

SEVCA Head Start Newsletter

Monthly Newsletter for January 2025



From the Desk of the

Director . . .

Dear Parents & Staff,

Welcome back from the Holiday Break and to the start of a new year! I hope the holidays were joyous and restful.

We are still looking to enroll children for this program year and will start recruiting for the 2025-2026 program year soon! So, if you know of any children that might be interested in attending Head Start please let us know! We still have openings left for this program year.

Our next big project will be the Community Assessment and Self-Assessment. We will be seeking participants for the Self-Assessment (scheduled for March 14th) and asking for you to complete surveys to capture your input for the Community Assessment.

Just a reminder with the winter season upon us... when there is bad weather, please listen to the following radio stations to see if there is school: Q106, 100.5, 92.3 and the following TV Channels: SAPA Channels 8 & 10, and WCAX/WOA Channel 3. We follow the same recommendations as the school district of where the Head Start center is located. If there is a delay, Head Start classrooms will be delayed as well. Child care will remain open. Parents will be called if we close early due to the weather. Please drive safely!

Sincerely,

Lori Canfield

Head Start Director



Winner, Winner!

November In-Kind Winner:

CCP takes the honor of the most In-Kind!
PSP is a close second!

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

Chester Community Preschool:

CCP #1: Kora A. Adelyn C. Ellum N. Arabella U.

CCP#2: Annalin O. Leonardo R. Eleanor R.
Colt W.

Pine Street Preschool:

Daisy Room:

Willow Room:



Important Dates to Remember:

January 1, 2025~ New Year's Day.

Head Start CLOSED. Child Care CLOSED

January 15, 2025 ~ Policy Council/Shared
Governance: 9:30AM

January 20, 2025 ~ Closed for Martin Luther
King Day/Civil Rights Day. Child Care Closed.

January 21, 2025~ In-Service Training Day.
Head Start CLOSED. Child Care CLOSED

January 31, 2025~Early Release, Ed Meeting



Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie, Ms. Karie

As 2024 comes to a close, we are excited to start a new year! This past month, we explored everything gingerbread and winter. We made many activities with gingerbread, gumdrops, and snow. Learned about snow and its many forms through the winter season. We had our visit with Miss Cody from VINS & even got to meet author Marty Kelly! They read us one of their books and even gave all of us a copy to take home! And that wasn't all, we got to attend a field trip to the Heritage Bakery & Deli and decorated our own gingerbread! Our classroom is nothing short of a magical place and has festive lights, snowflakes, and gingerbread galore. We have read many books about gingerbread men, gingerbread babies, gingerbread pirates, and even the gingerbread who got loose in the school! We even had to go on a scavenger hunt through the school to find him! The science center has natural items we have found around our playground and we get to see how it is different from when we found it wet or frozen outside, to what features we see when it has been inside and dries off. And the children's favorite was our dramatic play area as the Gingerbread Café! We have been baking gingerbread and other tasty treats and serving up warm cups of hot cocoa and tea to warm us up when we come in

from playing outside.



We have had a lot of fun with gingerbread and winter, but we are looking forward to taking a leap into Space this month and diving into all things Outer Space!

CCP2

Ms. Randi, Ms. Andi and Ms. Felicia

Happy Holidays! This month we have learned the letters Q, for quilt and C for cookie, which was fitting since our theme has been Gingerbread Man!

We have read lots of fun books this month including different versions of "The Gingerbread Man".

Our projects were all gingerbread related and fun for all. We made the Gingerbread Baby House, we did gingerbread stamping, and we made Gingerbread Fred! The kids will take him home over this weekend to include him in fun activities and adventures with our kiddos and their families.

Our nutrition project this week was a hit, the kids made gingerbread man shaped pizza for lunch!

We have filled our heart jar and will celebrate by having pajama day with hot cocoa. Next week we will be having Family Lunch to kick off Holiday break. It's been a great month! See you in January!!!

Chester Community Preschool Family Partner

Hello Families!

Brrr...it's cold out there!! With heating season in full swing please remember, if you need some help with getting fuel, you can contact SEVCA Family Services to apply for Crisis Fuel. For more information, please contact them at 802.460.1553.

We have just finished up our Positive Solutions Parenting Workshop. I hope to offer one more session in the spring. Please let me know if you are interested in participating. Our December Family Craft was so much fun! Let me know what other ideas you may have for our next meeting! 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

Here is a fun activity to do with your child(ren).

