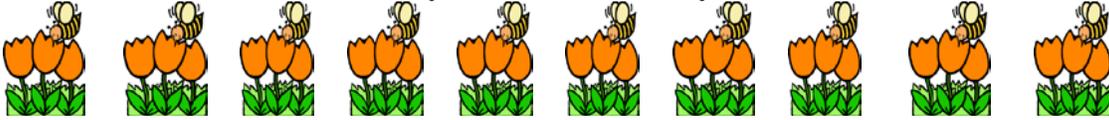


SEVCA Head Start Newsletter

Monthly Newsletter for May 2022



From the Desk of the Director . . .

Dear Parents & Staff,

I can hardly believe another year of Head Start is coming to a close! Who would have thought the pandemic would last this long?? There were so many things we had to change in order to meet the requirements from CDC, OHS and the VT Department of Health in order to stay open. So many of these requirements went against what Head Start is all about, so I want you to know it was as difficult for Head Start staff as it was for parents! I want to thank everyone for being patient as we work through these challenging times and hopefully come to a new understanding of what the "new normal" will look like. Here's to hoping when we re-open in the fall, we can have face-to-face contact again, even if it is wearing masks!

We would like to welcome Kevin Brennan as the new Executive Director of SEVCA. Kevin started in February as the Interim Executive Director and was officially voted in by the Board at their April Meeting. We look forward to the positive energy Kevin brings to this position.

We are still recruiting children for the 2022-2023 program year, so if you know of a child that will turn three by September 1st, please contact the Family Partners so they can do a "virtual meeting" to complete all of the paperwork.

We have completed our Self-Assessment, Parent Survey and Staff Survey, so thank you to everyone that participated! We are sharing our Self-Assessment recording now and asking for your input. Once this is gathered we will post the results. The results for the Parent and Staff survey have been posted on our Facebook page and also included in this newsletter. If you have any questions, please reach out to us. A HUGE thank you to everyone that completed a survey to help us make our program as strong as it can be!

Congratulations to all of the children moving on to kindergarten and we look forward to seeing all the children that will be returning in the fall! Have a fabulous summer!

Thanks,
Lori Canfield



SEVCA Windsor County Head Start Director

In-kind Winner for March by a landslide:
Northwoods Preschool

Well done, ladies!



**FROM THE DESKS OF THE
FAMILY PARTNERS;**

KATIE MURPHY, LINDSAY DECELL AND JEN TUCKER

Hello Families. It is so good to see some signs of Spring. I am beginning to see the crocus emerge from the barren earth. It is so nice to see the earth thawing and coming to life. The 5th season of mud has not been fun. Many roads closed and many unpassable even to locals. Even though we're still wearing masks in the classroom, COVID seems to be slowing down.

We are in the middle of recruiting for next school year, if you know of a child that will be 3 by September 1, 2022 please send them our way. ldecell@sevca.org , jtucker@sevca.org, or kmurphy@sevca.org Please check out our new website: sevcaheadstart.org it is amazing. Lots of information and a direct link to the application. Below is a list of websites that you may find helpful.

- <https://erap.vsha.org/> rental assistance
- <https://dcf.vermont.gov/benefits/eap/gmp> Green Mountain Power assistance
- <https://dcf.vermont.gov/benefits/water-assistance> Water and Sewer assistance
- <https://vermonthap.vhfa.org/> mortgage assistance

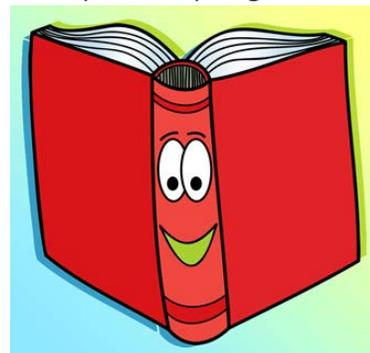
If you need anything, do not hesitate to reach out to any one of us.

Here is an activity that you can do with your children:

<p>We provide:</p> <ul style="list-style-type: none">• A Safe, loving environment• FREE breakfast, lunch and snack• Family opportunities such as Parent Groups, Policy Council, and Fun Parent/Family Events!!• Resources and Referrals for various family interests• 16–30 hours of preschool at NO COST to families that are income eligible• Hearing and Vision Screenings• Universal Pre–K Program<ul style="list-style-type: none">• 5 STARS Program• Child Care available at select centers	<p>SEVCA Head Start</p> <p>SEVCA Head Start</p>	<ul style="list-style-type: none">• Head Start serves all children including those with disabilities and non-English speaking families.• Transportation is not available, however we will assist with car-pooling information. <p>SEVCA Head Start serves all of Windsor County. With centers located in Springfield, Chester, Windsor, and White River Junction. For more information please contact the center closest to you.</p>
<p>NOW ENROLLING For 2022–2023 Preschool/Pre-K Children Ages 3–5 (Children must be 3 by September 1st)</p>		
<p>Contact Numbers and Locations:</p> <ul style="list-style-type: none">* Pine Street Preschool (Springfield): 802.460.1285 ** Chester Community Preschool (Chester): 802.460.0297 ** Children's Place (Windsor): 802.674.8008 ** Northwoods (White River Junction): 802.295.1952 * <p>Main Office: 97 Park Street, Springfield, VT, 05156 802.460.1552</p>		

Spring Break Activities at Home

- Have a campout in the yard. Pitch a tent and barbecue outside.
- Have a spa day. ...
- Make bird feeders. ...
- Bring **spring** inside. ...
- Feed the ducks. ...
- Make some Top 10 lists. ...
- Plan an afternoon at a local park. ...
- Make up a story together.



