ECASD EARLY LEARNING PROGRAM DECEMBER 2019

CONNECTIONS

Early Learning Program

Eau Claire 4 Tomorrow, Head Start, & Special Education

Linking Home and School for Success

INSIDE THIS ISSUE:

- Contact Information
- Family Events-Calendar
- Mental Health
- Nutrition Tips
- Sick Guidelines

ECASD EARLY LEARNING

EAU CLAIRE 4 TOMORROW HEAD START

Yog Koj Xav Tau Daim Ntawv No Txhais Ua Lus Hmoob, Hu Tuaj Rau

715-852-3654

Si Usted quiere está información en Español, favor de llamar a

715-852-3622

Drug Endangered Child

What is a Drug Endangered Child?

A drug exposed child is one whose brain and/or body has been affected because his/her parents use drugs or alcohol during pregnancy, and/or who is living in a home where drugs are abused and/or are illegally made, sold, traded, or given away.

Signs of a Drug Endangered Child:

Emotional	Behavioral	Cognitive
• Worry a lot • Seem sad or do not enjoy activities • Feels bad about themselves • Attach to strangers too easily, but have difficulty trusting caregivers	• Find any change difficult • More interested in sex or know more about sex than most children their age • Quickly change from being very active to being very tired-like • Don't get along well with other people	• Difficulty remembering what they were just told • Do not pick on cues • Often do not learn from mistakes or experiences • Trouble reading-especially learning to move from left to right

Drug Endangered Child is a form of child abuse, just like physical abuse, sexual abuse, emotional abuse and neglect. Contact Eau Claire County Child Protection for more information, to report suspected abuse/neglect and learn about ways to get help at 715-839-7118.

- **A report of child abuse is made every ten seconds.**
- More than **five children die every day** as a result of child abuse.
- Approximately 80% of children that die from abuse are under the age of 4.
- Child abuse occurs at every socioeconomic level, across ethnic and cultural lines, within all religions and at all levels of education.

Get Help Today!
Call for yourself or a child you suspect is being abused!

NATIONAL CHILD ABUSE HOTLINE

1-800-4-A-CHILD

Contact Information

Prairie Ridge Early Learning School
3031 Epiphany Lane, Eau Claire, WI 54703
Main Phone Number & Attendance Line 715-852-3600
FAX: 715-852-3604

Name	Position	Email	Phone
Heidi White	Early Learning Program Director	hwhite@ecasd.us	715-852-3610
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Lauri Malnory	Special Education Family Services	lmalnory@ecasd.us	715-852-3075
Laura Miller	Mental Health Consultant	lmiller@ecasd.us	715-852-3645
Student Transit			715-839-5116

VISIT OUR WEBSITE!!

http://www.ecasd.us

Click on Schools

Click on Preschools

Click on Head Start or EC4T

Like us on facebook

Go to facebook.com and Twitter, then search:
Eau Claire Area School District Early Learning

ECASD EARLY LEARNING
EAU CLAIRE 4 TOMORROW HEAD START

A Message from our Director...

December 2019

Dear Families,

Now that our beginning of the year assessment data has been collected and shared with you at conferences, we begin a process of using that information to plan instruction for your child. The information is also used to monitor progress on the goals of our program improvement plan. Our program improvement plan includes goals in letter identification, print/word awareness, quantifying, and protective factors. The Early Learning Leadership Team will meet at the beginning of December to review our data, provide feedback, and review the steps we've completed in our improvement plan.

December is a busy, hustle and bustle month for families. Changes in routine and activities can cause stress for children and can lead to insecurity, over-excitability, and unwelcome behaviors. Strategies for helping your child through this month include maintaining regular routines as much as possible and scheduling down time.

I know you've heard the saying, "Children spell love…T I M E." Try and make time for quiet activities with your child. A simple activity for 15 minutes daily is a great bonding time for you and your child.

*Play a board game
*Read books
*Draw or color
*Snuggle!

Some days I know it is difficult to find even five minutes! This time, no matter how short, helps children feel secure. The quiet time you spend with your child will help your stress level, too. Thanks for sharing your children with us!

Sincerely,
Heidi White
Director of Early Learning
715-852-3610

"Children will not remember you for the material things you provided, but for the feeling that you cherished them."
Richard L. Evans

DECEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Board Meeting @ BOE 7pm	3	4	5	6 Play Group @ PR 10-11:15am	7
8	9 Conscious Discipline @ PR 5-6:30pm	10	11	12 Date w/ Dad: Children's Museum 5-6:30pm	13 Conscious Discipline Workshop @ PR 8-11am	14
15	16 Board Meeting @ BOE 7pm	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1 January			

NO SCHOOL/ECASD CLOSED—WINTER BREAK

Winter Break from December 23rd-January 1st

ALL OF THE EVENTS ARE FREE & WEATHER PERMITING

IF ECASD SCHOOLS ARE CLOSED DUE TO WEATHER, EVENT IS CANCELED

UPCOMING EVENTS — Watch for more information!!

