

SEVCA Head Start Newsletter



Monthly Newsletter for September 2025



From the Desk of the Director . . .

Dear Parents,

Welcome to the 2025-2026 Head Start program year! We start the new year with the great news that we were re-awarded the Head Start grant through the Office of Head Start. We will now have the grant for the next 5 year cycle.

We are starting the year with a few open positions, a teacher associate for the Daisy classroom at Pine Street Preschool and Practice-based Coach/Mental Health Manager. We are actively looking for these positions, so we hope to fill them asap. We are also looking for substitutes for the classroom and kitchen, so if you are interested, please contact Jodi Farashahi at jfarashahi@sevca.org.

We opened our program year with full Head Start reenrollment but are still looking for a few children at each location, as some children have moved and decided not to attend. Please contact our Family Partners, Michohn Parmenter for Pine Street Preschool and Katie Murphy for Chester Community Preschool.

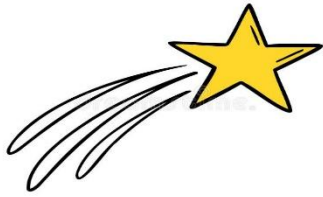
I would like to welcome the following new staff to our Head Start family: Crystal Milbauer as the teacher associate for the Willow classroom, Christy Michaud-Fletcher as the teacher assistant for the Willow classroom, Alisyn Pinney as the teacher assistant for the Daisy classroom and Chris Zappala as the Facilities Coordinator. Please welcome them when you get a chance.

We are so excited for this new program year and spending more time with children and families! Enjoy the lovely fall!

Take Care,
Lori Canfield
Head Start Director



Important Dates to Remember:



September 15, 2025 ~ Early Release 12PM pickup

September 24, 2025 ~ Policy Council

September 26, 2025 ~ Inservice Centers Closed



Birthday News for September

Chester Community Preschool

CCP1 - Violet P - 9/3, Asa G - 9/16

CCP2 - Parker G 9/14

Pine Street Preschool

Daisy - No Birthday

Willow - Alma B - 9/12, Wesley Scott M - 9/29

Staff

Daisy Room - Lead Teacher Sarah Schleimer 9/8

Chester Community Preschool - Assistant Teacher Sarah Rushford 9/21



Please Allow Us To Introduce Ourselves

The Head Start Management Team/Office:



Lori Canfield, Head Start Director I have been involved with Head Start for 35 years. I have a Bachelor's degree in Early Childhood Education. I have a great passion for the program and feel that we are able to make a difference in the lives of the children and parents we work with. Some of my favorite things include reading, baking, spending time with my 4 grandchildren, Lilly, Hunter, Julian and Moxley, traveling and camping with my husband and family



Barb Vandenburg, Health/Mental Health/Family Service Manager

This is my 22nd program year with SEVCA Head Start, and my 35th year working with Head Start in general. I am very passionate about Head Start; the program is an extension of who I am. I love seeing children whose parents used to be in Head Start! I have a Master's Degree in Rehabilitation Counseling, and a Bachelor's Degree in Psychology. I love to garden, camp, go on cruises, and spend time with my grandchildren, Milayah and Dawson. In my spare time, I instruct Paint and Sip classes monthly for residents at the Whitcomb Building, and periodically for the Springfield Senior Center. I look forward to this program year!



Jodi Farashahi, Education & Disabilities Manager I am a married mother of Marlborough, New Hampshire. I received my bachelor's degree in Psychology, with a focus on Child Development. I also have my early childhood educator license in the state of Vermont. Before taking this position in November of 2006, I was a Head Start teacher for four years. In my "spare time" I also coach cheerleading for Northern Lights All Stars~ GO HEAD START!!



Kathleen Murray-Koledo, Program Support & Data Coordinator

This is my second year with SEVCA Head Start. I am the Program Support as well as the Data Coordinator and I work in the Windsor Management Offices. I enjoy working for SEVCA Head Start! I have learned so much over the last year and look forward to what the new program year brings. I live in Springfield with my partner Darren and our cat Piper. Our children are grown and our last is off to college. I enjoy spending time with my family and friends; I enjoy board games and am a poker player.