Important Dates to Remember:

May 13, 2022 ~ PTC #4 (Centers Closed)

May 18, 2022 ~ Policy Council/Family Partner Meeting: 9:30-11:00 AM

May 20, 2022 ~ Early Release/Ed Meeting: 1:00 PM

May 25, 2022 ~ Last Day for Children

May 27, 2022 ~ Last Day for Staff; Staff Celebration

May 30, 2022 ~ Holiday/Closed

Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie, Ms. Karie and Ms. Briana

We have been learning about the ocean in our classroom for this month. We have had fun learning all about the different animals that live in the ocean.

We turned our dramatic play area into an Ocean Ice Cream Shop. The kids have been enjoying taking orders and relaxing at the "beach." We did a sink & float experiment. We discussed what sink, float and predict mean. We then had the kids predict which objects would sink or float. The kids had so much fun with this activity.

We enjoyed an ocean smoothie, turtle snack and a swimming goldfish snack. We filled up the jewel jar three times and celebrated with a costume day, indoor picnic and a dance party.

The following children had 100% attendance in March:

Chester Community Preschool:

CCP1: Daniel C.

CCP2: Autumn M.

Pine Street Preschool:

Willow Room: Gideon L., Kaylee N. and Remi R.

Children's Place:

Declan C. and Liam C.



The kids have been enjoying the following Eric Carle books: Mister Seahorse, A House for Hermit Crab and 10 Little Rubber Duckies. We made sponge painted seahorses, handprint crabs and marble painted rubber ducks.

The kids enjoyed painted rainbow fish with celery dipped in paint. We read many books on sharks and then played a fun math game by



rolling the dice and then adding that number of teeth to the shark's mouth.

We added dolphins to our big letter D and we turned our letter U into an umbrella. We finished our last letter for our big letter gallery!

We will be learning about the great outdoors for the month of May!

CCP2

Ms. Randi and Ms. Kayley

For the month of April, we have been learning all about Spring. The kids had fun in our "Flower Shop" and pretending to plant flowers in our sensory table. We learned all about the different parts of a flower and what plants need to grow. In our science center the kids got to explore some insect x-rays and try to match them to the correct insect picture. We also had lots of fun plastic insects to explore and we learned about the life cycle of a frog and butterfly! We got to make some insect patterns with foam insects and were really excited to finally be able to play in our sandbox and start to see some buds outside! We have also been talking about kindergarten and what it is like. The kids helped write a letter to some kindergartners with questions they had and we will be getting a letter back soon!

Pine Street Preschool

Daisy Room

Ms. Lauren, Ms. Denise and Ms. Sadie

Hello Friends! In the month of April we learned about Spring! We learned about different types of plants and what they need to grow. We predicted which flower would germinate first, a sunflower, a

marigold, or a zinnia, and we are eagerly awaiting the results. We also learned about different types of insects and how they help plants like ladybugs and bumblebees.



We will be continuing the theme of Spring into May, and we will be doing as much outdoor learning as we can!

Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Felicia

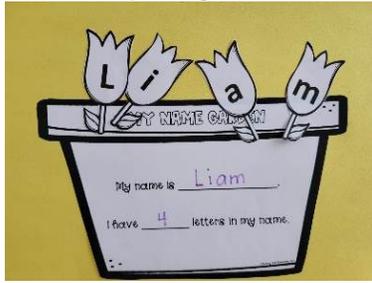
Hello friends and Happy May!

Willow Room has had a successful month of April. We've learned a lot of exciting things about Spring. First, we've talked about the four seasons and asked the kids about what their favorite season is and why.



Our kids had fun sharing about what happens during the Spring season, including weather changes, how the world looks during winter "before Spring comes" and then once Spring is here, plant growth, and bugs. One of the reasons why we enjoy spring so much is that it is warmer and we can spend more time outside. Some of our class activities have included making a spring tree using buttons, windmills, my name garden, spring snap cube counting,

pom-pom caterpillar, seed planting, worm craft, and butterfly wings.



Our kids also enjoyed learning about sunflower life cycle. They've also painted sunflowers using toothbrushes.



The kids also loved the story about "The Very Hungry Caterpillar" and enjoyed learning about the life cycle of a butterfly.

For the month of May, we will be learning about Farm Animals.

Happy Spring Everyone!