MY YEAR IN REVIEW

Picture of me

HAPPY NEW YEAR!

Name: _____
 Age: _____
 Height: _____
 School: _____

I tried: _____
 I learned: _____
 I loved: _____

MY GOALS FOR THE YEAR

My goal for 2022: _____
 I want to learn: _____
 I want to go: _____
 I want to try: _____

THE BEST OF THIS YEAR

Movie: _____
 Song: _____
 Book: _____
 Toy: _____
 Food: _____

Pine Street Preschool

Daisy Room

Ms. Meagan and Ms. Sarah

Hello everyone, we can't believe December is already over! We hope you all had a great break!

In December we learned all about Gingerbread people and Snowpeople! The kids loved it! We learned about how to make gingerbread and snowmen! We did so many fun activities while learning.

Last month we also transformed our dramatic play area into a bakery. The kids loved decorating the cupcakes, paying with pretend money and making cookies. While the kids got to have a lot of fun pretending to make goodies we also got to make real gingerbread people to have as a yummy snack. As always, the kids enjoyed this so much!

As we welcome the new year, in the month of January we will be learning all about Winter animals. VINS will visit us this month, which we always look forward to! We can't wait to learn about penguins, polar bears and so many more!

Happy new year!

Willow Room

Ms. Ruby, Ms. Alyssa, Ms. Nicholle

Hello friends!

In the month of December, our theme was about Winter. We all enjoyed reading winter books, stories, and singing winter songs. We learned about ways on how to keep ourselves safe in winter. We also learned steps for putting on and taking off snow gear and the importance of keeping ourselves warm, especially when we go outside. We also loved the winter song entitled "Snow Clothes", which is sung to the tune of "If You're Happy and You Know It". We learned that stories can be fiction and non-fiction. Our

friends loved our fiction stories especially the story about "Snowmen at Night" and "The Mitten".

We also had so much fun doing different activities such as making snowflakes,

winter tree finger-painting, making snowman name, and



gingerbread craft. Our friends were curious about how safe eating snow is. In order to find the answer, we gathered some snow from the playground and waited until it all melted. We found out that melted snow from the ground is dirty and everyone had decided they're going to stop eating snow from the ground because it's unsafe. We also learned a lot of ways to stay safe during

winter. Everyone loved our dramatic play area. We turned it into an amazing Igloo Winter café. Our water table looks like a huge cup of hot chocolate with marshmallows.



The kids filled the heart jar and celebrated it by having a pajama party. It's been snowing so everyone had a great time playing in the snow and building snowmen, making snowballs, and snow volcanoes. Everyone had a blast!

Our class voted and in the month of January we will be learning about Animals in Winter!

Wishing you a beautiful holiday season!

News from the Health/Mental Health/Family Services

By Barbara Vandenburg



2025 Crept right up on us!

Some people start the New Year off making a New Year's Resolution. Here is a helpful template for this new year.

Thank you to all the families that were able to complete their Home Visits last month with me.

It has been amazing getting to know each one of you better. This month we will be wrapping up Positive Solutions. Please remember to send your child in with winter gear as they go outside daily weather permitting.

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

Michohn Parmenter
Family Partner
Pine Street Preschool 802.460.1285
mparmenter@sevca.org

this year's resolutions

THIS YEAR I WILL

Start a new habit:

Read a good book:

Learn a new skill:

Go on a visit to:

Break a bad habit:

Look forward to:

Try something new:



Why baby teeth are important

Baby teeth are just as important to children as permanent teeth are to adults. They help a child to eat, talk, and look good.

However, many people feel that it is not worth the effort to look after baby teeth. Nor is it worth fixing them. After all, parents think, the permanent teeth will take their place.

This kind of thinking is understandable. The problem is that we are forgetting one other useful purpose of baby teeth. **Baby teeth keep space in the mouth for the permanent teeth to grow in.** If there is not enough space, the new teeth will grow in crooked, and cavities grow faster around crooked teeth.

Under each baby tooth a new permanent tooth is growing.

At the same time, [extra permanent molars are forming](#) at the back of the mouth, inside the bone.

Front baby teeth become loose and fall out (usually 6 to 7 years, but sometimes as young as 5 years) ahead of back baby teeth (10 to 12 years). This is because the front permanent teeth are formed and ready to grow in first.

https://en.hesperian.org/hhq/Where_There_Is_No_Dentist:Taking_Care_of_Baby_Teeth#:~:text=You%20can%20prevent%20cavities%20in%20children%20by,allowing%20it%20to%20dry%20for%2010%20seconds.

