

SEVCA Head Start Newsletter

Monthly Newsletter for February 2022



**FROM THE DESK OF THE
DIRECTOR . . .**

Dear Parents & Staff,

Who would have thought when this pandemic began, that we would still be in the midst of it two years later?? I want to let everyone know that we update our COVID 19 Policy every time CDD issues something new, so some days it feels like that is all we are doing, is updating the policy! We are in collaboration with the Vermont Department of Health to ensure our policy is keeping children in the safest environment possible. In order to provide a little insight into all that happens when we are notified of someone testing positive for COVID 19, these are the simplified steps we take:

- 1) We look at the staff that were present and figure out their vaccination status, as this matter's because not all staff have been vaccinated at the same time, so not all staff are considered fully vaccinated. If we have enough staff to keep classroom(s) open, then we will do so, if not then we will need to close for in-person services and provide remote services. Staff that

are positive, will need to be out for 5 days and depending on their vaccination status of staff exposed, they may need to be out 5 days as well.

- 2) Then we look at the children that were present that day. For centers with more than one classroom, we look at if the classrooms were combined at all during the time of the exposure. If they were combined then we also look at the children that were present in both classrooms. The parents of the children present will be notified stating the timeline of when the exposure occurred and when their child can return to school. All children exposed will need to be out of the program for 10 days, regardless of vaccination status. Staff will let all parents know that there was a positive case of COVID reported at the center.
- 3) Anytime there is a positive case reported to us, we are required to contact the VT Department of Health. They advise us in the appropriate steps to follow.

Our goal is to always provide the safest environment for the children in our program, as the majority of them cannot

get vaccinated as they are too young. We apologize ahead of time for any inconvenience this may cause when we have to close a classroom or not allow children that were exposed/test positive for COVID to attend for 10 days. We continue to wear masks when at the center, wash our hands often and clean the centers to reduce the spread of germs. Thank you for your continued patience and understanding as we all work through this pandemic and do the best we can with the cards that we are dealt.

As winter is upon us, enjoy the great outdoors and stay warm!

Sincerely,
Lori Canfield
Head Start Director



The following children had **100%** attendance in December:

Chester Community Preschool:

CCP2: Molly B.

The Children's Place: Nalayah C. and Declan C.

Northwood's Preschool: Jonathan B. and Jonathan S.

In-Kind Winner for the month of December goes to... WRJ!

Congratulations to the team at Northwood's Preschool! They take the top honors for both classroom and center-wide!



Important Dates to Remember:

February 1, 8, 15 and 22, 2022 ~ Parent Workshop ~ Your Journey Together; 10:00-11:30 via ZOOM (see flyer above menu)

February 10, 2022 ~ Family Partner Meeting; 8:00 AM

February 11, 2022 ~ Early Release, Ed Meeting

February 14-18, 2022 ~ February Break ~ Windsor/WRJ Centers are CLOSED. (CCP/PSP are open)

February 16, 2022 ~ Policy Council Meeting; 9:30AM

February 21-25, 2022 ~ February Break ~ CCP/PSP Centers and Child Care are CLOSED. (Windsor/WRJ are open)

Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie and Ms. Karie

We have been learning about Fairy Tales this month here at CCP1. The kids have been enjoying reading a variety of Fairy Tales: *Three Little Pigs, Jack & The Beanstalk, Little*



Red Riding Hood, Goldilocks & The Three Bears, Snow White, Cinderella, Three Billy Goats Gruff and many more!

We have talked daily about whether Fairy Tales are real or not and what most of them have in common. The kids enjoyed making the three little pigs houses: one out of straw (spaghetti) one out of sticks (popsicle sticks) and one out of bricks (red Legos dipped in red paint then stamped onto the paper). We turned our big letter W into a Wolf. The kids made their own big bad wolves by painting paper plates grey and adding ears and a nose.

We made some marble painted bears and did some size patterns with small, medium and large bears. The kids planted "magic beans" just like in *Jack & The Beanstalk*. We can't wait to see which ones reach the castle in the sky! We made magic bean stew. It was delicious! We turned our big letter D into a dragon.

After reading *The Hungry Thing* book, we made our own class book based on it. We made some tasty fruit kabob wands. We used watermelon, grapes and strawberries! We did a science experiment by making a fizzing fairy potion. We used baking soda, vinegar, paint and glitter. We talked about why the potion would fizz and what would maybe change the outcome.

After reading *Little Red Hen (Makes A Pizza)* we made our own English muffin pizzas with English muffins, pizza sauce, mozzarella cheese, olives and pepperoni. We also made shape pizzas. We used different shapes to represent the toppings and then had the kids count how many shapes they used.

We painted our big letter Y yellow and added yellow yarn. The kids used unifix cubes to measure Rapunzel's hair.

We have been talking about different feelings with our Second Step lessons. We have been talking about feeling happy, sad, surprised and angry. We also talked about how people can have different feelings about the same situation. The kids enjoyed playing a feelings face match game.

For the month of February, we will be learning about Friendship and Kindness.

CCP2

Ms. Randi, Ms. Kayley and Ms. Briana

For the Month of January, we have been learning all about Winter! The kids got to explore ice in our water table and tried different ways to get it to melt. Our Dramatic Play center was turned into a Hot Cocoa Stand complete with an ice-skating area. The Kids got to work together on a giant snowman puzzle in our math area along with some snowflake sorting and patterning games. Everyone has been busy in the art center building snowmen with playdough, using winter stamps, and gluing foam pieces to make their own snowflakes! Ice towers and igloos have been being built in our block area and the kids have been so excited to shovel snow and make snow angels on our playground!

