ECASD EARLY LEARNING PROGRAM NOVEMBER 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
- Reading Tips
- Nutrition Tips
- Community News

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

Prevent Technology Addiction in Your Child

What are the problems?

Recent brain studies are showing that technology affects the brain's frontal cortex, which controls planning, organizing, completing tasks, emotional control, impulse control and self-monitoring, just like how cocaine affects the brain. Technology is so hyper-arousing that it raises dopamine levels. Tablets, smartphones, television and video games are the new form of a digital drug. How to identify if your child is affected by technology:

- Increased aggressive temper tantrums when devices are taken away
- Wandering attention spans when not stimulated by their devices
- Not getting enough sleep
- Loss of social skills, people skills, and ability to interact with others

Solutions

Limit their exposure and usage of technology. The key is preventing your child from getting hooked to screens. If they are hooked to their devices, taking them away for 4-6 weeks is usually recommended for the hyper-aroused nervous system to reset itself. Ways to keep them from crossing the line:

- Legos instead of Minecraft
- Books instead of iPad, tablets
- Playing outside/nature and sports instead of watching TV
- Keeping the TV, iPad, smartphone, etc. out of their bedrooms
- Being a good role model as a parent, "monkey see monkey do"

It's 'digital heroin': How screens turn kids into psychotic junkies http://nyp.st/2bGS5oX
by Dr. Nicholas Kardaras

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
Lisa Ausman	Head Start Coordinator	lausman@ecasd.us	715-852-3625
Julie Peck	Prairie Ridge Early Learning Secretary	jpeck@ecasd.us	715-852-3630
Jennifer Warren	Early Learning Secretary	jwarren1@ecasd.us	715-852-3601
Missy Devine	Early Learning Secretary Community EC4T Sites	mdevine@ecasd.us	715-852-3608
Jill Elliott	Family and Community Partnership Coordinator	jelliott@ecasd.us	715-852-3607
Zulma Chafloque	Family Services Facilitator Spanish Interpreter	zchafloque@ecasd.us	715-852-3622
Kerri Nowicki	Family Services Facilitator	knowicki@ecasd.us	715-852-3644
Bee Vue	Family Services Facilitator Hmong Interpreter	bvue@ecasd.us	715-852-3654
Melinda Daubitz	Family Services Facilitator	akrall@ecasd.us	715-852-3137
April Krall	Special Education Program Support	kjohnson@ecasd.us	715-852-3628
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...

November 2019

Dear Families,

It's hard to believe the month of November is upon us. During this month, teachers will be meeting with you for parent/teacher conferences. The purpose of this conference is to engage in dialogue with you about your child, view assessment information, and set goals for your child's learning this year. Since you are your child's first and most influential teacher, we value your partnership and input in this process.

As you and your child's teacher discuss assessment information, please keep in mind the following points. First, all assessment information helps teachers plan just right instruction to help children progress toward end of the year benchmarks. Second, young children grow and develop at different rates and times. Third, our focus is on the growth of skills in all areas for your child.

We value this time with you and look forward to your feedback and questions. Parent/teacher conferences are an important piece of family engagement and create a connection between home and school. This connection is important to us as we work together to support your child's development and learning.

Please feel free to contact me with any feedback, questions, or concerns.

Sincerely,

Heidi White
Director of Early Learning
715-852-3610

"Every home is a university and parents are the teachers."
-Mahatma Gandhi

NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Play Group @ PR 10:00-11:00am	2
3	4 Board Meeting @ BOE @ 7:00pm	5 Safety Workshop @ PR 5:00-6:30pm	6	7	8 Conscious Discipline @ PR 8:00-11:00am	9
10	11	12	13	14	15 CD Infant and Toddler Workshop @ PR 1:00-2:00pm	16
17	18 Conscious Discipline @ PR 5:00-6:30pm Board Meeting @ BOE @ 7:00pm	19	20	21	22	23
24	25	26	27	28	29	30

ALL OF THE EVENTS ARE FREE & WEATHER PERMITING
IF ECASD SCHOOLS ARE CLOSED DUE TO WEATHER, EVENT IS CANCELLED

UPCOMING EVENTS — Watch for more information!!

