

# SEVCA Head Start Newsletter



## Monthly Newsletter for March 2026



From the Desk of the Director . . .

Dear Parents and Staff,

We have finally arrived at the month of March! 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.

This month we will be sending out **Parent and Staff Surveys**. We are hoping everyone will take the time to complete the surveys, as your opinion is very important to us. We have created digital surveys to hopefully make it easier for you to complete. If you would prefer a paper copy, please let us know and we will be happy to provide one for you. We will also have the annual **Self-Assessment** which has been scheduled for **March 20<sup>th</sup> from 9-1:00** at the Church of Christ, 972 Chester Road, Springfield, VT. (Our Windsor building is having the renovation done for the conference room, so we are not able to meet there!) We can't wait to look at the data and see what story it is telling us this year! This is a great opportunity for us to identify what is working well for our program and what needs improvement.

We have developed new recruitment flyers and have started taking applications for Chester and Springfield for next year. If you know of a child that will be 3 by September 1<sup>st</sup> (or June 1<sup>st</sup> 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 2026-2027.

Lindsay has been working with SAPA TV to develop a video that will highlight our Head Start program. Her masterpiece has been released and she will share it again on

our Facebook page. A HUGE shoutout to Lindsay for creating this. It was a lot of work and came out great!!

We have become a small, but mighty program! We have the most awesome staff that provide meaningful experiences for children and parents.

We are still struggling with trying to hire staff, but have returned Pine Street Preschool to a full day for Head Start, so we are making progress, ever so slowly. We know that not being able to remain open until 4:30 for Child Care, has affected working families, and for this inconvenience, we are sorry. If anyone has any questions, please feel free to reach out to me or any of the Head Start Managers.

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!

Happy Spring!  
Lori Canfield  
SEVCA Windsor County  
Head Start  
Director

### Important Dates to Remember:

March 6, 2026 ~ Parent/Teacher Conferences-Centers closed.

March 9, 2026 ~ In-Service- centers CLOSED

March 18, 2026 ~ Policy Council Meeting, 9:30-11:00am

March 20, 2026 ~ Annual Self-Assessment.

March 27, 2026 ~ Early Release/Ed Meeting. Child Care OPEN, Cook's Meeting.

In-kind: CCP had the most In-Kind for February!



Nicely done!



shutterstock.com - 2368948337

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

**Chester Community Preschool:**

**CCP #1:** Arabella U.

**CCP #2:** Elenor R.



**Pine Street Preschool:**

**Daisy Room:** Blake R. & Novalee W.

# Classroom Updates...

## Chester Community Preschool

### CCP1

Ms. Jodie, Ms. Karie,

This month in CCP1 we discussed and practiced all the ways in which we can be kind and good friends. We learned how we can help others, be kind and include all our friends.

Our activities this month also were a lot of buddy work. There was marble painting with friends, color hand-print mixing, and more! We also filled our Jewel Jar and had a dance party! Nutrition projects are also something that we do together to create a yummy treat. Together, we cut up avocado, added salsa, and used chips to taste our friendship guacamole. A few friends enjoyed the guacamole, but a few friends did not. We are even going to grow our own avocado plant!



VINS stopped in and we enjoyed our time with Miss Laurie. We learn so much when she comes in and look forward to her next visit.

In March, we are excited to dig into learning about animals that live in Africa and the jungle!

### CCP2

Ms. Randi, Ms. Kim and Ms. Olivia

February was full of friendship, kindness, and lots of colorful fun in our classroom! We spent the month talking about what it means to be a good friend — using kind words, sharing, helping, and caring for one another. It was wonderful to watch the children practice these skills each day. Along the way, we explored the letters H

for hearts, R for rainbow, and Y for yellow through hands-on activities and playful learning.

Our sensory table was extra exciting this month with our "Feed the Rainbow" game! The children used tongs to pick up bright pom-poms and carefully place them into the rainbow. This fun challenge helped strengthen little hands while practicing color recognition. We also had so much fun making friendship bracelets and special friendship cards to share with classmates. The smiles on their faces when they exchanged their creations were priceless! One of our favorite art projects was marble painting colorful designs onto heart shapes — each one as unique as the friendships in our room.

We also enjoyed a special visit from VINS, where the children explored mixtures and solutions through hands-on mixing activities. There were lots of curious questions, careful pouring, and excited discoveries!

