

# SEVCA Head Start Newsletter

Monthly Newsletter for January 2026



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 2026-2027 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.

We are actively looking to hire for the open positions at Pine Street and Chester Community Preschools so we can resume our full-day schedule. We have added a sign-on bonus of \$1500 to try to get candidates, so if you know of anyone interested, please send them our way!

We say goodbye to Kathleen Murray Koledo as she starts a new position in January. I would like to thank her for all her hard work at helping to make our program operate smoothly. Best of luck to her in her new adventure.

Our next big project will be the Self-Assessment and Parent and Staff Surveys. We will be seeking participants for the Self-Assessment (scheduled for March 20<sup>th</sup>) and

asking for you to complete surveys to capture your input for the Parent and Staff Surveys. 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. Childcare will be delayed as well, until we can hire for the open positions. Parents will be called if we close early due to the weather. Please drive safely!

We would also like to welcome Kayenta Sylvain as the Family Partner for Chester Community Preschool. She will work part-time until March 1<sup>st</sup> , when she will start full-time. We are excited to have her join our team and can't wait for everyone to meet her!

Sincerely,  
Lori Canfield  
Head Start Director



December In-Kind Winner:

**Pine Street Preschool**  
takes the honor of the most In-Kind!

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

## Chester Community Preschool

### CCP1

Ms. Jodie, Ms. Karie and Ms. Sarah

Hello families! This December in CCP1, we have been learning about all things winter! We have learned about snowflakes, how they are created, melted, then created again. We even got to create our own marble-painted snowflakes that we have hung up in our classroom to make it feel more like winter inside! Our classroom is also decorated with many of our snow-people crafts; from the shape snow-people to our snow-people's names, and even our very own melted snow-people!

As always, we got a visit from Miss Carrie who is the local librarian at our Whiting Library here in Chester, VT. She came into our classroom singing and dancing and even reading a few books to us!



Along with snowflakes and snow-people, we also read about Gingerbread babies, bears and even Gingerbread Pirates! The Gingerbread Baby also visited us and left us with clues around the school to a plate full of Gingerbread Cookies they had left for us! It was such a fun time solving the clues and finding the gum drops that the Gingerbread Baby left behind for us to follow right to a plate of Frosted Gingerbread Cookies!

## Chester Community Preschool:

### CCP #1:

Joslyn A.

Aribella U.

### CCP#2:

Brooks L.



## Pine Street Preschool:

### Daisy Room:

Sabastion R.

Caeden W.

Mariela W-C.

### Willow Room:

Wesley-S.

## Important Dates to Remember:

January 1 & 2, 2026 ~ New Year's Day and the day after New Years Day.

Head Start CLOSED. Child Care CLOSED

January 19, 2026 ~ Civil Rights Day.  
Head Start CLOSED. Child Care CLOSED.

January 14, 2026 ~ Policy Council/Shared Governance; 9:30AM

January 20, 2026 ~ In-Service Training Day.  
Head Start CLOSED. Child Care CLOSED

January 30, 2026 ~ Early Release, Cook's meeting.

# Classroom Updates!!!

## CCP2

Ms. Randi and Ms. Kim

We had so much fun in December during our winter and gingerbread unit! The classroom was filled with excitement as the children explored our gingerbread bakery in dramatic play and painted paper plate gingerbread faces using gingerbread-scented paint. We practiced letter recognition with S for snow and Q for quilt, tying literacy into our winter learning. One of the highlights was making and decorating our own gingerbread cookies, which we enjoyed together during our family lunch. On extra chilly days when outdoor play wasn't possible, the children burned off energy with an indoor obstacle course, strengthening their gross motor skills while having a blast!

### Coming Up in the New Year:

When we return after break, we will begin our Pets unit! The children will learn about different types of pets, how to care for them, and what pets need to stay happy and healthy.

## Chester Community Preschool

### Family Partner

Hey Chester Community Preschool Families, Happy New Year and welcome to 2026! A new year gives us all a chance to start something new, or to continue strengthening the plans and goals we already have in place. I hope this year brings many moments of kindness, growth, and joy for you and your loved ones.

Here at Chester Community Preschool, we are excited and ready for 2026! We are currently making plans for a Meet & Greet with our new Family Partner later this month. Invitations will be sent home through

SeeSaw, Facebook, and your child's cubby. Families who attend can look forward to meeting the new Family Partner, a fun craft activity, and a snack to enjoy together. This month, we will also be sending out information about our Parent Curriculum, including opportunities for families to participate.

