

CONNECTIONS

Early Learning Program

Eau Claire 4 Tomorrow, Head Start, & Special Education

Linking Home and School for Success



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ECASD EARLY LEARNING



EAU CLAIRE 4 TOMORROW



HEAD START

**Yog Koj Xav Tau
Daim Ntawv No
Txhais Ua Lus
Hmoob, Hu Tuaj Rau
715-852-3555**

**Si desea que alguien
le traduzca esta car-
ta o si tiene pregun-
tas,
(715) 852-3614**

The School of



Before elementary school. Before kindergarten. Before preschool. Your child is learning. Not just learning — learning at lightning speed, from the day he or she is born.



- From birth to age 5, your baby's brain will make trillions of connections between billions of neurons. Brain size doubles during the first year, and by age 3, a child's brain has nearly reached its adult weight.
- Your baby's ability to learn language will be unprecedented. Her vocabulary will grow at an exponential rate.
- Your child will learn new concepts. She will gain pre-literacy skills. She will build the foundations for her future knowledge.



But just how much she will learn will be up to you. If you waste this window of opportunity, she may never catch up. If you wait, it's too late. Nobody is in a position to teach, nurture, talk, sing, or read aloud like YOU can.

No matter your job or your education level. Whether you are the mother or the father. The grandmother or the nanny. The caring neighbor or the family friend. You are the person who can make a difference that will last your child's lifetime.



You can — you must — be your child's first and most important teacher.

Start today. Start now. Read Aloud 15 MINUTES, today and every day, and grow your child's brain.



**EAU CLAIRE
AREA SCHOOL DISTRICT**



Every child. Every parent. Every day.

[Read Aloud](#)



Contact Information

Prairie Ridge Early Learning School
3031 Epiphany Lane, Eau Claire, WI 54703

Main Phone Number & Attendance Line 715-852-3600



Name	Position	Email	Phone
Michael Johnson	Eau Claire Area School District Superintendent	mjohnson@ecasd.us	715-852-3006
Heather Grant	Director of Early Learning and Elementary Programming	hgrant@ecasd.us	715-852-3102
Laurie Haus	Early Learning Principal	lhaus@ecasd.us	715-852-3610
Leah Olson	Head Start Coordinator	lolson@ecasd.us	715-852-3627
Alyssa Fahrenkamp	Prairie Ridge Secretary	afahrenkamp1@ecasd.us	715-852-3601
Doni Peterson	Head Start Secretary	dpeterson1@ecasd.us	715-852-3630
Missy Devine	EC4T Secretary	mdevine@ecasd.us	715-852-3608
Jill Italiano	Family and Community Partnership Coordinator	jitaliano@ecasd.us	715-852-3607
Nancy Brenner	Family Services Facilitator	nbrenner@ecasd.us	715-852-3676
Kellie Holliday	Family Services Facilitator	kholliday@ecasd.us	715-852-3677
Tia Lor	Family Services Bilingual Education Assistant — Hmong	tlor2@ecasd.us	715-852-3642
Maria Kirby	Family Services Bilingual Education Assistant—Spanish	mkirby1@ecasd.us	
Amanda Bennett	Early Learning Counselor	abennett@ecasd.us	715-852-3612
Morgan Deering	Early Learning Social Worker	mdeering@ecasd.us	715-852-3240
April Krall	Special Education Program Support	akrall@ecasd.us	715-852-3137
ECASD Central Office	715-852-3000		
Student Transit	715-839-5116		

VISIT OUR WEBSITE!! [ECASD | Home](#) Click on Schools; Click on Early Learning

If you would like someone to help you with this newsletter for you or if you have questions,
call Jill Italiano at (715) 852-3607.

