

SEVCA Head Start Newsletter

Monthly Newsletter for February 2024



**FROM THE DESK OF THE
DIRECTOR...**

Dear Parents & Staff,

The program year is once again passing us by so quickly! We are still waiting to hear back from the Office of Head Start (OHS) in regards to how our unannounced review went that we had right after the Thanksgiving break in November 2023. I will pass on the results as soon as they are in.

We are currently working on planning for the Self-Assessment which will happen on March 15, 2024. The Self-Assessment is an annual process that all Head Start programs must do to evaluate their program and see what the data is telling us. We analyze several different sets of data to see what the strengths are and the areas that need to be improved for the program. We invite parents, staff, community members, Policy Council and Board members to be part of this fun-filled day. If you would like to be part of this, please let your teacher know.

At the end of January, we submitted a Change of Scope for our Head Start program. As I have mentioned in previous newsletters, our program was out on an Under-enrollment Plan in November 2023.

We have 12 months to let them know how we plan to reach full enrollment and maintain it. Almost 90% of Head Start programs across the nation are also on under-enrollment plans, so we are not alone. Many programs have also submitted a Change in Scope Plan which asks to reduce funding is then used to "right-size" the program and for us that means increasing wages and salaries so we can be more competitive with the public schools and be able to retain and attract new, qualified staff. There were some really tough decisions that had to be made and not everyone will be happy with the results. The risk of not doing anything, means that our program could lose up to \$409,000 in funding, which would mean the entire program would be shut down, because we could not operate on a budget around \$700,000. If anyone would like to discuss this further, please reach out to me.

Winter has seemed to return (unfortunately!), so please make sure you send your child with the appropriate outside gear, so they can play outside in the wonderful snow! Thank you to the parents that attend all of the parent involvement events that the centers have planned. It means so much to your children when you join them for part of their day!

Happy February Everyone! Stay safe, happy and healthy!

Lori Canfield

SEVCA Windsor County

Head Start Director



Classroom Updates...

Chester Community Preschool

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

Chester Community Preschool:

CCP1: Sofia G., Lucy H. and Kaylee T.

CCP2: None

Pine Street Preschool:

Daisy: None

Willow: Kayleigh H. and Landon L.

The Children's Place: Lucas C.

In-Kind Winner for the month of December goes to... PSP!



Important Dates to Remember:

February 14, 2024 ~ Policy Council Meeting; 9:30AM

February 16, 2024 ~ Early Release, Ed Meeting; Child Care OPEN.

February 19-23, 2024 ~ February Break; ALL Centers are CLOSED and Child Care is OPEN.

CCP1

Ms. Jodie, Ms. Karie and Ms. Meagan

It's a new year! We are excited to start off this new year learning about Africa! There are so many different types of animals, climates, and culture.

We had the chance to experience all things Africa, from their climate, to different animals, and even their cuisine (Yumm)! From snakes, zebras, & lions to the warm weather, and even to the delectable treats, we have learned so much!

Starting off the month, we learned a bit about snakes. Pythons to be exact! Who knew that the average python grows to be 10-13 feet long!

We even used our bodies and measured how many kids it would take to be as long as a python, and we measured three (3) kids long! We had to see how many teachers

it would take to measure up to the python, and it only took two (2) teachers! After that, we painted the python to hang above our circle rug!

As we kept exploring the African culture, we discovered the wonderful cuisine. We made Rice Cake Lions and Safari snack mix as snacks, but we were fortunate enough to be able to recreate African Chin Chin! This



is a delicious pastry made in Africa for special Occasions (mainly holidays). There are many different variations of this snack, but we used our air-fryers and made it healthy! The kids really enjoyed measuring and mixing the ingredients, while the teachers used the air-fryers to bake the mixture. It was hit with everyone! We had so much fun learning all about Africa!

We are looking forward to this new month and exploring friendship and kindness!

CCP2

Ms. Randi, Ms. Andi and Ms. Michohn

Hello! Time is just flying by! For the month of January, our classroom has been learning about Dinosaurs!

We covered the letters T, D, V, and B and have done lots of fun projects such as marble dinosaur painting, triceratops masks, and dinosaur bracelets.