Children's Place Preschool

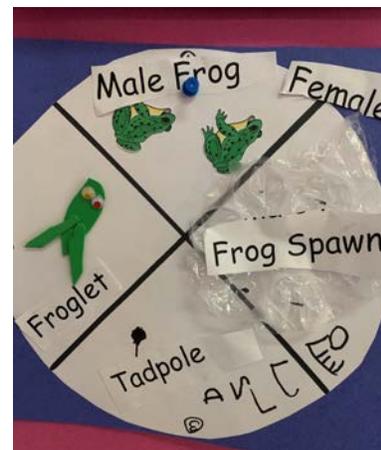
Ms. Susan and Ms. Meagan

April and May have been filled with excitement. From spiders, snakes, frogs, flies and clouds, we have learned about them all.

We have had many observations of live spiders on our playground. We also found a spider's egg sack on the bottom of a table that had a deceased spider, egg sac and web. This was very exciting to see under a magnifying glass. This was compared to our spider life cycle. We made spider webs, potato masher spiders, flies and had fun with drama which included "Little Miss (or Mr) Muffet. For me, it was

wonderful to see the children reading and acting out this poem! We watched an orb spider, on video, make her web. We all agreed these arachnids are crafty. We also talked about trap door spiders and then took this idea to the sensory table. We provided many different objects to see how we could build our own trap doors. The engineers, in our class, were very happy with this.

We moved onto snakes by learning about the life cycle and where these amazing creatures might live. We made rattlesnakes with lower case letter patterns. We watched a video on what exactly is in their rattle. It turns out that their rattle is lined with specific plates that create that unique warning. We made beaded snakes and played Snakes and Ladders. Because it is spring, we moved right into frogs and their life cycle. We observed tadpoles and watched them emerge from their eggs. We also found a small snail amongst them. We watched them eat their egg sack and then released them, to complete their life cycle, in their own habitat.



Learning about spiders and snakes, was a way for children to learn about these "scary creatures". Once they learned that these creatures are actually afraid of us, and

learning that they don't want to hurt us, makes observing them more comfortable.

For our last month, we focused on clouds and weather. The children learned to identify cloud structures and learned about our water cycle. We did many different experiments to understand about density and gravity. We made our very own cloud posters and then went on a cloud scavenger hunt. We used bags with water to learn about condensation, which connected with our water cycle. We made rain art, and rain pattern. We also had a drama class on "The Making of a Cloud". We made art which focused on tornados and hurricanes. These were their favorite. We made a book about our fears of tornados and hurricanes too.

We devoted a week to bubble exploration. We provided many new bubble wands and had the best time making the biggest bubbles with a special tool. This also tied into our water cycle! The children got to see their bubble pop and evaporate. We had to end this week with a bubble party, complete with a bubble machine and music outside.

Meagan and I have been busy preparing the end of the year festivities. This includes your child's special portfolios. These portfolios are filled to bursting. As I went through these portfolios, I am proud of all the work that we have completed this year. So much growth and joy fill these portfolios. This was a hard year and yet I found it meaningful in the way we could provide more individualized lessons. This is also a sad time of the year as we say goodbye to our kindergarteners. I want you to know that I have enjoyed every single child in our classroom. Each one bringing excitement and uniqueness to our play and learning. This classroom was filled with writers, builders,

engineers, artists, scientists, mathematicians and animal enthusiasts. We have learned from every one. The amount of caring and kindness was a joy to behold.

Thank you to all of our parents for your patience this year. It was a most trying time often this year and yet you stuck with us. Thank you. We have been honored to be a part of your child's first educational experience. Good luck to our kindergarteners and for all of you returning, see you in the fall. All the best to you.

Northwoods Preschool

Ms. Darci and Ms. Beth

WOW!! What an exciting month we have had planting and working on the farm. The children not only planted beans in bags but also made seed heads out of Nylons. As they continue to work on Letter recognition and letter sounds they have also been counting down the days till the end of school. Each day when we do calendar the helper decides how we are going to count the days. It might be tapping our heads 24 times or clapping 19. Depends on the day. The children have enjoyed cooking and baking in the dramatic play area this month. We made flower stem names and farm animal patterns.

We have watched our seeds grow and watered daily. We learned what plants need to grow.



Next month's theme is Camping and outdoor fun! We have some fun planned for the end of the year celebration and remember shirts will be here soon. Can't wait to see them. The children all wrote their own names for the back of the shirt. What great writers we have.

Thank you for hanging with us. This year has been like no other. We are excited for next year. We cannot wait to see how much you all grow throughout the summer.

From the desk of the
Practice-based Coach/Child Development Services Specialist

Fran Lynggaard Hansen

The school year flew by and we're approaching summer. What will your preschooler be doing this summer to continue their academic growth and physical development?

PLAY!

Fred Rogers once said, "Play is often talked about as if it were a relief from serious learning. But for children, play IS serious learning. Play is really the work of childhood."