Lus Hmoob * Yog koj xav tau tus neeg Hmoob txhais daim ntawv no ua lus Hmoob rau koj los yog koj
muaj lus nug txog daim ntawv no, **hu rau Tia Lor (715) 852-3642.**

En Espanol * Si desea que alguien le traduzca esta carta o si tiene preguntas,
correo electrónico Maria Kirby mkirby1@ecasd.us

Note from Principal Laurie Haus

Dear Families,

Do you know families with 3- or 4-year-olds that have questions about enrollment for the 24-25 school year? We would love it if you would pass on this information. The Eau Claire Area School District (ECASD) Early Learning Program is accepting online applications for incoming 3- and 4-year-old students for the 2024-25 school year. The ECASD Early Learning Program includes our Eau Claire 4 Tomorrow (EC4T/4K) and Head Start program, and Western Dairyland Head Start. For additional information, visit our website at: www.ecasd.us, Click Schools, Click on ECASD Early Learning Program. Then click on application for the 24-25 school year on one of the scrolling banner pictures. Any questions can be directed to our Early Learning Office: 715-852-3600.

Our April character focus is **courage**. One way to think about Courage is “choosing what is helpful, right, and kind even when it is hard or scary.” You may consider having conversations at home about changes coming up for your child/ren and how having courage can help (going to a new school, trying something new this summer, meeting new friends, etc.).

Wishing you well,

Laurie Haus

Early Learning Principal



Family Events

UPCOMING EVENTS & HAPPENINGS IN APRIL

- **April 5th ~ Play Group**
- **April 5th ~ Car Seat Training**
- **April 13th ~ “Fire Station Tour”**
- **April 19th ~ Family Play Day at Prairie Ridge**
- **April 22nd ~ Earth Day Celebration**
- **April 26th ~ UWEC Planetarium**



ECASD Early Learning offers many ways for families to get involved. Family events are **FREE** and open to any preschool age children and their families, unless specified. If ECASD schools are closed due to the weather, event is cancelled.

Register for any of the events online at this link:

[Click Here](#)



[ECASD | Community Events/Resource Flyers](#)

Phone: 715-852-3601

[ECASD | Monthly Newsletters](#)

[April 2023 ECASD & Community Resources](#)

Raising Resilient Children

April 2nd
6:00 - 7:30 pm



Children's emotional resilience, or ability to cope with their feelings, is important to their long-term happiness, wellbeing, and success in life.

FREE seminar
for parents of
children ages
0-12 years old



Jennifer Eddy
Parent Coach &
Presenter



Deneshia Honadel
Parent Educator &
Presenter



Children's Museum of Eau Claire
126 N. Barstow st. Eau Claire 54703
Registration recommended.

Scan the QR code for registration.



SATURDAY APRIL 20, 2024



JEANNE RICHIE MEMORIAL

PUDDLE JUMP



Support a fellow ECASD school, Longfellow Elementary by registering for the 18th annual Jeanne Richie Memorial Puddle Jump on Saturday, April 20, 2024 at 9:00am. This family-friendly 5k run/walk provides funding for important school initiatives like student enrichment, student scholarships, and for the 2024 race, playground funding. Registration is now open at: <https://runsignup.com/Race/WI/EauClaire/PuddleJump>



Triple P, Positive Parenting Seminars

For parents and caregivers of children ages 0–12.

Gain tools to help you manage problem behavior, encourage desirable behavior, grow more confident as a parent, and take care of yourself. Attendance at all three seminars is encouraged. Registration required.

Come early and join us for a meal at 5:45 p.m.



- Monday, April 15 • 6–7:30 p.m. • Riverview Room • *The Power of Positive Parenting*
Discover the five key principles of positive parenting that form the basis of Triple P.
- Monday, April 22 • 6–7:30 p.m. • Riverview Room • *Raising Confident, Competent Children*
Learn the six core building blocks to help children become confident and successful at school and beyond.
- Monday, April 29 • 6–7:30 p.m. • Riverview Room • *Raising Resilient Children*
Explore the six core building blocks to help children manage their feelings and become resilient in dealing with life stress.

- Please register for each seminar you plan to attend.
- This series is intended for parents and caregivers. Childcare will *not* be provided.

