

SEVCA Head Start Newsletter

Monthly Newsletter for September/October 2023



From the Desk of the Director . . .

Welcome to the 2023-2024 Program year! We are very excited to start off the new program year with still allowing parents and volunteers to come into our buildings. We will be closing our centers if there are reported COVID cases, but otherwise we welcome you to join us for events when you can.

As most of you may have heard, our Chester Community Preschool center was flooded with the July rains. The entire basement was filled with 4 feet of water, so we had to remove everything and rebuilding. Jerry Ucci, owner of Landscape Solutions, is the contractor that is renovating the space for us. We are so lucky to have Jerry and his crew to do this work for us and get us to a point where we are able to still open for the first day of school which was 9/5/2023. A HUGE THANK YOU to Jerry!

The Northwood's Head Start center has not been able to open due to not having enough staff. We are still looking for a licensed teacher (we are now offering a \$1500 sign-on bonus!), as well as a teacher associate and cook. If you know of anyone who might be interested in these positions, please have them contact me at lcanfield@sevca.org.

Chester Community Preschool and the Children's Place Preschool are opening fully staffed...yahoo! We would like to welcome Andrea Moffitt as the teacher associate for CCP2 and Miriam Collins as the teacher assistant for the Children's Place Preschool. Meagan Hannigan has transferred to CCP1, as she formerly worked at the Children's Place Preschool. Pine Street Preschool is still looking for a teacher associate for the Daisy Room. If you know of anyone interested, please have them contact lcanfield@sevca.org. Jen Tucker has returned to PSP as the lead teacher for the Daisy Room. We would also like to welcome Tera Murray as the new Food Service Provider for PSP and Alec Benoit as the Safety/Maintenance Coordinator. Welcome everyone and here's to a great new program year!

All centers will be scheduling Parent Meetings, during the month of September. Each **Parent Group** will elect two parents from each center to be members of the **Policy Council**. The Policy Council is a group of parents and community members that help plan, approve and provide guidance for our Head Start program. The meetings are held the third Wednesday of each month from 9:30-11:00, via Zoom. If you are interested in being part of the Policy Council, please let your Parent Group know so you can be elected to Policy Council! Our first meeting will be on Wednesday, September 27, 2023.

Enjoy the lovely fall!

Lori Canfield

Head Start Director



Please Allow Us To Introduce Ourselves

The Head Start Management Team/Office:



Lori Canfield, Head Start Director

I have been involved with Head Start for 34 years. I have a Bachelor's degree in Early Childhood Education. I have a great passion for the program and feel that we are able to make a difference in the lives of the children and parents we work with. Some of my favorite things include: reading, baking, spending time with my 4 grandchildren, Lilly, Hunter, Julian and Moxley, traveling and camping with my husband and family.



Barbara Vandenburg, Family/Community/Mental Health Services Manager

Hi! I am Barb Vandenburg. I have been with SEVCA Head Start for many years. I am the Family/Community /Mental Health Manager for the program. I have a Master's Degree in Rehabilitation Counseling, and a BA in psychology. I am married with two adult children, and a 3½ year-old granddaughter, and a grandson on the way in February! I enjoy gardening, camping and spending time with my granddaughter. I also teach people how to paint at paint and sip workshops. I am so happy to have families back in our buildings this program year! Welcome!!



Heather Frye, Health and Nutrition Services Manager

My name is Heather Frye; I am the Health and Nutrition Services Manager at SEVCA Head Start. This is my 17th year with the program. My son attended SEVCA Head Start in 2004; he graduated and I just couldn't leave! I graduated from Castleton State College with a Bachelor's Degree in Elementary Education with a Concentration in Early Childhood Education. I live in Cavendish, VT with my husband of 29 years, and we've recently become empty nesters. I have 2 sons, one who just got his first apartment and my oldest son and his family live in Weare, NH. My oldest son got married in June this year. I am the Grammie to my 8-year-old granddaughter, Paisley, my 4-year-old grandson, Jaxon and are expecting baby Lainey Grace in October. We have a 6-year-old yellow lab named Wesson. I enjoy spending time with my family and friends, watching my grandchildren grow and learn, crafting, craft fairs, watching NASCAR, travelling, taking cruises and camping, as well as riding the trails in our side-by-side.