News from Chester Community Preschool's
Family Partner

February

February is here and there are only 47 days until Spring! I, myself, am looking forward to warmer weather.

Thank you to all families who were able to attend our January Parent Meeting introducing our Parent Workshop, Your Journey Together. This workshop began February 1st and will continue throughout the month on the following dates: February 8th, 15th, and 22nd, from 10 - 11:30am via ZOOM.

I would like to send my upmost thanks to our families for continuing to show support and understanding as we navigate these difficult times. Your flexibility allows for us to continue to work diligently to maintain the health and safety of both, children and staff. These times have not been easy and there has been a lot of frustration for both families and staff, but we will make it through these challenges together.

Please keep an eye on your child's backpack, Facebook, and Seesaw for more details about Family Engagement activities and other events. Please contact me if you have any questions, comments, or concerns.

Katie Murphy
Family Partner
802.460.0297
kmurphy@sevca.org

Pine Street Preschool

Daisy Room

Ms. Lauren, Ms. Denise and Ms. Sadie

Hello friends! For January's theme we learned about outer space! We talked about planet Earth, the stars, and about what astronauts do. The kids had many questions like "is Jupiter the biggest planet?" and "what is the hottest planet?". The kids also had a lot of prior knowledge

about space; they knew that humans and animals live on Earth, that the sun keeps us warm, and that we have different kinds of weather on Earth.

In February our theme will be friendship and kindness! We will be doing many partnered and small group activities to practice cooperation and using teamwork. We will be learning how to be a super friend!

Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Felicia

Hi Friends! 😊

We have had a very exciting month learning about Dinosaurs.

The kids loved sharing about things they knew about dinosaurs and how they lived in the past, the movies they've watched with dinosaurs in it and identifying different kinds of dinosaurs. We've also learned the difference between herbivores and carnivores. The kids learned what those dinosaurs ate and sorted them out.

The kids were very interested in learning about dinosaur eggs. We made some dino eggs for them to break open and reveal what baby dinosaurs were inside. They had so much fun doing that activity. We also learned a simple song called "I'm Bringing Home A Baby Dinosaur" which is sung to the tune of "I'm Bringing Home a Baby Bumblebee" and learned some rhyming words.



Some of the activities we did were measuring dinosaurs, dinosaur shape hunt, dinosaur position, making trees using cubes, and dinosaur tracks using paint.



The kids also enjoyed sharing about their favorite dinosaurs.



For the month of February, we will be learning about the ocean.

News from
Pine Street Preschool's
Family Partner

I have been sitting here trying to figure out what I should write about for this newsletter. I keep coming back to the craziness and stress that we are all feeling in one way or another. As a Family Partner, mom, caregiver, friend, daughter, human I am feeling tired and overwhelmed with the pandemic and how it has been affecting all of us. Some may know that I am a bit of a control freak (especially with my dishwasher) and struggle when something else has control of me and my surroundings. This pandemic feels like it has taken my control away from me. I looked for ways to

take back that control and found that it is not always possible.

This quote helped me spin my view of this.

When you can't control what's happening, challenge yourself to control the way you respond. That's where your power is.



I hope that everyone that is reading this can take something away from it as I did.

If you feel that you are struggling with things know that you are not alone. We all need to find ways to embrace our resiliency to these challenges and move forward in this trying time. We also have resources that you may find helpful if you are struggling with your stress and mental health. Contact me for more details.

Also, just a reminder to those who pay for their heat, please keep your eye on your heating fuel tank to make sure you don't run out of fuel. If you are struggling to get your next fuel delivery or concerns with your electric disconnect notice SEVCA Family Services may be able to help. To find out if they can help, please contact John at (802) 460-1553 or Elizabeth at (802) 460-1554.

Please contact me if you have any questions, comments, or concerns.

Thank you,

Lindsay DeCell

Family Partner

Ldecell@sevca.org

Northwood's Preschool

Ms. Darci and Ms. Beth

At Northwoods, during the month of January we have learned more about winter. We have learned about what animals do in the winter. Some animals migrate, some hibernate and some adapt. We have had lots of fun creating picture stories to go along with our 3 different animals. We made hibernating bears, migrating birds and adapted deer. It was so much fun making all the different pieces that have been put together on display in the classroom. We have learned a really fun song and have even added more verses to it as we wanted to learn about other animals, so we added them to the song. See the song below! During the month of February we will be doing a Bakery theme. Ms. Darci, Ms. Fran and Ms. Beth have lots of fun things in store for us to do.

Bear is sleeping, **Bear** is sleeping,
In a **den**, in a **den**.

When will he wake up?

When will he wake up?

In the spring, in the spring.

(snake: hole, frog: mud, mouse: nest,
hedgehog: burrow)

Some of the animals we added were skunk, chipmunk, racoon, bats, opossum and more!

Northwood's/Children's Place

Family Partner

Jen Tucker

It is hard to believe that another month has come and gone. It does seem that we are living the new normal. Children are so resilient and are all so awesome at wearing their masks. We have seen a massive surge of new COVID cases. We are all doing our

best to keep everyone safe. Thank you all for giving me your time to complete Home Visits with all of you. Our January Parent meeting was a virtual an Introduction to our new Family Workshop Your Journey Together. We are so excited to bring this workshop to the families. We are in the midst of starting our Annual Self-Assessment.