What local parents are saying about Triple P seminars:

- *My daughter loved using the routine schedule from last time*
- *This program was amazing-it helped a lot!*
- *Glad I did all 3 seminars as they reinforce each other*



Family Resource Center
Because Children Don't Come With Instructions

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

PLAY N' LEARN

PLAY GROUP

Friday, April 5th 9:30-11:00 am



Ways to register:

Call Kellie Holliday
715-852-3677

Email kholliday@ecasd.us

[Click Here](#)

[Event Registration \(office.com\)](#)
Scan QR Code to register
online



Future Play
N' Learn:

May 10th

ECASD EARLY LEARNING



Eau Claire 4 Tomorrow HEAD START

All are welcome! Join this fun, free, and interactive 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.

Prairie Ridge Early Learning School 3031 Epiphany Lane Eau Claire, WI 54703

ALL WELCOME!

Carseat Safety



Learn from the experts on safe carseat installation.



FREE Hands-on assistance with your child's carseat.



Explanation of the WHY, followed by Q&A



Presented by: Pamela Johnson R.N. -
Mayo Clinic Health Systems

Date: April 5, 2024 Time: 11am-12:30pm

Where: Prairie Ridge

3031 Epiphany Lane

Register

Call 715-852-3607

jitaliano@ecasd.us



Click

Sponsored by ECASD Early Learning

[Event Registration \(office.com\)](https://www.office.com)



FIRE STATION TOUR

ALL ARE WELCOME!

FREE



Saturday April 13, 2024



Session 1 - 9:45-10:30

Session 2 - 10:45-11:30



Fire Station #10

820 Malden Ave. Eau Claire



To Register:
Nancy Brenner
715-852-3676
nbrenner@ecasd.us

OR

Scan QR Code

SNACK PROVIDED



Meet your local firefighters!

Sponsored by ECASD Early Learning

ECASD Early Learning FAMILY PLAY DAY AT PRAIRIE RIDGE

Friday,

April 19th, 2024

Families, enjoy this opportunity to explore & play together with your child in their classroom. You will have time to connect with teachers, program staff, & other families.

If your child attends Prairie Ridge's AM session, please join us from
8:30-9:30 AM

If your child attends Prairie Ridge's PM session, please join us from
9:45-10:45 AM

REGISTRATION is not required but helps us plan. Feel free to attend even if you do not register in advance.



jitaliano@ecasd.us

Event Registration ([office.com](#))

 715-852-3607



ECASD EARLY LEARNING INVITES YOU TO

EARTH DAY

CELEBRATION & PARENT MEETING

April 22nd, 2024

5:00-7:00 PM

Families & their preschool aged children will learn about ways to take care of Earth through hands on activities, including paper making, recycling, & potting a pine seedling to take home.

Ways to Register:
Call 715-852-3607

Email jitaliano@ecasd.us

Click [Event Registration \(office.com\)](https://office.com)

Scan



@ Prairie Ridge

3031 Epiphany Lane

Free Dinner Provided



ECASD EARLY LEARNING



EAU CLAIRE 4 TOMORROW

HEAD START

A STELLAR EXPERIENCE

Whether it is cloudy or clear, warm or cold, you can enjoy a star-filled sky in the comfort of the L.E. Phillips Planetarium. Come see the stars with us!

For parents/guardians and their preschool children.

Two Performances: 10:30am & 11:30 am

Space is limited to 50 people per showing.



What to Expect:

Plan to arrive 15 minutes prior to your registered showtime. Late arrivals not admitted once performance starts. Show lasts about 45 minutes.



Friday April 26 , 2024

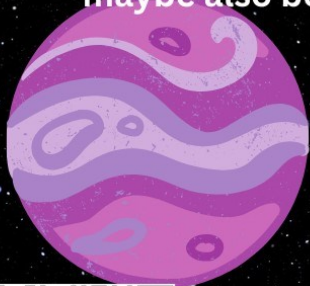
UWEC L.E. Phillips Planetarium

Phillips Science Hall 600

101 Roosevelt Avenue

Eau Claire, WI

Parking available in the Fine Arts lot on Water Street. Walk across the foot bridge to lower campus. To park in Fine Arts, we will ask you to provide your vehicle and license plate information for Campus Security. Parking maybe also be found in the neighborhood around Roosevelt Ave.



