



Wood County Head Start Biron Center Newsletter

MARCH 2025

Important Dates to Remember:

Preschool is open Monday, March 3

Preschool is closed Friday, March 7

Infant and Toddler is closed Monday, March 3

Preschool and Infant and Toddler are closed

Monday, March 24-Friday March 28 for Spring Break

Parent Teacher Conferences :

Thank you to the families that went to their conference on
Feb 24th. The other conference days are :

March 10th

March 17th

Please make sure to schedule a time with your child's teacher
if you haven't yet. Thank you!

Opportunities for Inkind this Month:

Wednesday, March 5 - Come eat Green Eggs and Ham
for breakfast with your child

Tuesday, March 11 - FoodWise event. Come make a
yummy snack with your child @ 3pm



Head Start Enrollment and 4K Registration for 2025-2026 School Year

As we continue to do our Winter Parent Teacher Conferences, Family Service Workers will be checking in to see if you have completed the Public School 4k app. This year the Public School is doing the 4k application process online. The Family Service Workers are here to assist you with any questions or help filling it out. During these conferences, your Family Service Worker will give you the Head Start application that we need you to fill out for next year if you are planning on coming back. We encourage parents to plan ahead and stay for a little while after the conference to fill out the application. If you already had your Parent Teacher Conference and took the application home, but have misplaced it, please contact your Family Service Worker. Please let your Family Service Worker know when you have completed the 4k app as we are trying to keep track of that information. Thank you!

**Enroll
Now!**



Conscious Corner

In last month's newsletter, we explained "The Safe Place", how it is used in our classrooms, and how you can implement it at home. This month we are going to share with you the four breathing techniques that we teach our children from the day they arrive in our classrooms, the drain, the star, the pretzel, and the balloon. We are sure that your child already knows them, so this will be more of a lesson for parents. By knowing this component of our Conscious Discipline model, parents will be able to connect with their children and help them through the process of calming down when the time comes and they seek out that safe place.

1. The Drain- Extend arms out, pretend they are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly, making a "ssssshhhhhh" sound and release all your muscles, draining out all the stress.
2. The Star- **S**mile, **T**ake a deep breath, **A**nd **R**elax. Encourage belly breathing, where the tummy goes out when the air goes in, and in when the air goes out. Also, help your child learn to exhale slower than they inhale.
3. The Pretzel- Standing up, cross your ankles. Now cross your right wrist over your left and turn your hands so that your thumbs are facing the floor. Put your palms together and interlace your fingers. Bend your elbows out and gently turn your hands down toward your body until they rest on the center of your chest. Lastly, put your tongue on the roof of your mouth, relax, and breathe. *As complicated as this technique may sound, it is typically the kids' favorite.*
4. The Balloon- Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips and exhaling slowly, lowering your arms and making a "pbpbpbpbpbpbpbpbpb" sound.

Putting the Safe Place into effect at home may take some getting used to on everyone's behalf. Try implementing one idea at a time to help with the adjustment. Stay positive, eventually it will become the norm and your children will learn to express their emotions appropriately and self-regulate. Lastly, these breathing techniques are not just for children, they are beneficial to all ages, from elementary school children to teenagers, and even to adults.

*If you would like to watch short video clips of the techniques to be sure you are doing them correctly, go to YouTube and search "conscious discipline breathing techniques video treffert center" and watch the first 4-5 videos that are listed.



Community Events and Opportunities for

Families:



**Game Night
@ China Palace**

Saturday, March 1ST 12-7p
2113 8TH St S. Wis. Rapids, WI
715.423.7939

The poster features a black background with various game pieces including dice, playing cards, and chess pieces.



Family Fun @ McMillan Library
Potato Party
March 7th, 10-11 a.m.
All Purpose Room

We will be celebrating the humble and amazing potato during this program. There will be fun activities and potato themed snacks. This program is for families of all ages. Registration is NOT required.

The poster shows a cartoon potato character with a cape running in a field under a rainbow, with several real potatoes and potato-shaped snacks nearby.



McMillan Library Family Fun
Tile Coasters
March 11th
6-7 p.m.

Come to the library to paint your own ceramic tile coaster to take home with you. This program is for families with children of all ages. Space and supplies may be limited.

The poster includes a photo of a hand painting a floral design on a white ceramic tile coaster.



McMillan Library Family Fun
Paper Plate Weaving
March 18th, 6-7 p.m.

Learn the basics of weaving to make a fun craft you can take home! This program is for families of children of all ages. Registration is not required. Space and supplies may be limited.

The poster features a background of colorful yarn balls in shades of purple, blue, green, yellow, and red.



