

Head Start / Early Head Start Communication Link

Mission:

*Empower, Support,
Educate, and Lead*

Vision:

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

From the Directors . . .

Children and families grow and change throughout the program year. Staff observe, encourage, and document this growth to be able to share the information with parents/guardians a minimum of 3 times per year. Baseline data was collected in the fall with the next checkpoint coming in February. Staff will be analyzing this data and then sharing results with parents at conferences and on home visits. Family service staff will be reviewing family goals and updating or creating new ones moving forward. It's always exciting to see where children/families were at during the beginning of the year and talk about growth, challenges, and changes moving forward.

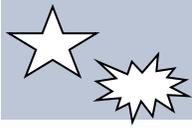
As a program, we continue to focus on staff well-being using Positive Psychology principles and individual responsibility for one's own well-being. "Learned Optimism" is one of the foundations of positive psychology. According to Martin Seligman, "optimistic people are healthier, have more friends and are generally happier. The first step in positive psychology is to encourage a growth mindset, as opposed to a fix mindset." The application of positive psychology toward leadership in early childhood education is about finding more meaning, positive emotions, better relationships and more accomplishments. Our hope is that these outcomes will increase the wellness of our program. Children are learning these principles every day in the classroom, so we need to seek this for ourselves as educators.

Congratulations to the newly elected policy council parents! Your voice is a key component in the governance of CESA 11 Head Start. Finally, thank you to the hard working, committed staff who do the important work alongside children and families every day.

Warm regards,

Sheri & Beth





WinterDaze Parade



I just wanted to share a few pics of our grand, COLD recruitment adventure. We had a wonderful mix of children, families and staff join in our fun at the WinterDaze Parade.

Thank you to all the helpers for your teamwork, support, parade homework projects, and for volunteering your time to celebrate this beautiful program.

We are truly blessed to have such a wonderful work family!

Submitted by: Nicole Schmidt
Menomonie Head Start



Early Childhood Beliefs: An environment in which they can express their feelings, joy, curiosity, hunger, fear, happiness and receive an appropriate response from adults. Quote [<https://dpi.wi.gov/early-childhood/beliefs>]

Cooking with Kids & Literacy Event



The Cooking & Literacy event at Chippewa Falls Head Start on January 14th was a huge success!

A baked potato and yogurt parfait bar was provided with many toppings.

Kristin read "The Enormous Potato" to the kiddos, then we played hot potato. Each family received a coloring book to take home. It was a very positive and fun event for both the families and the staff.

Submitted by Darien Schultze
Chippewa Falls Head Start



Happy Birthday

Early Head Start
25
years
Leading the way



Teaching Children **2020** Supporting Families

HEAD START
55
Years
Helping Children Thrive

VIP Lunch

"Polk County Early Learning Center hosts VIP lunches every other month in each classroom.

Children write the invitations themselves, and can invite any "Very Important Person" to join them for lunch!"

Submitted by Mary Nelson



EMPLOYEE ASSISTANCE PROGRAM (EAP)

The EAP is a benefit available to all regularly scheduled CESA 11 employees eligible for long-term disability. The program provides employees no-cost, immediate and confidential assistance for any work, health, or life-concern, such as:

- Depression
- Marital Difficulties
- Alcohol or Drug Addictions
- Problem Gambling
- Childcare
- Stress Management
- Relationship Problems
- Financial or Legal Concerns
- Eating Disorders
- Anxiety
- Family Conflict
- Parenting Concerns
- Eldercare

Employees can access the program by phone, email, online chat, and/or by downloading the My EAP app. Although some issues may involve family members, please note that the program is for use by covered employees only; therefore, all contacts must be made to the EAP by the employee.

For more information, please pick up a brochure at your center or visit their website for additional resources that are available.

EMPLOYEE ASSISTANCE PROGRAM

866.451.5465 • www.niseap.com (Search for your organization: CESA 11)

Home for the Holidays 2019

Slumberland Furniture's annual Homes for the Holidays program donated brand new mattress sets to children in the community who are sleeping on the floor or on mattresses that are too small. This program is supported by 10% of store sales and employees contributing funds out of their own paychecks all year long to support the bed giveaway.

