

SEVCA Head Start Newsletter

Monthly Newsletter for November 2025



From



**the Desk of the
Director . . .**

We are off to a flying start! The beginning of the program year is always full of so much activity. Everyone is bustling around trying to meet the 45-day deadlines, establish classroom routines and building relationships.

As everyone has heard by now, the federal government has been shut down since October 1st. I have received a lot of questions, asking what does this mean for our program? So, let me share that because we are a March 1st grantee (which means our grant operates from March 1-February 28th), our funding has been allocated until the end of February, so we are not really affected by the shut-down. If the government is still shut down by February, then it will affect our program, but let's hope the government will reopen way before then!

Parent Groups have been meeting and so far, we have elected the following parents to the Policy Council: Julie Willey parent from Pine Street Preschool (we are still looking for one more parent from PSP to join us!), and Jessica Ucci and Olivia Knickerson are parents from Chester. We also have Suzanne Waldren and Judy Verespy as the Community

Representatives. We will be doing the election of Policy Council officers at our meeting in November. A huge thank you for these individuals stepping up!

We are still looking for a teacher associate for Pine Street Preschool. This is a part-year position, so if you know of anyone, please send them our way! We are also still looking for a Practice-based Coach/Mental Health Manager, so please share if you know of anyone with the qualifications. Thank you to the parents for understanding and being patient through this process.

We are still looking for a few children for Pine Street and Chester Community Preschool, so if you know of anyone, please send them our way.

Please remember that November is always a short month, as we close for Veteran's Day (11/11/2025), the day before Thanksgiving (11/26/2025), Thanksgiving Day (11/27/2025) and the day after Thanksgiving (11/28/2025).

Have a great month and enjoy the many signs of fall and time with your family!

Sincerely,

Lori Canfield

Important Dates

November 11th Closed Veterans day

November 14th Closed/in-service

November 19th Policy Council

November 25 early release, Ed
MTG/Cooks meeting

November 24-26 Thanksgiving
breed Start and Childcare closed.



In-kind Update:

The center that has topped the charts in In Kind was Pine Street Preschool!! *Nice Job!*

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

Chester Community Preschool:

CCP#1: Mackenzie C. Noah H. Ellie N.

CCP#2: Camilla P. Eleanor R. Noah T.

Pine Street Preschool:

Daisy Room: Norah W.

Willow Room: Reese R.

Way to go!

Classroom Updates...

Chester Community Preschool



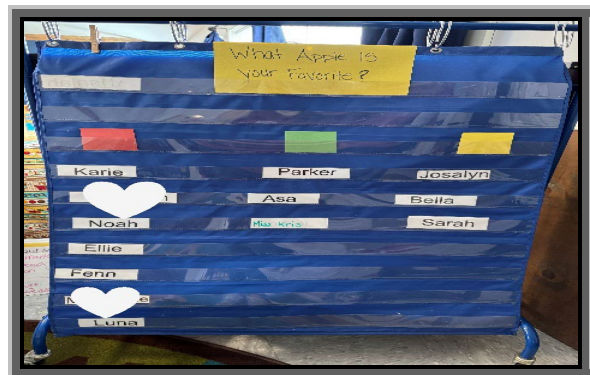
Ms. Jodie, Ms. Karie and Ms. Sarah

October has come and gone, and it's been another month of learning about the world around us! This past month we have explored different vehicles we encounter within our community and discussed ways that we can stay safe. We made fire trucks out of different shapes and traffic lights- as we discussed what the different lights mean. We also learned a new song called "Twinkle, Twinkle, Traffic Light" which is sung to the tune of Twinkle, Twinkle Little Star! We worked on making out names into roasted marshmallows and learned about the letters F, V, and X.

We started our Safety Unit this month and are discussing things that help keep us safe when having fun. The children are learning to wear helmets when riding a bike, always being buckled in a car seat, holding hands with an adult when walking in town, and even wearing a life jacket while swimming. Miss Carrie has come to read us some books, Miss Laurie visited us from VINS and we learned all about magnets, and we also were able to visit the Chester Emergency Services Building followed by our family lunch. We enjoy our time with our community members and learning more about the town we live in and how we all work together as a community.