Friday, December 6th— Play Group @ PR 10-11:00am

Monday, December 9th— Conscious Discipline #4 @ PR 5:00-6:30pm

Thursday, December 12th — Date with Dad: Children's Museum

Friday, December 13th — Conscious Discipline Workshop @ PR 8:00-11:00am

Policy Committee— TBA

The Salvation Army
Toys for Tots Sign-up

2211 South Hastings Way Eau Claire

November 4-November 14, 2019
from
10am-12pm and 1pm-4pm.
Closed on Friday, Saturday and Sunday

Eau Claire County and Trempealeau County Residents Only-Must not sign up through any other toy program

Need to bring the following items when filling out Toy applications:

-Identification cards for all adults
-Medical Assistance cards, report cards **or** birth certificates for all children under 17years of age.
-Address verification (recent bills, lease. **NO** hand written letters or junk mail.
-income verification for the last month (pay stubs, bank statements, award letters, etc.)

HOME SAFETY

How to Keep Your Family Safe

FREE DOOR PRIZES

Tuesday, November 5th

What to Expect:

5:00-5:30 pm ~ Dinner

5:30-6:30 pm ~ Workshop

Agenda for Workshop

Group discussion with area professionals, information will be shared on:

ECASD School Nurse — Health/Medication

EC Health Department — Lead Poisoning

EC Fire Department — Fire Safety

EC Police Department — Personal Safety

RSVP: zchafloque@ecasd.us or call 715-852-3622

FREE CHILDCARE & DINNER

Location: Prairie Ridge
3031 Epiphany Ln, Eau Claire, WI

ECASD EARLY LEARNING
EAU CLAIRE 4 TOMORROW | HEAD START

Sponsored by the Eau Claire Area School District-Early Learning Program, Eau Claire City County Health Department and EC Fire Department

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, November 8th, 2019

Friday, December 13th, 2019

Friday, January 10th, 2019

Friday, February 7th, 2019

Friday, March 13th, 2019

Friday, April 17th, 2019

Friday, May 8th, 2019

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

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: Infant and Toddler Development

Learn how to calm your baby/toddler in a way that creates a healthy blueprint for self-regulation. Become attuned to your baby/toddler's signals and learn to respond effectively. Build healthy bonds with your child.

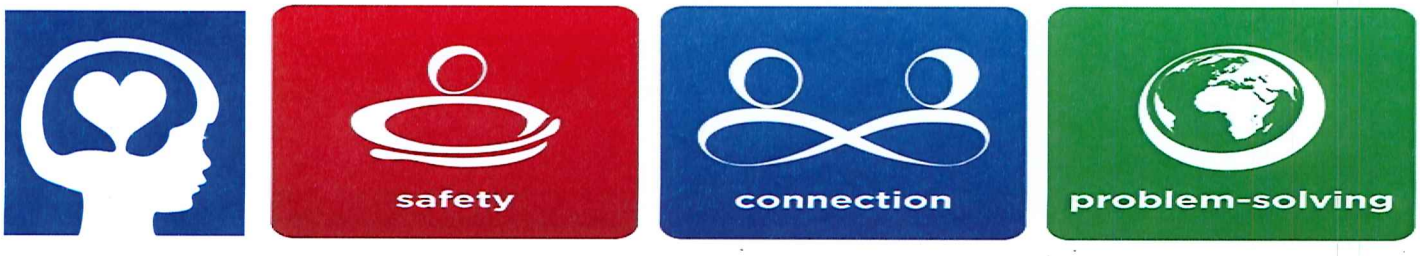
Friday, November 15th

1:00-2:00pm

Prairie Ridge Early Learning School

3031 Epiphany Lane

CHILDCARE WILL BE PROVIDED



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

Sponsored by ECASD Early Learning Program

ECASD EARLY LEARNING
EAU CLAIRE 4 TOMORROW
HEAD START

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: Assertiveness

"Assertiveness is clear communication that focuses children's attention on what we want them to do. Clear communication is essential for children to meet our expectations."

Learn communication strategies and other ways to help your child be successful with the limits you set.