We are already beginning to plan for the upcoming school year. If you, or someone you know, may be interested in enrolling a 3-5-year-old in our preschool program, please feel free to contact me to complete an application.

Thank you for being such an important part of our preschool community. We look forward to a wonderful year ahead!

Warmly,

Lindsay DeCell

Temporary Family Partner for CCP  
ERSEA Coordinator & Family Services  
Assistant  
(802) 674-8419  
Ldecell@sevca.org



## Pine Street Preschool

## Daisy Room

Ms. Sarah, Ms.

Crystal

Happy  
Winter!

We had a wonderful visit from VINS and enjoyed learning all about birds and how to create bird-friendly backyards. We also had a lot of fun learning about Gingerbread Men and how fast they can run! Our Family Craft Night was a big success, and we had a wonderful time together. In January, we will be learning all about winter. We'll explore different kinds of trees—coniferous and

deciduous—learn how animals survive the winter months and discover how snow is made.

I hope you're looking forward to the New Year as much as we are!

## Willow Room

Ms. Ruby, Ms.  
Alisyn, Ms.  
Christy

 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 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, snowman name, and bear silhouettes. 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've also learned about how animals prepare and what they do in winter. We learned some big words such as hibernation, migration, and coniferous trees. Everyone loved our

dramatic play area. We turned it into an amazing Igloo Hot Cocoa café.

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 Traveling Around the World.

Wishing you a beautiful holiday season!



## Pine Street Preschool

### Family Partner

#### **2026 Crept right up on us!**

Some people start the New Year off making a New Year's Resolution. I think mine will be all about trying new things or doing something I wouldn't usually do.

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. Thank you to those that attended our family craft night, it was fun making Grinch Balls with you!

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 or concerns.

Michohn Parmenter  
Family Partner

Pine Street Preschool  
802.460.1285  
[mparmenter@sevca.org](mailto:mparmenter@sevca.org)

**News from the Family/Community/Mental Health Services Manager**

Barbara Vandenburgh

**Tax Season is Here!**

## Volunteer Income Tax Assistance (VITA) Program January 27 - April 15, 2026

The VITA program assists with federal and state tax preparation, Vermont Homestead and Property Tax Credit claims, Vermont Renter Rebate claims, and more! **Vita offers free tax help to:**

- Individuals or couples who generally make \$69,000 or less
- Senior citizens
- Persons with disabilities
- Active duty military and veterans
- Limited English-speaking taxpayers

**We will be preparing taxes in person, by appointment, at the following locations:**

Bellows Falls, Brattleboro, Chester, Guilford, Londonderry, Ludlow, Plymouth, Putney, Springfield, Townshend, Westminster,  
White River Junction, Wilmington, Windsor or virtually.

Visit [sevca.org/tax-services](http://sevca.org/tax-services) for more details.

### How to make an appointment...

1. Visit [sevca.org/tax-services](http://sevca.org/tax-services) and click on "Request an Appointment" to fill out request form, OR
2. Send an email to [estrasser@sevca.org](mailto:estrasser@sevca.org), OR
3. Call or text 802-428-3032.

\*We will start taking appointments on January 1, 2026.

\*Please contact us as soon as possible, even if you don't have all your documents yet. Appointments fill up fast, so don't delay!

### What to bring to your appointment...

Original photo identification for you and your spouse (if married filing jointly), such as a:

Valid U.S driver's license ◦ Employer ID ◦ School ID ◦ State ID (U.S.) ◦ Military ID ◦ National ID ◦ Visa ◦ Passport

- **Social Security cards** for you, your spouse and dependents (or ITIN numbers)
- An identity protection **personal identification number** (IP PIN) if you, your spouse and/or dependents requested one or were issued one.
- **Birth dates** for you, your spouse and dependents on the tax return
- **Wage and earning statements** (Form W-2, W-2G, 1099-R, 1099-MISC) from all employers, if applicable
- **Social Security Benefit Statements** (SSA-1099), if applicable
- Interest and dividend statements from banks (Forms 1099), if applicable
- A copy of **last year's federal and state returns**, if available
  - Proof of **bank account routing and account numbers** for direct deposit, such as a blank check
  - **Total paid** for daycare provider and the daycare provider's tax identifying number, such as their SSN or business EIN
- **Health Insurance Exemption Certificate**, if received
- Forms 1095-A, Health Insurance Marketplace Statement, if applicable
- **Copies of income transcripts** from IRS and state, if applicable (UNCOMMON)
- **Vermont 2025-2026 Property Tax Bill**, if applicable, for Homestead claim

