

MARCH

Wood County Head Start– West Center

Registration for 4K

If you have not already enrolled your child in 4k, please visit the WRPS enrollment center at 311 Lincoln Street Mon-Fri 8:00AM-3:30PM or enroll your child on the WRPS website.

You will need to complete the WRPS application as well as the Head Start Application to register for 4k next year.

If your child does not meet the 4-year cut-off for 4K, you will need to complete a Head Start application for next year's Preschool year. Please fill out an application and turn it in to your Family Service Worker or your child's teacher.

Policy Council Representatives:

Destinee McGinley, Michaela Kohnen, Frances Kinsman-Milor

Next Meeting: March 11th, 6pm Biron Center

Upcoming Events:

March 3rd : I/T no school PDD

March 3rd: PS in-session

March 7th– PS no school

Head Start & I/T Closed for Spring Break

March 24th-March 28th

Upcoming Events Schedule

March 12, 2025-

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

April 16, 2025-

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

April 16, 2025-

Parent Committee Meeting
9:15 following breakfast

May 14, 2025-

Breakfast & activities
I/T 8:15-10:00, PS 8:30-10:00
(Focus Group Meeting 9:45-10:00)

June - EOY picnic- PS only TBD



Community Events

Memory Café

Date: March 7th Time: 10:30AM-12:00PM

Location: McMillan Memorial Library 490 East Grand Avenue WR, WI 54494

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

Ruby's Pantry—Mobile Food Distribution

When: Saturday, March 12th registration starting at 8am.

Food bundles available starting 8:00-9:30

Where: Pitsch Elementary School 501 17th Street South WR, WI

What: A mobile food distribution on the 3rd Saturday of each month. Food distribution is available for anyone regardless of financial income or place residence. Be sure to remember containers to put your items in. A donation of \$25 is asked to cover the cost of transportation. In return, you will receive various amounts of food for the month that have been donated directly from manufacturers, which include: canned goods, meat, produce, cereal, bread, yogurt, and more.

