

SEVCA Head Start Newsletter



Monthly Newsletter for March 2025



From the Desk of the Director . . .

Dear Parents and Staff,

We have finally arrived at the month of March! Wow! How quickly this year has flown by! We are down to a few months left of the program and we still have lots of interesting opportunities coming up.

This month we will be sending out **Parent and Staff Surveys**. We are hoping everyone will take the time to complete the surveys, as your opinion is very important to us. We have created digital surveys to hopefully make it easier for you to complete. If you would prefer a paper copy, please let us know and we will be happy to provide one for you. We will also have the annual **Self-Assessment** which has been scheduled for **March 14th from 9-1:30** at the Head Start Team Offices, located in Windsor. We can't wait to look at the data and see what story it is telling us this year! This is a great opportunity for us to identify what is working well for our program and what needs improvement.

We have developed new recruitment flyers and have started taking applications for Chester and Springfield for next year. If you know of a child that will be 3 by September 1st (or June 1st if you are interested in Child Care), then please send them our way so we can complete an application with them. Lindsay is doing a lot of incentives on helping us with recruitment, so please check out our Facebook page to stay involved! We are very confident that we will be able to fill all of the Head Start slots for 2025-2026.

The Head Start program is celebrating 60 years of being a comprehensive early childhood program. This is no small feat, so we are celebrating as often as we can! We are inviting different programs from the community to come visit us each month so they can see all of the "awesomeness" we do each day. Invitations have been sent out to SEVCA Staff from other departments and to the SEVCA Board. We hope to see you!

We are also working with SAPA TV to develop a video that will highlight our Head Start program. This video will celebrate Head Start being around for 60 years, for this Head Start program being with SEVCA for 25

years and used to recruitment children and staff to our program.

SEVCA is also celebrating the 60-year milestone, so stay tuned for event opportunities for you to come celebrate with us!

We have become a small, but mighty program! We have the most awesome staff that provide meaningful experiences for children and parents.

Our program is in the midst of a lot of changes and we are trying to be as supportive as we can during these challenging times. If anyone has any questions, please feel free to reach out to me or any of the Head Start Managers.

If you have time to stop by your child's center and share a meal it would make your child's day! Please make sure you let the Cook know in advance so enough food can be prepared. We appreciate the dedication of the parents we have in the program this year. Thank you for contributing to the success of our Head Start program!

Happy Spring!
Lori Canfield
SEVCA Windsor County
Head Start
Director

Important Dates to Remember:

March 28, 2025 ~ Early Release/Ed Meeting.
Child Care OPEN.

March 14, 2025 ~ Annual Self-Assessment.

March 20, 2025 ~ Cook's Meeting

March 19, 2025 ~ Policy Council Meeting: 9:30 AM

**March 21, 2025 ~ In-Service Training.
Centers and Child Care are CLOSED.**

In-kind: PSP had the most In-Kind for
January!



Nicely done!

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

Chester Community Preschool:

CCP #1: Luna G. Arabella U.

CCP #2: Fritz W. Colt W.

Pine Street Preschool:

Daisy Room: None this month.

Willow Room: None this month.



Classroom Updates...

Chester Community Preschool

CCPI

Ms. Jodie, Ms. Karie, Sarah

February came and we learned all about Friendship & Kindness! We explored ways to be a good friend and how we can be kind to those around us.

We tied our author study of Mo Willems into this month as well! We read many of his books and learned a lot from our friends Piggy, Gerald, Pigeon, Snake & Duck! They taught us about sharing, being kind, including our

friends, and all the fun we can have with each other.

We learned the letters J & Q along with the number 1. We made our J into a jewel and a Q into a quilt! We cannot wait for families to come and see all the letters we have learned so far! Marble Painted friendship hearts, Heart Name Bugs, and Love monsters were just a few of the crafts we got to make.



We read so many books it is hard to name them all. Some of our favorites were; *Can I Play, Too?*, *Don't let the Pigeon drive the bus & The Love Monster!*

We were visited by Ms. Carrie King from the local library who read a few books and danced with us. We really enjoy our time with Ms. Carrie!