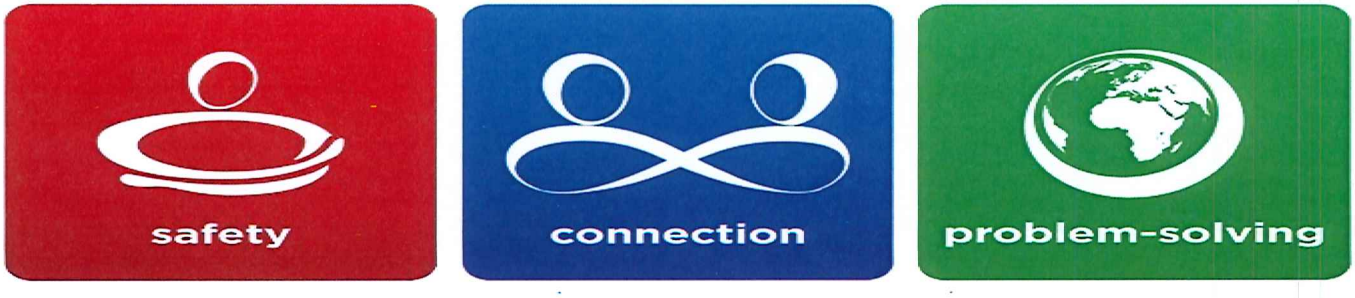
Monday, November 18th

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

Sponsored by ECASD Early Learning Program

ECASD EARLY LEARNING
EAU CLAIRE 4 TOMORROW
HEAD START

November

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

Conscious Discipline for Families

BIG IDEA:
Whatever we focus on, we get more of.

GOAL: To create images of expected behavior in a child's brain.

Skill of Assertiveness

Adult Goal for Assertiveness:
To set limits for children in an assertive manner, focusing on what we want children to do.

Child Goal for Assertiveness:
To use an assertive voice to teach others how you would like to be treated.

Three Voices

Learning to distinguish between passive, aggressive, and assertive voices is essential to being assertive.

- Passivity: The goal of passivity is to please others.
- Aggression: The goal is to win by overpowering. Winning means getting the other person to do what you want.
- Assertiveness: The goal is clear communication that paints a picture of what we want others to do.

Name, Verb, Paint Assertive Commands

1. Say child's name (eye contact)
2. Verbalize what you want to see
3. Paint a picture of the expected behavior using gestures, visuals, or demonstrating to help child be successful

Pivot

Shift our focus from what we don't want to what we do want.
Transform negative statement into a positive statement of what you want the child to do.

Coaching Assertiveness

Set up: Did you like it?
Set limit: Say, "I don't like it when you push me."
Tell what to do: She wants you to say, "scoot over." Say it now.

I-Messages

I-Messages set a limit and teach a new skill.

1. "I don't like it when you _____."
   Follow with an assertive command and relate it to safety.

"Ouch. Hitting hurts. I don't like it when you hit me. When you want my attention, touch my arm like this and wait for me to look at you. Do it now for practice.

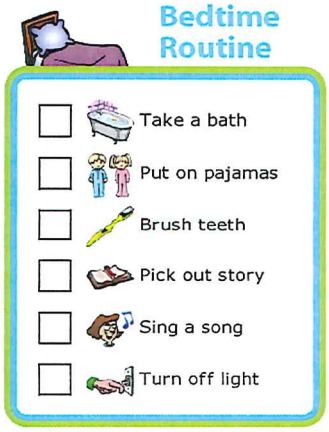
2. When you ____, I feel ____ because _____."
   Follow with an assertive command.

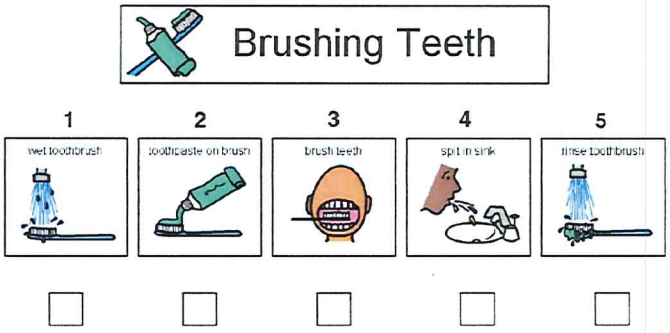
"When you run through the house while I am trying to work, I feel distracted. I can't think. Walk quietly like this. Wait for the child to comply and encourage by saying, "You're walking quietly. That is helpful."