Jodi Farashahi, Education & Disabilities Manager

I am a married mother of a 24-year-old daughter, a 16-year-old son, and a 11-year-old daughter. We live in Marlborough, New Hampshire. I received my bachelor's degree in Psychology, with a focus in Child Development. I also have my early childhood educator license in the state of Vermont. Before taking this position in November of 2006, I was a Head Start teacher for four years. In my "spare time" I also coach cheerleading for

Northern Lights All Stars~ GO HEAD START!!



Rosalie Worden, Administrative Assistant

My name is Rose Worden and this is my 8th year at SEVCA Head Start! My favorite times are spent with family and friends. The ocean calls me so as much as possible I stroll the beach with my husband of 17 years. Other favorites include music, reading and

watching my favorite football team, The Green Bay Packers!



Marilyn Gabriel, PhD- Mental Health Consultant

Marilyn Gabriel, PHD, LICSW is our mental health consultant. She visits all the classrooms in the fall and is available to consult with teachers and staff regarding the needs of students. She sometimes attends staff meetings and has presented training to staff and parents over the years. If staff or parents have special concerns regarding the child's mental health and development, she is available to support referrals, treatment planning, and evaluation.



Lara Peck, Registered Dietitian

Lara has been employed as a dietitian and diabetes educator for the past 20 years. She has been working in the area of nutritional counseling for individuals and group programs for a good part of that time. Most recently Lara has been trained as a wellness/health coach. Lara really enjoys helping individuals make lifestyle changes to improve their overall health. Her practice areas of interest span the life cycle and include diabetes education, chronic disease management and wellness coaching.



Alec Benoit, Safety & Maintenance Coordinator

My name is Alec Benoit and I am the new Safety and Maintenance Coordinator here at Head Start. I just need to make sure the buildings and playgrounds are clean and safe for the kiddos who come here to learn and have fun. I'm a big nerd at heart with hobbies ranging from Magic the Gathering and model kits to leather and wood working.

Chester Community Preschool

CCP#1



Jodie Peebles, CCP#1 Lead Teacher/Center Manager

My name is Jodie Peebles and this is my thirteenth-year teaching at the Chester Community Preschool. I live in Chester with my children and my dog Rosie. I have my Bachelor's Degree in Early Childhood Education from Granite State College. I recently obtained my Vt. Teaching License in Early Education. This summer I earned my certificate as a Life Is Good Playmaker through their Playmaker University. I am so excited to use all of these activities with the children in my program to spread more joy! When I am not working I enjoy walking, hiking, reading, baking, watching my son's sporting events and spending time with my family. My favorite summer activity is spending as much time as possible at the beach! I am excited to have the opportunity to get to know the new children and families that are joining our program. I am looking forward to seeing the returning children to see how much they have grown over the summer! I love being a part of this amazing preschool and enjoy every day that I spend with the children and their families.



Karie Stevens, CCP#1 Teacher Associate

Hello families! My name is Karie Stevens. I live in Springfield Vermont with my husband, 2 children and dog Duke. We live on a farm with horses! I have been working with SEVCA for two years and have also been on various Boards throughout SEVCA over the last 7 years! I enjoy reading, being outside, and spending time with my family.



Meagan Hannigan, Windsor Teacher Assistant

Welcome to or back to Head Start! It is a pleasure to have you here. I am so excited to get to know you throughout the year. My name is Meagan Hannigan. I am the Assistant Teacher for CCP1. I wanted to start off the year by allowing you to get to know a little more about me. I have been with Head Start for a year and a half. I started off at our Windsor center and now I am here at our Chester center. I currently live in Springfield Vermont. I am also a Head Start parent to a four-year-old daughter. We have one cat. In our free time we like to swim, read, go to fairs, and spend time together. It is going to be a wonderful year and thank you for getting to know me.

CCP#2



Randi Spittle, CCP#2 Lead Teacher

Hello, my name is Randi Spittle. This is my 5th year working at CCP and my 3rd year lead teaching. I am so excited to get to know all of the kids and families this year and welcome them into the building! My husband Ryan and I have three boys who are 9, 12, and 14 years old. I enjoy spending time outside, camping, and doing DIY projects. Over the past 11 years I have had experience teaching in a preschool as well as being a para in a Kindergarten classroom and working with intensive needs children. We are so excited to start our new school year! Our theme is All About Me and our classroom. This month our focus is on learning about each other, our families, and our new school environment. Children will get to explore new art materials and learn how to use them with lots of fun projects. Every month we will be doing fun nutrition projects; this month we will be making fruit rainbows to help us talk about colors and weather. We will be reading some new books like "Llama, Llama Misses Mama" and "The Kissing Hand". We will also be learning about shapes and where we can find them in the classroom and in our community.