What does that mean for parents? In order to make time for play, that means that electronic devices and television should be kept at no more than an hour a day, broken up into two 30-minute segments.

I can imagine what you are thinking - but the T.V., the game console, YouTube, or my cell phone are all terrific babysitters, and I'm busy! I hear you.

The interesting thing is, if you turn off the devices, preschool and Kindergarten children quickly find other things to do. A cardboard box and some crayons can turn into a car or

dollhouse, a worm out in the garden can be explored for 20 minutes. Kids are great at finding something to occupy their time, they just have to be given the opportunity.

If you'd like ideas about how to creatively, cheaply and calmly find ways to fill your child's time, here is a short list to start. If you want to shoot more ideas, give me a call, or speak with any of your child's teachers. We're full of ideas!

*Water - slather on the sunscreen, turn on the hose and let the play begin! This could also include play dishes in the sink and a step stool.

*Dirt - give your child some plastic pots and a dollar bag of seeds and let the flowers or vegetables grow! Your child will get hours of fun planting and watching plants change and blossom. Dirt is also great for playing in, so is sand in a plastic swimming pool.

*Art - finger paint, water colors, a can of shaving cream squirted on a tray to play in outside on the picnic table, these are all inexpensive ways to vary your child's play. A container with markers, crayons, glue, tape, child scissors and a quick idea from you can take off for artistic pleasure. "Can you make me a picture?" "Can you make me a flower?" One idea and they're off!



*Nature - take a walk! It doesn't matter where you live, there are trees all around and

your little ones are curious about anything they see. 20 minutes a day of wandering with your child and noticing what is around them will keep their minds open and curious.

*Library - this one requires a bit of your time up front, but once you have a library card, plan for story hour once a week, and then take books out from the library. They're free, and children are used to doing "book looks" at school by themselves. Plan a time to read a story at night before bed, and you'll see your children "reading" them themselves during the day as well.

Play is great for you too - it's relaxing, brings you and your child together and gives you lots of closeness to discuss your feelings. Join your child when you can in their play. Have a great summer and we look forward to seeing many of you back in the fall.

NEWS FROM THE EDUCATION/DISABILITIES SERVICES MANAGER

Jodi C. Farashahi

It is incredible that we are at the end of another school year! Final parent teacher conferences are scheduled for May 13th, and teachers should be informing families of children moving on to Kindergarten about registration days, and orientations. 😊 Good luck to our transitioning fiends, and we look forward to working with our returning families and children next school year. Have a wonderful summer!

Here are the Child Outcomes for the Spring Assessment:

Program Areas of Strength~ Physical Fine Motor Development and Language Development

Program Areas of Focus~ Literacy Development and Mathematics

Transitioning Children Areas of Strength~ Physical Fine Motor Development and Language Development

Transitioning Children Areas of Focus~ Literacy Development and Mathematics

Children on IEPs Areas of Strength~ Physical Gross Motor Development and Physical Fine Motor Development

Children on IEPs Areas of Focus~ Social/Emotional Development and Language Development

NEWS FROM THE HEALTH AND NUTRITION SERVICES MANAGER

Heather Frye

Sunken Treasure Pirate Sensory Bottle

(idea taken from fun-a-day.com)

Have your child use funnels to add sand to plastic bottles (you can use any plastic bottles you wish as long as it has a sealable cap). Your child can help measure the sand beforehand, or you can just let them add their preferred amount.

Next, have your child add the rest of their "treasure" to the bottles. They can use their fingers to add beads, gems, tiny shells, sequins any other "treasures" they would like. It is a great fine motor exercise for them, and they enjoy adding just the right amount of "pirate booty" to the bottles.

After that, your child can sprinkle in some glitter. We recommend using a funnel to reduce the glitter mess!

Finally, help your child add water to the bottles, and be sure to leave a little bit of space at the top. If the children want, add some blue food coloring to the water too.

Now it's time to add the tops to each pirate sensory bottle. We suggest an adult use a hot glue gun or another form of glue to secure the top, especially if smaller children might play with the discovery bottles. Remember the small objects inside can be choking hazards for young children.

Discussion:

What happens to the sand when it gets wet? Do you think that the "treasure" will sink or float? Why?

What happens to the sand and "treasure" inside when you roll it side to side? What happens when you turn it upside down? What sinks the fastest? Why?

Tuscan Bread Soup



A simple homey dish, this Tuscan Bread Soup recipe is perfect for a cold winter night. Recipe courtesy of Dr. Anne Fishel, from her book [*Home for Dinner: Mixing Food, Fun and Conversation for a Happier Family and Healthier Kids.*](#)

Ingredients

Serves 3-4

- 1 onion, chopped
- 2 cloves garlic, minced
- 1 fennel bulb, chopped (substitutes: celery, fennel seeds)
- 2 cups crusty stale bread, cut into 1 inch cubes
- 1 (12 oz.) can of chopped plum tomatoes
- 3 cups chicken stock
- 1/4 cup red wine
- 1/2 cup chopped fresh basil (substitutes: dried basil, thyme or parsley)
- 1/2 cup Parmesan, shredded

Instructions

1. Soak the bread in cold water.
2. Sauté onion and fennel with olive oil in a large pot for about 5 minutes.
3. Add the minced garlic.
4. After about a minute, add the tomatoes, stock and wine.
5. Tightly squeeze out the bread, then add to the pot. Let cook for 40 minutes.
6. Add the basil and Parmesan cheese. Cook for another few minutes.
7. Serve hot with some extra shredded Parmesan on top.