Friday, January 3rd —Play Group @ PR 10:00-11:15am

Friday, January 10th — Conscious Discipline @ PR 8:00-11:00am

Monday, January 13th — Conscious Discipline #4 @ PR 5:30-7:00pm

Play N Learn

Play Group

Future

Play Groups:

January 3rd

February 7th

March 6th

April 3rd

May 1st

Time:

10:00am to 11:15am

Location:

Prairie Ridge EL School

Friday,

December 6th

10:00-11:15am

Prairie Ridge Early Learning School

3031 Epiphany Lane

Eau Claire, WI 54703

All are welcome! Join this fun and free play group for pre-school aged children. You and your child will experience story time, hands on activities, and lots of learning through play! Snack will be provided.

Community resources & food pantry will be available.

CALL TO REGISTER 715-852-3658

OR EMAIL MDAUBITZ@ECASD.US

ECASD EARLY LEARNING

EAU CLAIRE 4 TOMORROW | HEAD START

Sponsored by the Eau Claire Area School District's Early Learning Program

Peaceful Parenting:
Conscious Discipline

"Modern families face many challenges, often leaving us feeling emotionally drained, anxious, frustrated and fearful. Conscious Discipline provides the tools you need to use these challenges as an opportunity to build safety, love, and a new skill set for you and your children."

Topic: Encouragement

"Encouragement is about noticing, accepting and connecting with children. The goal is to create a felt sense of safety and belonging for all. Relationships are the motivation for and cradle of all learning."

Learn encouragement strategies and other ways to help your child be successful .

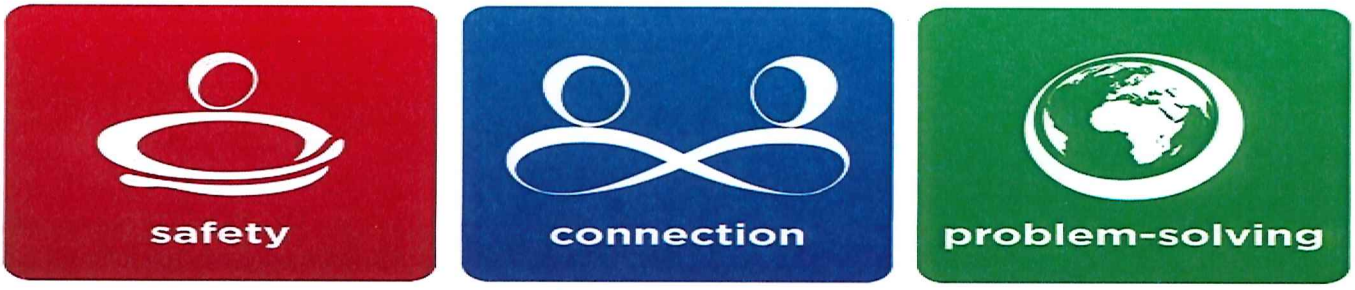
Monday, December 9th

5:00-6:30pm

Prairie Ridge Early Learning School

3031 Epiphany Lane

FREE DINNER AND CHILDCARE



Call 715-852-3607 or email: jelliott@ecasd.us

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ECASD EARLY LEARNING

EAU CLAIRE 4 TOMORROW HEAD START

Date with Dad

"Children's Museum"

A special time for dads and preschool-age kids to enjoy together! At Date with Dad we welcome any significant male role model such as: step-dads, grandpas, uncles, etc.

Thursday, December 12th , 2019

Children's Museum

220 S Barstow
Eau Claire, WI 54701

5:00-6:30 pm

Free Admission

REGISTER NOW!!

- **Explore the Children's Museum**
- **Imaginative and creative play**
- **Hands on activities**
- **Free Dinner will be provided**

ECASD EARLY LEARNING
EAU CLAIRE 4 TOMORROW HEAD START

Please call to register: 715-852-3654 or email: bvue@ecasd.us

Sponsored by: ECASD-Head Start/Early Learning Program

Conscious Discipline Training

SAVE THE DATES!

Conscious Discipline is a research-based program that helps adults stay calm enough to see misbehavior and upset as a signal to teach instead of punish. It then provides effective strategies for teaching social-emotional and life skills to children.

A new Conscious Discipline topic will be explored at each of the sessions.