Fall is also upon us, so we took the time to make our own apple butter. This was something everyone had a blast helping with and enjoyed tasting. Our nutrition projects always taste better when we have a hand in helping prepare them. We talked about different types of apples and how they are good for eating and baking and decided to try three different varieties of apples and graph our favorites!



We look forward to exploring more in the month of November and discovering the world of shapes and colors!



Ms. Randi, Ms. Felicia, Ms. Kim

In the month of October, our class has been busy learning all about Community Helpers, Fall, and Safety! The children have loved exploring these themes through hands-on activities and imaginative play.

Our dramatic play area started as a pumpkin patch and later transformed into a veterinarian office, where the children cared for stuffed animals and practiced being helpers in their community. We also became "dentists" and used toothbrushes and white paint to clean a paper tooth, practiced math skills by matching ladder rungs to numbered fire trucks, and created shape fire trucks during activity time.

One of our favorite projects this month was making fruit cars, which combined creativity and healthy eating! We also began our Child Protection Unit and talked about ways to keep our bodies safe.

A highlight of the month was our field trip to the Chester Public Safety Building, where we met real community helpers and learned about their important jobs. We've also enjoyed reading many wonderful books about community helpers — one class favorite was *I Stink!* by Kate and Jim McMullan.

It's been a fun and busy month of learning, helping, and exploring together!



Chester Community Preschool Family Partner

Katie Murphy



🍁 **Happy Fall from Chester Community Preschool!** 🍁

Thank you to all the families who joined our **Pumpkin Painting Parent Meeting** — your creativity was amazing! Special thanks to **Vanessa Heybyrne** for the delicious chili and cornbread. We also had a blast at **Trunk or Treat** seeing everyone's fun costumes and smiles!

It's time for our **first Home Visits** of the year — I'll be sending out a Google link soon so we can schedule a time to connect.

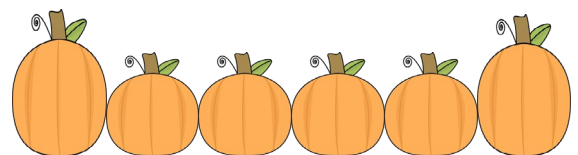
As the weather cools, please remember that **Seasonal Fuel Assistance** is available through Vermont.gov if you need help heating your home. Don't hesitate to reach out if you'd like support applying.

Fall Fun for Families: Try a **Leaf Rubbing Art** project! Place a leaf under paper, rub with a crayon's side, and watch the leaf's shape appear — a simple, colorful fall activity for your little one! 🍁

Katie Murphy

Family Partner | Chester Community Preschool

📞 802-460-0297 | ✉️ kmurphy@sevca.org

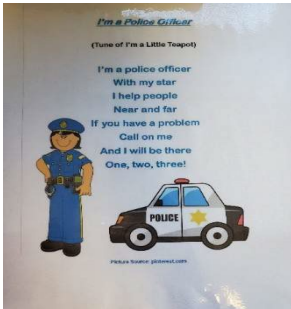


Pine Street Preschool

Daisy Room



Ms. Sarah, Ms. Alisyn



Hello Families!

In October we had our first heart jar celebration! Pajama Day! We have learned about different forms of community helpers,

Dentist, Police Officers, and the Springfield Fire Department will be coming on October 20th for the children to learn all about Firemen.

November we will be learning about Fall, Pumpkins and Apples. We will learn about what causes fall. We will have a Pumpkin Jack and learn about decomposition, We will even dissect a pumpkin and learn what the inside of pumpkins look, feel, and smell like.



WillowRoom



Ms. Ruby and Ms. Crystal, Ms. Christy

Happy Autumn!

October has been a fun month, and we've learned a lot about community helpers and why they're so important. Kids learned about different community helpers and what they do. They learned that community helpers ensure that our community stays healthy, safe, and happy. Some of our activities have included ambulance shape making, writing a letter, sorting things that different community helpers use, and police hat making. They also examined their fingerprints and learned that there are no two fingerprints that are alike. They also learned and enjoyed singing a new song called "I'm A Police Officer" to the tune of "I'm a Little Teapot". We also learned a poem called "Five Brave Fighters". We also did Food Faces and Owl snacks as our nutrition projects. We also learned new letters like the letters B, C, and D.