*To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms*



## News from the Education/Disabilities Services Manager

Jodi Farashahi

December was a whirlwind of fun and laughs! We held parent teacher conferences to review fall progress. Please see the Program Outcomes below! Hoping everyone had a wonderful holiday season with families! January brings more learning through play in classrooms, and teachers will be documenting children's progress toward their Individual Learning Plans. Please make sure that your child has an extra set of clothes, and their winter gear (snowpants, coat, hat, mittens, snow boots) when the temperature does allow for them to get outside and enjoy the crisp air!

### Fall Child Outcomes:

**Program Strengths:** Small Muscle Movement and Large Muscle Movement

**Program Areas of Focus:** Cognitive Development and Mathematics

### Children Transitioning to Kindergarten

**Strengths:** Large Muscle Movement and Language Development

### Children Transitioning to Kindergarten

**Areas of Focus:** Social-Emotional Development and Cognitive Development

**Children on IEPs Strengths:** Small Muscle Movement and Large Muscle Movement

**Children on IEPs Areas of Focus:** Social-Emotional Development and Mathematics

## Birthday News for January...



### Chester Community Preschool

CCP1- Noah H. 1/20

CCP2- Harper W. 1/18

Noah T. 1/26

### Pine Street Preschool

Daisy- Clover W. Norah W.

Willow- Laila P., Owen H.,  
Reese R., Brent A.

### Staff

Karie S. 1/2 - CCP

### Fun Playdough Recipe

Ingredients:

- 1.5 cups flour
- 0.5 cup salt
- 2 tablespoons cream of tartar
- 2 tablespoons oil (vegetable or coconut)
- 1 cup boiling water

### Instructions

1. Instructions
2. In a large bowl, mix the flour, salt, and cream of tartar.
3. Add the oil and boiling water.
4. Stir until the dough comes together (it will look sticky at first).
5. Once cool enough, knead the dough until smooth.
6. Divide into portions and add food coloring or scents if you'd like.
7. 💡 Tip: If the dough is too sticky, add more flour. If too dry, add a splash more water.