Our nutrition projects have been so much fun! We made our own dinosaur food, dirt cups, and fruit dinosaurs.

In math, the children have been counting dino eggs and weighing things on the dino scale.

In literacy we've done letter stamping in kinetic sand and letter cards. We have read all kinds of books all about dinosaurs! In music and dance, we have done the "Dino Ditty" and the "Dinosaur Band Parade", and in our dramatic play area we have a paleontologist camp site!

What a fun month it's been!!! See you in February!

News from Chester Community Preschool's Family Partner



February is here and there are only 48 days until Spring! I, personally, can't wait!

Thank you to all families who were able to attend our January Parent Meeting. I know attending extra activities can be challenging, so I appreciate every effort made to attend our Parent Meetings. I am looking for input for our remaining Parent Meetings. These can be an activity or presentation. What would you like to do or learn about? Please reach out and share some ideas!

As always, I am available via phone, email, and Seesaw message should you need anything for your family. We have lots of resources available and I would love to help connect you with the right resources for your family.

Please keep an eye on your child's backpack, Facebook, and Seesaw for more details about Family Engagement activities and other events. Please contact me if you have any questions, comments, or concerns.

Katie Murphy

Family Partner

802.460.0297

kmurphy@sevca.org

Pine Street Preschool

Daisy Room

Ms. Jen, Ms. Alyssa and Ms. Felicia

Wow, we can't believe the first month of 2024 has come to an end! We have had so much fun this month and the children are so excited that we finally got some snow that we can play in!

This past month we have learned all about animals in winter. We learned about adaptation, hibernation and migration. The children loved our felt board activity where we matched what we thought each animal does in winter! We did many activities such as counting penguins, ice cube patterns, matching shapes and tissue paper winter animals.

This month we also held a family dinner instead of a family breakfast or lunch, we all think that this was a great idea!

In the month of February, we will have two themes. The first two weeks will be friendship and kindness and the last two weeks will be about dental health. VINS will visit us again and teach us all about "big bridges", we cannot wait!



Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Sadie

Hi Friends and Families! January was a very exciting month for us. We learned a lot of things and did fun activities about Dinosaurs.

We learned that there were so many types of dinosaurs that lived millions of years ago, before people. We learned that some dinosaurs were carnivores (meat-eaters), herbivores (plant-eaters), and some were omnivores (plant and meat-eaters). We also learned carnivores' teeth were sharp while herbivores' teeth were blunt and flat or thin. We also learned that paleontologists are scientists that study about fossils. Our friends enjoyed digging for fossils in our dramatic play and sand table. Our friends also learned some theories or ideas on why dinosaurs no longer exist.



We did fun art activities as well. One of our activities was Dinosaurs resist painting. We did shape dinosaurs, name dinosaurs, and dinosaur crown. We also learned a song called "I'm Bringing Home A Baby Dinosaur".



We had snowy days so our friends had enjoyed playing outside during recess. It was such a great month!

Next month, our topic will be about Friendship and Kindness.

News from
Pine Street Preschool's
Family Partner

Hello Everyone!

I will be starting my 2nd Home Visits after vacation and look forward to meeting with each family.



Tax season is coming and SEVCA VITA program can help you get those pesky taxes prepared. This is a FREE program for Windsor & Windham County Vermonters. For more information check out <https://sevca.org/tax-services>

As we come into tax season it's a good time to look at budgeting and saving so I am planning our February Parent Meeting to discuss some options that you can use to help get on or stay on track.

Also, just a reminder to those who pay for their heat, please keep your eye on

your heating fuel tank to make sure you don't run out of fuel.

If you are struggling to get your next fuel delivery or concerns with your electric disconnect notice, SEVCA Family Services may be able to help, call 802-460-1553.



Please keep an eye on your child's school folders for more details about Family Engagement activities and other events. Please contact me if you have any questions, comments, or concerns.

Lindsay DeCell
Family Partner
Pine Street Preschool
802.460.1285
Ldecell@sevca.org

Northwood's Preschool

This center hasn't been able to open this year due to staff shortages.

Children's Place Preschool

Ms. Susan, Ms. Denise and Ms. Mimi

Happy New Year! I am so excited to tell you everything that we have done this month!