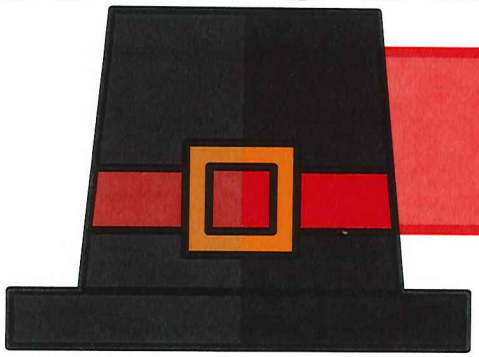
Visual Routines

(Structure for practicing assertiveness in the classroom or at home).

Visual routines communicate our expectations to children through images.







November

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

Move More Watch Less

Thanksgiving Games

Gobble, Gobble!

You will need a blindfold and two lines on the floor. The lines should be at least ten feet apart. The Turkey stands in the center of the room and the kids line up behind one of the lines. When the blindfolded Turkey/Kid says, "Gobble, gobble!" the kids run from one side of the line to the other but they can't get touched by the Turkey. If they get touched by the Turkey, they have to sit out until there are no kids left.

fit families

Eat Healthy

Be Active

Your kids are watching

Turkey Walk

Play music of your choice and encourage the children to move like...

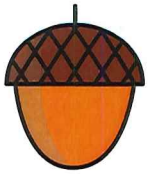
- BIG turkeys
- Little turkeys
- Tired turkeys
- Happy turkeys
- Scared turkeys
- Etc.

Make it more interesting by choosing music based on the movement you'd like to create!

Make Every Sip Count

Drinking one less sugary beverage can make a difference!

Replacing one 8 ounce serving of a sugar-sweetened beverage with water will help your child develop healthy teeth!



Healthy Alternatives to Traditional Thanksgiving Foods

1) Mash more than potatoes.

Try a healthy alternative of mashed sweet potatoes or serve chunks of baked potatoes and root vegetables, like squash and carrots, mixed together.

2) Go green.

Make sure to have enough vegetables. Start your meal eating the veggies first — it is not only more filling but it helps provide important nutritional value before digging in to the rest. If you're worried about over-indulging on the less healthy options, try filling your plate ½ with veggies, ¼ with turkey and ¼ with the other sides.

3) Skip sweetening your sweet potatoes.

Sweet potatoes are packed with nutrients and are filling. There are many ways to involve sweet potatoes — from baked sides to desserts. Rather than adding extras that only make a naturally good food unhealthy, avoid excess sugars or butter. Bake without adding anything and sprinkle with some cinnamon when done.

Apple Dip

Ingredients

4 oz low fat sugar free yogurt
1 tsp lime juice
1 tsp lime zest

Directions

- Stir together until the mixture is smooth.
- Serve with sliced apples or fruit of your choice
- Be creative: You can add peanut butter or try using low-fat strawberry flavored cream cheese. Have fun and enjoy!

Make Every Bite Count

Veggie of the Month

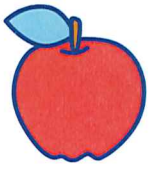
Spinach

More Ways to Use Spinach

- Use fresh spinach in salads, sandwiches or wraps.
- Add fresh or frozen spinach to soups, pasta, dips or smoothies.
- Steam or saute spinach as a quick side dish - sprinkle with a touch of grated cheese.

Fruit of the Month

Apple



This institution is an equal opportunity provider and employer. This material w funded by USDA's Supplemental Nutrit 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 yo local Fit Families project.

MONTHLY CROCKPOT RECIPE
Tuna noodle casserole

prep time	cook time	serves
15 minutes	2 to 3 hours on high or 5 hours on low	5 to 6

things you need:

1 can of cream of mushroom soup

1 large can of tuna

Can (soup) of milk

1 cup of peas

1 cup of corn

2 cups of uncooked noodles

<u>Optional:</u>

1/2 cup of shredded cheese

How to:

Place crockpot on a heat safe surface

Take all the ingredients except cheese and dump into the crockpot.

