

SEVCA Head Start Newsletter

Monthly Newsletter for April 2025



From the Desk of the Director . . .



Dear Parents & Staff,

We have finally arrived to the month of April! Wow! How quickly this year has flown by! We are down to a few months left of the program and we still have lots of interesting opportunities coming up.

Last month I sent out the Parent and Staff Surveys. I will be sharing the results of this soon. I hope you took the opportunity to share your thoughts, and a BIG thank you to everyone that participated.

We held our annual Self-Assessment on March 14th and had a fabulous day sharing all of the data we had gathered. A HUGE thank you to all of the SEVCA staff that were able to attend and also our community partners, as well as our Policy Council Chairman, Jess Ucci. We are very grateful for all of the support for our program. This year was a little different, as we have gone from a program that was funded for 83 children to 45, so this made it challenging on being able to compare data from the previous years. The teams were still able to analyze the

data and identify areas of strength and areas that we can improve. All went well, and the results for that will be shared soon as well.

Lindsay and the Family Partners, Katie and Michohn, have been working diligently at meeting with families and completing applications for the 2025-2026 program year. Enrollment is looking good so far! Thank you, ladies!! If you know of a child that will be 3 by September 1st (or June 1st if you are interested in Child Care), then please send them our way so we can complete an application with them. We are very confident that we will be able to fill all of the Head Start slots for 2025-2026.

We have conducted interviews for the Lead/Licensed Teacher position at PSP and for the Teacher Associates position at CCP and are crossing our fingers that the candidates will accept our offers. More info will be shared once they are onboard.

If you have time to stop by your child's center and share a meal it would make your child's day! Please make sure you let the Cook know in advance so enough food can be prepared. We appreciate the

dedication of the parents we have in the program this year. Thank you for contributing to the success of our Head Start program!

Here's to sunnier days ahead!

Lori Canfield
SEVCA Windsor County Head Start
Director

Important Dates to Remember:

April 25, 2025 ~ Early Release, Ed
Meeting; Child Care Closed.

April 14-18, 2025 ~ April break: CCP,
PSP and Windsor Centers CLOSED;
Child Care Open

April 23, 2025 ~ Policy Council
Meeting; 9:30 AM

February In-Kind: CCP is the winner
for the most In-Kind collected! Woo,
Hoo!



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

Chester Community Preschool:

CCP1: None

CCP2: None

Pine Street Preschool:

Daisy Room: James B. Jacob S. Lucas B.

Willow Room: Madaline B.

Classroom Updates...

Chester Community Preschool

CCP1

Ms. Jodie, Ms. Karie and Ms. Sarah

For the month of March we have been learning about Dinosaurs. We have had so much fun pretending to be paleontologists and digging for fossils in the sand table at the dress up area!



Each week we have been learning about the different types of dinosaurs and talking about the difference between herbivores and carnivores. We have tried diplodocus dip which was green dip with a variety of veggies! We made Triceratops masks and had fun roaring like dinosaurs while playing the *We Are The Dinosaur songs!* We made Dinosaur names using each letter of our name on a plate for the dinosaurs back.

We did a science experiment with our own baby dinosaur eggs. Each child placed their egg (hard boiled) in a cup with vinegar and food coloring. They

made a prediction as to what was going to happen to their egg in the next two weeks. We then checked back after two weeks to record what actually happened! The kids had so much fun with this and going over to check on their eggs was great to see a transformation that was taking place!

We made marble painted dinosaurs as well as dinosaur headbands and dinosaur bracelets. We introduced the letter D for dinosaur and K for kite. We had a visit from Miss Codie from VINS and Miss Carrie from The Whiting Library.

Next month we will be learning all about Spring Things!

CCP2

Ms. Randi, Ms. Felica, Ms. Kim

This month, our preschoolers have been launched into an exciting Outer Space Unit! We've been exploring the wonders of space through hands-on activities, fun games, and creative learning experiences. Here's a look at what we've been up to:

Our dramatic play area was transformed into a space station, where children could dress up in astronaut suits and pretend they were blasting off to explore the universe! The kids took on the

roles of astronauts, Mission Control officers, and space explorers as they worked together to "land" on new planets and safely return to Earth. It was a fantastic way for them to use their imagination and learn about teamwork!

In math this month, we had a fun activity where the children measured how many planets tall they are! Using colorful planet cut-outs, the kids compared their heights to the sizes of the planets. They learned a little about the planets in our solar system and had fun measuring and comparing with their friends.

