

SEVCA Head Start

Newsletter

Monthly Newsletter for October 2025



From the Desk of the
Director . . .

Dear Parents & Staff,

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. We held our Parent Orientation on September 2nd, for Chester Community Preschool (CCP) and Pine Street Preschool (PSP) was the following day, September 3rd. Thank YOU to all the families that attended. We plan to have many more opportunities for families to join us throughout the program year. At our next Policy Council meeting, scheduled for Wednesday, October 15th, we will be electing officers. The following parents have been elected to the Policy Council this program year, CCP: Jessica Ucci and another parent being elected soon, and for PSP: Julie Willey and Jasmine Fiske. We will hold election

of officers next month, as our meeting was canceled this month due to too many people with sickness. Thank you for stepping up and being a part of shared governance for our program! We appreciate all of you giving your time to enhance our program! We are still looking for a teacher associate for the Daisy Room at PSP, Practice-based Coach/Mental Health Manager and substitutes for both centers. If you know of anyone interested, please send them our way. We hope you are enjoying the activities planned for your child in the classrooms and can join us for events offered throughout the month.



We have very exciting news to share! Jon Megas-Russell submitted a grant to Mascoma Bank for the renovations of the building in Windsor where the Head Start administration team is housed and we received \$20,000 from them! Here is a picture of Scott Brown delivering the check and having a tour of the building. This is a great community connection and we appreciate their support. Have a great month and enjoy the many signs of fall!

Sincerely,
Lori Canfield
Head Start Director

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

Chester Community Preschool:

CCP#1: Asa G.

CCP#2: Parker G., Desmond N., Julia L., Ariya O.

Pine Street Preschool:

Daisy Room: Lucas B., Traittan F., Sebastian R., Caeden W.

Willow Room: Brent A., Wesley-Scott M.

Head Start Staff

In-kind Update:

The center that has topped the charts for In-kind in August is Pine Street Preschool. *Nice Job!*



Important Dates to Remember:

October 2nd ~ PTC CCP Center Closed.

October 3rd ~ PTC PSP Center Closed.

October 13th ~ Columbus Day

October 14th ~ Inservice Day, Centers are closed.

October 15 ~ Policy Council

October 31 ~ Early Release/Cooks meeting.



Classroom Updates...

Chester Community Preschool CCP1

Ms. Jodie, Ms. Karie and Ms. Sarah

We have been busy as bees here in CCP1. We have been learning all about Butterflies, Bees & Me! We have been talking about the rules of the classroom and why they are so important. We also have been getting used to the routine, so the kids know what to expect each day. We created an All About Me book. We completed our first self portraits of the year. It is so exciting to see the changes that take place with these over the course of the year. We turned our letter C into a caterpillar. The kids collected leaves to create their leaf caterpillars. We created the lifecycle of a butterfly using noodles to represent the various stages. We made our letter B into a bumble bee. We had Miss Laurie from VINS here and she talked about bees. The kids learned the various parts of bee (head, thorax, abdomen, proboscis) and then we constructed our own shape bees. We made busy bee headbands. We also made some marble painted bees.

We stamped the hexagon shape onto our letter H. We created a

book titled "In Our Hive". The kids glued their family photos onto a hive then dictated what they like to do with their family. We made honey energy bites and the kids loved these! We built a fairy house for The Grafton Nature Museum Fairy Festival.

We will be learning about Community Helpers for the month of October.



CCP2

Ms. Randi, Ms. Felicia, Ms. Kim

We've had a wonderful first month of preschool! Our class is made up of both new and returning friends, and together we have been learning the routines that help our days run smoothly.

Our September theme was All About Me, which gave us the chance to explore who we are and what makes us special. The children have been practicing how to use art materials through simple and engaging activities—such as making “scissor salad” while learning to use scissors, creating self-portraits as we explored how to use markers, measuring our feet with cubes, and drawing pictures of our families.

One highlight of the month was our family lunch, where we loved sharing time together and showing off our classroom!

It's been a busy and exciting start, and we're so proud of how everyone is settling into our classroom community. Looking ahead, our October theme will be Community Helpers, and we can't wait to learn about all the important people who help in our neighborhoods.



Chester Community Preschool Family Partner **Katie Murphy**

Hello Families,

Thank you so much for joining us for our first parent's meeting! We truly appreciate your flexibility when we had to switch from in-person to virtual. Seeing you there, even through a screen, meant a lot. Your support and involvement make such a difference for our children, and we're so grateful to have you as partners.

The school year is off to such a wonderful start! Even with the “back-to-school germs” making their rounds, the classrooms are full of energy, laughter, and learning. It has been such a joy watching the children settle in, grow, and shine already. We also want to thank you for being so understanding about the early closures due to staff illness. We know it isn't easy, and we appreciate your patience and kindness.