Ask your dentist about using Betadine to help prevent cavities. **DO NOT USE WITHOUT PROFESSIONAL DENTAL ADVICE.**



Post Holiday Blues

- The post-holiday blues refer to feelings of sadness or disappointment following the holiday season.
- Though not much research exists on the post-holiday blues, experts say the feelings are not uncommon.
- To help manage or prevent the post-holiday blues, experts advise connecting with friends and family, scheduling activities in advance, and maintaining healthy habits.

Children's Integrated Services (CIS)

The Springfield Area Parent Child Center (SAPCC) has staff who represent CIS. Any family interested in services, please let your Head Start Teachers, or Family Partner know and we can provide a referral for you.

From SAPCC:

We have a friendly and knowledgeable staff of developmental educators, including a nurse, physical therapist, speech language pathologist, mental health clinician and family support worker.

We will provide home visits or arrange visits at our center or another location to provide a wide

range of supports through our Children's Integrated Services (CIS) and Early Intervention (EI) programs. These programs are free or covered by insurance and are available for families who have:

- A child under 3 with suspected or diagnosed medical conditions or developmental delays.
- A need for family or parenting support, mental health, or preventative nursing services for children under 6.



News from the Education/Disabilities Services Manager

Jodi Farashahi

Happy winter!! Please 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 taking observations for the winter assessment period and planning activities to support their Individual Learning Plans.

Hoping everyone had a wonderful holiday!

January Collage of Pine Street Preschool & Chester Community Preschool



Birthday News for January



Chester Community Preschool

CCP1- Harper W. 1/18

Haisley T. 1/30

CCP2- Lily C. 1/10

Pine Street Preschool

Daisy- Alayah S. 1/04

Laila P. 1/06

Willow- Brent A. 1/10

Staff

Karie S. 1/2 (CCP1's Teacher Associate)

Meagan H. 1/11 (Windsor's Teacher Assistant)

Andrea M. 1/27 (CCP Teacher Associate)