Wisconsin Rapids Winter Market 9:00am at the Moravian Church

Dates: 3/1, 3/8, 3/15, 22, 29 310 1st Ave South Wisconsin Rapids, WI

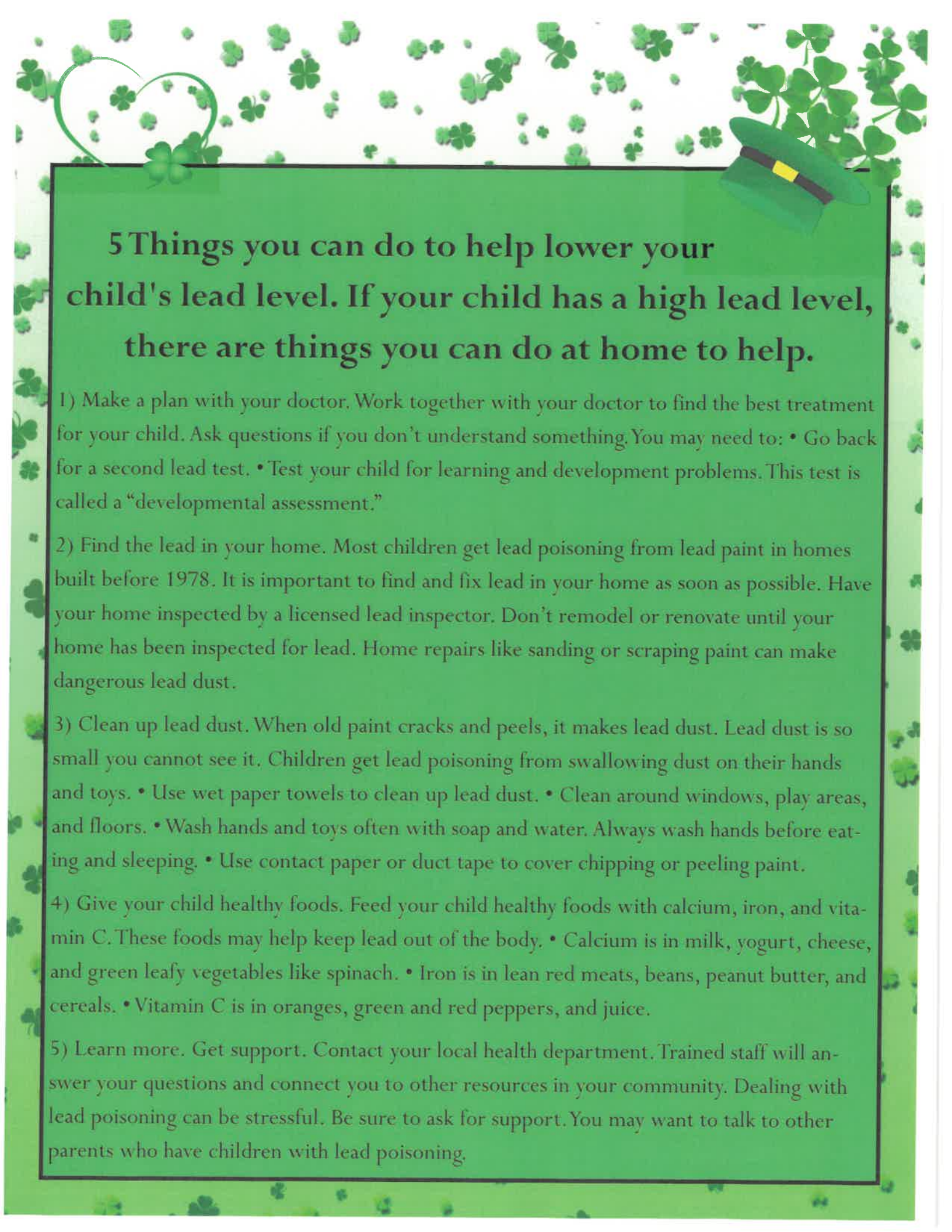
Time: 9:00am-1:00pm

2025 Ice Show Land of Make-Believe

Date & Time: 3/15 at 1:00pm and 7:00pm 3/16 at 1:00pm

South Wood County Recreation Center 2711 16th Street S Wis. Rapids, WI

Advance tickets are \$9 each and can be purchased by calling (715) 570-6169. Tickets are available for purchase at the door for \$10 per person. Kids 3 and under enter for free.



5 Things you can do to help lower your child's lead level. If your child has a high lead level, there are things you can do at home to help.

- 1) Make a plan with your doctor. Work together with your doctor to find the best treatment for your child. Ask questions if you don't understand something. You may need to:
 - Go back for a second lead test.
 - Test your child for learning and development problems. This test is called a "developmental assessment."
- 2) Find the lead in your home. Most children get lead poisoning from lead paint in homes built before 1978. It is important to find and fix lead in your home as soon as possible. Have your home inspected by a licensed lead inspector. Don't remodel or renovate until your home has been inspected for lead. Home repairs like sanding or scraping paint can make dangerous lead dust.
- 3) Clean up lead dust. When old paint cracks and peels, it makes lead dust. Lead dust is so small you cannot see it. Children get lead poisoning from swallowing dust on their hands and toys.
 - Use wet paper towels to clean up lead dust.
 - Clean around windows, play areas, and floors.
 - Wash hands and toys often with soap and water. Always wash hands before eating and sleeping.
 - Use contact paper or duct tape to cover chipping or peeling paint.
- 4) Give your child healthy foods. Feed your child healthy foods with calcium, iron, and vitamin C. These foods may help keep lead out of the body.
 - Calcium is in milk, yogurt, cheese, and green leafy vegetables like spinach.
 - Iron is in lean red meats, beans, peanut butter, and cereals.
 - Vitamin C is in oranges, green and red peppers, and juice.
- 5) Learn more. Get support. Contact your local health department. Trained staff will answer your questions and connect you to other resources in your community. Dealing with lead poisoning can be stressful. Be sure to ask for support. You may want to talk to other parents who have children with lead poisoning.