If you—or someone you know—might be interested in helping out as a substitute, we'd love to hear from you! Please reach out to **Jodi Farashahi** at jfarashahi@sevca.org for more information.

You'll be hearing from me each month with a quick check-in to keep everyone in the loop. In the meantime, if you ever have a need, question, or concern, I'm always

here—just give me a call at
802.460.0297 or email me at
kmurphy@sevca.org

As the colder months arrive, don't forget that **Seasonal Fuel Assistance** is available to help families with heating costs. You can find more details and apply online at:

<https://dcf.vermont.gov/benefits/fuel>

And as always, please keep an eye on your child's folder (on top of their cubby), the parent boards, bulletin boards, Facebook, and Seesaw for updates and important information.

Thank you for all you do—it's going to be a great year together!

Warmly,
Katie

Pine Street Preschool

Daisy Room

Ms. Sarah, Ms. Alisyn

Hello Families!

I am very excited to tell you that in September we had the pleasure of having VINS visit. We were able to learn all about frogs and toads. Did you know that frogs will hide under lily pads when predators like foxes are around?

For October we will be learning about Community Helpers. To name a few are Police Officers, Firefighters, Bus Drivers, and Farmers. We are looking forward to making applesauce as a nutrition project and our next visit from VINS!

Willow Room

Ms. Ruby, Ms. Crystal, Ms. Christy

Happy Autumn!

We had such a pretty good first month of the year. The children seem to be settling in the routine and have been enjoying making friends. It was a very exciting month getting to know each other. We focused on learning about green and red choices, classroom and playground rules, feelings, making friends, sharing and taking care of our toys, and on learning about health and hygiene, what germs were, and the importance of washing our hands, and eating healthy. The kids got to eat lunch with their family during Family Luncheon. Everybody was so happy, and they all wanted it to happen again. The kids had a pajama day as a celebration for filling up the heart jar for making green choices. We did lots of activities such as making self-portraits, counting letters in their name and our friends' names, fingerprint names, people decorating crafts, and great nutrition projects with Ms. Crystal. We also learned about the letter A. We also enjoyed singing songs with Ms. Ruby playing her guitar. VINS also came and did great activities about Frogs and Toads. Our theme for October will be Community Helpers!



Family Partner

Michohn Parmenter

Thank you to all the families that attended our Welcome to Head Start open house last month! This month we'll be painting pumpkins! Date coming soon!

I will be starting to schedule In-Person Home Visits this month, so I will be contacting families individually to set up times to meet. I look forward to spending some one-on-one time with all the families.

Heating season is here. Make sure you sign up for Seasonal Fuel Assistance if you need help heating your homes this winter. You can find out more information and apply for that on the Vermont.gov website at:

www.dcf.vermont.gov/benefits/fuel-assistance

Please keep an eye out 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

Family Services/Mental Health

By Barbara Vandenburg

WELCOME HEAD START FAMILIES!

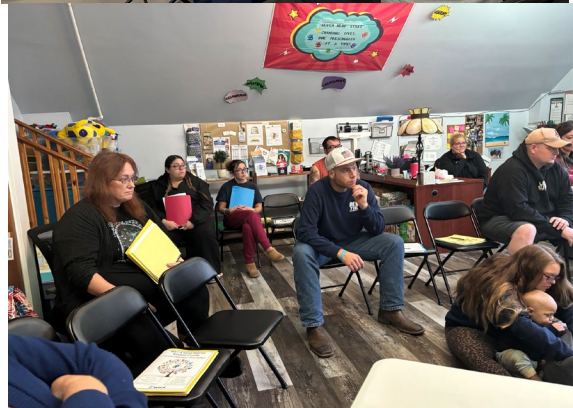
It was so nice to start the program year off with so many families attending our Parent Orientation presentations at each site. Thank you all for attending. For families who were unable to attend, or started after September 3rd, we will be creating a digital presentation for you to watch!

Family Partners are planning Parent Meetings...Don't miss our November meeting! We will have a guest speaker from SEVCA's Economic Services visiting. She will be discussing ways to get out of credit card dept, save money, budgeting tips, and more!!

There will also be Head Start staff at the Trunk or Treat sites in Springfield and Chester this month. Stop by and say hello!

Mental Health: Our Mental Health consultant, Marilyn Gabriel, Ph.D, has started visiting classrooms. Marilyn is available for families if you have any questions regarding your children's social and emotional development, behavior concerns, or family needs. Families will also be asked to complete the DECA observations forms this month. Everyone received a letter in their packets about the DECA observation tool. If you have any questions, feel free to contact me!