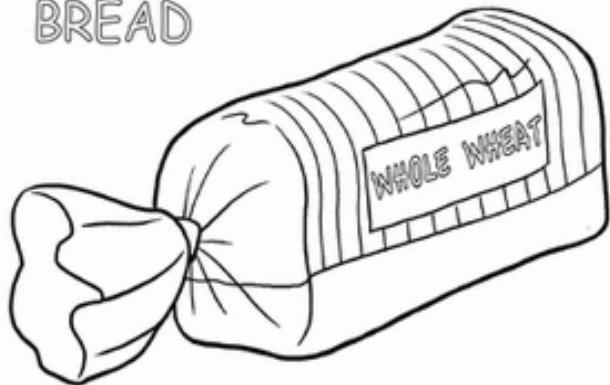
Happy 2025 From SEVCA



Monday	Tuesday	Wednesday	Thursday	Friday
<p>This menu is subject to change.</p> <p>WGR=Whole Grain Rich</p>	<p>This institution is an equal opportunity provider.</p>	<p>1</p> <p>CLOSED</p> <p>(New Year's Day)</p>	<p>2</p> <p>Breakfast Scrambled Eggs Pineapple 1% unflavored milk</p> <p>Lunch Ground Turkey WGR Rice Tomato Cucumber Salad Orange Slices 1% unflavored milk</p> <p>Snack Ham Roll-Ups Goldfish</p>	<p>3</p> <p>COOK'S CHOICE</p> 
<p>6</p> <p>Breakfast WGR Cereal Mandarin Oranges 1% unflavored milk</p> <p>Lunch Turkey and Cheese WGR Pita Cucumbers Blueberries 1% unflavored milk</p> <p>Snack Apple Slices with Peanut Butter</p>	<p>7</p> <p>Breakfast WGR Toast Apricots 1% unflavored milk</p> <p>Lunch Cheese Pizza on WGR Toast Garden Salad Watermelon 1% unflavored milk</p> <p>Snack Cheese Slices WGR Rice Cakes</p>	<p>8</p> <p>Breakfast Hard-Boiled Eggs Mixed Fruit 1% unflavored milk</p> <p>Lunch Ground Beef with Cheese WGR Elbow Pasta Strawberries Green Beans 1% unflavored milk</p> <p>Snack Yogurt Mixed Fruit</p>	<p>9</p> <p>Breakfast WGR English Muffins Mixed Fruit 1% unflavored milk</p> <p>Lunch Ground Turkey Meatballs Gravy WGR Rice Corn 1% unflavored milk</p> <p>Snack Carrot Sticks WGR Wheat Thins</p>	<p>10</p> <p>COOK'S CHOICE</p> 
<p>13</p> <p>Breakfast WGR Cereal Pears 1% unflavored milk</p> <p>Lunch Ham and Cheese on WGR Tortilla Carrot Sticks Bananas 1% unflavored milk</p> <p>Snack Strawberries and Pineapple Yogurt</p>	<p>14</p> <p>Breakfast WGR Oatmeal Muffins Pineapple 1% unflavored milk</p> <p>Lunch Cheese Pizza on WGR Crust Garden Salad Apple Slices 1% unflavored milk</p> <p>Snack Cucumbers WGR Wheat Thins</p>	<p>15</p> <p>Breakfast WGR Toast Mandarin Oranges 1% unflavored milk</p> <p>Lunch Ground Beef WGR Spaghetti Broccoli Honeydew 1% unflavored milk</p> <p>Snack Mixed Fruit WGR Rice Cakes</p>	<p>16</p> <p>Breakfast Scrambled Eggs Peaches 1% unflavored milk</p> <p>Lunch BBQ Chicken WGR Rice Corn Strawberries 1% unflavored milk</p> <p>Snack Celery with Peanut Butter Graham Crackers</p>	<p>17</p> <p>COOK'S CHOICE</p> 
<p>20</p> <p>CLOSED</p> <p>(Civil Rights Day)</p>	<p>21</p> <p>CLOSED</p> <p>(In-Service)</p>	<p>22</p> <p>Breakfast Scrambled Eggs Pineapple 1% unflavored milk</p> <p>Lunch WGR Spaghetti with Beef Meatballs Mixed Veggies Honeydew Melon 1% unflavored milk</p> <p>Snack Celery Sticks with Peanut Butter</p>	<p>23</p> <p>Breakfast Bagels Pears 1% unflavored milk</p> <p>Lunch Baked Chicken WGR Rice Green Beans Bananas 1% unflavored milk</p> <p>Snack Apple Slices Cheese Slices</p>	<p>24</p> <p>COOK'S CHOICE</p> 
<p>27</p> <p>Breakfast WGR Cereal Pears 1% unflavored milk</p> <p>Lunch Ham and Cheese on WGR Tortilla Celery Orange Slices 1% unflavored milk</p> <p>Snack Carrots WGR Wheat Thins</p>	<p>28</p> <p>Breakfast Hard-Boiled Eggs Mixed fruit 1% unflavored milk</p> <p>Lunch Cheese Pizza on WGR Sandwich thin Garden Salad Cantaloupe 1% unflavored milk</p> <p>Snack Teddy Grahams Bananas</p>	<p>29</p> <p>Breakfast WGR Oatmeal Muffins Mandarin Oranges 1% unflavored milk</p> <p>Lunch WGR Macaroni and Cheese Strawberries Carrots 1% unflavored milk</p> <p>Snack Cheese Sticks Cucumbers</p>	<p>30</p> <p>Breakfast WGR Toast Apricots 1% unflavored milk</p> <p>Lunch Turkey Burgers WGR Rice Blueberries Broccoli 1% unflavored milk</p> <p>Snack Yogurt Mixed Berries</p>	<p>31</p> <p>COOK'S CHOICE</p>  <p>EARLY RELEASE</p>

Grains

BREAD



- Make at least half of all grains eaten whole grains.
- 100% whole-grain breads, cereals, rice, and pasta provides nutrients and health benefits.
- Let children select and help prepare a whole grain dish.

Black Bean Quesadillas

Ingredients

- 12 whole wheat tortillas
- 2 cans black beans (15 oz)
- 1 cup of medium-hot salsa
- 1 cup part-skim mozzarella cheese, shredded

Directions

1. Preheat the oven to 400° F
2. Shred the cheese if not already shredded and drain the beans.
3. Put half of the salsa and half of the beans in the food processor and process until creamy. Add the remainder of the whole black beans to the mixture and stir to your liking.
4. Place tortillas on a baking sheet and spread on the bean mixture, then add 2 tablespoons of the shredded cheese.
5. Fold in half and bake for 15 minutes (or until cheese has melted).
6. Cut into wedges and serve with remainder of salsa.

WIC APPROVED ACTIVITY

Today your child learned about grains 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 the recipe on this page.