Jessica Parmenter, Health Support Coordinator

Hello Head Start Families! My name is Jessica Parmenter and I'm so excited to get to spend a second year with you and your children in a new position. In May of 2023 I graduated with my Bachelors in Social Work and this is when I decided to join Head Start. I joined Head Start that same month, with last year being my first full program year as a Family Partner for the Windsor/WRJ sites. This year I will be rejoining as the Health Support Coordinator in the management office in

Windsor, which is awesome since I spent the summer getting my License to be a Nursing Assistant. Outside I like to spend time with family as well as my two dogs, Maizy and Winnie. I also like to mess around on my sewing machine and get to the beach when I can!



Lindsay DeCell, ERSEA Coordinator & Family Services Assistant

Hello, my name is Lindsay DeCell. I am the ERSEA Coordinator and Family Services Assistant, located in Windsor at the Management Office. I live in Chester with my family, Hannah, Matt, Dylan, Khloe, my partner Will, and our dog, and cat. I enjoy reading a good book, spending time with my family, playing board games, camping, and gardening.

This is my 11th program year working for SEVCA Head Start but I have been with SEVCA since 2011 in a few different areas. My children all attended the Head Start program at the Chester Community Preschool. This is where I fell in love with Head Start. I received my associate's degree in Human Services from the Community College of Vermont. I am embarking on a new journey to get my Bachelor's degree in Human Services with a focus on Children and Families at University of New Hampshire.

Here are the ways to contact me:

Office Phone: 802.674.8419

Email: Ldecell@sevca.org

Website for more details about our program: www.sevcaheadstart.org

Chester Community Preschool

CCP#1



Jodie Peebles, CCP#1 Lead Teacher/Center Manager

My name is Jodie Peebles and this is my fifteenth-year teaching at the Chester Community Preschool. I have my Bachelor's Degree in Early Childhood Education from Granite State College. I also have my Vt. Teaching License in Early Education. I have taken training as a Life Is Good Playmaker. I am so excited to use all these activities with the children in my program to spread more joy!

When I am not working, I enjoy walking, painting, reading and baking. My youngest child just started his freshman year at college, so I am officially an empty nester! My favorite summer activity is spending as much time as possible at the beach! I am excited to have the opportunity to get to know the new children and families that are joining our program. I am looking forward to seeing the returning children to see how much they have grown over the summer! I love being a part of this amazing preschool and enjoy every day that I spend with the children and their families.



Karie Stevens, CCP#1 Teacher Associate

Hello, families! My name is Karie Stevens. I live in Springfield Vermont with my husband, 2 children and a dog named Duke. We live on a farm with horses! I have been working with SEVCA for five years and have also been on various Boards throughout SEVCA over the last 9 years! I enjoy reading, being outside, and spending time with my family.

Sarah Rushford, CCP#1 Teacher Assistant



CCP#2

Randi Spittle, CCP#2 Lead Teacher



Hello! My name is Randi Spittle, and I'm excited to begin my seventh program year at CCP and my fifth year as a lead teacher. I truly look forward to getting to know all of the children and families this year and welcoming everyone into our learning community!

My husband and I have three wonderful boys, ages 11, 14, and 16. Outside of the classroom, I love spending time outdoors, camping, and working on DIY projects.

Over the past 13 years, I've had the opportunity to teach in a preschool setting, work as a paraeducator in a Kindergarten classroom, and support children with intensive needs. These experiences have shaped my passion for early childhood education and my commitment to helping every child thrive.

Kim Fox, CCP#2 Teacher Associate



Felicia Rowe, CCP#2 Teacher Assistant



I have been here at Head Start for nine plus years and am working on getting my Associate's Degree. I have a husband and five children. Some of my favorites include camping, family time, "Tiny House", riding four wheelers, the ocean, doing things outside, playing games, movie time and cooking.