PARENT ORIENTATION





News from the Education/Disabilities Services Manager

Jodi C. Farashahi

Happy Fall! The children are settling into the routine of the classrooms and are really having fun! Teachers began observing children on the first day of school and are busy taking observations of children as they play. Teachers will begin to review observations and evaluate children's progress in the middle of November to prepare for our second parent teacher conference on December 5, 2025. Please feel free to share any observations and stories of your children from home with teachers to help with assessment! We are still looking for a teacher associate for the Daisy Room at Pine Street Preschool, as well as substitutes for both centers. If you are interested or know of someone who might qualify, please email Jodi Farashahi at jfarashahi@sevca.org



Birthday News for October

Chester Community Preschool

CCP1-Braelynn T. 10/18

CCP2- Brooks L. 10/13

Pine Street Preschool

Daisy- No Birthdays

Willow- Ryker C. 10/25

Staff

CCP - Jodie P. 10/02, Katie M. 10/29

PSP – No Birthdays



Reserve Your Spot for Fall

Enrolling Now for
Program Year
2025-26

Locations in Chester & Springfield



Call us now...
802-674-8419

Our Programs:

- ✓ Five-Star Rated Programs
 - ✓ Safe, Loving Environments
 - ✓ Nutritious Free Meals
 - ✓ Full Year Child Care Availability
 - ✓ Family Participation Opportunities
 - ✓ Health & Nutrition for Children
 - ✓ 32 Hours of Free Preschool to Eligible Families
 - ✓ Participation in Universal Pre-K
- ✓ Children ages 3-5 (Child must be 3 by September 1, 2025)

Monday

Tuesday

Wednesday

Thursday

Friday

This institution is an equal opportunity provider.

This menu is subject to change.

WGR=Whole Grain Rich

1
Breakfast
WGR Toast
Applesauce
1% unflavored milk
Lunch
WGR Spaghetti with Beef
Meatballs
Broccoli
Cantaloupe
1% unflavored milk
Snack
Cucumber
Turkey Roll-Ups

2
Breakfast
WGR Pancakes
Strawberries and Bananas
1% unflavored milk
Lunch
Cheese Quesadillas on WGR Tortilla
Black Beans and Corn
Watermelon
1% unflavored milk
Snack
Cottage Cheese and Peaches
CCP CLOSED-PTC 1

3
COOK'S CHOICE

PSP CLOSED-PTC 1

6
Breakfast
WGR Cereal
Blueberries
1% unflavored milk
Lunch
Peanut Butter and Jelly
WGR Bread
Pears
Carrot Sticks
1% unflavored milk
Snack
Goldfish
Grapes

7
Breakfast
WGR Bagel
Peaches
1% unflavored milk
Lunch
Cheese Pizza
WGR Crust
Garden Salad
Apple Slices
1% unflavored milk
Snack
Waffles
Mixed Berries

8
Breakfast
WGR Banana Oat Muffins
Strawberries
1% unflavored milk
Lunch
Chicken Alfredo Sauce
WGR Rotini
Broccoli
Honeydew Melon
1% unflavored milk
Snack
Wheat Thin Crackers
Yogurt

9
Breakfast
WGR English Muffins
Applesauce
1% unflavored milk
Lunch
Ground Beef Sloppy Joes
WGR Bun
Green Beans
Blueberries
1% unflavored milk
Snack
Celery with Cream Cheese
Triscuits

10
COOK'S CHOICE

CENTERS CLOSED

CENTERS CLOSED

15
Breakfast
WGR Toast
Pineapple
1% unflavored milk
Lunch
Beef Patty with Cheese
WGR Bun
Lettuce, Tomato, Pickles
Peaches
1% unflavored milk
Snack
Carrot Sticks
Wheat Thin Crackers

16
Breakfast
WGR French Toast
Strawberries
1% unflavored milk
Lunch
Ground Turkey
WRG Rice
Tomato Cucumber Salad
Orange Slices
1% unflavored milk
Snack
Cheese Slices
Apple Slices

17
COOK'S CHOICE

Staff In-Service

20
Breakfast
WGR Cereal
Bananas
1% unflavored milk
Lunch
Turkey and Cheese
WGR Pita Bread
Cucumbers
Apple Slices
1% unflavored milk
Snack
Bell Pepper Slices
Goldfish

21
Breakfast
WGR English Muffin
Mandarin Oranges
1% unflavored milk
Lunch
Ground Turkey Taco
WGR Tortilla
Lettuce and Tomatoes
Peaches
1% unflavored milk
Snack
Teddy Grahams
Yogurt

22
Breakfast
WGR Pumpkin Muffins
Apricots
1% unflavored milk
Lunch
Chicken Tenders
WGR Rolls
Cauliflower
Blueberries
1% unflavored milk
Snack
Ham Roll-Ups
Triscuits

23
Breakfast
WGR Bagel
Pears
1% unflavored milk
Lunch
Cheese Pizza
WGR Crust
Garden Salad
Apple Slices
1% unflavored milk
Snack
Hard Boiled Eggs
Cucumbers