And, we got a visit from Miss Cody from VINS (Vermont Institute of Natural Science) and we learned all about Demolition! Ms. Cody brought 'Brenda the Beaver' who told us about demolition and brought over some blocks and items we could use as 'wrecking balls'. The kids had a blast building towers and knocking them down. We explored the different ways to build the towers and which ways were less stable! So much fun.

We are stepping into March feet first and exploring all things Fairytales and Nursery Rhymes!

CCP2

Ms. Randi, Ms. Felicia

We have been learning about authors for the month of February in CCP2. We have studied the work of Jan Brett and Eric Carle. We discussed the features of each of these authors and what makes them unique.

We read *Brown Bear, Brown Bear, What Do You See* and made bear masks. We created symmetry polar bears after reading *Polar Bear, Polar Bear, What Do You Hear?* Completed some number sentences using Hot Cocoa Math to add marshmallows in two mugs. We made tissue paper seahorses and J for jellyfish.

We read *The Mitten, The Hat and The Snowy Nap* by Jan Brett. We then made crayon resist watercolor mittens and stained-glass mitten suncatchers. We then created a class book Titled *My Mitten Is So Big*. The kids made their own hedgehogs by dipping forks in brown paint. We turned our big letter Q into a quilt.

The dress up area was turned into a skating rink with snow blocks. The kids had a blast skating on the rink. We filled up the jewel jar and celebrated by making snow cones and having a hat day!

We have had so much fun playing in all the fresh snow! For the month of March we will be taking a trip back to the Prehistoric Times to learn about Dinosaurs!!



CHESTER COMMUNITY PRESCHOOL'S FAMILY PARTNER

March is here and in a few short weeks it will be spring! I am looking forward to the warmer weather; warmer weather means the snow will be melting and mud will be forming.

Please remember to continue sending your child with boots as we will be getting outside as much as we can!

Thank you all for your continued participation in our center events such as Parent Meetings and Family Breakfast or Lunch. These events are such a great way to connect with each other and staff. If you have any thoughts on future events, please let me know! Additionally, I know it has been challenging with closings/early closures due to illness and staffing. We appreciate how flexible and understanding everyone has been. If you or anyone you know is interested in subbing please contact Jodi Farashahi at jfarashahi@sevca.org.

We are enrolling now for our 25/26 Program Year. If you or anyone you know are looking for preschool please share our contact information.

Katie Murphy
Family Partner
802.460.0297

kmurphy@sevca.org



Pine Street Preschool

Daisy Room

Ms. Meagan Ms. Sarah

Hi friends! February sure was a cold one! Though the temperatures were cold we were inside celebrating friendship and kindness! We worked on identifying emotions and what happens with our bodies when we are feeling those big emotions! We also talked about what makes a good friend and how to be a good friend!

In March we are transitioning to authors! We are focusing on Mo Willems (Elephant and Piggie), Eric Carrol (The Very Hungry Caterpillar), and Eric Litwin (Pete the Cat). We can't wait to see who will be our favorite author! Any guesses?

Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Alysia



Hi friends! February was such a beautiful month for all of us. This month we learned about Friendship and Kindness. We learned how to be a good friend. We read wonderful

books about friendship. We've also learned ways to manage anger, waiting, and also ways to solve problems.

We did kindness flowers activity, shared how to show kindness to others, and made letters to our friends. We've shown appreciation to our friends and teachers by sharing nice things about them at circle. We also enjoyed singing the song "The More We Get Together" using sign language.

Our friends made a "Here's my Smile" frame as it is one of the ways to make friends happy, showing our beautiful smile.



We turned our dramatic play area as a Café with pastries and ice cream. Everybody loved it. We had a café stand, colorful cups, milkshake cups with straws, some hats for those who are celebrating their birthdays at the cafe, a cute snowman because it's still winter, and a lot more. We did friendship day as a celebration for filling our heart jar.

We will have another exciting topic next month. It's going to be about Authors and Books!

PINE STREET PRESCHOOL'S FAMILY PARTNER



I hope everyone enjoyed their February Break! I saw a Robin the other day, Spring

is near!! I will be hosting a Family Workshop about gardening in March or April. There will be more information about that coming out this month.