Looking ahead to March, we are excited to begin our new theme: The Five Senses! We will be exploring how we see, hear, smell, taste, and touch the world around us through fun experiments and interactive activities. We can't wait to share all the sensory fun with you next month!

#### **CHESTER COMMUNITY PRESCHOOL'S FAMILY PARTNER**

#### **Hello Families!**

Spring is just around the corner, and we're excited to welcome longer days, blooming flowers, and plenty of opportunities for outdoor fun and learning. As the seasons change, we know the weather can be unpredictable: cool mornings, warmer afternoons, and occasional spring showers, so please be sure your child is dressed for comfort and safety throughout the day. We love seeing children explore, play, and learn in all types of weather!

#### **Time Change - Don't Forget!**

Daylight Saving Time begins on **Sunday, March 8th**. Remember to set your clocks **forward** so your child can continue arriving on time and ready for a day full of learning and play.

#### **Reminder: Extra Clothes & Cubby Checklist**

Please remember to keep a full set of extra clothes in your child's cubby. Each day, children should have:

- Weather-appropriate clothing (sweater/jacket for cooler days)
- Extra socks & underwear
- Comfortable shoes
- Any personal items needed for the day

**Mac & Squeeze Event - Mark Your Calendars!** (poster attached)

WIC and the Chester Center are hosting a "Mac & Squeeze" event at 42 Maple Street, Chester, VT, on **Wednesday, March 11th at 5:00 PM**. Families are encouraged to sign up and join for fun activities and tasty treats!

**Home Visits - Round 2**

Starting in March, we will begin our second round of home visits. Staff will reach out individually to schedule these with families. We're excited to connect and continue supporting your child's learning at home.

**Thank You - Taco & Tooth Night!**

A big **Thank You** to everyone who joined us for Taco & Tooth Night on February 17th. We appreciate our Smile Buddy for the informative and fun presentation about dental health!

**Family Festival - Week of the Young Child**

Save the date! SEVCA Head Start will be at the Family Festival at Riverside during the Week of the Young Child (WOYC) on **April 11th, 2026, from 9:00 AM - 12:00 PM**. We look forward to seeing you and your families for a morning of fun, learning, and community connection!

Kayenta Sylvain

Family Partner

802.460.0297

[ksylvain@sevca.org](mailto:ksylvain@sevca.org)



## Pine Street Preschool

### Daisy Room

Ms. Sarah & Ms. Melanie

Happy March, Daisy Families!

February may have been cold, but it was the perfect time to warm our hearts by learning about friendship, feelings, and kindness. We had a very special visitor from VINs who brought a live snake for everyone to see and greet, such an exciting experience!

We talked about sharing and what it means to be a kind friend. We enjoyed reading friendship stories like "Fox Makes Friends" and "Little Quack's New Friend". Our friends participated in fun activities such as friendship painting and creating a special friendship class book together. In March, we are looking forward to spring finally arriving and going back in time to learn all about dinosaurs. It's going to be a ROAR-some month!



### Willow Room

Ms. Ruby and Ms. Crystal

Hi Friends!

February was such a beautiful month for all of us. This month, we learned about feelings, friendship, and kindness.

We showed appreciation for our friends and teachers by sharing kind words about them during circle time.

We also enjoyed singing the song "The More We Get Together" using sign language and sang greeting songs in different languages.

Our friends made a "Here's My Smile" frame, as smiling is one of the ways we can make friends and share our beautiful smiles. We made friendship bracelets, painted with friends using marbles, and did a fun friendship color mixing activity. We read friendship books like "The Lion and the Mouse", "Wilson Sat Alone", and more books about sharing and kindness.

We transformed our dramatic play area into a friendship treehouse, and everybody loved it! We had a kindness banner, layers of cake, party plates, colorful cups, hats, and much more. We also had a pajama day to celebrate filling our heart jar.

We will have another exciting topic next month — Dinosaurs!



**PINE STREET PRESCHOOL'S FAMILY PARTNER**



### Thank You, Families!

Thank you to all the families who joined us for our Tooth and Taco Night—we loved spending that time with you!

This month, we will be collaborating with the WIC office for our family engagement event on **March 5th**. Please

note that we will be **closed on March 6th for Parent-Teacher Conference #3**.

With the cold weather upon us, please remember to send your child dressed in **warm, weather-appropriate clothing** each day.

