

# Head Start / Early Head Start Communication Link

TEACHING CHILDREN ~ SERVING FAMILIES

## Mission:

*Empower, Support,  
Educate, and Lead*

## Vision:

*To create a healthy  
environment that  
will enable staff,  
parents, and  
children to learn  
and grow in order  
to make a positive  
impact within  
their communities.*

### *From the Directors . . .*

Spring is here and with it comes many changes, both in the outside environment and within our internal programming. CESA 11 Head Start has received additional funding from the Office of Head Start to provide extended day services to 3K and 4K children at Rice Lake, Menomonie, and New Richmond Head Start. Rice Lake and Menomonie will transition from half-day double-session 3K to two full-day classrooms. Both centers will undergo some renovations that will occur this summer. The research is clear that dosage and duration will enhance educational outcomes for children. We are grateful for this opportunity to provide full-day programming at these centers.

We also want to welcome the Barron, Cadott, and Turtle Lake School Districts who have agreed to house Head Start three- year- old classrooms in their buildings for the 2019-2020 school year. Cadott School District currently collaborates with Head Start for 4K programming. The addition of the 3-year – old classroom will create an opportunity for seamless transition into 4K. Both Barron and Turtle Lake School Districts will have Head Start classrooms in their elementary buildings. All of the administrators and staff at these collaborations have been terrific to work with and we are grateful for their support as we move forward with these classrooms. It takes a village to help our most vulnerable children learn and grow; our village is strong thanks to ALL of our school districts and other community partners. The new collaborations are open to any children in the service area.

Finally, as the year comes to a close, we thought it was important to acknowledge our staff, children, and families. Staff work hard every day to ensure all children receive a high quality preschool education from birth to 5. Children allow us to be in their space to foster their creativity and teach them new skills. Families entrust us with their precious children, a responsibility that is not taken lightly. Thank you for a wonderful year of learning and growing together.

Sheri Norgard & Beth Tilleson

**CESA 11 Head Start sends out an annual parent survey to Head Start families. This newsletter features some parent testimonials that we received along with the survey.**

*“Early Head Start has provided stability and reassurance each and every time my family faced a new challenge. I have built new relationships and strengthened old ones, and my children are happy and thriving developmentally.”*

*“The Head Start program has helped with my daughter’s socialization skills and with how she communicates. She looks forward to getting up in the morning and going to school. Even on the weekends. The Head Start program has been a positive experience for both mom and daughter.”*

*“Being a part of Head Start for me has meant that I’ve been able to send my son to a safe, educational and friendly place. He gets the opportunity to learn in so many ways. Not only does he get to learn things such as shapes, letters, colors, etc., he gets to learn how to be social and to make friends. Overall, Head Start has been a very positive experience and it really shows in how far he has progressed throughout the course of the year.”*

*“When my son started he was extremely shy and didn’t talk much and when he would talk it was hard to understand him. Since he has been at Head Start he now tries to speak sentences and embraces the idea of new friends and activities. His staff have helped him in so many ways and he adores each and every one of them. You guys have become family and we couldn’t thank you more.”*

*“Head Start has helped my daughter grow mentally and has taught her independence. My daughter has a very outgoing and bubbly personality. The Head Start has always helped my family when we needed it. When I had concerns about my child’s development, Head Start got me pointed in the right direction. The teachers are down to earth! Our concerns are always important to the school! We want to thank Head Start for making my experience wonderful, and teaching my daughter!”*

*“Being part of the Head Start/Early Head Start has meant the world to me. My daughter has grown a lot since she started going. Her communication and socialization have come a very long way. She also now understands how to share/play with others. She loves going to Head Start/Early Head Start.”*

*“I am a stay at home mom and my daughter needed social interaction. From the moment I signed her up, I was nervous for her. My standards for teachers and care are extremely high. The staff and teachers at Head Start far surpassed my expectations, this was the perfect prep for my daughter for her future education.”*

*“Head Start is amazing! I was first introduced to it when we got our granddaughter into the program for 4K. She is now in kindergarten. Being a foster mom it has also given my kids an extra boost in some areas where they may have been lacking.”*

*“Head Start has been a great asset to our family. They have provided answers to all questions. They have assisted with overcoming some challenges and behaviors with our child. Our child feels calm and safe in school. I feel that working with Head Start has made great gains towards my child’s future academic career. I appreciate all of the patience Head Start has shown to get where we are now.”*

*“As a foster family we are so grateful for the opportunity to give our kiddos who may have had a “rough start” (for various reasons) the advantage of a good start to their education. The structure, attention, and experiences provided by the Head Start program have been immeasurably valuable to our children. We are so thankful for all the ways this program and it’s amazing facilitators (teachers, staff, etc) have helped us!”*

## Trauma Training



CESA 11, in partnership with the Mental Health Task Force of Polk County, recently held a training "*Understanding Early Childhood Trauma: What do Behaviors Tell us?*" that was specifically designed for teachers. Jen Johnson M.A. RDT developed the training materials to address how trauma impacts behaviors, brains and bodies of children, families, and their caregivers; how to build positive relationships in the face of trauma's potential impact on connection; strategies to address the behaviors; and secondary trauma. There were over 80 participants from an array of early childhood programs. It was an informative, fun, and interactive training!