I will be starting our 2nd Home Visits towards the middle of March. I will be reaching out individually to set up a time for that meeting. I look forward to meeting with everyone.

In April we will be participating in the Week of the Young Child event as we do every

year. This is a great opportunity to get into the community and celebrate our young children! I will be sending home a flyer for this event once we have more information. Please contact me if you have any questions, comments, or concerns.

Thank you,
Michohn Parmenter
Family Partner

News from the Education/Disabilities Services Manager

Jodi C. Farashahi

The classrooms been some beautiful days outside! As reminder, make sure your child has an extra set of clothes, and their winter gear (snowpants, coat, hat, mittens, snow boots) when they attend school!



have enjoying winter a please that

Here are the child outcomes for the Winter Assessment:

Program Areas of Strength: Physical Gross Motor Development (jumping, kicking, balancing) and Physical Fine Motor Development (small muscles in hands)
Program Areas of Focus: Literacy Development and Mathematics

Children Transitioning to Kindergarten
Areas of Strength: Physical Gross Motor Development (jumping, kicking, balancing) and Physical Fine Motor Development (small muscles in hands)

Children Transitioning to Kindergarten
Areas of Focus: Social/Emotional
Development and Literacy Development

Children with IEPs Areas of Strength:
Physical Gross Motor Development (jumping,
kicking, balancing) and Physical Fine Motor
Development (small muscles in hands)

Children with IEPs Areas of Focus: Literacy
Development and Mathematics

Teachers are now taking observations for
the spring assessment period and planning
activities to continue the support of their
Individual Learning Plans.

**March 9th is daylight
savings. Remember to turn
your clocks *ahead* 1 hour
before you go to bed on the
9th.**



**Remember to change
your Smoke Detector
Batteries, too!**

**NEWS FROM THE
FAMILY/COMMUNITY/MENTAL HEALTH
MANAGER**

BARBARA VANDENBURGH

sapatv.org



Springfield Area Public Access-TV (SAPA) promotes media literacy, government transparency, and community connections in the towns of Springfield, Weathersfield, Chester and Reading VT. Did you know that SAPA has many opportunities? Check out their Website for Community Events, such as roller skating, special children's programming with interactive Bingo, and opportunities to learn how to use video equipment, for FREE. They have a Community Events Calendar. Really-CHECK THEM OUT!

**Head Start Health/Mental Health
Advisory Meeting**

Calling all Parents! Please Join us for our **Annual Health/Mental Health Advisory Meeting on March 7, 2025**. We will be meeting at the **Church of Christ on the Chester/Springfield Road from 9:00-11:30**. We will have a light breakfast. Come meet our Head Start Dental Hygienist, Lisa Watson. Lisa will be sharing a presentation about dental care for preschoolers. She is available to answer questions families may have around dentistry and children. We will also have presentations on economical healthy meals, immunization facts, tips to keep germs away, and tips on personal well-being. Oh, and we have goodie bags with lots of health and dental items. **Please sign up at your center.**

Week of the Young Child

Save the date!! April 5, 2025 from 9:00-12:00 is the 32nd annual FREE event at Riverside Middle School. Inside the middle school gym, there will be several booths from area pre-schools with entertainment and activities. Outside there will be the Touch a Truck event, with sensory time from 9:00-10:00 with no horns. Stop by our Head Start booth and enter in our raffle for free!