We have traveled to four different habitats; Artic, Desert, Wetlands/Everglades and Mountain Ranges. Every week we learned about each individual habitat and the animals that inhabit them.

For the first week we learned about the Desert! We learned about camels, and why and how they have their humps, and we also

learned about different types of lizards. The kid's favorite lizard was the Desert Horned Lizard. This lizard shoots blood out of their eyes when they feel threatened by a predator. We even did our own little experiment and had the kids pretend they were lizards and shoot "blood" (which was just paint) out of their eyes and we measured the distance. Did you know that the Desert Horned Lizard can shoot blood from their eyes up to four feet?

Aside from learning about all these cool animals, we also learned about different Cactus's. Not only did we get to make our own Cactus's out of clay that the kids named, we also made our own handprint Cactus.

Next on our travel list, we visited the Wetlands! And the first animal on our list was the Alligator. Did you know that although Alligators and Crocodiles are similar in appearance, they are different in many ways? Alligators only show their top teeth when their mouth are closed and Crocodiles show BOTH top and bottom teeth when they have their mouth closed? Aside from their appearance we learned about their life cycle, and the size of their hatchlings and even how their eyes glow red in the dark! Not only did we learn about these amazing animals, we made a life size head and the kids had so much fun painting it. The kids even got to make their own clothespin Alligator which they took home.

The third habitat we visited on our trip was the Mountain Range! We learned what a Mountain Range was and what their temperature range is. We got to make our own Watercolor Snowy Mountain and we learned about Alpacas and how they are

different than camels! Alpacas are natives to the Andes Mountains in South America and are Herbivores, while Camels are found in Asia and Africa!

To finish the four habitat we learned about this month, our final trip was to the Arctic. The kids loved learning about Mountain Goats, Polar Bears, Penguins, Walrus's and Seals. We even learned about different plants that are native to the Arctic, did you know that there are 1,700 species of plants that live in the Arctic?

We talked about what their favorite habitat was and what habitat would they live in? Can you guess which habitat they said?

Learning about all of these four Habitats to start the New Year was such a fun journey. Watching the kids soak up all of the information and being creative when it came to projects was fascinating as always. Not only did we take a trip to all of these four habitats, we also took a trip to the library! The library is also a trip that kids look forward to every 2 weeks.



As the month of January comes to an end, we are lucky to have had it go by quickly. As that means that we had so much that we lost track of time; finally playing in the snow, cooking with Ms. Rhi and celebrating three of the kid's birthdays.

Next month we are going to be learning all about Birds and as we flutter into the

New Year, I can't wait to continue to write what we learn about this school year!

From the Desk of the Family Partner for
The Children's Place Preschool and
Northwoods Head Start

Jessica Parmenter

Hello Families! It has been one cold winter so far. I hope that you all are staying safe and warm! Winter is a difficult time so if anything comes up for you or your families contact me and we can schedule a time to meet.

If you are struggling with heating your home there is still time to fill out a fuel assistance application, so let me know and I can assist! You can also always contact SEVCA Family Services as they may be able to help. Their number is 802-460-1553; just leave a message!

Keep in mind that tax season is just right around the corner, so if you need assistance, you can get help through SEVCA VITA (this is a FREE program for Windsor County Residents!) Find more information at:

<https://sevca.org/tax-services>

With our January Family Meeting in mind, if you would like more tips and tricks on financial budgeting reach out!

Lastly, I wanted to remind families that we are on winter break from 2/19-2/23. I will be starting to schedule our second round of home visits when we return.

Jessica Parmenter

Children's Place Preschool

Northwoods Preschool

802-674-8008

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*News from the
Practiced-based Coach/Child Development Services Specialist*

Susan Brown

It has been a pleasure to be spending time at the Chester Community Preschool! I have built towers for dinosaurs, made turtles with playdough and read books to little friends. I have seen an entire classroom get ready to go outside in under 5 minutes! What I enjoy most is watching teachers solve problems, focus on literacy, incredible activities to instill curiosity and wonder and most of have fun. I can't forget the dance party with the disco ball.