If you are having difficulty paying for heating fuel, please reach out to me and I can direct you to SEVCA Family Services. jtucker@sevca.org 802-674-8008/802-295-1951. Please remember that it is cold and children should be bringing in hats, mittens, snow pants, boots and winter jackets for going outside every day. Please let me know if you need any winter clothes or other items. Do not hesitate to get in touch with me should you need anything. Have Fun and play in the snow!



Children's Place Preschool

Ms. Susan, Ms. Alyssa and Ms. Meagan

We had a marvelous time visiting the Rainforest of Brazil. Many of our crafts included snails, sloths, toucans, frogs, chameleons, lemurs, anacondas, jaguars and tigers. All of these wonderful creatures are in danger because of their habitat being cut down for resources. Because the rainforest is home to so many, we spent

time talking about how much the rainforest provides for us. Medication, food, oxygen and water, are all a part of this incredible habitat. Without this valuable resource our earth will be in danger.

Our first activity was learning the different layers of the rainforest. Each layer supports different creatures of the rainforest. Some animals never leave a tree and stay in the tree their entire lives.



Many of our projects targeted literacy, math, art and science. The spiral of the snail, the toucans patterned bill, the lemur patterned tail and the stripes on a tiger, to name a few.

We have been working on addition and subtracting with objects found in the classroom. We also compared a tiger's length, to our common house cats, to get a perspective. Our experiments included absorption and evaporation. It was fun to observe our water beads, absorb the water, while leaving some in the sun and watching them become smaller. This tied in with the lesson about our water cycle.

Two classroom books included *The Umbrella* and *What Lives in My Tree*. This included cutting, gluing and using those beginning sounds that we have been focusing on.

Some of the foods we made included lemon and garlic chicken, Brazilian cheese bread

and a pineapple and coconut smoothie. All were delicious.

We have been exploring musical instruments and music from Brazil. The scarves have been out several times and used for musical expression. It is fun to hear music from another country. You can hear the different language and the different musical instruments.

We are waiting for snow so we can get outside to slide and to climb snow mountains. This is a great for gross motor. The kids use different muscles that they wouldn't normally use. We plan on using snowshoes too. This is another way to move our bodies. We will have to do a snow dance!

As we leave the rainforest we will move into our trees of Vermont. This is a great companion in to our last lesson. We will examine different barks and the anatomy of a Vermont tree versus a fig tree from the rainforest. February is also the month to tap a sugar maple. We will be doing this activity.

Happy February and to the sun that gets brighter every day!



*News from the
Practiced-based Coach/Child Development Services Specialist*

Fran Lynggaard Hansen

Read to Me!

In today's fast paced society, it's easy to think that children don't take as much pleasure in a book than in a video - but nothing could be further from the truth! Books are interactive, while videos are passive. One doesn't have to think when

watching a video, but listening to a story requires focus. An ability to focus is a required skill in Kindergarten, and it's also a something that can easily be taught at home.

When children and their special grown-ups snuggle up to read a story, a lot happens that can't be seen. First, reading is a joyous activity that settles children into a quieter place, making it ideal as a pre-bedtime ritual. But it's a lot more than that.

There's the physical presence of your grown-up body with a child nestled into you, providing a feeling of closeness and safety. There is also the process of reading the words, and imagining the story as your child gazes at the pictures. That's a whole lot of quiet brain activity going on!

And there is even more! Reading and discussing stories give children the opportunity to think about, imagine and express their emotions. "The big bad wolf" is inside all of us, and through a story, we get to envision what it is like to be the naughty character in a story or the hero who saves the day. Inevitably this will elicit questions from your child and the discussions that follow with you, their favorite grown up, foster closeness and comfort between you. And many times, it also provides a laugh together as you enjoy and discuss the story together. Studies show that children who are read to, have an opportunity to develop more empathy for others, as they consider each character's feelings in the story,

and this can also improve children's relationships at home and at school.

What was your favorite book when you were a small child? Do you remember what you loved about it? How about sharing that book with your preschooler? Children are often amazed that their grown up used to be a child who enjoyed being read to just like them, making yet another connection that the two of you share.

A weekly trip to the library, or to the Story Time that each Children's Room library offers, is another way to spend quality time together, and it's free!

Happy Reading!

News from the Education/Disabilities Services Manager

Jodi Farashahi

The bitter cold is finally here, so children will be taking part in some fun dance parties and obstacle courses in the classroom to get some movement in! As a reminder, make sure that your child has an extra set of clothes, and their winter gear (snow pants, coat, hat, mittens, snow boots) when the temperature does allow for them to get outside and enjoy the crisp air!

Teachers are now finishing up winter assessments on children, and will be sharing information at the third parent teacher conference scheduled for March 4, 2022. Centers will be closed on this date, so please make sure to schedule a time with your child's teachers.

News from the Health and Nutrition Manager

Heather Frye

Healthy Food Shopping

Parents try to serve their kids a variety of healthy foods, and going to the grocery store is an important step in this process. The items we put in our shopping carts week after week can boost kids' health — and give them a positive attitude toward nutritious food.

But those tempting displays of tasty snacks and fruity drinks can make it easy to end up with a cart overloaded with stuff that doesn't offer much nutritional punch.

These tips can help you keep the focus on healthy options:

Make a List

A list can keep you on track — especially if you base it on a meal plan for the week. Focus your week's menus on wholesome, nutritious ingredients such as fresh and frozen fruits and vegetables, lean meats and poultry, fresh fish, whole grains, and low-fat dairy products.

When feeding your family, keep these guidelines in mind:

Serve vegetables and fruits every day.