We transformed our dramatic play area into a Vet Clinic, and everybody just loved it. We also had community helpers visit in our classroom to share what they do and how they help the community. VINS also came and taught us about sounds. We made sound shakers. By the end of the month, we also had a dress up day! Everybody just had a wonderful time.

Our theme for November will be Fall and Five Senses!

Pine Street Preschool

Family Partner

Michohn Parmenter



Hello Pine Street families,

First let me say thank you to all that attended our Pumpkin Craft night last month, I hope you enjoyed it! Thank you to the families that have allowed me into your homes for home visit #1. Also, a Thank you to the families that attended family luncheon.

I can't believe we're already in November; this month our family engagement will be Financial Empowerment with Jo from SEVCA! Date to be determined. We'll be giving some door prizes for those that attend!

I have included a fun Gratitude Scavenger Hunt for families to use to start great conversations around what you are grateful for. It's fun to see what the kids come up with. I hope you enjoy this with your family!

As always if you have any needs for your family please come and chat with me to see what we can find for resources. If your children need a winter coat, please let me know so that we can get that for you.

Please keep an eye on our bulletin board outside for more details about Family Engagement activities and other events. Please contact me if you have any questions, comments, or concerns.

Michohn Parmenter
Family Partner
Pine Street Preschool
802.460.1285
mparmenter@sevca.org



News from the Education/Disabilities Service Manager



Jodi Farashhi

The leaves are turning, and teachers are busy gathering documentation for Fall Assessment! We held our first parent teacher conferences in October to complete and review the ESI Developmental Screenings on children. The weather is starting to cool off, so please remember to bring a jacket for your child. Don't forget to have a change of clothes for chillier weather as well. As much as we don't want to say good bye to summer, grab those pants and long sleeves! We are still looking for an early childhood educator to join our teaching team in the PSP Daisy Room, as well as substitutes for both centers. Please contact me at jfarashahi@sevca.org if you are interested or know of a perfect match!



Family Services/Mental Health

Barbara Vandenburg

Support for Affordable Broadband Internet

Struggling with your monthly internet expenses, or can't afford to get online at all?

A federal subsidy is available to income eligible households. If you participate in any of the following programs you qualify!

- 3Squares VT
- Medicaid
- WIC
- Supplemental Security Income (SSI)
- Veterans' Pension or Survivors Benefit
- Section 8 or Affordable Housing Assistance

SEVCA can help people apply! Contact your local Family Services office at 802-722-4575+

How do I qualify for fuel assistance in Vermont?

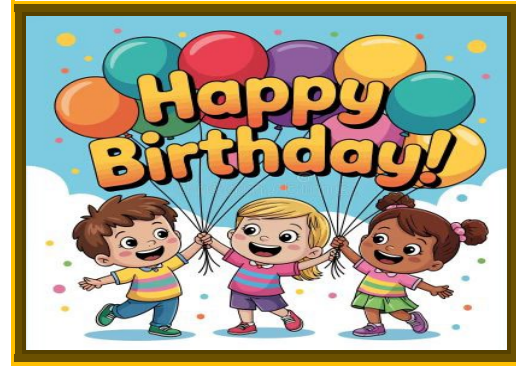
Folks need to meet income requirements (185% of the federal poverty line based on the number of people in your household) to qualify for Seasonal Fuel Assistance. Call 802-722-4575 or visit a district office to have a paper application printed and/or mailed to you. Apply in person at your local district office.

10 5-minute or less Self-Care ideas

1. Step outside and breathe fresh air
2. Stretch your body
3. Look up inspirational quotes
4. Shut your eyes and rest
5. Grab a snack
6. Consciously unclench and relax your body (from the top down – eyes, lips, jaw...)
7. Drink a glass of water
8. Have a mental check in with your mind and body
9. Put on a happy song
10. Meditate.



Remember to change your smoke detectors batteries too.