Andrea Moffit, CCP#2 Teacher Associate

Hello! My name is Andrea Moffit. This is my first year at CCP as an associate teacher and I couldn't be more excited! For the last two years I have worked as a Para and loved being in the classroom. I can't wait to get started and work alongside such an amazing team. In my free time I enjoy crocheting, reading, and spending time with my family and friends. I'm excited to get this year started!



Briana Starinkok, CCP#2 Teacher Assistant

Hello! My name is Briana Starinkok. I am 20 years old and a 2021 graduate of Green Mountain Union High School. I was born and raised in Chester with my parents and two sisters. This will be my third year working for SEVCA at Chester Community Preschool but my first official year in CCP 2! I am ecstatic to be able to have the opportunity to get to know you and your child(ren) and families in the upcoming school year. Here's to an outstanding school year ahead of us!



Vanessa Heybyrne, CCP Food Service Provider

Hi I am Vanessa and I am the cook in Chester. This is my 6th year cooking for the preschool. I am originally from Long Island NY but have lived in Vermont for 16 years now with my husband and four kids ages 17, 14, 12 and 9 who all attended CCP! In my free time I like to bake, read, and thrift shop. Looking forward to meeting you and cooking for all the kids!



Katie Murphy, CCP Family Partner

Hello my name is Katie Murphy. I am the Family Partner at the Chester Community Preschool. I live in Chester with my husband and our 3 children, Liam, Maya, and Silas. We have 2 dogs, Buddy and Luna, and cat named Bougie and a new kitten Maggie. When I am not working I enjoy reading, spending time with family, swimming, and traveling. This is my ninth Program Year with Head Start in the Family Partner role and I could not imagine doing anything else! I represent Chester as a member of the Green Mountain Unified School District Board of Directors. I find this is a great way to be involved in my community and the education of all of our children. I also participate in the Building Bright Futures Springfield Area Regional Council meetings. Each year I try to find more ways to engage within the community and get our program known. If you have any additional ideas on community engagement please

let me know! I am looking forward to getting to know all of you, not only as parents, but as individuals. You will find details regarding Family Engagement activities and other events posted on our CCP Family-Partner Facebook page.

My contact information is as follows should you have any questions or need to chat at any time this year.

Phone: (802) 460.0297

E-Mail: kmurphy@sevca.org

Facebook: CCP Family-Partner (send me a friend request)

Website: www.sevcaheadstart.org

Don't forget to like us on Facebook: SEVCA Head Start

Pine Street Preschool

Daisy Room



Jen Tucker, Daisy Room Lead Teacher/Site Director

HI! I am Jen Tucker, Lead Teacher at Pine Street Preschool Daisy Room. Lauren has moved on to another adventure. I have been with Head Start for 16 years this year. I have my Bachelor's Degree in both Psychology and Early Education and also have my Teaching License. In my free time, I love to read, camp and hang out at the pool in the summer. I live in North Springfield. My daughter lives with me. My son lives with his girlfriend in Chester and in March I will be a Gigi. I can't wait to meet my Grandson Ryder. I am so looking forward to getting to know you and your children! The month of September we will be learning all about your children and your families. October will be exploring the Human body and community helpers. Feel free to reach out to me for any concerns.

TBD, Daisy Room Teacher Associate

If you know anyone, send them our way!



Felicia Rowe, Daisy Room Teacher Assistant

I have been here at Head Start for eight plus years and am working on getting my Associate's Degree. I have a husband and five children. Some of my favorites include: camping, family time, "Tiny House", riding four wheelers, the ocean, doing things outside, playing games, movie time and cooking.

Willow Room



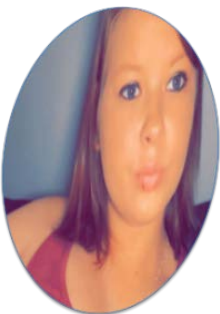
Ruby Tumanda, Willow Room Lead Teacher

Hello friends! I am Ms. Ruby and I am the Lead Teacher in the Willow room. I have been working for Head Start for 3 years. I have received my B.A. in Elementary Education. At home, I live with my husband and beautiful cats. I love to sing, play the guitar and keyboard, travel, create videos, go camping, and spend time with my family, friends, and my work family.