This year, through the support of United Way of Dunn County, Menomonie Slumberland provided 10 new mattresses, box springs and bed frames to our Menomonie and Colfax Head Start families whose children were in need of a bed. Slumberland worked with the Menomonie Police Department and Menomonie School District Social Worker to provide an additional 16 beds to children.

Families receiving the mattresses, along with staff from both Head Start and Slumberland, met on December 14th. Breakfast donations were received from Taco Johns and Walmart so that all attendees could take time to socialize together. Carol Cop from Slumberland welcomed the families and talked about their Homes for the Holidays program and 40 winks program. Head Start staff purchased stuffed animals and blankets for the families receiving a bed. Each family also received laundry soap that was donated by United Way.

A huge thank you to Slumberland for their generous donations to help our kids get a good night sleep!



Turning shared, everyday moments, into brain-building moments

Vroom empowers parents and caregivers to play a proactive role in their children's early brain development, by turning shared, everyday moments, into brain-building moments.

Boosting children's learning doesn't require more time, money, or stuff. It is about making little changes in how we use our time with our children, to have a big impact on their growing brains.

Vroom tips are more than fun and easy, they promote bonding, and they also explain the science behind every activity, so caregivers can see how they can make a big difference in their children's lives.

Scientific Principles

Vroom tools and resources are designed to promote three key scientific principles:

Positive connections with caring adults help a child's brain grow strong and flexible.

Back-and-forth interactions, or conversations, build a child's brain in ways that help their learning, health, and behavior both now and in the future.

Building life skills like early literacy, focus, self-control, problem-solving, and taking on challenges in their early years helps a child today and later in life.

Studies show that school readiness and success, better health, and strong relationships in adulthood are tied to the development of these executive function and life skills

National Head Start Association

<https://www.vroom.org/tools-and-resources>

Winter Fitness Activities for the Whole Family

Head to your local sledding hill (provided there's snow) for a fun, [aerobic workout](#). Sledding requires you to use multiple muscle groups to steer as you speed down hills. You also exert effort while walking with your sled back up the hill so you can go down again. In fact, walking uphill is where you get the most benefit — climbing hills is an aerobic exercise that's also great for your leg muscles. How many calories you burn with this family fitness activity depends on how many back-and-forth trips you make and the steepness of the hill, but if you keep at it on a medium-height hill for just 30 minutes, you can burn about 240 calories.

any skier can tell you, it's hard work, and a terrific calorie burner. A 150-pound person can zap about 340 calories in just 30 minutes of cross-country skiing. Another advantage of this family fitness activity is that you can do it in a nearby park — you don't have to hit the slopes, which can be pricey.

Although lift tickets and other costs make downhill skiing a more expensive winter exercise option, it is a great [fitness](#) activity that can be fun for your whole family. It's not as intense a calorie burner as cross-country skiing, but you still end up burning many calories — a 150-pound person will torch about 240 calories for every 30 minutes of skiing downhill. Most ski enthusiasts do it for hours at a time, so the calorie burn can really add up.

Ice skating is another winter exercise that's great for family fitness. As with skiing, how fast and how long you skate will determine how many calories you ultimately burn. A 150-pound person can burn about 240 calories in 30 minutes of rounding the rink at a respectable speed. One advantage to ice skating over skiing is that it's not as costly a [fitness activity](#) — most rinks will rent you skates if you don't have your own, and some rinks only charge the cost of skate rental.

Sometimes the simplest activities are the best: Add tubing to your winter routine, and your family will have a blast barreling down hills on top of rubber tubes. The advantage to snow tubing is that you don't need any of the coordination or balance skills that skiing or even ice skating requires. Everyone in your family, no matter how small or how tall, can enjoy snow tubing. As with sledding, the calorie burn for a 150-pound person is about 200 to 300 for every 30 minutes, depending on how many times you go up and down a hill. At winter resorts that offer tubing, you'll get the best [cardio workout](#) and burn the most calories if you walk back up the mountain rather than take the ski lift.