Birthday News for March



Chester Community Preschool

CCP1- Rhett M. 3/26

CCP2- Brecken M. 3/18, Fritz W. 3/23

Pine Street Preschool

Daisy- Karter W. 3/04, James B. 3/27

Willow- Everleigh D. 3/21

Staff

Data Coordinator, Program Support Kathleen 3/7

Health Coordinator - Jessica P. 3/26

SEVCA Head Start



Invites You to Join Us for Our Gardening Workshop

Chester: Tuesday 3/18 at 4:45pm

Springfield: Wednesday, 3/19 at 4:45pm

**We will be giving out
Garden kits for each family
Please Sign-up Your Child's Classroom by
Friday, 3/14**

If you have any questions please contact your Family Partner

SEVCA Windsor County Head Start Menu

March 2025

Chester * Springfield

Monday

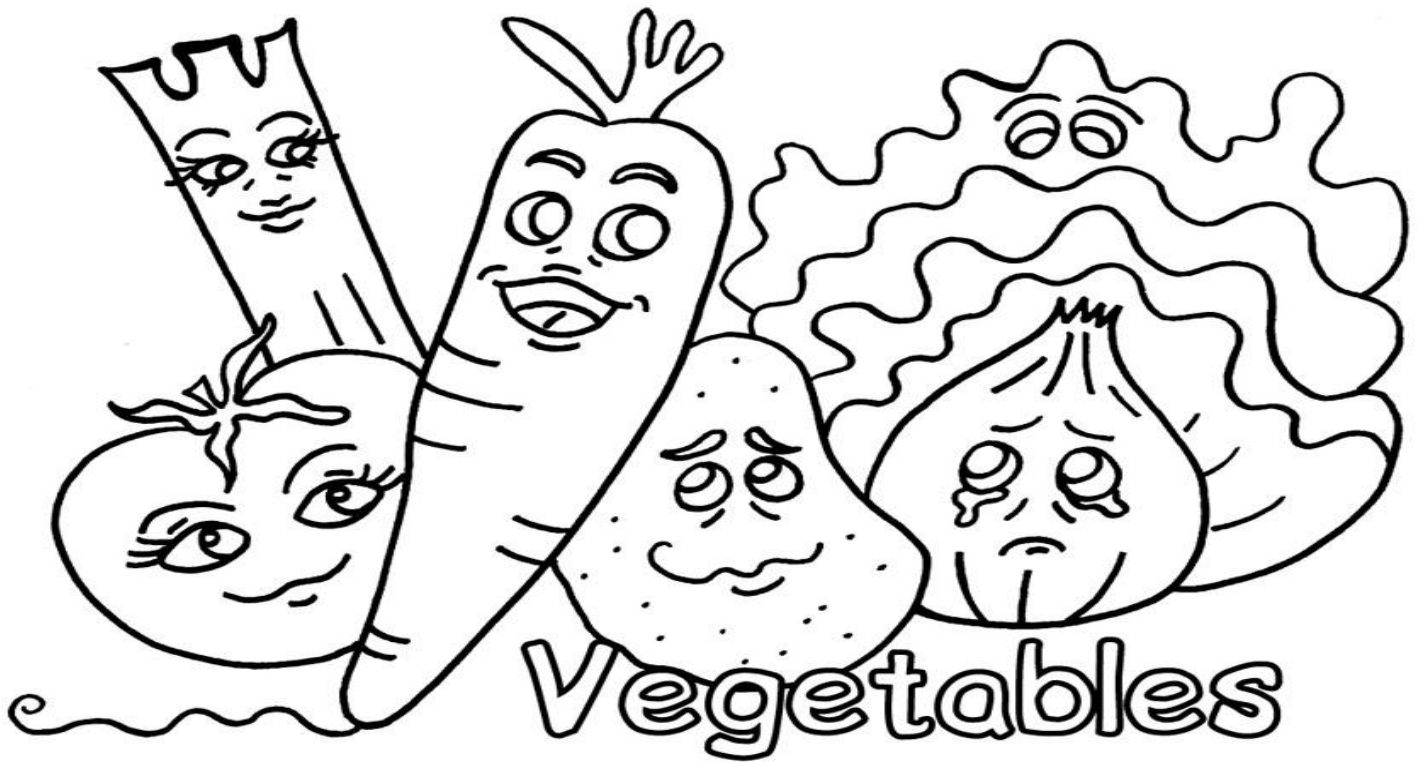
Tuesday

Wednesday

Thursday

Friday

<p>3 Breakfast WGR Cereal Pears 1% unflavored milk Lunch Ham and Cheese WGR Tortilla Carrot sticks Bananas 1% unflavored milk Snack Strawberries and Pineapple Yogurt</p>	<p>4 Breakfast WGR Oatmeal Muffins Pineapple 1% unflavored milk Lunch Cheese Pizza on WGR Crust Garden Salad Apple Slices 1% unflavored milk Snack Cucumbers WGR Wheat Thins</p>	<p>5 Breakfast WGR Toast Mandarin Oranges 1% unflavored milk Lunch Ground Beef with WGR Spaghetti Broccoli Honeydew 1% unflavored milk Snack Mixed Fruit WGR Rice Cakes</p>	<p>6 Breakfast Scrambled Eggs Peaches 1% unflavored milk Lunch BBQ Chicken WGR Rice Corn Strawberries 1% unflavored milk Snack Celery Peanut Butter WGR Rice Cakes</p>	<p>7 COOK'S CHOICE </p>
<p>10 Breakfast WGR Cereal Applesauce 1% unflavored milk Lunch Turkey and Cheese Roll-Ups WGR Triscuits Carrot sticks Blueberries 1% unflavored milk Snack Cucumbers Goldfish</p>	<p>11 Breakfast WGR Toast Peaches 1% unflavored milk Lunch Cheese Pizza on WGR English Muffins Garden Salad Strawberries 1% unflavored milk Snack Yogurt Graham Crackers</p>	<p>12 Breakfast Scrambled Eggs Pineapple 1% unflavored milk Lunch Spaghetti with Beef Meatballs Mixed Veggies Honeydew Melon 1% unflavored milk Snack Celery Sticks with Peanut Butter</p>	<p>13 Breakfast WGR Bagels Pears 1% unflavored milk Lunch Baked Chicken WGR Rice Green Beans Bananas 1% unflavored milk Snack Apple Slices Cheese Slices</p>	<p>14 COOK'S CHOICE </p>