Nicholle Veysey, Willow Room Teacher Associate

Hello Everyone! My name is Nicholle Veysey. This is my 6th year teaching at Pine Street Preschool and this year I am the Teacher Associate in the Willow Room. I have early childhood education courses through the Community College of Vermont. I have a 9-year-old daughter Cassadee that is my world. I have been with my partner Mat for 7 years and he has 3 additional children Leia, Jordan, and Aaron. We have a dog named Jax. As a family we love to go to amusement parks, go camping, swimming, to the beach, and we really enjoy making spontaneous day trips to various destinations. In my free time I truly love to play bingo and go to concerts! I look forward to getting to know and build relationships with all the family and kids this year!



Sadie O'Brien, Willow Room Teacher Assistant

I'm the Teacher Assistant in the Willow Room and I'm excited to see everyone! Going to the beach, camping, listening to music, going to the fairs and spending time with my family are some of my favorite things to do! This will be my fourth year with SEVCA Windsor County Head Start.



Tera Murray, PSP Food Service Provider

Hi, my name is Tera Murray. I am the new Food Service Provider at Pine Street Preschool. I've been working in food service, in some capacity for at least 15 years. In my spare time, I enjoy acting.



Lindsay DeCell, Family Partner/Center Manager

Hello my name is Lindsay DeCell. I am the Family Partner at Pine Street Preschool. I live in Chester with my family, Sarah 25, Hannah 16, Matt 15, Dylan 13, Khloe 13, my partner Will, and our two dogs, two cats & a Chickadee in a pear tree. 😊 I enjoy reading a good book, spending time with my family, playing board games, and gardening. I love traveling to Colorado to spend time with family out there too.

This is my 9th program year working for SEVCA Head Start but I have been with SEVCA since 2011 in a few different areas. My children all attended the Head Start program at the Chester Community Preschool. This is where I fell in love with Head Start. I received my Associate's Degree in Human Services from the Community College of Vermont. I am embarking on a new journey to get my Bachelor's degree in Human Services with a focus in Children and Families at University of New Hampshire. I look forward to getting to know all of the children and families joining us this year. We have a Pine Street Preschool Family Partner Facebook page. I will post on that page details about Family Engagement activities and other events in our community. We also have a SEVCA Head Start Facebook page and SEVCA Head Start website.

Here are the ways to contact me if you have any questions or need to chat this year.

Office Phone: 802.460.1285

Email: Ldecell@sevca.org

Facebook: Pinestreet Family-Partner (Send me a Friend Request)

Website for more details about our program: www.sevcaheadstart.org

WRJ Head Start (Northwoods)

TBD, WRJ Lead Teacher/Center Manager

If you know anyone, send them our way!



Michohn Parmenter, WRJ Teacher Associate

Hello Head Start families! It's hard to believe summer's over and another school year is upon us! I feel like we were gypped this summer with all the rain!

My Name is Michohn Parmenter and I'm a Teacher Associate. I've been with Head Start off and on now since 2007! (feels like forever) I'm a mom of 6! (3 Sons and 3 Daughters...

I have my own Brady Bunch) and a Nene to 2 beautiful granddaughters! 😊 In my spare time I love hanging out with my family and my 2 bulldogs (Shelby and Nash). I love watching a good movie or series and going to the beach any chance I get! I can't wait to see what's in store for the new school year, I look forward to getting to know you and your child/ren!

TBD, WRJ Teacher Assistant

If you know anyone, send them our way!

TBD, WRJ Food Service Provider

If you know anyone, send them our way!