Sheri Norgard, Early Head Start Director

## Special Guests

The Rice Lake Head Start children were able to enjoy one of the beautiful spring-like days this week out on the playground with a very special guest from the Rice Lake Kiwanis club, Ms. Tara. She provided a very animated and interactive reading of the book, "*Rainbow Fish and the Big Blue Whale*" for our 4-year-old classrooms while the 3-year-olds heard the story, "*Under my Hood, I have a Hat*", read to them by Rice Lake Kiwanis club member, Mr. Doug.

Each child received a book to take home.

We are so very thankful and appreciative of the amazing partnership that we have with the Kiwanis club and its membership.

Getting books into the hands of children is the gift that keeps giving for a lifetime.

Cindy Cross, Center Director



## Eating Healthy

At Head Start, our goal is to provide your child with a variety of healthy foods and beverages every day including vegetables, water, fruits, low fat dairy, lean proteins and whole grains. Have you ever tried hummus or quinoa? Your child has at Head Start!

I have worked as a registered dietitian for over 20 years. In those years, I've worked in several settings including hospitals. In the hospital I see adults – some as young as 40 years old - who are sick with heart disease or diabetes. These are illnesses that will never go away. These are illnesses that often are the result of a lifetime of unhealthy food and lifestyle choices.

My job in the hospital is to see these patients and try to help them make changes in the foods they choose to eat in hopes that it will help them live a little longer. I do not have enough fingers and toes to count the number of times I've heard "I hate vegetables" or "I don't like the taste of plain water" or "1% milk tastes like water to me" from these adults. These are adults who never learned to eat a variety of vegetables and fruits when they were young. They likely never were encouraged to have a nice glass of cold water instead of pop or juice when they were thirsty after playing outside all day with their friends.

Research has shown over and over that a person's food taste preferences are established before the age of five. If a child has been exposed to a lot of different foods and learned to enjoy healthy foods like those served at Head Start, they are more likely to keep making those healthy choices as adults and avoid developing the illnesses I see too often in the hospital.

We are working to help your child learn healthy habits at Head Start that will help them stay healthy as adults. You can help at home too. How? Ask your child about the foods they are trying at Head Start. Offer low fat milk, whole grains, fruits and/or vegetables with most meals. Offer water (instead of sugary sodas and juice) throughout the day.

At Head Start, we know you love your child and want them to be healthy for a lifetime. We are working with you to make that happen.

Jennifer Baldini, Registered Dietician



*Children that participate in Head Start programs receive innumerable benefits that are immediate and last a lifetime. The effects are particularly strong amongst certain populations. . . dual language learners, homeless, foster care, and children with disabilities. We call this the Head Start Advantage!*

here's to...

**BETTER HABITS**  
positive thinking,  
**CLEAN EATING,**

**& most of all,**

**LOVING  
YOURSELF.**

## Seasonal Allergy Tips



Spring has sprung, well sort of. With an April snowstorm will come May flowers and allergies. Seasonal allergies affect millions of people each year. Symptoms include sneezing, congestion, a runny nose, and itching or watery eyes. To reduce your exposure to these triggers, try these simple strategies:

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air. Pollen counts are highest in the early morning.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair. Keep clothes in a closed laundry hamper to decrease pollen from circulating in your home.
- Don't hang laundry outside - pollen will stick to sheets and towels.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Keep doors and windows shut at night or when pollen counts are high.

Other tips include using a Neti pot - a small container with a spout designed for nasal rinsing. Over-the-counter medications are also available: oral antihistamines, decongestants, and nasal sprays. If your seasonal allergies are still bothersome, speak with your health care provider about other treatments available.