If you would like to revisit this recipe on our website, please follow the link below.

<https://thefamilydinnerproject.org/dinner-tonight/april-22-2020/>

Staff Survey Results 2022 15 responses out of 23 (65% completed survey)

Question:	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Comment:
1. At my Head Start center there is a feeling of teamwork and cooperation.	33.3%	46.7%	13.3%	6.7%		
2. Mangers will help out when asked.	33.3%	46.7%	13.3%		6.7%	
3. Management supports staff.	40%	40%	13.3%		6.7%	
4. My center communicates well with each other.	26.7%	20%	26.7%	26.7%		
5. Management is flexible and understands the importance of balancing work and personal life.	66.7%	20%		6.7%	6.7%	
6. Management staff provide the same message from one person to the next.	26.7%	40%	20%	13.3%		
7. I feel I am treated fairly.	40%	40%	20%			
8. I am treated with respect by the Management team and people I work with.	46.7%	40%	13.3%			
9. I feel comfortable telling the truth on this survey.	53.3%	40%	6.7%			
10. This Head Start program values honesty and integrity.	40%	53.3%	6.7%			
11. The requirements and responsibilities of my job are well defined.	46.7%	33.3%	13.3%	6.7%		
12. My supervisor provides clear guidance and suggestions for me to improve.	46.7%	53.3%				
13. My supervisor provides positive feedback.	53.3%	46.7%				

14. My supervisor cares about my feelings and opinions.	46.7%		53.3%				
15. I am involved in decision making that affects my job.	20%		46.7%		33.3%		
16. I feel confident this survey will be used to take action where it is needed.	20%		66.7%		13.3%		
17. I think the Management team communicates well with center staff.	20%		53.3%		26.7%		
18. Compared to other individuals in similar professions, I feel my pay is comparable. PLEASE comment profession & pay!	6.7%		6.7%		40%		46.7%
19. I think the program is headed in the direction it needs to be going.							
	26.7%		40%		33.3%		
20. What type of supports would be helpful for you?	Numerous answers given.						
21. How long have you worked for Head Start?	<1 year 6.7%		1 year 6.7%		2 years		3 years
							4 years 20%
							5 plus! 66.7%
	Excellent	Good	Average	Poor	Very Poor	NA	Comment:
22. Right now how would you rate your satisfaction with your job?	40%	26.7%	20%	6.7%	6.7%		
23. How would you rate your satisfaction with your salary?	0	6.7%	20%	53.3%	20%		
24. How would you rate your satisfaction with your benefits?	20%	0	33.3%	20%	13.3%	13.3%	
25. How would you rate your satisfaction with your vacation?	26.7%	6.7%	46.7%	13.3%	6.7%		
26. How would you rate your	26.7%	40%	13.3%	6.7%	13.3%		

satisfaction with your facility comfort?							
27. How would you rate your satisfaction with your teamwork?	26.7%	33.3%	1.67%	13.3%			
28. How likely are you to return to the Head Start program in the fall?	73.3%	6.7%	20%				

SEVCA Windsor County Head Start Parent Survey RESULTS 2021-2022 (19 responses)

Please complete this survey regarding your experience with SEVCA Windsor County Head Start this program year. The results of this survey will assist us with our program plans and services in the future.

Town you live in:

__7_Springfield __Baltimore 3__Chester __Ludlow __Andover _1_Hartford __Hartland _4_WRJ _1_Windsor __ Other Town_____

How did you hear about Head Start?	Family, friend or neighbor	Doctor, dentist, WIC	211	Internet/social media	Other:								
	21.1%	10.5%	10.5%	31.6%	25.9%								
Head Start staff assisted our family with accessing the following services:													
	Budgeting	Crisis Fuel	Food/Nutrition	Legal Services	Financial Fitness	Medical/dental home	Transportation	Parenting Classes	Mental health Services	Housing	ECSE	Child Care	Other:
	10.5%	10.5%	10.5%	0%	5.3%	10.5%	0%	10.5%	5.3%	5.3%	5.3%	7.3%	
Head Start provided me with the help I needed.	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree								
	57.9% (11)	10.5% (2)	10.5% (2)	15.8% (3)	5.3% (1)								
Head Start program staff treated me well.	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree								

	63.2% (12)	5.3% (1)	5.35(1)	10.5% (2)	15.8% (3)
Overall, how satisfied or dissatisfied were you with your experience with Head Start?	Very Satisfied 63.2% (12)		Satisfied 36.8% (7)		
Did you visit our Head Start Facebook pages?	__94.7% (18)__ Yes __5.3% (1)__ No				
Did you visit our sevcaheadstart.org website?	73.7% (14) Yes 26.3% (5) No				
Would you be interested in Early Head Start?	68.4% (13) Yes 31.6% (6) No				

5. From the list of services/referrals you received from Head Start, would you like to tell us more about it/them? 9 responses

Good support

Yes. The child care in the afternoon after the preschool session was great.