Windsor Head Start (Children's Place)



Susan Brown, Windsor Lead Teacher/Center Manager

I am happy that I will be working with you and your child. I am married and live in Chester, VT. I have 3 adult children, my husband has 2 adult children, and I have 3 grandchildren! I have 11 hens and 4 cats! I have been teaching for some time and still find this profession the BEST. I have BA degree in Liberal Arts with a concentration of child development and childhood trauma. I have been involved with several organizations such as National Alliance on Mental Illness, Autism Awareness and Children with Attention

Deficit Disorder. I am a lifelong learner. I love to learn about animals, child development, cultures, flowers; anything really. I also have a nutritional background and love to cook. I enjoy creating spaces for children to learn, feel safe and be curious about our natural world. I like to share information about creatures and their importance to our world. I also include cultures around the world in our monthly themes. My favorites hobbies include: cooking, working in the garden, planting food and flowers, crafts, painting, quilting and walking in the woods. My favorite places to be is at the beach, in the woods and in the garden. I welcome you to our classroom where your child can explore, grow and most of all have fun. Welcome to the 2023-2024 school year.



Denise Kingsbury, Windsor Teacher Associate

Hello friends! This is my ninth year with our Head Start program, and my second year at our Windsor school! I have my Associate's degree in Early Childhood Education, my Bachelor's degree in Early Childhood Education Leadership, and I will be crossing the finish line soon for my official Vermont Teaching License. This past year I got married to my partner of 11+ years, Dylan. During my summer I have been busy gardening and keeping up with my two mischievous cats, Daisy and Willow. I am looking forward to the new year and meeting everyone!



Miriam Collins, Windsor Teacher Assistant

Hi there! My name is Mimi and I am a mommy of 2 beautiful children, I used to live in California before I moved to Vermont and I love it here; especially all the seasons! My favorite colors are purple, green and orange! I have 2 dogs, 3 turtles, 4 chickens and 5 cats! I think it's safe to say that I love animals. I love trying different types of food, but if I had to choose my absolute favorite food, it would have to be Tamales that my mom makes. My favorite drinks of all time are coffee, Dr. Pepper and water. So excited for this upcoming year; I have a feeling it is going to be a great one!



Rhiannon Larsen, Windsor Food Service Provider

My name is Rhiannon and I am the cook at the Windsor Head Start. My goal is to help students foster a positive lifelong relationship to food, through learning where our food comes from, exploring different cultural recipes and learning age appropriate cooking skills.



Jessica Parmenter, WRJ and Windsor Family Partner

Hello Head Start families! My name is Jessica and this is my first year at Head Start. I recently graduated from Castleton University with my Bachelor's degree in Social Work. I have two adorable dogs who are very spoiled that take up a lot of my free time. I like to travel, spend time with my family, and squeeze in a good nap when I can. I'm excited to begin this school year with you all!

ACT NOW TO KEEP YOUR HEALTH COVERAGE

Coming in April 2023

Renewals will start for Vermonters who receive:

- Medicaid and Dr. Dynasaur
- VPharm
- Medicare Savings Program
- Disabled Children's Home Care
- Healthy Vermonters program.



What does this mean for you?

- Make sure your contact information with us is up to date.
- We will contact you when it is time to renew your Medicaid coverage. Watch your mail!
- Many Vermonters who can't get Medicaid may be able to get a plan for less than \$25 a month through Vermont Health Connect.

It's important you have all the information!

Scan this QR code



UPDATE YOUR CONTACT INFORMATION TODAY!