Chester Community Preschool

CCP1-Fenn W. 11/18

CCP2- *No Birthdays*

Pine Street Preschool

Daisy- Novalee W. 11/6, Caeden W. 11/16

Willow- No Birthdays

Staff

Pine Street Family Partner, Michohn P.
11/28



Remember to set your clocks back 1 hour before you go to bed on November the 1st.

Birthday News for November







Monday

Tuesday

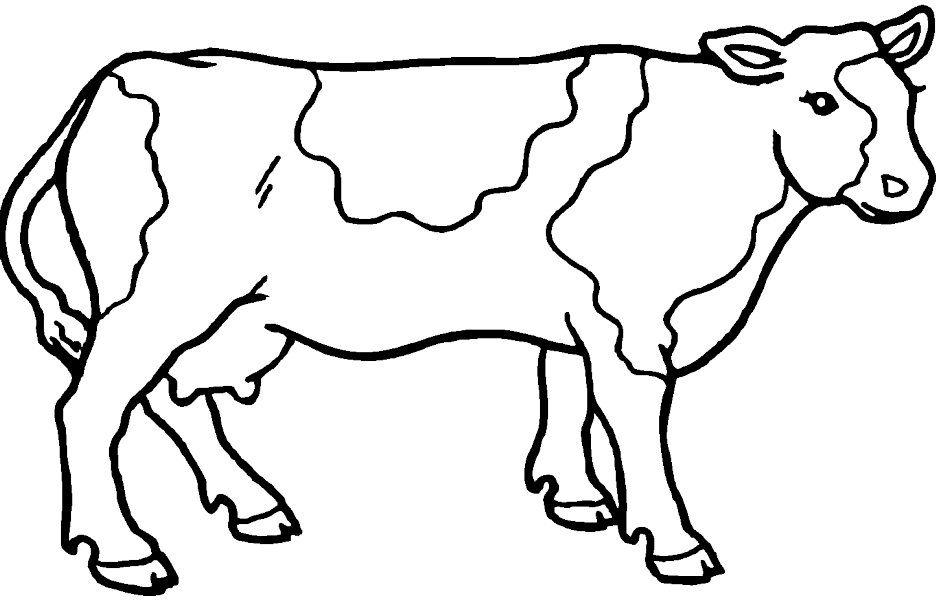
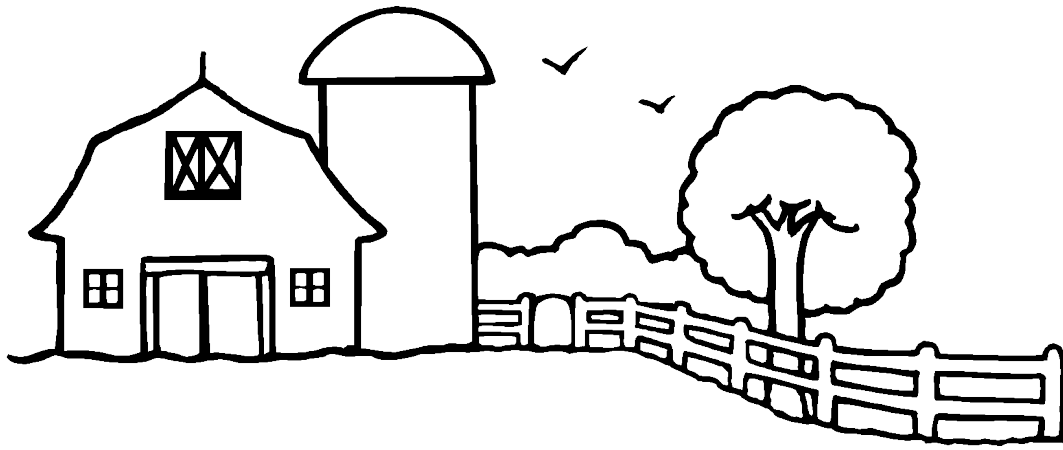
Wednesday