This free Conscious Discipline training occurs monthly and gives participants the opportunity to learn in a professional setting in-depth Conscious Discipline Strategies.

Friday, December 13th, 2019

Friday, January 10th, 2020

Friday, February 7th, 2020

Friday, March 13th, 2020

Friday, April 17th, 2020

Friday, May 8th, 2020

All sessions are free, from 8:00am-11:00am & located at Prairie Ridge Early Learning School. No childcare or meals provided

3031 Epiphany Ln

Eau Claire, WI 54703

Register now @ 715-852-3658 or email

jelliott@ecasd.us

Sponsored by the ECASD Early Learning Program

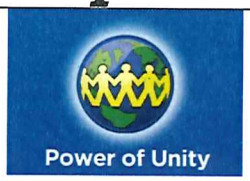
ECASD EARLY LEARNING

EAU CLAIRE 4 TOMORROW | HEAD START

December

Conscious Discipline: Building Resilient Classrooms
By: Dr. Becky Bailey (2015)

Conscious Discipline for Families



BIG IDEA: We are all in this together.

GOAL: To perceive compassionately and offer compassion to others and to ourselves.

Power of Unity says that the motivation to behave comes from being in a relationship with one another.

Skill of Encouragement

Adult Goal for Encouragement:
To build a School Family and a connected Home Family by creating a sense of belonging for all.

Child Goal for Encouragement:
To develop connections and relationships with adults and peers as part of a community.

The words we say to our children become their inner speech when they grow older.
Connection is the force behind encouragement.

Noticing as a Tool for Encouragement

- Encouragement is about noticing, connecting and accepting children.
- Noticing is the act of reflecting the child's actions back to him without judgment.
- Noticing is a way of making a connection and connection is the force behind encouragement.
- Noticing is essential to encouragement.
- To encourage compliance and praise effectively, use noticing.

Noticing Compliance with an Assertive Command

You did it!
You _____ (describe in detail without judgment).

"You did it! You put on your backpack and stood by the front door."
Optional ending..."Good for you!" or "Way to go!"

*Noticing compliance focuses on the behavior we want to see.

Noticing Helpful and Kind Acts

You _____ (describe in detail without judgment)
So _____ (relate to how it helped others).
That was _____ (helpful, kind, etc.)

"Jack, you saw that Sarah needed some paper, so you offered her some of yours. That was helpful."

Encouraging Children Who Have Made Poor Choices

- "You almost did it. You were so close. Try again. You just need some practice."
- I'm confident you will think up another way to handle this."
- Oops! We all make mistakes. What could you do now that would be helpful?"
- "You can do it!"

Requests vs. Assertive Commands

An ***assertive command*** is about nonnegotiable compliance.

- If we use "thank you" after an assertive command, it sends a message that compliance is about our approval instead of their accomplishment.
- If we respond to a child's compliance of a command with "good job" it becomes about our evaluation of the child's initiative and not about the child's autonomy.
- Use "you did it" or "good for you" or "that was helpful/kind/thoughtful, etc."

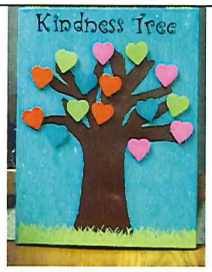
A ***request*** offers the child a choice by asking the child to do something for us.

- You can use please and thank you with requests, because children have a choice to do it or not.

Structures for Practicing the Skill of Encouragement at Home/School.

Kindness Tree

*The Kindness Tree honors kind and helpful acts at home/school. It is not a way to catch children being "good," it is a way to notice kindness and helpfulness.



Meaningful Jobs

*Children want to be of service. They can contribute to the wellbeing of the family by completing age appropriate jobs.

Ways to Be Helpful

*This is a book or poster that illustrates ways to be helpful at home/school.

MONTHLY CROCKPOT RECIPE
Chicken Pho

prep time	cook time	serves
15 min	4 1/2 hours	4 to 6

Things you need:

2 large containers of chicken brc

2 chicken breasts bone in

4 cups chopped Bok Choy

2 cups bean sprouts

6oz uncooked rice noodle

1 cup fresh cilantro

1 lime slice

1 jalapeno

2 tablespoons brown sugar

8 star anise

6 cloves

What to do:

Place crockpot on a safe surface.

Pour 2 large containers of chicken broth into the crock pot

Add 2 chicken breast, 2 tablespoons of brown sugar, 8 star anise and cloves into the crock pot

Cook on high for 4 hours

After 4 hours take out chicken breast and the spices.