Vanessa Heybyrne, CCP Food Service Provider

Hi I am Vanessa, and I am the cook in Chester. This is my 7th year cooking for preschool. I am originally from Long Island NY but have lived in Vermont for 17 years now with my husband and four kids ages 17, 14, 12 and 9 who all attended CCP! In my free time I like to bake, read, and thrift shops. Looking forward to meeting you and cooking for all the kids!

Katie Murphy, CCP Family Partner

Hello, my name is Katie Murphy, and I am proud to serve as the Family Partner at Chester Community Preschool. My husband and I live in Chester with our three kids—Liam, Maya, and Silas—and our pets, Luna (our dog) and Bougie & Thumbs (our cats).



When I'm not working, I enjoy reading, swimming, traveling, camping, and spending time with my family. This is my 11th year with Head Start, and I still love every minute of it! I enjoy connecting with families, planning activities, and finding ways to bring our program out into the community. Beyond my work at preschool, I represent Chester on the Green Mountain Unified School District Board of Directors, which allows me to stay actively involved in both our community and the education of all children. I also participate in the Building Bright Futures Springfield Area Regional Council.

Each year, I seek out new ways to connect with families and strengthen our program's presence in the community. If you have ideas for community engagement, I would love to hear them! I look forward to getting to know each of you—not only as parents, but as individuals. Updates on family engagement activities and upcoming events will be shared on our CCP Family-Partner Facebook page, bulletin boards, and Seesaw.

Let's Stay Connected!

If you ever have questions or just want to check in, here's how you can reach me:

Call or text: (802) 460-0297

Email: kmurphy@sevca.org

Facebook: *CCP Family-Partner* (send me a friend request!)

Website: sevcaheadstart.org

And don't forget to like *SEVCA Head Start* on Facebook for updates and fun posts!



Pine Street Preschool

Daisy Room

Sarah Schleimer-DeCell, Daisy Room Lead Teacher



I am so excited to be a lead teacher in the Daisy Room.

I live in Chester with my family and my two dogs, Mabel & Wolfe. I enjoy running, hiking, reading, playing with my dogs, paddle boarding, kayaking, playing volleyball, and spending time at the gym preparing for my Spartan Races with my sister.

I received my bachelor's degree from Castleton University in 2021.

I can not wait to get to know all the children and families this year.



Alisyn Pinney, Daisy Room Teacher Assistant

Willow Room

Ruby Tumanda, Willow Room Lead Teacher



Hello friends! I am Ms. Ruby and I am the Lead Teacher in the Willow room. I have been working for Head Start for 5 years. I have received my B.A. in Elementary Education. At home, I live with my husband and beautiful cats. I love to sing, play the guitar and keyboard, travel, create videos, go camping, and spend time with my family, friends, and my work family.

Christy Michaud-Fletcher, Willow Room Teacher Assistant



Hi, My name is Christy Michaud-Fletcher I have been in childcare for over 5 years. I'm an assistant teacher now for the Willow room at SEVCA Head Start in Springfield VT. I love kids! I also have two little ones of my own my daughter Morzena is 4 and a half and my son Sayth is 1. I love to cook, listen to music, dance and play video games. I love teaching and just seeing the kids' happy faces every day.

Crystal Milbauer, Willow Room Teacher Associate I am currently furthering my education in Early Childhood Education to deepen my knowledge and skills in supporting young learners. Prior to my current position, I worked as a one-on-one through TRSU, where I gained valuable experience providing individualized support and building strong connections with students.



Facts about me:

I was born in Vernon, VT and live in Grafton, Vt with my daughter and husband. My favorite thing to do is spend time with my family, watching movies and drawing. When I'm not at work I'm at home playing with my rabbits and I also raise Mini Lop Bunnies.