We also explored the Moon and learned how craters are made. The children discovered that when meteoroids crash into the Moon's surface, they leave behind deep craters. To demonstrate this, we made our own craters by stamping foil "rocks" into paint and dropping them on our moon stencil. The kids had a blast making their own "cratered moons" while also learning about the forces that shape our solar system!

Next Month's Theme - All About Spring!



Chester Community Preschool's
Family Partner

Goodbye March, Hello April!

A big thank you to all the families who joined us for our Gardening Workshop! I hope you had as much fun as I did. A special shoutout to Lindsay DeCell, our ERSEA Coordinator/Family Services Assistant, for leading the session.

This month, I will continue scheduling our second round of Home Visits. I truly appreciate your continued support and the warm welcome I receive into your homes. These visits are a great chance to review the goals your family has been working on, and to discuss if any adjustments or additional support are needed.

Keep an eye out for updates on Seesaw, via email, and on our CCP Family Partner Facebook page for upcoming Family Engagement activities and community events.

Feel free to reach out:

- Phone: (802) 460-0297
- Email: kmurphy@sevca.org

- Facebook: CCP Family-Partner (send me a friend request)
- Website: www.sevcaheadstart.org

And don't forget to like our Facebook page: **SEVCA Head Start!**

Looking forward to connecting with you this month!



Pine Street Preschool

Daisy Room

Ms. Meagan, Ms. Sarah.

Hi friends! This month we have been learning all about books! We are learning just how important a book can be. We have learned what an author and illustrator are and how they may be different. We have learned all about Dr. Suess and we learned that he is both an author and an illustrator! At circle time we have been reading many different authors, including Eric Carle (The Very Hungry Caterpillar) and Mo Willems (Elephant and Piggie books). I think so far Mo Willems and Dr. Suess have been the favorite authors among the children. Next week we will be talking about Eric Litwin (Pete the Cat).

We have been getting outside and playing as much as the cold weather was letting us. This past week has been BEAUTIFUL, warm and sunny and we have been taking full advantage of the sun being out. Along with the weather starting to FINALLY feel like spring we mixed up the classroom a little. Our dramatic play went from a puppet show to veterinary clinic and in April we will be doing a construction zone.

Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Alisyn

Hi friends! Wow, It's already Spring! March was such a pretty exciting month for all of us. We learned about authors and books. We learned about the lives of the famous authors and illustrators, Dr. Seuss and Eric Carle. We also spent a week reading Pete the Cat books. We've learned that an author is the one who writes the words in the book and an illustrator puts or creates pictures in the books or magazines.

We've read Dr. Seuss books such as The Cat in the Hat, What Pet Should I Get, Oobleck and more. We made oobleck too! It was really fun! It's amazing how something can be a solid and a liquid at the same time.



We also did Cat in the Hat names, drew a pet, and of course learned more about words that rhyme. Dr. Seuss taught us so many words that rhyme.

Eric Carle, too, had so many amazing and colorful books. One of our favorite books that we read was The Hungry Caterpillar. We did caterpillar patterning activity and caterpillar counting as well. We also read the book the Grouchy Ladybug and did Grouchy ladybug craft and share things that make us grouchy. Well, the story really taught us how to manage our feelings and to be kind and respectful with others.

It's getting warmer and we are really enjoying our time at recess.

In April, our theme is going to be about Spring!



Pine Street Preschool's Family

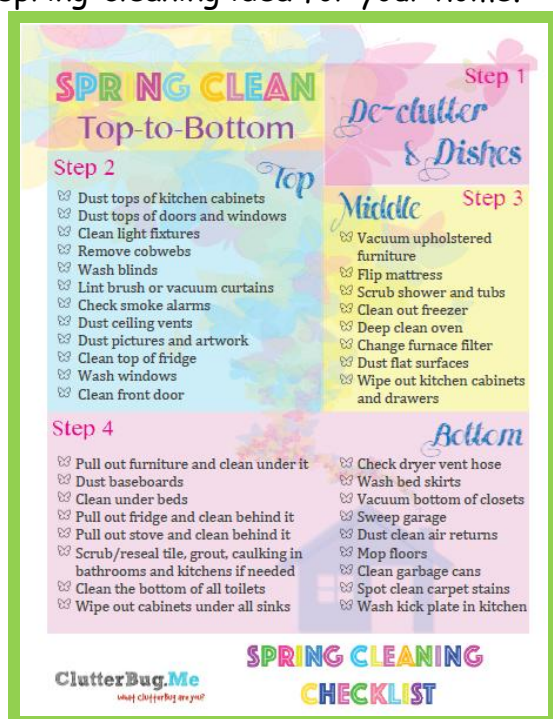
Partner

Happy April!