Limit juice intake.

Use vegetable oils (especially ones high in monounsaturated fat such as olive and canola) and soft margarine low in saturated fat and trans-fatty acids instead of butter, shortening, or most other animal fats.

Serve whole-grain rather than refined-grain breads, cereals, pasta, and rice products.

Restrict sugar-sweetened beverages and foods.

Use nonfat or low-fat milk and dairy products daily.

Serve more fish, especially oily fish that is broiled or baked.

Reduce salt.

Other Healthy Options

OK, fruits and veggies are on your shopping list. What else? Consider adding these staples:

Meats and beans: Fish (fresh and frozen, also canned light tuna and salmon); lean chicken and turkey (no skin); lean hamburger and beef; pork chops. Non-meat choices include soy products, dried beans, nuts and seeds.

Grains and cereals: Whole-grain bread, tortillas, pasta, cereals, oatmeal, brown rice, bulghar (cracked wheat), barley, and quinoa.

Dairy and eggs: Low-fat or nonfat dairy products, including milk, yogurt, cheese, and calcium-fortified soy milk.

Follow a Healthy Path in the Store

If you shop in a grocery store, focus your shopping on the store's outer aisles. These usually contain the healthiest foods — produce, dairy products, and fresh meat and fish.

Next, move to the inner aisles, where you'll find important items like canned and frozen fruits and vegetables, cereals, sauces, and baking supplies. But those inner aisles also contain more expensive and less healthy prepared foods and snacks. By visiting the inner aisles later in your shopping trip, you reduce the chances that you'll overdo it on snacks and processed foods.

When possible, visit farmers' markets and produce stands in your area for the best

that local growers have to offer. The recent growth in "farm-to-city" groups means that farmers bring their produce directly to you and that more produce stands are now open in local neighborhoods. Food co-ops are another good source of healthy food because these member-run organizations tend to buy organic or pesticide-free produce, and work with local growers to provide the freshest food possible. Health food and specialty stores also can be worth the extra trip to find a wider variety of foods and brands.

Wherever you choose to shop, it pays to know the time of year that your favorite fruits and vegetables are in season. Buying in-season produce is often a bargain in taste and reduced price. But try not to buy more than you can use or store before it spoils.

A good way to teach your kids about seasonal produce is by visiting a farm, orchard, or berry patch where they can pick the fresh goodies themselves.

Choosing and Storing Produce

When you don't pick it off the vine yourself, how do you know produce is fresh? From green beans to cantaloupe, all fruits and vegetables give hints about their ripeness and freshness:

- Choose vegetables that look fresh and colorful. Most should be crisp and firm. Don't buy vegetables such as green beans, for example, if they're limp or showing signs of decay.
- When choosing fruits, avoid bruised pieces, but remember that a perfect exterior doesn't necessarily mean the best quality. The best

cantaloupe, for example, will have a yellowish cast and may be misshapen, but it will smell pleasantly sweet.

Careful storage means that [fresh produce](#) will last longer. Some vegetables will keep in the refrigerator for 2 to 5 days; others, including cabbage and root vegetables, like carrots, will keep even longer. Store potatoes and onions in a cool, dark place for maximum freshness.

Frozen and Canned Fruits and Veggies

Fresh produce is delicious, but frozen and canned fruits and vegetables are convenient. Spoilage is much less of a concern, and high-quality brands will rival fresh produce when it comes to taste and nutrition. One study found that dishes prepared with canned ingredients were just as appealing as ones that contained fresh or frozen produce.

Whether frozen or canned, you'll want to check the label to see what you're buying. Some frozen vegetables, for instance, are packaged with extra salt and fat. Instead, choose products without any sauces or additives. With canned fruits, look for varieties that pack the fruit in juice, not syrup.

And just as you wouldn't buy fruit that's bruised, don't buy a package of frozen vegetables if the bag is ripped or the box is soggy or torn. With canned products, watch out for any can that has a large dent, a swollen appearance, or is leaking.

Make Room for a Treat

As you focus on a healthy lifestyle for your family, you might be tempted to ban snacks and treats. But completely eliminating sweets and favorite snacks can backfire —

if kids feel deprived, they might overeat off-limits foods when they're not home. Instead of taking a hard line or completely giving in, aim for moderation. Try not to talk about "bad foods," and let your kids choose an occasional treat at the grocery store or at home. A child who likes chips and dip, for instance, could choose a lower-fat bag of chips and a jar of salsa at the store. Then when you get home — olé! Put out small bowls of chips and salsa and its snack time!

Reviewed by: [Mary L. Gavin, MD](#)

Date reviewed: November 2014

Lentil and Kielbasa Stew

Ingredients

- 2 tablespoons olive oil
- 2 stalks celery, sliced
- 2 medium carrots, chopped
- 1 medium onion, chopped
- 3 cloves garlic, sliced
- 12 ounces kielbasa, sliced
- 2 cups French or green lentils
- kosher salt and black pepper
- fresh flat-leaf parsley leaves, for serving

How to Make It

Step 1: Heat the oil in a large pot or Dutch oven over medium heat. Add the celery, carrots, onion, and garlic. Cook, stirring occasionally, until softened, 8 to 10 minutes.

Step 2: Add the kielbasa, lentils, 8 cups water, and $\frac{1}{2}$ teaspoon each salt and pepper and bring to a boil. Reduce heat and simmer, stirring occasionally, until the lentils are tender, 35 to 45 minutes.

Step 3: Serve warm sprinkled with the parsley.