Larissa Jordan, PSP Food Service Provider

My name is Larissa. I am the cook here at Pine Street. I have a degree in Culinary Arts. Food, cooking, and baking are some of my biggest passions. I am a momma of four, ages 22, 17, 12, and 5! We love touring food trucks, camping, and creating new and fun meals together! I look forward to providing all of our nutritious and delicious meals this school year!



Michohn Parmenter, Family Partner

Hello, my name is Michohn Parmenter. I am the Family Partner at Pine Street Preschool. I live in Windsor with my Youngest son and Fiancé and our two bulldogs Shelby and Nash. I have 6 children. I'm Nene to 3 beautiful granddaughters! I enjoy watching a good mini-series, reading a good book, spending time with my family and going to the Ocean any chance I get. This is my 18th program year working for SEVCA Head Start but I have been with SEVCA since 2007 in a few different areas. I've left and come back a couple times throughout my time with SEVCA. I can't stay away; I just love Head Start and all we do to support families.



I look forward to getting to know all of the children and families joining us this year. We have our Pine Street Preschool Family Partner Facebook page. I will post on that page details about Family Engagement activities and other events in our community and snow days. We also have our SEVCA Head Start Facebook page and SEVCA Head Start website.

Here are the ways to contact me if you have any questions or need to chat this year.

Office Phone: 802.460.1285

Email: mparmenter@sevca.org

Facebook: Pinestreet Family-Partner (Send me a Friend Request)

Website for more details about our program: www.sevcaheadstart.org

SEVCA Head Start Consultants



Marilyn Gabriel, PhD- Mental Health Consultant

Marilyn Gabriel, PHD, LICSW is our mental health consultant. She visits all the classrooms in the fall and is available to consult with teachers and staff regarding the needs of students. She attends monthly staff meetings and provides training to staff and parents. If staff or parents have special concerns regarding a child's mental health and development, she is available to support referrals, treatment planning, and evaluation. Parents and Guardians may contact Marilyn for support and services.



Lara Peck, Registered Dietitian

Lara has been employed as a dietitian and diabetes educator for over 20 years. She has been working in the area of nutritional counseling for individuals and group programs for a good part of that time. Most recently Lara has been trained as a wellness/health coach. Lara really enjoys helping individuals make lifestyle changes to improve their overall health. Her practice areas of interest span the life cycle and include diabetes education, chronic disease management and wellness coaching. Lara is available to assist families with nutrition concerns for their children or themselves.



Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p>  <p>Centers Closed-Labor Day</p>	<p>2</p> <p><u>Breakfast</u> WGR Cereal Peaches 1% unflavored milk <u>Lunch</u> Turkey and Cheese WGR Pita Carrot Sticks Honeydew Melon 1% unflavored milk <u>Snack</u> Apple Slices with Peanut Butter WGR Rice Cakes</p>	<p>3</p> <p><u>Breakfast</u> WGR Blueberry Muffins Strawberries 1% unflavored milk <u>Lunch</u> Cheese Pizza on WGR Crust Garden Salad Watermelon 1% unflavored milk <u>Snack</u> Bell Pepper Slices Ham Roll-Ups</p>	<p>4</p> <p><u>Breakfast</u> WGR French Toast Mixed Berries 1% unflavored milk <u>Lunch</u> Chicken Alfredo WGR Penne Pasta Broccoli Cantaloupe 1% unflavored milk <u>Snack</u> Yogurt Graham Crackers</p>	<p>5</p> <p>COOK'S CHOICE</p>
<p>8</p> <p><u>Breakfast</u> WGR Cereal Mixed Fruit 1% unflavored milk <u>Lunch</u> Peanut Butter and Jelly WGR Bread Blueberries Kale Chips 1% unflavored milk <u>Snack</u> Celery with Cream Cheese Goldfish</p>	<p>9</p> <p><u>Breakfast</u> WGR English Muffins Applesauce 1% unflavored milk <u>Lunch</u> WGR Macaroni and Cheese Cauliflower Strawberries 1% unflavored milk <u>Snack</u> Cucumber Cheese Slices</p>	<p>10</p> <p><u>Breakfast</u> WGR Waffles Mixed Berries 1% unflavored milk <u>Lunch</u> Turkey Burgers on WGR Bun Lettuce and Tomatoes Apple Slices 1% unflavored milk <u>Snack</u> Teddy Grahams Bananas</p>	<p>11</p> <p><u>Breakfast</u> WGR Bagels with Cream Cheese Pears 1% unflavored milk <u>Lunch</u> Cheese Quesadillas on WGR Tortilla Black Beans and Corn Orange Slices 1% unflavored milk <u>Snack</u> Cottage Cheese Peaches</p>	<p>12</p> <p>COOK'S CHOICE</p>
<p>15</p> <p><u>Family Lunch Today!</u> <u>Breakfast</u> WGR Cereal Applesauce 1% unflavored milk <u>Lunch</u> WGR Spaghetti with Beef Meatballs Broccoli Cantaloupe 1% unflavored milk EARLY RELEASE</p>	<p>16</p> <p><u>Breakfast</u> WGR Oatmeal Bananas 1% unflavored milk <u>Lunch</u> Ham and Cheese WGR Sandwich Thins Carrot Sticks Grapes 1% unflavored milk <u>Snack</u> WGR Wheat Thins Hummus</p>	<p>17</p> <p><u>Breakfast</u> WGR Soft Tortillas Strawberries Yogurt and Granola 1% unflavored milk <u>Lunch</u> Ground Beef WGR Rice Tomato and Cucumber Salad Honeydew Melon 1% unflavored milk <u>Snack</u> Apple Slices Cheese Slices</p>	<p>18</p> <p><u>Breakfast</u> WGR Applesauce Muffins Mandarin Oranges 1% unflavored milk <u>Lunch</u> Scrambled Eggs WGR Toast Diced Potatoes Orange Slices 1% unflavored milk <u>Snack</u> Peanut Butter WGR Rice Cakes</p>	<p>19</p> <p>COOK'S CHOICE</p>
<p>22</p> <p><u>Breakfast</u> WGR Cereal Pears 1% unflavored milk <u>Lunch</u> Cheese Pizza on WGR Crust Cucumbers Peaches 1% unflavored milk <u>Snack</u> WGR Waffles Mixed Berries</p>	<p>23</p> <p><u>Breakfast</u> WGR Bagels Blueberries 1% unflavored milk <u>Lunch</u> Ground Turkey Sloppy Joe WGR Bun Garden Salad Cantaloupe 1% unflavored milk <u>Snack</u> Graham Crackers Celery with Peanut Butter</p>	<p>24</p> <p><u>Breakfast</u> Pumpkin Muffin Squares Apricots 1% unflavored milk <u>Lunch</u> BBQ Chicken WGR Rice Corn Watermelon 1% unflavored milk <u>Snack</u> Cottage Cheese Goldfish</p>	<p>25</p> <p><u>Breakfast</u> WGR English Muffins Mixed Fruit <u>Lunch</u> Beef Meatloaf WGR Bun Green Beans Cranberry Sauce 1% unflavored milk <u>Snack</u> Teddy Grahams Bananas</p>	<p>26</p> <p>CENTERS CLOSED</p> <p>Staff In-Service</p>
<p>29</p> <p><u>Breakfast</u> WGR Cereal Peaches 1% unflavored milk <u>Lunch</u> Turkey and Cheese WGR Pita Bread Celery Sticks Orange Slices 1% unflavored milk <u>Snack</u> Hard Boiled Eggs Cucumbers</p>	<p>30</p> <p><u>Breakfast</u> WGR Banana Oat Muffins Strawberries 1% unflavored milk <u>Lunch</u> Ground Beef Taco WGR Soft Tortillas Lettuce and Tomatoes Watermelon 1% unflavored milk <u>Snack</u> Yogurt Smoothie WGR Cheerios</p>		<p>This institution is an equal opportunity provider.</p>	<p>This menu is subject to change.</p> <p>WGR=Whole Grain Rich</p>