<p>17 Breakfast WGR Cereal Pears 1% unflavored milk Lunch Ham and Cheese on WGR Tortilla Celery Orange Slices 1% unflavored milk Snack Carrots WGR Wheat Thins</p>	<p>18 Breakfast Hard-Boiled Eggs Mixed Fruit 1% unflavored milk Lunch Cheese Pizza on WGR Sandwich Thin Garden Salad Cantaloupe 1% unflavored milk Snack Bananas Teddy Grahams</p>	<p>19 Breakfast WGR Oatmeal Muffins Mandarin Oranges 1% unflavored milk Lunch WGR Macaroni and Cheese Carrots Strawberries 1% unflavored milk Snack Cucumbers Cheese Sticks</p>	<p>20 Breakfast WGR Pumpkin Muffin Squares Apricots 1% unflavored milk Lunch Turkey Sloppy Joes on WGR Bun Broccoli Cantaloupe 1% unflavored milk Snack Hard-Boiled Eggs WGR Triscuits</p>	<p>21 CLOSED In-Service</p>
<p>24 Breakfast WGR Cereal Peaches 1% unflavored milk Lunch Chicken WGR Bread Carrot Sticks Honeydew 1% unflavored milk Snack Peanut Butter Yogurt Apple Slices</p>	<p>25 Breakfast WGR Toast Pineapple 1% unflavored milk Lunch Cheese Pizza on WGR Crust Garden Salad Strawberries 1% unflavored milk Snack Celery with Cream Cheese Goldfish</p>	<p>26 Breakfast WGR Bagels Pears 1% unflavored milk Lunch Ground Turkey with WGR Penne Pasta Broccoli Bananas 1% unflavored milk Snack Peach and Yogurt Smoothie WGR Multi-Grain Cheerios</p>	<p>27 Breakfast WGR Lemon Blueberry Corn Muffins Apricots 1% unflavored milk Lunch Hamburgers on WGR Dinner Roll Mashed Cauliflower and Potatoes Blueberries 1% unflavored milk Snack Cottage Cheese Teddy Grahams</p>	<p>28 COOK'S CHOICE  EARLY RELEASE</p>
<p>31 Breakfast WGR Cereal Apricots 1% unflavored milk Lunch Peanut Butter and Jelly WGR Bread Cheese Sticks Cucumbers and Watermelon 1% unflavored milk Snack Peaches WGR Wheat Thins</p>			<p>This institution is an equal opportunity provider.</p>	<p>This menu is subject to change. WGR=Whole Grain Rich</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)
- Serve ½ cup per serving

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