Birthday News for February



Chester Community Preschool

CCP1- Mason B. 2/17, Amelia G. 2/2

Pine Street Preschool

Daisy- Brody A. 2/1 and Jaxon S. 2/8
Willow- Julie A. 2/1, Jaxon C. 2/19 and Storm L. 2/2

The Children's Place

Bentley A. 2/20 and Leianny S. 2/23

Staff

CCP2 Teacher-Randi S. 2/16
Willow Teacher Associate-Nicholle V. 2/18
Health & Nutrition Manager-Heather F. 2/25

NEWS FROM THE FAMILY/COMMUNITY/MENTAL HEALTH MANAGER

BARBARA VANDENBURGH

**SEVCA Offers a Free "Ready for Work"
Workshop Series**

Westminster Vermont: Southeastern Vermont Community Action (SEVCA) is providing a free Ready for Work workshop series. These 3 workshops provide training, support, and resources to help participants entering or returning to the workforce. Workshop topics include: creating a resume, customizing a cover letter to fit the job, searching for a job, and tips for a successful job interview.

Workshops are free and are open to all Vermont residents. Sign up for 1, 2, or all 3 workshops. SEVCA provides handouts, resources, and support before and after the workshops. SEVCA also provides a gift card incentive to Vermont residents from Windham and Windsor Counties who attend all 3 workshops.

Courses will be offered on Zoom, an online platform. Additional counseling is available to attendees. **For more information email: dheileman@sevca.org**

Ready for Work Workshop Series - February 2022

- Workshop 1: Resume Writing Workshop 2/01/22 6pm - 7pm
- Workshop 2: Cover letter and Job Search 2/08/22 6pm - 7pm
- Workshop 3: Tips for a Successful Job Interview 2/15/22 6pm - 7pm

Workshop 1: Resume Writing Workshop 2/01/22 6pm-7pm

One of the most important steps in the job search process is writing a solid resume. Participants will learn how to create or update their resume by representing their interests, experiences, skills, and abilities using action keywords, and interpersonal skills words in a clear, readable and noticeable style. Resume support from the

instructor provided before and after the workshop.

Workshop 2: Cover Letters & Job Search 2/08/22 6pm-7pm

Participants will learn how to create and customize a cover letter to introduce themselves

and present their skills and interests based on a job posting. We'll use several online sources to search for open positions, research potential employers, compare options and learn how to apply for a job online.

Workshop 3: Tips for a Successful Job Interview 2/15/22 6pm-7pm

Participants will learn how to prepare for and be successful in job interviews. We'll review tips to prepare for the interview, avoiding common job interview mistakes, promote your skills and interests, learn more about the employer, plus how to follow up after the interview.

SEVCA Offers a Free Workshop Series on Money Management

Westminster Vermont: Southeastern Vermont Community Action (SEVCA) is providing a series of 4 Financial Fitness workshops to provide training, support, and resources to help participants gain control and manage their money. Workshop topics include: creating a personal, workable budget; reducing debt; setting personal goals; modify spending; basics of banking; plus, credit and repair.

Workshops are free to Vermont residents. SEVCA will provide a gift card cash incentive to those Vermont residents affected by Covid who attend Workshops 1,2, and 3. Courses will be offered on Zoom,

an online platform. Additional counseling is available to attendees.

For more information email:
dheileman@sevca.org.

Zoom Workshop dates and time for February 2022:

Workshop 1: Wednesday, February 2: 6pm-7pm

Workshop 2: Wednesday, February 9: 6pm-7pm

Workshop 3: Wednesday, February 16: 6pm-7pm

Workshop 4: Wednesday, February 23: 6pm-7pm

Workshop 1: Take Control of Your Money - Create a Budget

Date: February 2: 6pm - 7pm

Understanding and tracking the details of your financial situation is the start to making better money decisions and building a more secure future. When life situations change, and it often does (job loss, illness, birth of a child, new job, divorce, etc.) it's time to review how to manage your money. This workshop will help you take control of your money by taking the first step by...creating a budget. We'll learn what a budget is, why use it, and create and review a budget step by step.

Workshop 2: Manage Your Expenses - Set Your Goals

Date: February 9: 6pm - 7pm

After creating a budget, the next step is to review the expenses then identify goals. Goal examples are: paying off debts, saving for a car, or building an emergency fund. Creating a plan and taking control of income and expenses helps achieve goals.

We'll look at ways to lower expenses, increase income, what to do with bills you can't pay and using strategies to achieve goals.

Workshop 3: Credit - Tame the Credit Beast

Date: February 16: 6pm - 7pm

Let's face it, using credit to make purchases make life more convenient. But when credit (loans and credit cards) are overused, they become a trap and one of the biggest barriers in reaching financial goals. This workshop reviews credit: The do's and don'ts of credit, how to avoid credit traps and ways to get out of credit card debt. We will learn about "Your FICO Credit Score", how it affects your lifetime of interest rates, how interest impacts monthly payments, and how to improve a credit score.

Workshop 4: Banks and Credit Unions - Protect and Grow Your Money

Date: February 23: 6pm - 7pm

Where money is kept, whether it's in a bank, credit union or under the mattress, does affect finances. This workshop explains the differences between banks and credit unions plus describes the accounts, benefits, and services (and fees) they offer. We will look at checking accounts, debit cards, savings accounts, loans and interest rates, plus strategies to grow and protect money. We'll look at "Instant Cash" payday loans, how to protect your information and Identity theft.

You're Invited

Parents, guardians and families:
Join us to discuss our partnership!