In Windsor, I have learned about habitats such as mountains, everglades, desert, artic. This was a fun unit to compare habitats and animals that live there. From alligators to alpacas each habitat brought curiosity and connections.

As I increase my time, in this position of Practice Based Coach, I am hoping to learn more about our amazing centers.

News from the Education/Disabilities Services Manager

Jodi Farashahi

The cold is finally here! As a reminder, make sure that your child has an extra set of clothes, and their winter gear (snow pants, coat, hat, mittens, snow boots) when the temperature allows for them to get outside and enjoy the crisp air!

Teachers are continuing with winter assessments on children, and will be sharing information at the third parent teacher conference scheduled for March 1, 2024. Centers will be closed on this date, so please make sure to schedule a time with your child's teachers.

News from the Health and Nutrition Manager

Heather Frye

Welcome Siobhan!



Hello, my name is Siobhan and I am a registered Dental hygienist. I will be the new 802 smiles hygienist (AKA the TOOTH TUTOR) for the SEVCA Head Start program. This program

was designed to help children in Vermont schools have the healthiest mouths possible.

I look forward to meeting each of you and together discovering all the ways that I can be of help.

I thought maybe you'd like to know a little bit about me before you meet me so here you go. My favorite color is green. My favorite snack to help keep my teeth healthy is cheese. I like to swim, work in the garden and play with my dog named Milo.

When we meet each other, I hope we can talk about your favorite things too.

Siobhan Nadler, the 802Smiles Hygienist, will soon be reaching out to some of our

families and visiting classrooms to meet the children.

Meatball Subs

Use up leftover meatballs and marinara sauce in this quick and easy meal!

Ingredients

Serves 4

- 12 [Basic Meatballs](#)
- 1 cup [marinara sauce](#)
- 4 sub rolls
- 1 ½ cups shredded mozzarella cheese

Instructions

1. Preheat oven to 400 degrees.
2. Lay three meatballs in each sub roll. Top each sub with ¼ cup of marinara sauce and evenly distribute the cheese on top.
3. Bake the subs at 400 degrees for 15 minutes, until the cheese is bubbly, the buns are slightly toasted and the meatballs are warmed through.



If you would like to revisit this recipe on our website, please follow the link below.
<https://thefamilydinnerproject.org/budget-friendly/week-of-april-20-2020/view/thursday>

I Brushed My Teeth!

Name: _____

Month: _____



Help your kids form a regular routine of brushing their teeth twice a day. Together you can track their progress as they work towards a lifetime of healthy teeth and gums.

	Week 1		Week 2		Week 3		Week 4	
Monday								
Tuesday		you can do it!						
Wednesday								
Thursday					almost there!			
Friday								
Saturday			keep it up!					
Sunday								way to go!

This worksheet was created by the Vermont Department of Health's 802 Smiles Network which aims to expand dental services in schools and improve oral health for all Vermont kids.

To learn more about 802 Smiles Network and download a new brushing calendar, visit: HealthVermont.gov/802Smiles

Birthday News for Jan/Feb



Chester Community Preschool

CCP1- Isaiah M. 1/27

Oliver B. 2/1 and Gracelynn Z. 2/6

Pine Street Preschool

Daisy- No Birthdays

Willow- No Birthdays

The Children's Place

No Birthdays

Staff

CCP2 Teacher-Randi S. 2/16

Willow Teacher Associate-Nicholle V. 2/18

Health & Nutrition Manager-Heather F. 2/25

NEWS FROM THE FAMILY/COMMUNITY/MENTAL HEALTH MANAGER

BARBARA VANDENBURGH

CHILDREN'S INTEGRATED SERVICES (CIS)

EARLY INTERVENTION, FAMILY SUPPORT, AND PREVENTION SERVICES THAT HELP ENSURE THE HEALTHY DEVELOPMENT AND WELL-BEING OF CHILDREN, FROM BEFORE BIRTH UP TO AGE 5.

WHAT CAN CIS DO FOR YOU?

CIS SERVICES ARE AVAILABLE TO SUPPORT:

- YOUR HEALTH AND WELL-BEING THROUGHOUT PREGNANCY AND POSTPARTUM.