[Walking](#) is a year-round exercise and a fitness activity the whole family can enjoy. Go for a walk in the winter to see how your neighbors have decorated their homes for the holidays or to collect pinecones in a nearby park. Walk just 3 miles an hour, and you can burn 112 calories in a half hour. Step it up to a jog and you can easily blast 200 to 300 calories in 30 minutes. Walking can be difficult in snow, cautions Burron. Some family fitness safety tips: Rub the bottoms of your boots with sandpaper or screw some hex screws into the soles to decrease your risk of falling. Because there's limited daylight in the winter, wear reflective clothing if you plan to be out early in the morning or late in the evening.

As a winter exercise, ice hockey has similar health benefits to ice skating. [Gather a few friends together](#) to play, and some friendly competition may keep you skating longer — and the longer you skate, the more calories you burn. Figure about 200 calories for a 20-minute period if you weigh about 150 pounds. Before you skate, ensure everyone wears appropriate protective gear, even if you're at a rink.

Submitted by Lori Bygd. Source: [healtheveryday.com](#)

Feb. 8, Wisconsin state parks
[Interstate](#) in St. Croix Falls, ski,
snowshoe or hike. [Lake](#)
[Wissota](#) near Chippewa falls, ski,
snowshoe or hike.

Hudson Hot Air Affair

(Feb 7-9) invites you to celebrate hot air ballooning in 2020 with some full-on flannel fun featuring the theme "Balloon'n Up Nort'- Yah Sure You Betcha"! Bring your best Ole and Lena jokes, load up on the hotdish and come out to enjoy Hudson's family friendly winter ballooning event that's like no other!

This festival includes a Torchlight parade on Friday evening in downtown historic Hudson, the Moonglow or Field of Fire on Saturday evening- where balloons light up the night for about an hour- bring your camera, you're going to want to capture this!

Other features include a Marketplace & Craft Fair (Saturday), hot air balloon launches, smoochboarding, bingo, geocaching, games and kids activities and winter fun to be had all around Hudson!



Classroom Assessment Scoring System (CLASS)

As early childhood professionals, we are fully aware of how important language experiences are for young children. This is even more important for the students we work with in Head Start. One Stanford study has shown that by age two, there was a six-month language gap between economically vulnerable children vs. their more affluent peers. This is one of the reasons we place such emphasis on language-rich classrooms in CLASS, and specifically, self and parallel talk.

Self talk is that kind of ‘sportscasting’ teachers do that describes what they are doing, seeing, thinking, feeling, etc. For example, I walked in to Ms. Jessie’s classroom at PCELC to see her “baking” little play-doh “snacks” with her students. “I’m going to squish the sprinkles on the play-doh so they stay,” she said, as she did exactly that. She immediately made the words “squish,” “sprinkles,” “play-doh” tangible; children learn through concrete experiences just like this! Parallel talk is similar, but a teacher maps the actions of a student.

Because this is often an unnatural way to talk, it definitely takes intentional practice. One tip would be to use this during meal times. We often use these times to model appropriate behavior and it is a great opportunity to practice self and parallel talk. “I’m taking two scoops of peaches. I’m going to put it on the side of my plate so that I’ll have room for broccoli.” “James took a piece of toast and now he is passing it to Aubrey.” These little adjustments to the way we speak can have a huge impact on enhancing the language development and communication skills in our classrooms.

-Ashley O'Brien
Head Start Coach



2019 WISCONSIN HEAD START FACTS

15,441	457	1,115	699
HEAD START & EARLY H.S.	MIGRANT/SEASONAL HEAD START	TRIBAL CHILDREN	STATE HEAD START [WIS. HEAD START]

Our Facebook pages are:

- ✓ CESA 11 Head Start
- ✓ CESA #11 Chippewa Falls Head Start
- ✓ Colfax Head Start and Early Head Start
- ✓ Hudson Early Head Start Program
- ✓ Menomonie Head Start, CESA #11

“Like us
on
Facebook”