April showers
bring may
flowers!
Happy April!
As we
welcome

spring into our lives this is a chance to reset ourselves from the long winter and darker days. I have included a spring-cleaning idea for your home.



Thank you to all who attended our Gardening workshop last month. Community Event: Week of the Young Child is April 5th from 9-12 at Riverside Middle School in Springfield. Please join us for some fun free activities!

I have started Home Visits last month and will continue to meet with families. Thank you to the families that have been able to meet with me so far!

Please contact me if you have any questions, comments, or concerns.

Thank you,
Michohn Parmenter
Family Partner

News from the Education/Disabilities Services Manager

Jodi C. Farashahi

Happy Spring! The days are getting longer and warmer, and teachers are hoping to plan more outdoor activities with children to take advantage of the fresh air!

Teachers continue to collect observations for spring assessment. They will also begin sharing letters with the Kindergarten classrooms and learning about what to expect in Kindergarten.

Bring on that sunshine!



Buttermilk
Pancakes 

Ingredients

- $\frac{1}{2}$ cup all purpose flour
- $\frac{1}{2}$ cup whole wheat flour
- 1 tablespoon sugar
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 cup buttermilk*
- 1 egg
- 1 tablespoon vegetable oil

- Additional oil for greasing griddle
- Butter and maple syrup for serving

*Some buttermilk is very thick. You may have to add a few tablespoons of regular milk if your batter is really thick. To make your own buttermilk combine 1 tablespoon of white vinegar or lemon juice with 1 cup of milk.

Instructions

1. With a whisk combine the dry ingredients in a large bowl.
 2. Add the buttermilk, egg and oil to the dry ingredients and whisk together until smooth. *
 3. Use a paper towel to rub a little oil all over a griddle or large
- *Add 1 peeled, shredded apple and $\frac{1}{2}$ teaspoon cinnamon to finished batter if you like. Cook as directed above.

*To make blueberry pancakes, sprinkle a few blueberries on each pancake immediately after you have poured the batter on the griddle. Continue as above.



frying pan. Heat the griddle or large frying pan over medium heat.

4. For each pancake pour about 2 tablespoons of batter onto the heated griddle or frying pan.*
5. Flip when the pancakes begin to bubble on the top and the bottom is golden brown. Don't rush the flipping or you'll just end up with a big mess. Cook the second side for about 1 minute.

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

<https://thefamilydinnerproject.org/dinner-tonight/january-24-2020/>



Health/Mental Health/Family Services

By Barbara Vandenburg

Health Advisory- Thank you to the parents who attended our Health Advisory meeting on March 7th. Lisa Watson, our Head Start Hygienist, provided an informative presentation on good practices for children's dental hygiene. She discussed the importance of keeping baby teeth as long as possible because they are place holders for future adult teeth coming in. She showed the proper way to brush, and gave us information on Silver diamine fluoride that can be brushed on children's teeth to stop decaying. Ask your dentist about it! If you are seeking assistance in finding a dentist for yourself or your children, please reach out to us and we will have Lisa contact you! We also discussed budget-friendly, kid-friendly meals, required vs. recommended immunizations, and concerns around the bird flu and recent outbreak of measles. Lastly, we listened to a five minute relaxation pod cast with some breathing excersises that can be used when you are feeling overwhelmed and need to "ground" yourself.



**LISA WATSON, HEAD START
HYGIENST**



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➡ For a 5-minute self-care excersise, go to:

<https://www.youtube.com/watch?v=XBgyNj3e2jI>

Come see us at Riverside Middle School on April 5th for the Week of the Young Child events!! There will be a lot of pre-school friendly activites. This is a FREE event!!



Birthday News for April

Chester Community Preschool

CCP1- Luna G. 4/25

CCP2- None this month.

Pine Street Preschool

Daisy- Lylah G. 4/24

Willow- None this month.