- YOUR CHILD'S HEALTHY GROWTH WITH SPEECH, LANGUAGE, MOVEMENT, VISION, AND HEARING - FROM BIRTH TO AGE 3.
- FINDING QUALITY CHILD CARE THAT SUPPORTS YOUR CHILD'S AND FAMILY'S GOALS AND NEEDS.
- THE POSITIVE SOCIAL AND EMOTIONAL DEVELOPMENT OF YOUR CHILD - UP TO AGE 5.

HOW SERVICES ARE DELIVERED

- A REGIONAL TEAM MADE UP OF LOCAL PROFESSIONALS (E.G., NURSES, EARLY INTERVENTIONISTS & CHILD DEVELOPMENT SPECIALISTS) WILL SUPPORT YOU IN IDENTIFYING WHAT SERVICES YOU NEED AND HELP YOU ACCESS THEM — AT LOW OR NO COST.
- YOUR PLAN FOR SERVICES (ALSO REFERRED TO AS A ONE PLAN) WILL BE DOCUMENTED AND SHARED WITH ANY LOCAL PROFESSIONALS WHO WORK WITH YOU.
- SERVICES ARE COORDINATED AND PROVIDED IN A LOCATION COMFORTABLE TO YOU (E.G., YOUR HOME, CHILD CARE, PRESCHOOL, OR AFTERSCHOOL PROGRAM, ETC.)
- NO MATTER THE SERVICES YOU RECEIVE DURING YOUR JOURNEY WITH CIS, YOU'LL HAVE ONLY ONE MAIN POINT OF CONTACT AT ANY GIVEN TIME.

HEAD START CAN ASSIST YOU WITH A REFERRAL! SPEAK TO THE FAMILY PARTNER AT YOUR CENTER.

**CHESTER
SPRINGFIELD
WINDSOR**

**KATIE MURPHY
LINDSAY DECELL
JESSICA PARMENTER**

Monday

Tuesday

Wednesday

Thursday

Friday



This institution is an equal opportunity provider.

5
Breakfast
Cold Cereal
Burst of Blueberries
1% unflavored milk
Lunch
Peanut Butter & Jelly on WGR
Cheddar Cheese
Carrot Sticks
Perfect Pineapple
1% unflavored milk
Snack
WGR Crackers
1% unflavored milk

6
Breakfast
WGR Bagel
Applesauce
1% unflavored milk
Lunch
Chicken Alfredo with a Twist
Green Beans
Cantaloupe
1% unflavored milk
Snack
Graham Cracker
Yogurt

7
Breakfast
Breakfast Burrito with Salsa
Honey Dew
1% unflavored milk
Lunch
Beef Vegetable Soup
Cottage Cheese
Baking Powder Biscuit
Mixed Berries
1% unflavored milk
Snack
Red Grapes Halves
1% unflavored milk

8
Breakfast
WGR Toast with Peanut Butter
Apples
1% unflavored milk
Lunch
Chicken Fajitas on WGR tortilla
Strawberries
1% unflavored milk
Snack
Sam-I-Am Eggs (deviled eggs)
Pepper slices

9
Breakfast
Breakfast Muffins
Mixed Fruit
1% unflavored milk
Lunch
Turkey and Beef Macaroni
Orange Smiles
1% unflavored milk
Snack
Monkey Snack (banana & peanut butter)
1% unflavored milk

12
Breakfast
Cold Cereal
Cheddar Cheese Chunks
Applesauce
1% unflavored milk
Lunch
Chicken Salad Sandwich on WGR Bread
Snap Peas
Wonderful Watermelon
1% unflavored milk
Snack
Kale Chips
WGR Crackers

13
Breakfast
Mango Smoothie Bowl
1% unflavored milk
Lunch
Pizza with Ground Turkey
Cottage Cheese
Pizza Green Beans
Peaches
1% unflavored milk
Snack
Peanut Butter & Apple Wraps
1% unflavored milk

14
Breakfast
Scrambled Eggs
Blueberries
1% unflavored milk
Lunch
Sloppy Joes on WGR Roll
Bananas
1% unflavored milk
Snack
WGR Goldfish
Pepper Slices