#### Program Hours Reminder:

- **Head Start:** 8:00 AM - 12:00 PM
- **Childcare:** 7:30 AM - 3:00 PM

I will also be reaching out soon to begin my **second home visit** this month. If you need anything in the meantime, please feel free to reach out at any time.

✉ **Email:** [mparmenter@sevca.org](mailto:mparmenter@sevca.org)

☎ **Office:** 802-460-1285

Thank you for your continued partnership and support!



Thank you,

Michohn Parmenter

Family Partner

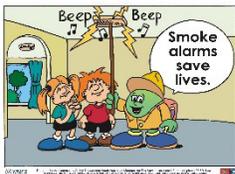
## News from the Education/Disabilities Services Manager

### Jodi C. Farashahi

The classrooms have been enjoying some beautiful winter days outside! As a reminder, please make sure that your child has an extra set of clothes, and their winter gear (snowpants, coat, hat, mittens, snow boots) when they attend school! Winter progress for children will be reviewed at PTC #3 on Friday, March 6, 2026.

Teachers are now taking observations for the spring assessment period and planning activities to continue the support of their Individual Learning Plans. Pine Street Preschool is looking for a Teacher Associate and a Teacher Assistant.

**March 8<sup>th</sup> is daylight savings. Remember to turn your clocks ahead 1 hour before you go to bed on the 9<sup>th</sup>.**



**Remember to change your Smoke Detector Batteries, too!**



BARBARA VANDENBURGH

## Volunteer Income Tax Assistance (VITA) Program January 27 - April 15, 2026

The VITA program assists with federal and state tax preparation, Vermont Homestead and Property Tax Credit claims, Vermont Renter Rebate claims, and more!

Vita offers free tax help to:

- Individuals or couples who generally make \$69,000 or less
- Senior citizens
- Persons with disabilities
- Active duty military and veterans
- Limited English-speaking taxpayers

**We will be preparing taxes in person, by appointment, at the following locations:**

Bellows Falls, Brattleboro, Chester, Guilford, Londonderry, Ludlow, Plymouth, Putney, Springfield, Townshend, Westminster, White River Junction, Wilmington, Windsor or virtually.

Visit [sevca.org/tax-services](http://sevca.org/tax-services) for more details.

How to make an appointment...

1. Visit [sevca.org/tax-services](http://sevca.org/tax-services) and click on "Request an Appointment" to fill out request form, OR
2. Send an email to [estrasser@sevca.org](mailto:estrasser@sevca.org), OR
3. Call or text 802-428-3032.

-We will start taking appointments on January 1, 2026.

• Please contact us as soon as possible, even if you don't have all your documents yet. Appointments fill up fast, so don't delay!

### What to bring to your appointment...

- Original photo identification for you and your spouse (if married filing jointly), such as a:
  - Valid U.S driver's license
  - Employer ID
  - School ID
  - State ID (U.S.)
  - Military ID
  - National ID
  - Visa
  - Passport
- Social Security cards for you, your spouse and dependents (or ITIN numbers)
- An identity protection personal identification number (IP PIN) if you, your spouse and/or dependents requested one or were issued one.
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-MISC) from all employers, if applicable
- Social Security Benefit Statements (SSA-1099), if applicable • Interest and dividend statements from banks (Forms 1099), if applicable
- A copy of last year's federal and state returns, if available
- Proof of bank account routing and account numbers for direct deposit, such as a blank check
- Total paid for daycare provider and the daycare provider's tax identifying number, such as their SSN or business EIN
- Health Insurance Exemption Certificate, if received
- Forms 1095-A, Health Insurance Marketplace Statement, if applicable
- Copies of income transcripts from IRS and state, if applicable (UNCOMMON)
- Vermont 2025-2026 Property Tax Bill, if applicable, for Homestead claim

**To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms**



## Week of the Young Child: Family Festival

Save the date!! April 11, 2026 from 9:00-12:00 is the 33<sup>rd</sup> annual FREE event at Riverside Middle School. Inside the middle school gym, there will be several booths from area pre-schools with entertainment and activities. Outside there will be the Touch a Truck event, with sensory time from 9:00-10:00 with no horns.

Stop by our Head Start booth!