Staff

None this month









Monday

Tuesday

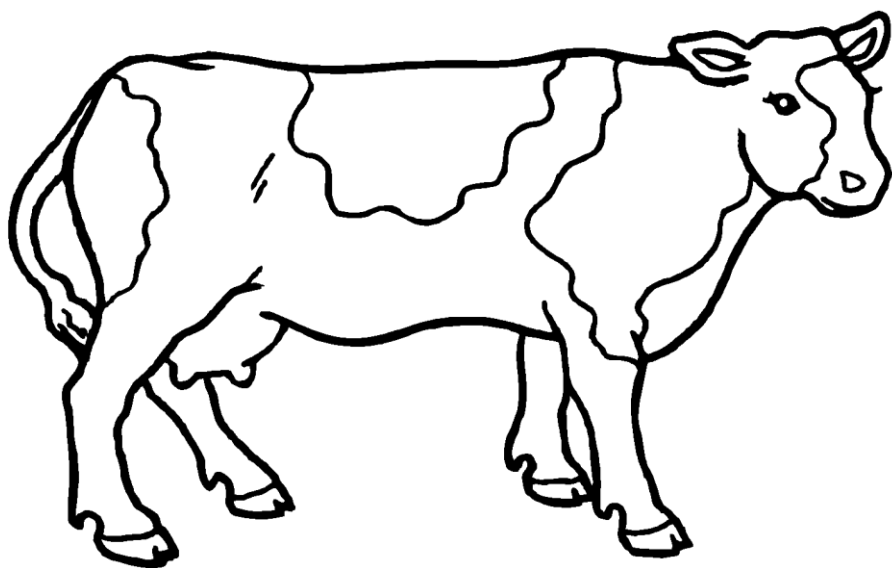
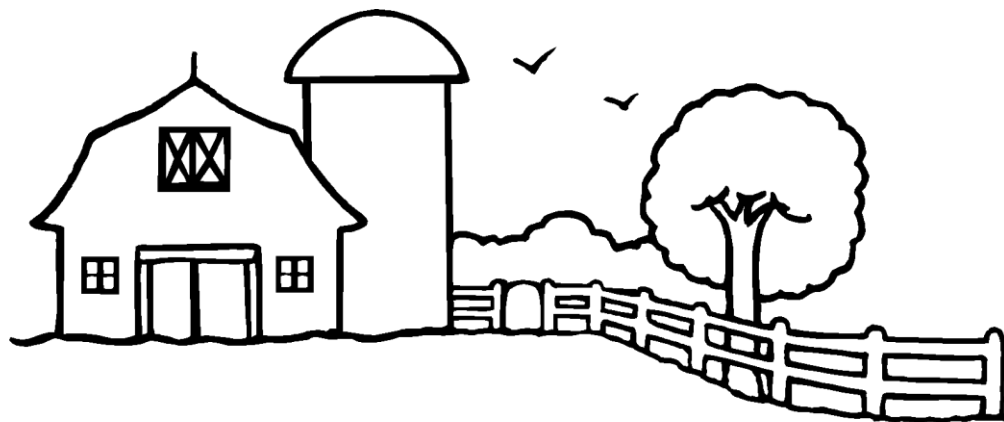
Wednesday