Monday

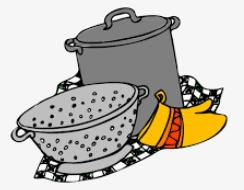
Tuesday

Wednesday

Thursday

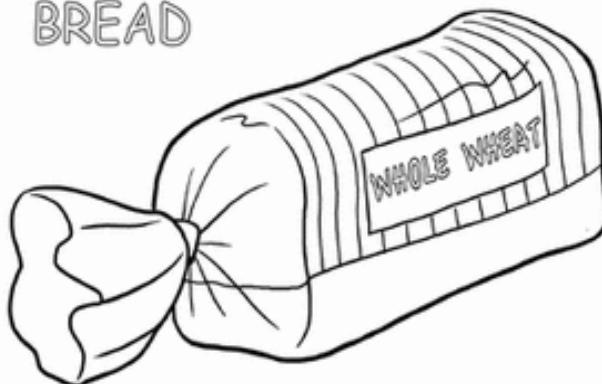
Friday

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<p><b>5</b> <b>Breakfast</b> WGR Cereal Bananas 1% unflavored milk <b>Lunch</b> Turkey and Cheese WGR Pita Bread Strawberries Carrot Sticks 1% unflavored milk <b>Snack</b> Graham Crackers Yogurt</p>	<p><b>6</b> <b>Breakfast</b> WGR English Muffins Mixed Fruit 1% unflavored milk <b>Lunch</b> Cheeze Pizza on WGR Crust Roasted Cauliflower Blueberries 1% unflavored milk <b>Snack</b> Cucumbers Triscuits</p>	<p><b>7</b> <b>Breakfast</b> WGR French Toast Mixed Berries 1% unflavored milk <b>Lunch</b> BBQ Chicken WGR Rice Peas and Carrots Honeydew Melon 1% unflavored milk <b>Snack</b> Celery Sticks Cottage Cheese</p>	<p><b>1</b> <b>CENTERS CLOSED</b></p>	<p><b>2</b> <b>CENTERS CLOSED</b></p>
12 <b>Breakfast</b> WGR Cereal Mixed Fruit 1% unflavored milk <b>Lunch</b> Ground Beef Sloppy Joe WGR Bun Green Beans Peaches 1% unflavored milk <b>Snack</b> Goldfish Carrot Sticks	13 <b>Breakfast</b> WGR Banana-Oat Muffins Applesauce 1% unflavored milk <b>Lunch</b> Macaroni and Cheese with Ham Roasted Zucchini Peaches 1% unflavored milk <b>Snack</b> Yogurt Mixed Berries	14 <b>Breakfast</b> WGR Bagels Bananas 1% unflavored milk <b>Lunch</b> Turkey Burgers WGR Bun Lettuce and Tomato Apple Slices 1% unflavored milk <b>Snack</b> Cheese Slices WGR Rice Cakes	15 <b>Breakfast</b> WGR English Muffins Pears 1% unflavored milk <b>Lunch</b> Scrambled Eggs WGR Toast Strawberries Diced Potatoes 1% unflavored milk <b>Snack</b> Ham Roll-ups Cucumbers	9 <b>COOK'S CHOICE</b> 
19 <b>CENTERS CLOSED</b>	20 <b>CENTERS CLOSED</b>	21 <b>Breakfast</b> WGR Cereal Applesauce 1% unflavored milk <b>Lunch</b> Peanut Butter and Jelly WGR Bread Mandarin Oranges Celery Sticks 1% unflavored milk <b>Snack</b> Yogurt Peaches	22 <b>Breakfast</b> WGR Pancakes Strawberries 1% unflavored milk <b>Lunch</b> Chicken with Alfredo Sauce WGR Rotini Pasta Bananas Roasted Broccoli 1% unflavored milk <b>Snack</b> Apple Slices WGR multi-Grain Cheerios	16 <b>COOK'S CHOICE</b> 
Civil Rights Day	Staff In-Service			23 <b>COOK'S CHOICE</b> 
26 <b>Breakfast</b> WGR Cereal Strawberries 1% unflavored milk <b>Lunch</b> Ham and Cheese WGR Bread Garden Salad Mandarin Oranges 1% unflavored milk <b>Snack</b> Triscuits Cottage Cheese	27 <b>Breakfast</b> WGR Bagels Blueberries 1% unflavored milk <b>Lunch</b> Ground Beef Meatballs Gravy WGR Rice Corn 1% unflavored milk <b>Snack</b> Graham Crackers Applesauce	28 <b>Breakfast</b> WGR Pumpkin Muffins Bananas 1% unflavored milk <b>Lunch</b> Ground Turkey Bells Pepper Slices WGR Rolls Pineapple 1% unflavored milk <b>Snack</b> Apple Slices WGR Rice Cakes	29 <b>Breakfast</b> WGR English Muffins Mixed Fruit 1% unflavored milk <b>Lunch</b> Cheese Pizza on WGR Crust Roasted Cauliflower Pears 1% unflavored milk <b>Snack</b> Waffles Mixed Berries	30 <b>Family Lunch!</b> <b>Breakfast</b> WGR Cereal Peaches 1% unflavored milk <b>Lunch</b> Ground Beef with Sauce WGR Spaghetti WGR Dinner Rolls Roasted Broccoli Strawberries and Blueberries 1% unflavored milk
				Early Release

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## 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.

## Banana Oatmeal Bread

### Ingredients

- 1/3 cup oil
- 2 beaten eggs
- 2/3 cup white sugar
- 1 cup all-purpose flour
- 1 cup quick cooking oats
- 1 ½ teaspoons baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 cup mashed bananas (4 small bananas)
- ¼ cup chopped raisins or nuts (optional)

### Directions

1. Preheat oven to 350° F and grease or spray a 9"x 5" loaf pan.
2. Beat the oil and eggs with a mixer. Add sugar and beat until fluffy.
3. Mix flour, oats, baking soda, baking powder, and salt in a bowl.
4. Add flour mixture and mashed bananas to oil and egg mixture. Add raisins or nuts if you want. Stir until blended.
5. Pour mixture into loaf pan. Lay a piece of tinfoil over the top of the pan. Bake for 50 to 60 minutes. When you poke a toothpick near the center of the bread, make sure it comes out clean.
6. Remove bread from oven and let it cool for 5-10 minutes. Run a knife between the bread and the sides of the pan. Turn the pan upside down on a baking rack. Cool bread before you cut it.

## 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.