Add 4 cups chopped Bok Choy and the rice noodles, cook on high for 1/2 hour more

Shred chicken off of the bone and add to crock pot

Put into bowls for serving, add cilantro, bean sprouts, lime slice and jalapeno to taste.

Enjoy!

FREE SERVICES
Available to Everyone!

Chippewa Valley Technical College

ADULT EDUCATION SERVICES

reaching out to our community

> Visit: cvtc.edu/AdultEd

As a community partner in the Chippewa Valley, CVTC provides quality adult education services free of charge. Our Adult Education Services (AES) Learning Centers are walk-in facilities that help you develop and improve academic, employment, and computer skills to meet your personal goals.

Basic Education
Develop or refresh your reading, writing, spelling, vocabulary, grammar, problem solving, and math skills.

GED/HSED
Earn your GED or HSED by working at your own pace. We offer free one-on-one instructional support in an open-lab setting, structured GED classes, and six-week boot camps each semester.

Ability to Benefit (ATB)
The Ability to Benefit program is for students who want to earn a CVTC college credential using financial aid and earn their high school credential at the same time. Meet with a College Navigator to learn more about eligibility and program guidelines.

Computer Literacy
Learn keyboarding, computer processes and functions, Microsoft Office programs, internet navigation, and email.

English Language Learning (ELL)
Learn English listening, speaking, reading, and writing skills at beginning, intermediate, and advanced levels.

College Admission & Transition Support
- Meet with a College Navigator to develop a personal success plan and identify resources that will help your transition to CVTC.
- Work one-on-one with an instructor to refresh skills in reading, writing, and math to prepare for admission testing.
- Participate in our Transition to College class and develop the skills needed to be a strong performer in college courses
- Practice using CVTC technology, build textbook reading and note taking skills, and learn test-taking strategies.

Career Planning & Job-Seeking Skills
Kick start your career by improving your employability skills:
- Career planning and assessment
- Cover letter and resume assistance
- Interviewing techniques
- Job search strategies

Contact your local Learning Center for more information:

Eau Claire
620 W. Clairemont Avenue
715-833-6400
BEC Room 111

Chippewa Falls
770 Scheidler Road
715-738-3845
Room 105

Menomonie
403 Technology Drive East
715-233-5344
Room 103

Neillsville
11 Tiff Avenue
715-743-3965
Room 102

River Falls
500 S. Wasson Lane
715-426-8208
Room 105

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CVTC. Guiding your success.

December

Eat Healthy, Be Active, Your Kids Are Watching

Eau Claire WIC Program
To find out if your family is eligible for WIC, visit wic.echealthdepartment.org or call 715-839-5051

Ways To Role Model

Show by example

Eat vegetables, fruits with meals or as snacks. Let your child see that you like to munch on raw vegetables.

Go food shopping together

Grocery shopping can teach your child about food and nutrition. Discuss where vegetables and fruits come from. Let your children make healthy choices.

Get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

Focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.

Limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

Encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.

it families

Eat Healthy

Be Active

Your kids are watching

Move More... Watch Less

Active Play Ideas

- Build snowmen
- Snow angles in the snow
- Build a fort of snow
- Dancing
- Active play bath toys
- Active games such as Twister or Charades.
- Jump rope
- Foam basketball/football/baseball
- Indoor obstacle course
- Sledding

Active play is important for toddlers to develop healthy behaviors. It is essential to development because it adds to the cognitive, physical, social, and emotional well-being of children and youth.

Make Every Bite Count

Directions:
1. Preheat oven to 400 degrees F.

2. Wash asparagus spears and trim off tough ends.

3. In a large bowl, toss spears with the oil, salt, and pepper.

4. Place spears in a single layer on a large baking sheet. Lining the baking sheet with foil or baking parchment will help with clean-up.

5. Roast for 12 to 15 minutes or until the asparagus pieces are lightly browned. Thick spears will take a longer baking time.

Ingredients:
3 pounds fresh asparagus spears
1 Tablespoon oil
1/8 teaspoon salt
1/8 teaspoon pepper

Asparagus

Veggie of the Month

Mandarin Orange

Fruit of the Month

Enjoy these sweet citrus fruit on its own by peeling and eating the pre-sliced goodness.
Add the slices into a salad with a spinach or lettuce base

Orange Delight

Ingredients

4 cups non-fat or 1% milk
6 ounces frozen orange juice concentrate (about 3/4 cup)
1 teaspoon vanilla

Directions

Place all ingredients in a blender.
Put the lid on tightly.
Blend for about 30 seconds or until smooth. Serve and enjoy.
Refrigerate leftovers within 2 hours

This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Families

COMMUNITY RESOURCE OF THE MONTH

Family Support Center &

Eau Claire Sexual Assault Center

The mission of the Family Support Center is to help women, men and children end domestic violence, sexual assault, child abuse and other forms of interpersonal violence through education, prevention and intervention services.