Who?	All Parents/Guardians
What?	Your Journey Together Workshop
When?	Beginning February 1 st
Where?	Zoom
How?	Contact your Family Partner to sign up!

Why?

To begin our partnership around the social and emotional development of your child(ren), as well as their resilience and your own resilience!

We will be utilizing a resource called *Your Journey Together* (YJT for short) to help steer us in a good direction. Life is a journey, and the journey is unique for every family out there. For some families, the journey is "smooth sailing," but for others, obstacles can make the journey difficult to get through. Working together, we want to ensure that parents/guardians/families feel empowered to promote a safe, trusting and healing environment for their child(ren). This YJT resource will help us do just that!

So, we hope that you will join us for this workshop, where we will dive into YJT. Our goal is to ensure the social and emotional well-being of your entire family, and we're eager to help in any way we can. Let's begin this journey together!

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p style="text-align: center;">Kid's Choice</p>	<p>2</p> <p>Breakfast Fruit and Bran Muffin Pears, 1% unflavored milk</p> <p>Lunch Chic' Penne (Whole Wheat Pasta) Brussel Sprouts Peaches 1% unflavored milk</p> <p>Snack Veggiewiches (cucumber slices with ham and cheese in between) Greek Yogurt Ranch Dip 1% unflavored milk</p>	<p>3</p> <p>Breakfast Breakfast Whole Wheat Wrap, with Peanut Butter, Bananas and Blueberries 1% unflavored milk</p> <p>Lunch Turkey Burgers on a Whole Wheat Roll Strawberry Spinach Salad Mangos 1% unflavored milk</p> <p>Snack Ants on a Log (celery, Peanut Butter, Goldfish) 1% unflavored milk</p>	<p>4</p> <p>Breakfast Whole Wheat Pancakes Applesauce 1% unflavored milk</p> <p>Lunch Egg Salad on Whole Wheat Crackers Broccoli Trees Honey Dew 1% unflavored milk</p> <p>Snack Tootie Fruitie Salad Rice Cakes</p>
<p>7</p> <p>Breakfast Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk</p> <p>Lunch Peanut Butter & Jelly on Whole Wheat Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk</p> <p>Snack Whole Wheat Crackers 1% unflavored milk</p>	<p>8</p> <p>Breakfast Whole Wheat Bagel Applesauce 1% unflavored milk</p> <p>Lunch Mediterranean Chicken Whole Grain Yellow Rice Salad with yogurt dressing Cantaloupe 1% unflavored milk</p> <p>Snack Graham Cracker Dippers (dip-banana, raspberries, honey, cocoa powder, avocado), 1% unflavored milk</p>	<p>9</p> <p>Breakfast Sure to Please Eggs & Cheese (shredded cheese, veggies) Peaches 1% unflavored milk</p> <p>Lunch Goulash Whole Wheat Roll Cool Cucumber Sticks Pears 1% unflavored milk</p> <p>Snack Red Grapes Halves Cheddar Cheese Chunks</p>	<p>10</p> <p>Breakfast Whole Wheat Toast with Peanut Butter Honey Dew 1% unflavored milk</p> <p>Lunch Mac & Trees with Ham (whole wheat pasta with broccoli) Cauliflower Strawberries 1% unflavored milk</p> <p>Snack Sam-I-Am Eggs (deviled eggs) Pepper slices</p>	<p>11</p> <p style="text-align: center;">Cook's Choice</p> <p>Early Release</p>
<p>14</p> <p>Breakfast Cold Cereal Cheddar Cheese Chunks Applesauce 1% unflavored milk</p> <p>Lunch Chicken Salad Sandwich on Whole Wheat Bread Spinach/Tomato Wonderful Watermelon 1% unflavored milk</p> <p>Snack Kale Chips, Whole Wheat Crackers, 1% unflavored milk</p> <p>WINDSOR CLOSED</p>	<p>15</p> <p>Breakfast Eggs & Cheese Burrito Blaster (onions, peppers) Pears 1% unflavored milk</p> <p>Lunch Turkey & Stuffing Meatloaf Whole Wheat Bread and Butter Green Beans, Mango 1% unflavored milk</p> <p>Snack Peanut Butter & Apple Wraps 1% unflavored milk</p> <p>WINDSOR CLOSED</p>	<p>16</p> <p>Breakfast Whole Wheat Blueberry Muffins Apricots 1% unflavored milk</p> <p>Lunch Sloppy Farmer Joes on Whole Wheat Roll Garden Party (tossed salad) Peaches 1% unflavored milk</p> <p>Snack Whole Wheat Goldfish Pepper Slices</p> <p>WINDSOR CLOSED</p>	<p>17</p> <p>Breakfast Strawberry Oatmeal Cups Mixed Fruit 1% unflavored milk</p> <p>Lunch Chicken Noodle Soup Cool Cucumbers Perfect Pineapple 1% unflavored milk</p> <p>Snack Cottage Cheese Celery Sticks</p> <p>WINDSOR CLOSED</p>	<p>18</p> <p>Breakfast Whole Wheat English Muffins Blueberries 1% unflavored milk</p> <p>Lunch Hawaiian Sliders on whole wheat roll Honey Cinnamon Carrots Oranges 1% unflavored milk</p> <p>Snack Cheddar Cheese Cubes Strawberries</p> <p>WINDSOR CLOSED</p>
<p>21</p> <p>Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk</p> <p>Lunch "Say Cheese" Grilled Ham & Cheese on Whole Wheat Tomato & Pumpkin Soup Apricots 1% unflavored milk</p> <p>Snack Bananas in a Sleeping Bag (banana wrapped in whole wheat tortilla)</p> <p>PSP and CCP CLOSED</p>	<p>22</p> <p>Breakfast Whole Wheat Bagel Honey Dew 1% unflavored milk</p> <p>Lunch Ground Turkey Chili Cauliflower Whole Wheat Roll Grapes 1% unflavored milk</p> <p>Snack Strawberries 1% unflavored milk</p> <p>PSP and CCP CLOSED</p>	<p>23</p> <p style="text-align: center;">Teacher's Choice</p> <p>PSP and CCP CLOSED</p>	<p>24</p> <p>Breakfast Cold Cereal Peaches 1% unflavored milk</p> <p>Lunch Chicken & Whole Grain Rice Soup (carrots, onion, celery) Carrot Sticks All Mixed Up Fruit Medley 1% unflavored milk</p> <p>Snack Yogurt Dip with Cucumber Sticks 1% unflavored milk</p> <p>PSP and CCP CLOSED</p>	<p>25</p> <p>Breakfast Humpty Dumpty Eggs (Scrambled eggs with veggies) Bananas 1% unflavored milk</p> <p>Lunch Meatball Subs/Whole Wheat Roll Shredded Cheese Garden Party (Tossed Salad) Pears 1% unflavored milk</p> <p>Snack Fruit Medley Whole Wheat Crackers</p> <p>PSP and CCP CLOSED</p>
<p>28</p> <p>Breakfast Cold Cereal Cottage Cheese, Peaches 1% unflavored milk</p> <p>Lunch Ham & Cheese on Whole Wheat Bread Romaine Lettuce/Tomato Wonderful Watermelon 1% unflavored milk</p> <p>Snack Middle of the Road Rascals (celery, whole wheat animal crackers, peanut butter) 1% unflavored milk</p>			<p>This institution is an equal opportunity provider.</p>	<p style="text-align: center;">Menu Subject to Change</p>