The child care services that head start provides is amazing I truly love being a part of their family and so have my kids

Before my daughter started childcare, she was a very shy and quiet kid who had a love for learning. SEVCA, Pine Street, gave her the ability to be able to speak to other children and adults with no trouble and has taught her so much. She has found her village within 4 classroom walls. A place where she can explore within the means best to her with people her own age and people who have more knowledge.

Always 100% helpful

This is. Really good school, my son loves it here.

Haven't needed any

I received pamphlets on different services

I received pamphlets on different services

Child care

7. If you agree or strongly agreed above (Head Start provided me with the help I needed.), what was particularly helpful? If you disagreed or strongly disagree above, what needs do you continue to have that we did not help with? 19 responses

N/A

Communication and support from staff

Very inconsistent with children being in school.

They've been great with providing services for my child and giving us resources to build our credit/savings.

When I need help with anything they always are right there to assist me with my need. From transportation to helping us sign up for toys from Christmas they are amazing with it all

Everything. Great support system

Helping to register for fall kindergarten

The structure

Being in school myself, the need for childcare was high.

They are amazing, kind, full of love.

The staff is absolutely amazing and always helpful and supportive

Has helped my son talk more

No reason to not agree, they haven't been unhelpful.

The teachers are amazing and work really hard to teach new things to my son.

Every challenge I've had, whether it be me or my child, I've received help from the CCP staff.

To receive the right information and contacts to the programs.

The hours of childcare help with my work schedule.

More time in child care

8. What suggestions for you have to improve this program?9 responses

None

More pay for teachers. Shortage of teachers has made in person learning not consistent.

I don't have any suggestions.

Finding a way to get extra money to provide transportation for children who need it.

Stay open until at least 5pm for working parents to make it in time for pickup.

More teachers

None

Keep on doing what you're doing

Provide transportation

10. Please Explain: If you agree or strongly agreed above (Head Start program staff treated me well.) , what was particularly helpful? If you disagreed or strongly disagree above, how can we improve?19 responses

Friendly

Very good teachers. Helpful

The staff kept in touch with me with everything. If I had a question or concern they responded very quickly.

Always willing to help and explain things

They all are very nice and always greet me with kindness and respect and are so great with the kids

All employees of the HEADSTART program have treated my family and I with the most upmost respect and have always helped in any way or form.

My child is getting the best education from this program. They have become our family.

Everyone is so amazing :)

Yes

The quarterly meetings knowing where my daughter was academically. Always keeping in touch with me and vice versa about strengths and areas lacking.

Staff is so helpful and great. They give it all to those kids

Communication, cheerful

They great me very nicely

Everyone is very nice

Kindness and understanding from the staff and a willingness to help

They are super helpful and caring.

My child and have always been treated kindly and with no judgment. The CCP staff has gone above and beyond when I've had questions or challenges.

Always very helpful in answering questions.

All staff are always welcoming, kind, helpful, they keep me updated on my daughter's day and what she's learning, their always cheerful and nice.

Learning my child

Birthday News: May, June, July & August



Chester Community Preschool

CCP1- Andrew B. 6/19, Ensley C. 8/2, Cashel M. 5/28, Finley P. 6/21 and Harper V. 6/18

CCP2- Keoni M. 5/29 and Scarlett M. 6/9

Pine Street Preschool

Daisy- Auna F. 5/16, Raiden G. 5/28, Dawson H. 8/14, Elsa S. 6/3 and Gage T. 7/3

Willow- Kashton K. 7/2, Alessandra P. 8/21 and

Liam S. 8/7

Northwood's Preschool

Elizabeth B. 6/25, Kole G. 6/28, Enzo H. 7/24 and Parker S. 6/23

The Children's Place

Jayce M. 6/3

Head Start Staff

PSP Family Partner-Lindsay 5/12

Ed/Disability Manager-Jodi 6/7, Willow Teacher-Ruby 6/8, CCP1 Teacher Assistant-Briana 6/30

Admin. Assistant-Rose 7/6, Willow Teacher Assistant-Felicia 7/7, Head Start Director-Lori 7/14, Fam/Comm./MH Manager-Barb 7/23

WRJ Teacher Assistant-Beth 8/1, Safety/Maintenance- George 8/9

Family/Community/Mental Health

By Barbara Vandenburg

Thank you to all families for your patience, participation and understanding this program year. It is definitely one for the books. We are hopeful that next year will bring us back to some pre-COVID routines and policies.