Stir with a spoon until mixed.

Cook on low for 4 hours stirring the mixture every 1/2 hour.

If you add cheese, add at the very end, stir in and enjoy

Technology poses barriers to parents reading aloud

Consistent reading aloud with a caring grownup is a simple, ideal way to promote healthy brain development and forge crucial bonds — and despite educational claims, electronic devices can't fill this role.

Read Aloud 15 MINUTES National Campaign

Eau Claire City-County
Health Department

Did you know? 80% of all infectious diseases are spread by touch!

Germs are everywhere! They can make you sick. They are spread by touch, sneezing and coughing. Handwashing stops the spread of germs and keeps you and your family healthy.

You should wash your hands:

Before and after

- preparing or eating food
- caring for someone who is sick
- Treating a cut or wound.

After

- using the bathroom or helping a child use the restroom
- blowing your nose/sneezing/coughing,
- touching an animal or animal waste
  taking out the trash

**Hand sanitizer is a great option when you can't wash your hands, but it doesn't kill all types of germs or remove harmful chemicals and heavy metals, so be sure to wash whenever you can!*

Be aware, wash with care! Follow these 5 steps when washing for germ-free hands:

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, fingers, under nails, and backs, for 20 seconds.
- **Rinse** your hands under clean, running water.
- **Dry** your hands with a clean towel or air dry them.

Lead Poisoning is 100% Preventable!

No amount of lead in the human body is safe. Even in small amounts, lead exposure can cause permanent brain damage and negatively affect learning, behavior and health throughout a child's life. Unfortunately, the number of children affected by lead poisoning in Wisconsin is higher than the number of children in many other states. The good news...lead poisoning is completely preventable!

Lead paint is the most common way children are exposed to lead. Many children with lead exposure are never tested and treated. Children between 1 and 3 years have the highest risk!

So....how do you know if your children at risk for childhood lead? *If you answer "yes" to any of the following questions, it's strongly recommended that you have your child tested for lead exposure.*

- Does your child live in or visit a house built before 1950?
- Does your child live in or visit a house or building built before 1978 with recent or ongoing renovations?
- Does your child have a sibling or playmate with lead poisoning?
- Is your child enrolled in Medicaid or WIC?

If you have additional questions, contact the Health Department at 715-839-4718

COMMUNITY RESOURCE OF THE MONTH

Chippewa Valley Technical College Program Application

What is it?

CVTC offers over 110+programs. With our variety of day, evening, and online classes you'll find what you need to fit college into your life, and into your budget. CVTC offers proven education to help you earn a degree or certificate, advance your career, or get the training you need to start a new career. Don't hesitate as some of our programs fill-up fast and have waiting lists. Start the college admission process now!

How to apply

Chippewa Valley Technical College

Apply online at www.cvtc.edu/admissions and complete the three steps:

1. Complete Application:
   -Application must be completed by November 1st for Spring 2020
2. Apply for Finical Aid
   -Grants, Scholarships, Loans, Work Studies
3. Complete Entrance Requirements

APPLY AT:

www.cvtc.edu/admissions
or
call: 715-833-6300

Attendance is KEY!

November is a very busy month at school, and good attendance is important. Our district has a theme, "**Every Student Every Day!** ***SCHOOL SUCCESS*** goes hand in hand with ***GOOD ATTENDANCE." Please do your part and make sure your child attends school everyday possible!***

Sick Child Guidelines:

Although we encourage and expect regular attendance, in an effort to maintain the good health of all our students, please refrain from bringing your child to school if they are sick. This will reduce the overall number of illnesses among the students.

If a child exhibits any of the following symptoms at school, a parent/guardian/emergency contact will be notified to come and pick up their child:

- Temperature of 100.5° or more
- Diarrhea
- Vomiting
- Persistent coughing
- Draining or spreading rash

If you have any questions about these guidelines, please contact your child's school nurse for further direction.