Thursday

Friday

3 Breakfast WGR Cereal Bananas 1% unflavored milk Lunch Turkey and Cheese WGR Bread Cantaloupe Garden Salad 1% unflavored milk Snack Grapes Wheat Thin Crackers	4 Breakfast Yogurt with WGR Granola Mixed Berries 1% unflavored milk Lunch WGR French Toast Scrambled Eggs Strawberries Diced Potatoes 1% unflavored milk Snack Orange Slices Ham Roll-Ups	5 Breakfast WGR Pumpkin Muffins Blueberries 1% unflavored milk Lunch Beef Patty with Cheese WGR Bun Lettuce, Tomato, Pickles Peaches 1% unflavored milk Snack Teddy Grahams Cottage Cheese	6 Breakfast WGR Pancakes Mixed Fruit 1% unflavored milk Lunch Chicken Alfredo Sauce WGR Rotini Roasted Broccoli Apple Slices 1% unflavored milk Snack Cucumbers Goldfish	7 COOK'S CHOICE
10 Breakfast WGR Cereal Pears 1% unflavored milk Lunch Chicken WGR Bread Honeydew Corn 1% unflavored milk Snack Peanut Butter WGR Rice Cakes	11 CENTERS CLOSED Veteran's Day	12 Breakfast WGR Oatmeal Peaches 1% unflavored milk Lunch Ground Beef WGR Spaghetti Pineapple Green Beans 1% unflavored milk Snack Cheese Slices Triscuits	13 Breakfast WGR Banana Oat Muffins Applesauce 1% unflavored milk Lunch Ground Turkey WGR Rice Tomato Cucumber Salad Orange Slices 1% unflavored milk Snack Graham Crackers Mixed Fruit	14 CENTERS CLOSED Staff In-Service
17 Breakfast WGR Cereal Strawberries 1% unflavored milk Lunch Ham and Cheese WGR Sandwich Thins Grapes Garden Salad 1% unflavored milk Snack WGR Multigrain Cheerios Peach and Yogurt Smoothie	18 Breakfast WGR Blueberry Muffins Bananas 1% unflavored milk Lunch Ground Beef Taco WGR Soft Tortillas Lettuce, Tomato Cantaloupe 1% unflavored milk Snack Cheese Sticks Wheat Thin Crackers	19 Breakfast WGR Bagels Mixed Fruit 1% unflavored milk Lunch Cheese Pizza WGR Crust Carrot Sticks Apple Slices 1% unflavored milk Snack Hard Boiled Eggs Cucumber	20 Breakfast WGR English Muffins Mandarin Oranges 1% unflavored milk Lunch Ground Beef Sloppy Joe WGR Bun Roasted Cauliflower Peaches 1% unflavored milk Snack Goldfish Celery Sticks	21 COOK'S CHOICE
24 Breakfast WGR Toast Strawberries 1% unflavored milk Lunch Peanut Butter and Jelly WGR Bread Apple Slices Celery Sticks 1% unflavored milk Snack Teddy Grahams	25 Family Harvest Lunch Today! Breakfast WGR Cereal Applesauce 1% unflavored milk Lunch Turkey Mashed Potato with Gravy WGR Rolls Green Beans Cranberry Sauce 1% unflavored milk EARLY RELEASE	26 CENTERS CLOSED	27 CENTERS CLOSED	28 CENTERS CLOSED
  				
<div> <div>This institution is an equal opportunity provider.</div> <div> This menu is subject to change. WGR=Whole Grain Rich </div> </div>				

Dairy



- Dairy provides many health benefits like building and maintaining strong bones.
- Kids that are 2 years old and up can drink 1% and skim milk.
- Some children may prefer milk to other foods and fill up on it. Be sure they get enough, but not too much!

WIC APPROVED ACTIVITY

Today your child learned about dairy and colored this picture for you to post on your refrigerator.

Ingredients – Broccoli Cheddar Soup – 4 Servings

- 1 cup onion, chopped
- 1 cup carrot, shredded
- 1 1/2 tsp butter or margarine
- 2 cups broccoli, chopped fresh or frozen
- 1 cup nonfat or 1% milk
- 1/4 cup flour
- 1 cup (4 oz.) shredded reduced fat cheddar cheese
- 1/8 tsp pepper

1. In a medium saucepan over medium-high heat, saute onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes.
2. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3-5 minutes
3. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.