Homemade Baked Chicken Nuggets

Serves: 4 Prep Time: 20 mins Cook Time: 25 mins Total Time: 45 min

Ingredients:

Breading:

1 cup plain breadcrumbs 1/2 tsp garlic powder 1/2 tsp smoked paprika
1/4 tsp salt freshly cracked pepper 2 Tbsp olive oil

Yogurt Slurry:

1/3 cup Greek Yogurt 1/8 tsp salt 3 Tbsp water

Chicken:

1 boneless, skinless chicken breast (about 2/3 lb)

Directions:

1. Preheat the oven to 425°F. Place a wire cooling rack, or two, over a baking sheet to hold the nuggets as they bake.
2. In a wide shallow bowl, combine the breadcrumbs, garlic powder, smoked paprika, salt, and some freshly cracked pepper (about 5 cranks of a pepper mill). Stir these ingredients together until evenly combined. Drizzle the oil over the breadcrumb mixture, then stir until the breadcrumbs are coated in oil. The breadcrumbs should look like damp sand.
3. In a separate small bowl, stir together the Greek yogurt, salt, and water until smooth. You want the yogurt to be a similar consistency to buttermilk or heavy cream. It should be thick enough to coat the chicken.
4. Trim any excess fat from the chicken breast, then cut it into small, 3/4 to one-inch pieces. For a 2/3 lb. chicken breast you should get about 22-24 pieces.
5. Dip each piece of chicken into the yogurt slurry, then roll it in the seasoned breadcrumb mixture until the chicken piece is fully coated. Place each coated nugget onto the wire cooling rack on the baking sheet.
6. Once all of the chicken pieces are fully coated, transfer the baking sheet to the oven and bake for 23-25 minutes, or until the breading is browned on the edges.
7. Remove the chicken nuggets from the oven and let cool for 3-5 minutes, then serve with your favorite dip.

Green Smoothie

Brighten your mornings with this green smoothie recipe.

In just 10 minutes, you'll have a flavorful, healthy drink.

Ingredients

- 2 cups fresh baby spinach
- 1 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 1 cup unsweetened almond milk
- 1 medium banana, halved

Directions

1. Place all ingredients in a blender. Cover and process until blended. Stir if necessary. Pour into chilled glasses; serve immediately.

Nutrition Facts

1-1/4 cups: 166 calories, 2g fat (0 saturated fat), 0 cholesterol, 126mg sodium, 34g carbohydrate (16g sugars, 5g fiber)
tein. **Diabetic Exchanges:** 2 fruit, 1 vegetable.



Conscious Corner:

A Parent's Guide to Conscious Discipline



Anticipating Temper Tantrums

“Let’s face it: some situations are more likely to evoke upset than others. The keys to navigating these rough waters are composure, assertiveness, encouragement, and choices. First and foremost, you must remain calm and in control of your own internal state. Breathe deeply and use affirmations to assist yourself in this process. Next, focus on assertive language with your child. Give an assertive command that paints a picture of what you want the child to do. For example, “It’s time to get out of the tub. Reach your hands up to the towel.”

If the child complies, say, “You’re doing it! Your arms are up just like this (model for the child).”

If the child refuses, say, “I’m going to help you start getting out.”

If the child complies this time, say, “That’s it. You’re doing it. It’s hard to stop when you are having fun.”

If the child refuses and turns or jerks away, notice the child’s body by saying, “Your arms went like this (demonstrate) and your head went like this (demonstrate).”

When your child looks to see what you are doing, take a breath and say, “There you are!” Then offer two positive choices such as, “You can get out of the water and into the towel or you can pull the plug and then get into the towel. Which do you choose?”

Information courtesy of: <https://consciousdiscipline.com/free-resources/discipline-tips/>

When you notice your child is on the verge of a tantrum, it is always helpful to take note of your own emotional state. Do you feel your own emotions escalating as your child’s are? This is a perfectly natural response, just take a deep breath and remember that your child’s behavior is happening in front of you, it is not happening to you. Sometimes your little ones just need a little help from you to learn how to regulate their emo-