~ Reference resource [mayoclinic.org](http://mayoclinic.org)

Lori Bygd, Health Specialist

## Menomonie Head Start Center Had a Special Visitor!



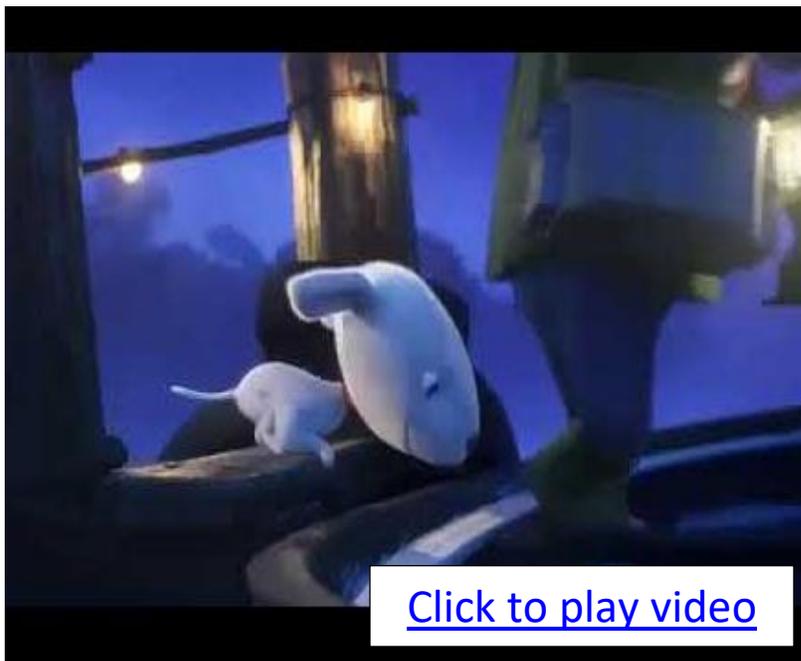
Police Officer Matt Harmon visited the Menomonie Head Start Center. He took the time to make sure the children who were nervous, or a little scared, felt comfortable around a police officer by meeting them at their level and joined in play.

The children are looking forward to another visit from Officer Harmon.

Rebecca Thomas, Menomonie Teacher

# Polk County Early Learning Center

Lunch ~ "outside kind-of-a-day!" We had a picnic in honor of filling our "Kindness Tree" with hearts!



[Click to play video](#)

*"A tree is known by its fruit;  
a man by his deeds. A good  
deed is never lost; he who  
sows courtesy reaps  
friendship, and he who plants  
kindness gathers love."*

~ Saint Basil

# Play

is the highest form of research  
~ Albert Einstein



**Please contact our CESA 11 Head Start and Early Head Start Locations for enrollment**

**Barron Woodland Elementary School**

808 East Woodland Ave  
Barron, WI 54812  
(715) 537-5621

**Cadott Elementary School**

Angie Lueck, Center Director  
alueck@cesa11.k12.wi.us  
463 E. Mills Street  
Cadott, WI 54727  
(715) 289-4213

**Chippewa Falls Head Start/Early Head Start/SAPP**

Kathy Phelps, Center Director  
kphelps@cesa11.k12.wi.us  
2820 East Park Avenue  
Chippewa Falls, WI 54729  
(715) 723-1211

**Colfax Head Start/Early Head Start**

Becky Loofboro, Center Director  
beckyl@cesa11.k12.wi.us  
704 Sletten Street  
Colfax, WI 54730  
(715) 962-3671

**Menomonie Head Start/Early Head Start/SAPP**

Deb Toycen, Center Director  
debt@cesa11.k12.wi.us  
3375 Kothlow Ave, Suite 10  
Menomonie, WI 54751  
(715) 235-9122

**HV Socialization Site: Plum City Elementary**

**New Richmond Head Start/Early Head Start**

Mona Karau, Center Director  
monak@cesa11.k12.wi.us  
118 Homestead Drive, Suite 4  
New Richmond, WI 54017  
(715) 246-3232

**HV Socialization Site: Hudson Public Library**  
**Pierce County Socialization Site: TBD**

**Polk County Early Learning Center**

Mary Nelson, Center Director  
maryn@cesa11.k12.wi.us  
400 Polk County Plaza  
Balsam Lake, WI 54810  
(715) 485-3413

**Rice Lake Head Start/Early Head Start**

Cindy Cross, Center Director  
cindyc@cesa11.k12.wi.us  
205 E Orchard Beach Lane  
Rice Lake, WI 54868  
(715) 434-5437

**Stanley-Boyd Head Start**

Angie Lueck, Center Director  
alueck@cesa11.k12.wi.us  
Boyd Public School  
303 E Park Street  
Boyd, WI 54726  
(715) 667-3104

**Turtle Lake Elementary School**

205 Oak Street North  
Turtle Lake, WI 54889  
Contact Barb at (715) 641-1803

**Our Facebook pages are:**

- CESA 11 Head Start
- CESA #11 Chippewa Falls Head Start
- Colfax Head Start and Early Head Start
- CESA #11 Cornell Head Start
- Dallas Head Start
- Hudson Early Head Start Program
- Menomonie Head Start, CESA #11
- New Richmond Head Start
- Polk County Early Learning Center, Cesa #11 Head Start
- Pepin County Early Head Start
- Rice Lake Head Start
- Stanley Boyd Head Start

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