Services available:

- Domestic Intervention
- Sexual Assault Support & Counseling
- Parent Support & Prevention Services
- Community Education and Referral
- Domestic Violence Intervention

Contact Information

Family Support Center

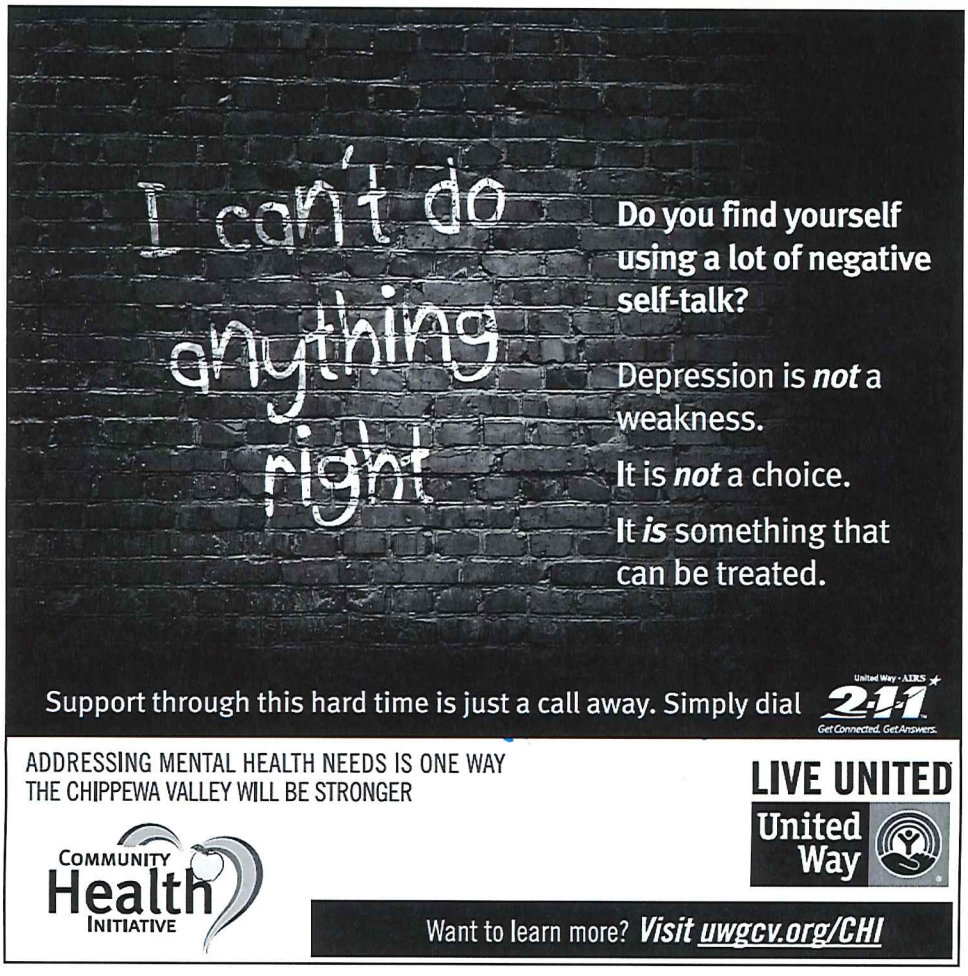
Eau Claire Sexual Assault Services

21 S. Barstow, Suite 7

Eau Claire, WI 54701

Phone: (715) 830-0188

www.familysupportcentercf.com



Allergy Reminders

Schools are public buildings and cannot be allergen free. The following guidelines are to be followed to provide a safe learning environment for students with severe food allergies. The school cannot be responsible for food brought to the school by other students and/or parent/guardians.

Family Responsibilities

- Provide the school nurse with all necessary documentation from the student's healthcare provider
- Provide emergency medications and supplies as ordered by the healthcare provider
- Work with the school nurse and school staff to develop and implement the allergy emergency plan
- Provide the school with current contact information for use in an emergency
- Educate your child in self-management (as age-appropriate) of his/her allergy including: safe and unsafe foods, how to read food labels, symptoms of allergic reactions, location and availability of his/her epi–pen

Student Responsibilities

- Never trade food or share utensils with other students
- Avoid consuming food products known to contain the specific allergen or with unknown ingredients
- Be aware of the signs and symptoms of a reaction to known allergens
- Notify an adult immediately if he/she has eaten something that may contain the known allergen