McMillan Library's Children's
Winter Reading Program 2025

When? January and February
What? Complete a combination of fun activities and reading.
Who? All children age 0-11
Where? Pick up an entry sheet at the Children's Desk at the Library

The poster has a light blue background with white snowflake patterns.

Interested in taking college courses?
This is a great opportunity to get some questions answered



Social Work Intern Corner

COLLEGE APPLICATION ASSISTANCE

Are you looking for guidance filling out your college application?
Do you want to discuss your future plans without any pressure?

JOIN US AT THE LIBRARY!
TALK TO OUR FRIENDLY SOCIAL WORK INTERN FOR SUPPORT AND ADVICE.

CAMRYN
TUESDAYS: 3PM-6PM
FRIDAYS: NOON-3PM

4

The poster features a photograph of a large, red-brick building with a white portico, likely a library or university building.



Policy Council Representatives

Policy Council is our Parent Board of Directors. They are responsible for sharing with the group any concerns, suggestions, or recommendations that affect not only their center, but the entire Wood County Head Start program. As a member of Policy Council, they will share any ideas or concerns expressed by parents from the classroom they represent. If you have an issue you would like to discuss with another parent, please contact your Family Service Worker, Katie (715-422-0428) or Karen (715-422-0438).

Our Policy Council Representatives are:

Robbi Tracy Melissa Graef Makayla Krutza
Sydney Pemble Shelby Fox Kaylee Reifschneider
Sabrina Peyketewa Kylie Freeman Crystal Brown
Anne Wojtalewicz Charlie Albrecht Frances Kinsman
Michaela Krohnen

February Parent Committee Meeting

We held our 2nd Parent Committee Meeting on Feb 6 via Zoom. We discussed inkind ideas, our current job postings, community events and resources that some parents shared, and any input the parents had to help make our program better. Our next meeting, is planned for April 10th. If you are not in this committee, but would like to join our last meeting in April, please reach out to your Family Service Worker. Attached to the Newsletter is information about Autism Groups a parent sent us to share with our families.



Blueberry Avocado Muffins

Ingredients

- 1 cup unbleached all-purpose flour
- 3/4 cup whole wheat flour
- 1/4 cup ground flaxseed
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 large, ripe Hass avocado, pitted
- 3/4 cup sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup plain Greek yogurt
- 1 1/2 cups fresh blueberries

Lemon Streusel Topping (Optional)

- 1/4 cup whole wheat flour
- 1/3 cup sugar
- 1 teaspoon grated lemon zest
- 3 tablespoons unsalted butter, cut into small pieces

Directions:

1. Preheat the oven to 375°F. Place silicone liners or paper liners in 15 cups in muffin pans or coat the cups with cooking spray.
2. In a medium bowl, mix together the flours, flaxseed, baking powder, baking soda, and salt.
3. Spoon the avocado flesh into the bowl of a stand mixer with a beater attachment. Beat on low until almost smooth. (If you don't have a stand mixer, simply mash up the avocado as much as possible with a fork.) With the mixer still running on low, add the sugar. Once the sugar is mixed in, beat in the egg. Add the vanilla and yogurt and mix well.
4. Slowly add the flour mixture to the wet ingredients and mix until just blended, being sure not to over mix. At this point, the batter will be a bit thick. Using a spoon, gently fold in the blueberries.
5. Fill the muffin cups (or silicone muffin liners) about three-fourths full, leaving room for the crumb topping.
6. To make the streusel topping: In a medium bowl, combine the flour, sugar, and lemon zest. Using a pastry cutter or a fork, cut in the butter until it resembles coarse crumbles.
7. Sprinkle the streusel topping evenly over the batter.
8. Bake for 25 to 30 minutes, or until a toothpick inserted in the center of a muffin comes out clean. Let the muffins cool in the pan on a rack for 5 to 10 minutes before removing.
9. Serve warm or at room temperature.



From the Bus Stop

We would like to thank everyone for a great year so far.

As it gets nicer, we will start talking about bus evacuations and will have an evacuation drill or two. It is always important for kids to know what to do in any situation. As parents, it is helpful for you to remind children about important safety rules in the car and on the bus. Some of these rules are to always wear your safety belt, keep your hands to yourself, and use inside voices. Also, please do not send food, blankets, or toys with your child on the bus. Food can become a choking hazard, blankets get tangled in feet and become a tripping hazard. If they need to bring a blanket or stuff animal for nap time please send something that will fit in their backpack. Toys can become projectiles that could hurt someone. If you have any transportation changes or concerns, please contact your Family Service Worker. Lastly, we are not able to release your child from the bus to anyone who is not on your Child Release Form, so be sure to make any necessary updates. Conferences are a great time to do so!

Your Wisconsin Rapids Biron Transportation Team