Monday

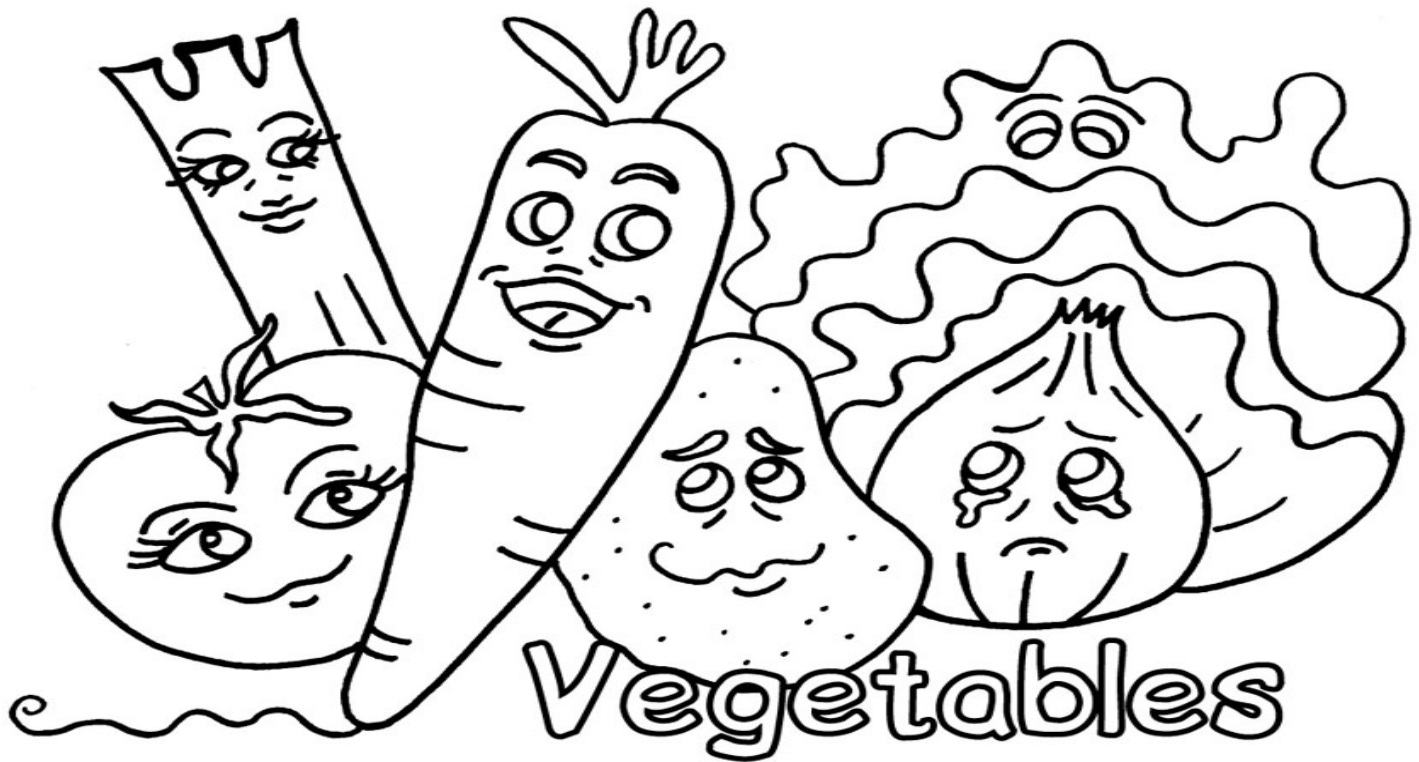
Tuesday

Wednesday

Thursday

Friday

	<p>1</p> <p>Kid's Choice</p>	<p>2</p> <p>Breakfast Cold Cereal Peaches Cottage Cheese 1% unflavored milk</p> <p>Lunch Turkey & Cheese Wraps (whole wheat wrap) Celery Sticks Oranges 1% unflavored milk</p> <p>Snack Veggiewiches (cucumber slices with ham and cheese in between) Greek Yogurt Ranch Dip 1% unflavored milk</p>	<p>3</p> <p>Breakfast Whole Wheat Bagels with Cream Cheese Mixed Fruit 1% unflavored milk</p> <p>Lunch "Lunchables" (Ham, whole wheat crackers, cheese) Broccoli Trees Apple Slices 1% unflavored milk</p> <p>Snack Ants on a Log (celery, Peanut Butter, Goldfish) 1% unflavored milk</p>	<p>4</p> <p>Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk</p> <p>Lunch Tuna Salad on Whole Wheat Pita Lettuce/Tomato Cantaloupe 1% unflavored milk</p> <p>Snack Tootie Fruitie Salad Rice Cakes</p>
<p>7</p> <p>Breakfast Cold Cereal Clementine Oranges 1% unflavored milk</p> <p>Lunch Chicken Little Chicken Salad Whole Wheat Bread & Butter Carrot Sticks & Hummus 1% unflavored milk</p> <p>Snack Whole Wheat Crackers 1% unflavored milk</p>	<p>8</p> <p>Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk</p> <p>Lunch Tomato Soup Cheese Chunks Whole Wheat Crackers Watermelon 1% unflavored milk</p> <p>Snack Graham Crackers 1% unflavored milk</p>	<p>9</p> <p>Breakfast Whole Wheat Bagel with Cream Cheese Cantaloupe 1% unflavored milk</p> <p>Lunch Say "Cheese" & Ham on Whole Wheat bread Grape tomato halves Mango 1% unflavored milk</p> <p>Snack Red Grapes Halves Cheddar Cheese Chunks</p>	<p>10</p> <p>Breakfast Scrambled Eggs Burst of Blueberries 1% unflavored milk</p> <p>Lunch Tuna Salad whole wheat pita Applesauce 1% unflavored milk</p> <p>Snack Pepper slices Hummus 1% unflavored milk</p>	<p>11</p> <p>Cook's Choice</p> <p>Early Release</p>
<p>14</p> <p>CLOSED</p>	<p>15</p> <p>CLOSED</p>	<p>16</p> <p>CLOSED</p>	<p>17</p> <p>CLOSED</p>	<p>18</p> <p>CLOSED</p>