## Birthday News for March



### Staff

(3/3)- Chris Z. Facilities Coordinator  
(3/26)- Jessica P. Health Support Coordinator

### Pine Street Preschool

#### Daisy Room:

Mariela W. (3/17)

#### Willow Room:

Ember M. (3/22)

### Chester Community Preschool

#### CCP #1:

Mackensie C. (3/12)

Ellie N. (3/28)

#### CCP #2:

SEVCA Windsor County Head Start Menu

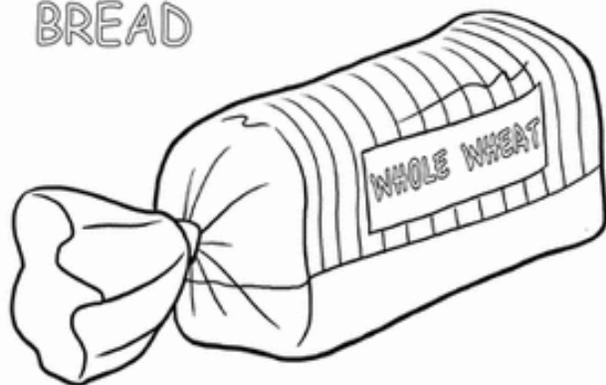
March 2026

Chester \* Springfield

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Breakfast</b> WGR Cereal Pears 1% unflavored milk</p> <p><b>Lunch</b> Turkey and Cheese WGR Crackers Grapes Carrots 1% unflavored milk</p> <p><b>Snack</b> Peanut Butter Celery Sticks</p>	<p>3</p> <p><b>Breakfast</b> WGR Bagel Applesauce 1% unflavored milk</p> <p><b>Lunch</b> Ground Beef Sloppy Joe WGR Bun Mixed Veggies Strawberries 1% unflavored milk</p> <p><b>Snack</b> Graham Crackers Hard Boiled Eggs</p>	<p>4</p> <p><b>Breakfast</b> WGR Blueberry Muffins Bananas 1% unflavored milk</p> <p><b>Lunch</b> BBQ Chicken WGR Rice Corn Pineapple 1% unflavored milk</p> <p><b>Snack</b> Goldfish Cottage Cheese</p>	<p>5</p> <p><b>Breakfast</b> WGR Pancakes Mixed Berries 1% unflavored milk</p> <p><b>Lunch</b> Beef Patty with Cheese WGR Bun Lettuce, Tomato and Pickles Honeydew Melon 1% unflavored milk</p> <p><b>Snack</b> WGR Rice Cakes Ham Roll-Ups</p>	<p>6</p> <p style="text-align: center;"><b>CENTERS CLOSED</b></p> <p style="text-align: center;"><b>Parent Teacher Conference #3</b></p>
<p>9</p> <p style="text-align: center;"><b>CENTERS CLOSED</b></p> <p style="text-align: center;"><b>In-Service Day</b></p>	<p>10</p> <p><b>Breakfast</b> WGR Cereal Mandarin Oranges 1% unflavored milk</p> <p><b>Lunch</b> Cheese Pizza on WGR Crust Garden Salad Peaches 1% unflavored milk</p> <p><b>Snack</b> Carrot Sticks WGR Triscuits</p>	<p>11</p> <p><b>Breakfast</b> WGR Pumpkin Muffins Blueberries 1% unflavored milk</p> <p><b>Lunch</b> Baked Chicken WGR Rice Green Beans Watermelon 1% unflavored milk</p> <p><b>Snack</b> WGR Multigrain Cheerios Yogurt</p>	<p>12</p> <p><b>Breakfast</b> WGR Toast Strawberries and Blueberries 1% unflavored milk</p> <p><b>Lunch</b> Ground Turkey WGR Spaghetti Roasted Zucchini Pineapple 1% unflavored milk</p> <p><b>Snack</b> Apple Slices Cheese Sticks</p>	<p>13</p> <p style="text-align: center;"><b>COOK'S CHOICE</b></p>
<p>16</p> <p><b>Breakfast</b> WGR Cereal Bananas 1% unflavored milk</p> <p><b>Lunch</b> Ham and Cheese WGR Pita Bread Orange Slices Broccoli 1% unflavored milk</p> <p><b>Snack</b> Yogurt Graham Crackers</p>	<p>17</p> <p><b>Breakfast</b> WGR Oatmeal Squares Pears 1% unflavored milk</p> <p><b>Lunch</b> Ground Beef Taco on WGR Soft Tortilla Lettuce and Tomato Mixed Fruit 1% unflavored milk</p> <p><b>Snack</b> Apple Slices Peanut Butter</p>	<p>18</p> <p><b>Breakfast</b> WGR Waffles Mixed Berries 1% unflavored milk</p> <p><b>Lunch</b> Ground Turkey Meatballs with Gravy WGR Penne Pasta Corn Peaches 1% unflavored milk</p> <p><b>Snack</b> Hummus Cucumbers</p>	<p>19</p> <p><b>Breakfast</b> WGR Bagel Mixed Fruit 1% unflavored milk</p> <p><b>Lunch</b> Tuna Fish WGR Crackers Carrot Sticks Honeydew Melon 1% unflavored milk</p> <p><b>Snack</b> Celery Sticks Turkey Slices</p>	<p>20</p> <p style="text-align: center;"><b>COOK'S CHOICE</b></p>
