anything your child is doing – especially to say ‘no’ or ‘stop’ – ask yourself if it really matters. By ignoring behaviours that aren’t important and keeping instructions, requests and negative feedback to a minimum, you create fewer opportunities for conflict and bad feelings. You can use [family rules](#) to let everyone know what’s important in your family.

10. Keep instructions simple and positive

Instructions should be clear, short and appropriate for your child's age, so your child can understand and remember them. And positive rules are usually better than negative ones, because they guide your child's behaviour in a positive way. For example, 'Please shut the gate' is better than 'Don't leave the gate open'. If you need to tell your child to stop doing something, always tell them what to do instead – for example, 'Stop jumping on the bed, and please sit on the bed'.

11. Give children responsibility – and consequences

As your child gets older, you can give your child more responsibility for their own behaviour. You can also give your child the chance to experience the natural consequences of that behaviour. For example, if it's your child's responsibility to pack for a sleepover and your child forgets their favourite pillow, the natural consequence is that your child will have to manage without the pillow for the night.

At other times you might need to provide consequences for inappropriate or unacceptable behaviour. For these times, make sure that you've explained the consequences and your child has agreed to them in advance.

12. Give your child the chance to succeed

Set up your child to behave well, and then praise them for it. For example, give your child some simple chores or things that they can do to help the family. Praising your child's behaviour and effort will encourage your child to continue. And giving your child a lot of practice doing a chore helps them get better at it, feel good about doing it, and want to keep doing it.

13. Prepare for challenging situations

There are times when meeting your child's needs and doing things you need to do will be tricky – for example, when you're shopping, in the car or at an appointment. If you think about these challenging situations in advance, you can plan around your child's needs. Give your child a 5-minute warning before you need them to change activities. Talk to your child about why you need their cooperation. Then your child is prepared for what you expect.

14. Keep your sense of humour

It often helps to keep daily life with children light. You can do this by using songs, humour and fun. For example, you can pretend to be the menacing tickle monster who needs the toys picked up off the floor.

Humour at your child's expense won't help, though, because young children are easily hurt by parental 'teasing'. It's also best to avoid jokes when your child is behaving in challenging ways. This can accidentally reinforce the behaviour by giving it too much attention.