24
COOK'S CHOICE

27
Breakfast
WGR Cereal
Mixed Fruit
1% unflavored milk
Lunch
Ham and Cheese
WGR Bread
Celery Sticks
Orange Slices
1% unflavored milk
Snack
Peach and Yogurt Smoothie
WGR Cheerios

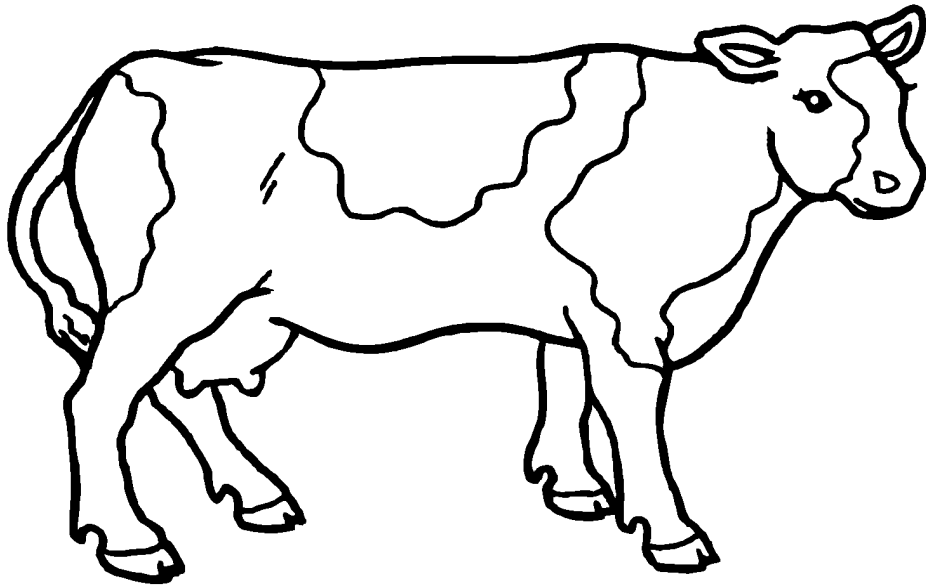
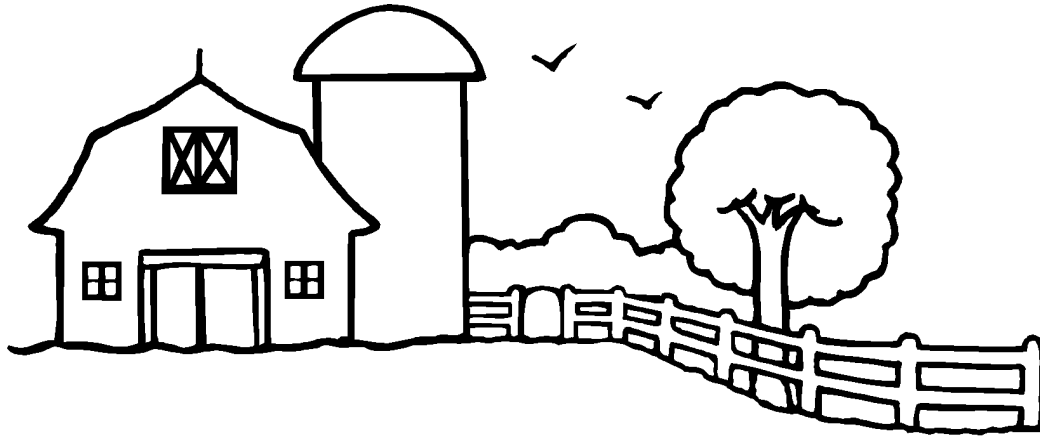
28
Breakfast
WGR English Muffins
Peaches
1% unflavored milk
Lunch
BBQ Chicken
WGR Rice
Corn
Strawberries
1% unflavored milk
Snack
Apple Slices with Peanut Butter
Rice Cakes

29
Breakfast
WGR Lemon Blueberry Muffins
Strawberries
1% unflavored milk
Lunch
Spaghetti with Turkey Meatballs
Zucchini
Blueberries
1% unflavored milk
Snack
Waffles
Mixed Berries

30
Breakfast
WGR Toast
Pineapple
1% unflavored milk
Lunch
Bells Peppers with WGR Rice and Ground Beef
Mandarin Oranges
1% unflavored milk
Snack
Graham Crackers
Yogurt

31 **Family Lunch Today!**
Breakfast
WGR Cereal
Pears
1% unflavored milk
Lunch
WGR Macaroni and Cheese with Ham
Green Beans
Strawberries and Blueberries
1% unflavored milk

EARLY RELEASE



Dairy

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!

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!