<p>23</p> <p><b>Breakfast</b> WGR Cereal Mixed Fruit 1% unflavored milk</p> <p><b>Lunch</b> Turkey Burger WGR Bun Lettuce and Tomato Pineapple 1% unflavored milk</p> <p><b>Snack</b> Cottage Cheese WGR Rice Cakes</p>	<p>24</p> <p><b>Breakfast</b> WGR Toast Applesauce 1% unflavored milk</p> <p><b>Lunch</b> Scrambled Eggs WGR Toast Diced Potatoes Orange Slices 1% unflavored milk</p> <p><b>Snack</b> Teddy Grahams Bananas</p>	<p>25</p> <p><b>Breakfast</b> WGR Applesauce Muffins Strawberries 1% unflavored milk</p> <p><b>Lunch</b> Macaroni and Cheese WGR Rotini Pasta Cauliflower Honeydew Melon 1% unflavored milk</p> <p><b>Snack</b> Ham Roll-Ups Cucumbers</p>	<p>26</p> <p><b>Breakfast</b> WGR French Toast Blueberries 1% unflavored milk</p> <p><b>Lunch</b> Chicken Tenders WGR Dinner Roll Green Beans Peaches 1% unflavored milk</p> <p><b>Snack</b> Cheese Stick Goldfish</p>	<p>27</p> <p style="text-align: center;"><b>COOK'S CHOICE</b></p> <p style="text-align: center;"><b>Early Release</b></p>
<p>30</p> <p><b>Breakfast</b> WGR Cereal Applesauce 1% unflavored milk</p> <p><b>Lunch</b> Peanut Butter and Jelly WGR Bread Apple Slices Celery Sticks 1% unflavored milk</p> <p><b>Snack</b> Bell Pepper Slices Wheat Thins</p>	<p>31</p> <p><b>Breakfast</b> WGR Pancakes Mixed Berries 1% unflavored milk</p> <p><b>Lunch</b> Chicken Alfredo WGR Penne Pasta Broccoli Cantaloupe 1% unflavored milk</p> <p><b>Snack</b> Yogurt Strawberries</p>		<p>This institution is an equal opportunity provider.</p>	<p>This menu is subject to change.</p> <p style="text-align: center;">WGR= Whole Grain Rich</p>

# Grains

BREAD



- Make at least half of all grains eaten whole grains.
- 100% whole-grain breads, cereals, rice, and pasta provide nutrients and health benefits.
- Let children select and help prepare a whole grain dish.

## WIC APPROVED ACTIVITY

Today your child learned about grains 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.

## Anytime Pizza

Makes 2 Servings!

### Ingredients

- *1/4 mini baguette or Italian bread, about 9" long (split lengthwise, or 2 split English muffins)*
- *1/2 cup pizza sauce*
- *1/2 cup part-skim mozzarella or cheddar cheese, shredded*
- *1/4 cup green pepper, chopped*
- *1/4 cup mushrooms, fresh or canned, sliced*
- *other vegetable toppings (as desired, optional)*
- *Italian seasoning (optional)*

### Directions

1. *Wash hands with soap and water.*
2. *Toast the bread or English muffin until slightly brown.*
3. *Top bread or muffin with pizza sauce, vegetables and low-fat cheese.*
4. *Sprinkle with Italian seasoning as desired.*
5. *Return bread to toaster oven (or regular oven preheated to 350 degrees F).*
6. *Heat until cheese melts.*