Please pass the word to your friends, families and neighbors that we are accepting applications for next program year. Scan the QR code on our post card below and check out our new Website! You can download an application and see all the information on how to complete it.

Have a safe, fun summer!



We provide:

- A Safe, loving environment
- FREE breakfast, lunch and snack
- Family opportunities such as Parent Groups, Policy Council, and Fun Parent/Family Events!!
- Resources and Referrals for various family interests
- 16–30 hours of preschool at NO COST to families that are income eligible
- Hearing and Vision Screenings
 - Universal Pre–K Program
 - 5 STARS Program
- Child Care available at select centers



SEVCA Head Start



- Head Start serves all children including those with disabilities and non–English speaking families.
- Transportation is not available, however we will assist with car–pooling information.

SEVCA Head Start serves all of Windsor County. With centers located in Springfield, Chester, Windsor, and White River Junction. For more information please contact the center closest to you.

 **NOW ENROLLING For 2022–2023 Preschool/Pre–K Children Ages 3–5 (Children must be 3 by September 1st)** 

Contact Numbers and Locations:

- * Pine Street Preschool (Springfield): 802.460.1285 *
- * Chester Community Preschool (Chester): 802.460.0297 *
- * Children’s Place (Windsor): 802.674.8008 *
- * Northwoods (White River Junction): 802.295.1952 *

Main Office:
97 Park Street, Springfield, VT, 05156
802.460.1552



SCAN ME

Please Join Us For Our Health Advisory Meeting Via ZOOM

Please join us in an open discussion with Dr. Colin Boswell, from Montshire Pediatric Dentistry



Please submit any questions you may have to your child's teacher or family partner and Dr. Boswell will do his best to answer them during our meeting.

The ZOOM link to the meeting is:

<https://us06web.zoom.us/j/81161544395?pwd=UGRaQkxwSDAzQm9XVm9ER3FZZUREZz09>

If you need to call in to the meeting please contact me at hfrye@sevca.org and I will give you the info you will need. Email me at the address above and let me know you are planning on attending so I can send you a reminder prior to the meeting.

When: Wednesday, May 18, 2022

5:00-6:00PM



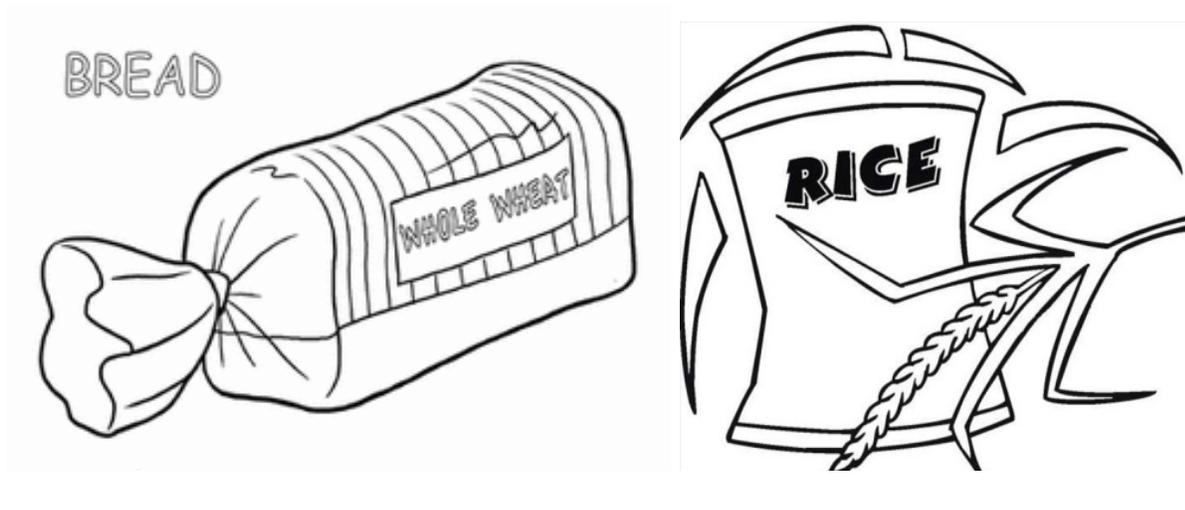
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Breakfast Whole Wheat Blueberry Muffins Applesauce 1% unflavored milk Snack Whole Grain Goldfish 1% unflavored milk</p>	<p>3 Breakfast Whole Wheat Waffles Blueberries 1% unflavored milk Snack Snow Peas Cottage Cheese</p>	<p>4 Breakfast Whole Wheat English Muffins Watermelon 1% unflavored milk Snack Celery Sticks with Peanut Butter 1% unflavored milk</p>	<p>5 Breakfast Cereal Bananas 1% unflavored milk Snack Turkey Roll Ups Whole Wheat Crackers</p>	<p>6 Breakfast Whole Wheat Toast Cottage Cheese Pears 1% unflavored milk Snack Oranges Rice Cakes</p>
<p>9 Breakfast Whole Wheat Waffles Applesauce 1% unflavored milk Snack Sliced Peppers Cheese Chunks</p>	<p>10 Breakfast Whole Wheat Toast Eggs Oranges 1% unflavored milk Snack Cucumber Slices Ham</p>	<p>11 Breakfast Whole Wheat Fruit Muffins Peaches 1% unflavored milk Snack Rice Cakes/peanut butter Honey Dew</p>	<p>12 Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk Snack Hard Boiled Egg Fruit Medley</p>	<p>13 CLOSED</p>
<p>16 Breakfast Whole Wheat French Toast Pineapple 1% unflavored milk Snack Apple Slices with Peanut Butter Cheddar Cheese</p>	<p>17 Breakfast Cereal Whole Wheat Toast Blueberries 1% unflavored milk Snack Watermelon Veggie Platter</p>	<p>18 Breakfast Scrambled Eggs Whole Wheat English Muffins Honey Dew 1% unflavored milk Snack Raw Green Beans Yogurt</p>	<p>19 Breakfast Whole Wheat Bagels with Cream Cheese Bananas 1% unflavored milk Snack Whole Wheat bread with Peanut Butter 1% unflavored milk</p>	<p>20 Breakfast Whole Wheat Fruit Muffin Oranges 1% unflavored milk Snack Strawberries Whole Wheat Crackers</p>
<p>23 Breakfast Fruit Smoothies Whole Wheat Toast Apples Slices 1% unflavored milk Snack Rice Cakes Carrot Sticks</p>	<p>24 Breakfast Hard Boiled Eggs Whole Wheat Bagel Fruit Salad 1% unflavored milk Snack Bananas in Sleeping Bags (whole wheat tortilla, banana and peanut butter) 1% unflavored milk</p>	<p>25 Breakfast Whole Wheat Applesauce Pancakes Peaches 1% unflavored milk Snack Cheese Whole Wheat Crackers</p>	<p>This institution is an equal opportunity provider.</p>	<p>Have a great  Summer Vacation!</p>

This menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Breakfast Cereal Applesauce 1% unflavored milk Snack Whole Grain Goldfish 1% unflavored milk</p>	<p>3 Breakfast Whole Wheat Waffles Blueberries 1% unflavored milk Snack Snow Peas Cottage Cheese</p>	<p>4 Breakfast Whole Wheat English Muffins Watermelon 1% unflavored milk Snack Celery Sticks with Peanut Butter 1% unflavored milk</p>	<p>5 Breakfast Whole Wheat Blueberry Muffins Mango 1% unflavored milk Snack Turkey Roll Ups Whole Wheat Crackers</p>	<p>6 Breakfast Whole Wheat Toast Cottage Cheese Pears 1% unflavored milk Snack Oranges Rice Cakes</p>
<p>9 Breakfast Cereal Bananas 1% unflavored milk Snack Sliced Peppers Cheese Chunks</p>	<p>10 Breakfast Whole Wheat Toast Scrambled Eggs Oranges 1% unflavored milk Snack Cucumber Slices Ham</p>	<p>11 Breakfast Whole Wheat Fruit Muffins Peaches 1% unflavored milk Snack Rice Cakes/peanut butter Honey Dew</p>	<p>12 Breakfast Yogurt Parfaits (cereal, fruit, yogurt) 1% unflavored milk Snack Hard Boiled Egg Fruit Medley</p>	<p>13 CLOSED</p>
<p>16 Breakfast Cereal Mandarin Oranges 1% unflavored milk Snack Whole Wheat Crackers Cheddar Cheese</p>	<p>17 Breakfast Whole Wheat Toast Blueberries 1% unflavored milk Snack Watermelon Veggie Platter</p>	<p>18 Breakfast Whole Wheat English Muffins Honey Dew 1% unflavored milk Snack Raw Green Beans Yogurt</p>	<p>19 Breakfast Whole Wheat Bagels with Cream Cheese Bananas 1% unflavored milk Snack Whole Wheat bread with Peanut Butter 1% unflavored milk</p>	<p>20 Breakfast Whole Wheat Fruit Muffin Mixed Fruit 1% unflavored milk Snack Strawberries Whole Wheat Crackers</p>
<p>23 Breakfast Cereal Pears 1% unflavored milk Snack Rice Cakes Carrot Sticks</p>	<p>24 Breakfast Whole Wheat Bagel Peaches 1% unflavored milk Snack Bananas in Sleeping Bags (whole wheat tortilla, banana and peanut butter) 1% unflavored milk</p>	<p>25 Breakfast Whole Wheat Applesauce Pancakes Mixed Fruit 1% unflavored milk Snack Cheese Whole Wheat Crackers</p>	<p>This institution is an equal opportunity provider.</p>	 <p>Have a great Summer VaCation!</p>

This menu is subject to change

Grains



- Make at least half of all grains eaten whole grains.
- 100% whole-grain breads, cereals, rice, and pasta provide 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.