West Head Start Center March 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 WG Banana Muffin Bars, Applesauce</p> <p>HM Mac & Cheese, Buttered Noodles, Sliced Ham, Peas, Mandarin Oranges</p> <p>WG Graham Snacks</p> <p style="text-align: center; color: red;">Preschool in Session No I/T</p>	<p>4 Yogurt, Strawberries, WG Granola</p> <p>Turkey Slices, Cheesy Scalloped Potatoes, WGR Breadstick, Mixed Vegetables, Pears</p> <p>WG Rice Cakes</p>	<p>5 Turkey Sausage, Hashbrown Patties, Orange Slices</p> <p>HM Beef Noodle Soup, Crackers, Cheese Cubes, WG Roll, Roasted Cauliflower, Apple Slices</p> <p>WG Cheez-It</p>	<p>6 WG Life Cereal, Banana</p> <p>Chicken Nuggets, Rice Pilaf, Cheesy Tater Tots, Carrots & Dip, Peaches</p> <p>WG Pumpkin Bread, 100% Juice</p>	<p>7 WG HM Muffin, Applesauce</p> <p>HM Chili with Beef Buttered Noodles, Cornbread, Shredded Cheese, Sour Cream, Corn, Pineapple</p> <p>WG Goldfish Crackers</p> <p style="text-align: center; color: red;">I/T ONLY</p>
<p>10 WG Toast, Peanut Butter, Jelly, Banana</p> <p>HM Chicken Quesadilla on WG Tortilla, Sour Cream, Salsa, Black Beans, Tropical Fruit</p> <p>Cottage Cheese & Peaches</p> <p style="text-align: center; color: red;">I/T ONLY</p>	<p>11 WGR Mini Waffles, Fruit Salsa</p> <p>BBQ Beef Lentil on a Bun, Cheese Slices, Green Beans, Pears</p> <p>WG Tortilla Chips & Salsa</p>	<p>12 Green Eggs & Ham, WG Pancakes, Strawberries</p> <p>Sweet and Sour Meatballs, WG Brown Rice, Stir Fry Veggies, Mandarin Oranges</p> <p>WG Veggie Crackers</p>	<p>13 Rice Krispies Cereal, Blueberries</p> <p>Chicken Fajita with WG Tortilla, Cheese, Sour Cream, Salsa, Lettuce, Corn, Fruit Salad</p> <p>HM WG Pineapple Bread</p>	<p>14 WG Blueberry Snack Bread, Orange Slices</p> <p>HM Cheesy Flatbread with Sauce, Cottage Cheese, Cucumbers & Dip, Pineapple</p> <p>Trail Mix with WG Goldfish Crackers, 100% Juice</p>
<p>17 WG Corn Chex Cereal, Strawberries</p> <p>Turkey Rollup on WG Tortilla, Cheese Slices, Tater Tots, Green Beans, Kiwi</p> <p>WG Banana Bread</p> <p style="text-align: center; color: red;">I/T ONLY</p>	<p>18 WGR French Toast Sticks, Mixed Berries</p> <p>WG Spaghetti & Meat Sauce, Garlic Bread, California Vegetable, Grapes</p> <p>Cheese Cubes & Apple Slices</p>	<p>19 Cheese Omelet, WG Toast, Banana</p> <p>Tomato Soup, HM Grilled Cheese on WG Bread, Ham Slices, Broccoli and Dip, Oranges</p> <p>WG Peanut Butter & Jelly Sandwiches</p>	<p>20 WG Kix Cereal, Blueberries</p> <p>Pork Roast, Mashed Cauliflower/Potatoes, Gravy, WG Roll, Peas, Applesauce</p> <p>WG Sun Chips</p>	<p>21 WG Apple Cinnamon Muffin Bars, Applesauce</p> <p>HM WG English Muffin Meat/Cheese Pizza, Cottage Cheese, Lettuce Salad, Strawberries</p> <p>WG Animal Crackers, 100% Juice</p>
<p>24</p>  <p style="color: red;">Center Closed</p>	<p>25</p>  <p style="color: red;">Center Closed</p>	<p>26</p>  <p style="color: red;">Center Closed</p>	<p>27</p>  <p style="color: red;">Center Closed</p>	<p>28</p>  <p style="color: red;">Center Closed</p>
<p>31 WG Oatmeal, Raisins, Pears</p> <p>Chicken Nuggets, Rice Pilaf, Peas, Peaches</p> <p>WG Crackers</p> <p style="text-align: center; color: red;">I/T ONLY</p>		<div style="display: flex; justify-content: space-between; align-items: center;"> 🍀 <div> <h3 style="margin: 0;">March 24-28 Spring Break</h3> <p style="margin: 0;">All-day session children receive breakfast, lunch and snack.</p> <p style="margin: 0; color: red; font-size: small;">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="margin: 0; font-size: small;">WG = whole grain WGR = whole grain rich HM = homemade</p> </div> 🍀 </div>		