www.dvha.vermont.gov/unwinding



1-855-899-9600



www.VermontHealthConnect.gov/find-local-help/find

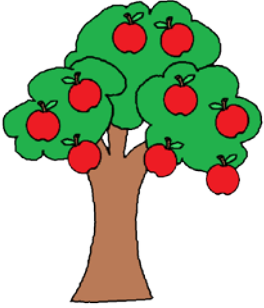
Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 Breakfast Cold Cereal Cheddar Cheese Chunks Applesauce 1% unflavored milk Lunch Chicken Salad Sandwich on WGR Bread Spinach/Tomato Wonderful Watermelon 1% unflavored milk Snack Kale Chips WGR Crackers</p>	<p>3 Breakfast Mango Smoothie Bowl 1% unflavored milk Lunch Pizza with Ground Turkey Pizza Green Beans Cantaloupe 1% unflavored milk Snack Peanut Butter & Apple Wraps 1% unflavored milk</p>	<p>4 Breakfast Scrambled Eggs Blueberries 1% unflavored milk Lunch Sloppy Joes on WGR Roll Garden Party (tossed salad) Peaches 1% unflavored milk Snack WGR Goldfish Pepper Slices</p>	<p>5 Breakfast Oatmeal Mixed Fruit 1% unflavored milk Lunch Oodles of Noodles Turkey Rolls Cauliflower Bananas 1% unflavored milk Snack Cottage Cheese Celery Sticks</p>	<p style="text-align: center;">CLOSED</p>
<p style="text-align: center;">CLOSED</p>	<p style="text-align: center;">CLOSED</p>	<p>11 Breakfast WGR English Muffin Watermelon 1% unflavored milk Lunch Turkey Meatloaf WGR Roll Green Beans Pineapples 1% unflavored milk Snack WGR Crackers Cheddar Cheese Chunks</p>	<p>12 Breakfast WGR Pumpkin Squares Applesauce 1% unflavored milk Lunch Pasta Salad (Chopped Veggies & WGR pasta) Cheddar Cheese Turkey Rolls Pears 1% unflavored milk Snack Make your Own Funny Face Rice Cakes (fresh fruit, or veggies on a rice cake) 1% unflavored milk</p>	
<p>16 Breakfast Cold Cereal Blueberries 1% unflavored milk Lunch Tuna on WGR Spinach/Tomato Mandarin Oranges 1% unflavored milk Snack Carrot Sticks 1% unflavored milk</p>	<p>17 Breakfast Spiced Oatmeal Mighty Mangos 1% unflavored milk Lunch Pizza Burger on WGR Bread Go for It Green Beans Peaches 1% unflavored milk Snack Banana Hard Boiled Egg</p>	<p>18 Breakfast WGR Bagel with peanut butter Strawberries 1% unflavored milk Lunch WGR Spaghetti and Meat Sauce Broccoli Mixed Fruit 1% unflavored milk Snack Cottage Cheese Pepper Slices</p>	<p>19 Breakfast Crunchy French Toast (WGR bread) Applesauce 1% unflavored milk Lunch Tuscan Grilled Cheese Baked Beans Mixed Vegetables Pears 1% unflavored milk Snack Cantaloupe 1% unflavored milk</p>	<p>20 Breakfast WGR English Muffins with Peanut Butter Mixed Berries 1% unflavored milk Lunch Turkey and Beef Macaroni Cauliflower Watermelon 1% unflavored milk Snack Fresh Veggies & Creamy Dip Honey Dew</p>
<p>23 Breakfast Cold Cereal Low Fat Yogurt Mandarin Oranges 1% unflavored milk Lunch Ham It Up WGR Pita Lettuce/Tomato Strawberries 1% unflavored milk Snack Cottage Cheese Apple Slices</p>	<p>24 Breakfast WGR Toast Burst of Blueberries 1% unflavored milk Lunch Turkey Tacos Cantaloupe 1% unflavored milk Snack Snap Peas Wheat Thins</p>	<p>25 Breakfast Banana Bread Squares Pears 1% unflavored milk Lunch Chic' Penne Brussel Sprouts Watermelon 1% unflavored milk Snack Veggiewiches (cucumber slices with ham and cheese in between) Greek Yogurt Ranch Dip 1% unflavored milk</p>	<p>26 Breakfast Breakfast WGR Wrap, with Peanut Butter, Bananas and Blueberries (make your own) 1% unflavored milk Lunch Turkey and Noodles WGR Roll Strawberry Spinach Salad Mangos 1% unflavored milk Snack Ants on a Log (celery, Peanut Butter, Goldfish) 1% unflavored milk</p>	<p>27 Breakfast WGR Pancakes Applesauce 1% unflavored milk Lunch Egg Salad on WGR Crackers Broccoli Honey Dew 1% unflavored milk Snack Tootie Fruitie Salad Rice Cakes <p style="text-align: center;">EARLY RELEASE</p> </p>
<p>30 Breakfast Cold Cereal Cottage Cheese Burst of Blueberries 1% unflavored milk Lunch Peanut Butter & Jelly on WGR Cheddar Cheese Carrot Sticks Perfect Pineapple 1% unflavored milk Snack WGR Crackers 1% unflavored milk</p>	<p>31 Breakfast WGR Bagel Applesauce 1% unflavored milk Lunch Chicken Alfredo with a Twist Green Beans Cantaloupe 1% unflavored milk Snack Graham Cracker Yogurt</p>	<p style="text-align: center;">This institution is an equal opportunity provider.</p>		<p style="text-align: center;">Menu Subject to Change</p> <p style="text-align: center;">WGR=Whole Grain Rich</p>