15
Breakfast
Oatmeal
Mixed Fruit
1% unflavored milk
Lunch
Macaroni and Cheese
Ham Chunks
Cauliflower
Cantaloupe
1% unflavored milk
Snack
Bagel with Peanut Butter
1% unflavored milk

16
Breakfast
WGR English Muffins
Pears
1% unflavored milk
Lunch
Egg Salad
WGR Wheat Thins
Carrots
Strawberries
1% unflavored milk
Snack
Celery Sticks
Oranges
EARLY RELEASE

19
CLOSED

20
Breakfast
Yogurt Parfaits (cereal, fruit, yogurt)
1% unflavored milk
Lunch
"Say Cheese" Grilled Ham & Cheese on WGR
Tropical Bean Salad
1% unflavored milk
Snack
Bananas in a Sleeping Bag (banana wrapped in WGR tortilla)
HS Closed/ CC Open

21
Breakfast
WGR Toast
Burst of Blueberries
1% unflavored milk
Lunch
Cheese Quesadilla (cheddar cheese, black beans, corn, WGR tortilla) with Salsa
Corn
Oranges
1% unflavored milk
Snack
Apples
Yogurt
HS Closed/ CC Open

22
Breakfast
Cold Cereal
Peaches
1% unflavored milk
Lunch
Chicken or Turkey Tacos on WGR yellow corn taco shells
All Mixed-Up Fruit Medley
1% unflavored milk
Snack
Yogurt Dip with Cucumber Sticks
1% unflavored milk
HS Closed/ CC Open

23
Breakfast
Humpty Dumpty Eggs (Scrambled eggs with veggies)
Bananas
1% unflavored milk
Lunch
Meatball Subs/WGR Roll
Shredded Cheese
Garden Party (Tossed Salad)
Pears
1% unflavored milk
Snack
Fruit Medley
WGR Crackers
HS Closed/ CC Open

26
Breakfast
Cold Cereal
Cottage Cheese
Peaches
1% unflavored milk
Lunch
Ham & Cheese on WGR
Bread
Broccoli
Oranges
1% unflavored milk
Snack
Mini Graham Cracker Berry Nut Butter (strawberries & peanut butter with graham crackers)

27
Breakfast
Banana Split Yogurt Parfait (cereal, banana, yogurt)
1% unflavored milk
Lunch
Chopped Brazilian Chicken in WGR Pita
Greek Salad
Honey Dew
1% unflavored milk
Snack
Apple
1% unflavored milk

28
Breakfast
WGR English Muffin
Watermelon
1% unflavored milk
Lunch
Turkey Meatloaf with a WGR Roll
Green Beans
Pineapples
1% unflavored milk
Snack
WGR Crackers
Cheddar Cheese Chunks

29
Breakfast
WGR Pancakes
Applesauce
1% unflavored milk
Lunch
Pasta Salad (WGR pasta)
Cheddar Cheese
Turkey Rolls
Pears
1% unflavored milk
Snack
Funny Face Rice Cakes (fresh fruit, or veggies on a rice cake)
1% unflavored milk

Menu Subject to Change

WGR=Whole Grain Rich

Protein



WIC APPROVED ACTIVITY

Today your child learned about proteins 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.

- Protein provides nutrients that help all kids grow.
- Protein foods include seafood, meat, poultry, eggs, beans, peas, nuts and seeds. When choosing protein foods select a variety of lean meat and poultry.
- It is common for children to dislike or refuse protein foods. Encourage them to try protein and eat it yourself. Just keep trying! 😊

Chili Recipe

Ingredients

- 1 pound ground beef or turkey
- 1 large white onion, diced
- ¼ cup water
- 2 14-ounce cans diced tomatoes
- 2 tablespoons chili powder
- 2 15-ounce cans beans, rinsed and drained

Directions

1. In a large pot, cook the ground beef and onion over medium heat until beef is browned, about 7-8 minutes. Stir every now and then to help crumble up the meat.
2. Drain the meat mixture and return to pan. Add chili powder and stir well.
3. Add the beans, water, and diced tomatoes to the pot and bring to a slow boil. Cover and reduce heat to low; simmer for 20 minutes. Then uncover and simmer for an additional 5 minutes, stirring occasionally.
4. Put chili into bowls and serve hot!