<p>21</p> <p>Breakfast Cold Cereal Apple Slices 1% unflavored milk</p> <p>Lunch Turkey and Cheese Wraps (whole wheat) Spinach/Tomato Wonderful Watermelon 1% unflavored milk</p> <p>Snack Triscuits Cheese 1% unflavored milk</p>	<p>22</p> <p>Breakfast Whole Wheat Bagel with Peanut Butter Apricots 1% unflavored milk</p> <p>Lunch Chicken Salad Sandwich on Whole Wheat Bread Garden Salad Oranges 1% unflavored milk</p> <p>Snack Peanut Butter & Apple Wraps</p>	<p>23</p> <p>Teacher's Choice</p>	<p>24</p> <p>Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk</p> <p>Lunch Cheese Quesadilla Mixed Fruit Celery Sticks 1% unflavored milk</p> <p>Snack Cottage Cheese Blueberries</p>	<p>25</p> <p>Breakfast Peanut Butter on Whole Wheat Mandarin Oranges 1% unflavored milk</p> <p>Lunch Tuna Salad Whole Wheat Bread & Butter Strawberry Spinach Salad 1% unflavored milk</p> <p>Snack Mixed Fruit Salad 1% unflavored milk</p>
<p>28</p> <p>Breakfast Cold Cereal Peaches 1% unflavored milk</p> <p>Lunch Turkey & Cheese on Whole Wheat Spinach/Tomato Cantaloupe 1% unflavored milk</p> <p>Snack Bananas in a Sleeping Bag (banana wrapped in whole wheat tortilla)</p>				<p>This institution is an equal opportunity provider.</p>



- Vegetables contain vitamins and minerals that help your child grow and stay healthy.
- It is common for children to dislike or refuse some vegetables. Encourage them to try vegetables and eat them yourself.
- Vegetables may be fresh, frozen, or canned. Choose canned vegetables labeled as “reduced sodium” or “no-salt-added”.

Roasted Roots Recipe

Ingredients

- 1/3 cup raw carrot, diced
- 1/2 cup raw parsnip, diced
- 1 ¼ cups raw sweet potato, diced
- 1/2 cup raw turnip, diced
- 1/2 cup raw rutabaga, diced
- 5 teaspoons olive or vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions

- Preheat oven to 400 °F
- Cut vegetables into ½ inch pieces
- Toss with olive and season with salt and pepper
- Spread single layer on a sheet pan and bake for 45 minutes, stirring every 15 minutes, until roasted and soft
- May be served hot or cold (tastes sweeter when it is roasted then refrigerated)

WIC APPROVED ACTIVITY

Today your child learned about vegetables and colored this picture for you to post on your refrigerator. To get credit for this WIC Approved Activity, call your WIC Office at **289-0600/295-8820** and let us know