Thursday

Friday

	<p>1 <u>Breakfast</u> Yogurt Applesauce 1% unflavored milk <u>Lunch</u> Cheese Pizza on WGR Tortilla Green Beans Bananas 1% unflavored milk <u>Snack</u> Carrots WGR Triscuits</p>	<p>2 <u>Breakfast</u> WGR English Muffins Peaches 1% unflavored milk <u>Lunch</u> Chicken with Alfredo Sauce WGR Rotini Broccoli Strawberries 1% unflavored milk <u>Snack</u> WGR Waffles Mixed Berries</p>	<p>3 <u>Breakfast</u> Scrambled Eggs Pineapple 1% unflavored milk <u>Lunch</u> Ground Turkey WGR Rice Tomato Cucumber Salad Orange Slices 1% unflavored milk <u>Snack</u> Ham Roll-Ups Goldfish</p>	<p>4 COOK'S CHOICE</p> 
<p>7 <u>Breakfast</u> WGR Cereal Mandarin Oranges 1% unflavored milk <u>Lunch</u> Turkey and Cheese WGR Pita Cucumbers Blueberries 1% unflavored milk <u>Snack</u> Peanut Butter and Apple Slices</p>	<p>8 <u>Breakfast</u> WGR Toast Apricots 1% unflavored milk <u>Lunch</u> Cheese Pizza on WGR Toast Strawberries 1% unflavored milk <u>Snack</u> Yogurt Graham Crackers</p>	<p>9 <u>Breakfast</u> Scrambled Eggs Pineapple 1% unflavored milk <u>Lunch</u> Spaghetti with Beef Meatballs Mixed Veggies Honeydew Melon 1% unflavored milk <u>Snack</u> Celery Sticks with Peanut Butter</p>	<p>10 <u>Breakfast</u> WGR Bagels Pears 1% unflavored milk <u>Lunch</u> Baked Chicken WGR Rice Green Beans Bananas 1% unflavored milk <u>Snack</u> Apple Slices Cheese Slices</p>	<p>11 COOK'S CHOICE</p> 
<p>14 <u>Breakfast</u> WGR Cereal Pears 1% unflavored milk <u>Lunch</u> Ham and Cheese on WGR Tortilla Celery Orange Slices 1% unflavored milk <u>Snack</u> Carrots WGR Wheat Thins</p>	<p>15 <u>Breakfast</u> Hard-Boiled Eggs Mixed Fruit 1% unflavored milk <u>Lunch</u> Cheese Pizza on WGR Sandwich Thin Garden Salad Cantaloupe 1% unflavored milk <u>Snack</u> Bananas Teddy Grahams</p>	<p>16 <u>Breakfast</u> WGR Oatmeal Muffins Mandarin Oranges 1% unflavored milk <u>Lunch</u> WGR Macaroni and Cheese Carrots Strawberries 1% unflavored milk <u>Snack</u> Cucumbers Cheese Sticks</p>	<p>17 <u>Breakfast</u> WGR Toast Apricots 1% unflavored milk <u>Lunch</u> Turkey Burgers WGR Rice Blueberries Broccoli 1% unflavored milk <u>Snack</u> Yogurt Mixed Berries</p>	<p>18 COOK'S CHOICE</p> 
<p>21 <u>Breakfast</u> WGR Cereal Peaches 1% unflavored milk <u>Lunch</u> Chicken WGR Bread Carrot Sticks Honeydew 1% unflavored milk <u>Snack</u> Peanut Butter Yogurt Apple Slices</p>	<p>22 <u>Breakfast</u> WGR Toast Pineapple 1% unflavored milk <u>Lunch</u> Cheese Pizza on WGR Crust Garden Salad Strawberries 1% unflavored milk <u>Snack</u> Celery with Cream Cheese Goldfish</p>	<p>23 <u>Breakfast</u> WGR Bagels Pears 1% unflavored milk <u>Lunch</u> Ground Turkey with WGR Penne Pasta Broccoli Bananas 1% unflavored milk <u>Snack</u> Peach and Yogurt Smoothie WGR Multi-Grain Cheerios</p>	<p>24 <u>Breakfast</u> WGR Cereal Mixed Fruit 1% unflavored milk <u>Lunch</u> Chicken WGR Rice Corn Cantaloupe 1% unflavored milk <u>Snack</u> Hard-Boiled Eggs Cucumbers</p>	<p>25 COOK'S CHOICE</p>  <p>EARLY RELEASE</p>
<p>28 <u>Breakfast</u> WGR Cereal Apricots 1% unflavored milk <u>Lunch</u> Peanut Butter and Jelly WGR Bread Cheese Sticks Cucumbers Watermelon 1% unflavored milk <u>Snack</u> Peaches WGR Wheat Thins</p>	<p>29</p> 	<p>30</p> 	<p>This institution is an equal opportunity provider.</p>	<p>This menu is subject to change.</p> <p>WGR=Whole Grain Rich</p>

Dairy



WIC APPROVED ACTIVITY

Today your child learned about dairy 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.

- 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!

Easy No-Bake Mac and Cheese Recipe

Ingredients

- 2 cups macaroni, whole-wheat, uncooked
- 1 ½ cups milk (1% or skim)
- 2 tablespoons flour
- Dash black pepper
- 2 cups Cheddar cheese, low fat, sharp, shredded

Directions

1. Follow package directions to cook macaroni.
2. Using a fork, blend flour and milk in a small mixing bowl until flour can no longer be seen and there are no lumps.
3. Heat milk and flour mixture in a saucepan over medium heat, stirring constantly until it begins to bubble and thicken.
4. Reduce heat to low and add pepper and shredded cheese.
5. Stir until cheese melts. Remove from heat.
6. Stir cheese sauce and cooked macaroni together until blended. Enjoy!