Ways to Register:


























Scan QR Code

Call Nancy at 715-852-3676

Email: nbrenner@ecasd.us



April 2024 School Days Calendar & Menu's

Mon	Tue	Wed	Thu	Fri
1  Breakfast Pineapple Tidbits Assorted Cereal, String Cheese Lunch Mini Corn Dogs Bush's Baked Beans Baby Carrots Mixed Fruit	2  Breakfast Applesauce Cheese Omelet & Toast Lunch Cheeseburger Macaroni Breadstick, Green Peas Tossed Green Salad Fresh Orange	3  Breakfast Chilled Peaches French Toast Lunch Cheese or Peperoni Pizza Whole Kernel Corn Cucumber Slices Frozen Fruit Cup	4  Breakfast Fresh Apple Assorted Cereal & Yogurt Lunch Baked Crispy Chicken Sandwich Sweet Potato French Fries Broccoli Buds Seedless Grapes	5 
8  Breakfast Mixed Fruit, String Cheese Banana Breakfast Bread Lunch Baked Chicken Strips California Blend Vegetables Baby Carrots, Breadstick Spiced Applesauce	9  Breakfast Chilled Peaches Waffles Lunch Cheese Omelet & Pancake Hash Rounds Broccoli Buds Banana	10  Breakfast Mandarin Oranges, Toast Scrambled Eggs with Ham Lunch Hot Dog on a Bun Bush's Baked Beans Cauliflower Florets Chilled Pears	11  Breakfast Mango Cubes, String Cheese Assorted Cereal Lunch Rotini w/ Meat Sauce Steamed Broccoli Tossed Green Salad Fresh Apple	12 
15 	16  Breakfast Spiced Applesauce Assorted Cereal, String Cheese Lunch Waffle Chicken Bites Bush's Baked Beans Tossed Green Salad Mixed Fruit	17  Breakfast Mandarin Oranges French Toast Sticks Lunch Cheesy Breadstick Carrot Coins Cucumber Slices Fresh Apple	18  Breakfast Mixed Fruit, String Cheese Lemon Breakfast Bread Lunch Soft Shell Taco Whole Kernel Corn Broccoli Buds Strawberry Cup	19 
22  Breakfast Mixed Fruit, String Cheese Assorted Breakfast Bread Lunch Oven Baked Dilly Nuggets Broccoli w/ Cheese Sauce Baby Carrots Chilled Pears	23  Breakfast Seedless Grapes Cheese Omelet & Toast Lunch Cheese Ravioli w/ Breadstick Mixed Vegetables Cucumber Slices Banana	24  Breakfast Strawberry Cup Pancakes Lunch Sloppy Joe Sandwich Bush's Baked Beans Cauliflower Florets Seedless Grapes	25  Breakfast Applesauce Assorted Cereal & Yogurt Lunch French Bread Pizza Whole Kernel Corn Celery Sticks Mixed Fruit	26 
29  Breakfast Chilled Pears Assorted Cereal, String Cheese Lunch Fish Sticks w/Breadstick Green Beans Baby Carrots Mandarin Oranges	30  Breakfast Pineapple Tidbits, Toast Scrambled Eggs w/ Ham Lunch Corn Dog on a Stick Bush's Baked Beans Tossed Green Salad Mixed Fruit	1 MAY  TBD	2  TBD	3 

Class Times (Monday—Thursday)

AM Session	Start: 8:25 AM—End 11:55 AM
PM Session	Start: 12:45 PM—End 4:15 PM

If Your Child is Going to Miss School:

Call Eau Claire Student Transit 715-839-5116
 Call ECASD Early Learning Attendance Line 715-852-3600

Attendance MATTERS! Every student, EVERY DAY!

District News

Open Enrollment is February 5 through April 30, 2024

What is Public School Open Enrollment?

Wisconsin's inter-district public school open enrollment program allows students and families who don't live in our district to open enroll into the Eau Claire Area School District.

Who May Participate?

Wisconsin residents in grades K-12 may apply to participate in open enrollment. Students in pre-kindergarten may participate in limited circumstances; parents should call the Executive Director of Business Services at 715-852-3010 to find out if their preschool-aged children qualify.

How and When May Parents Apply?

The regular open enrollment application window will be February 5, 2024, through April 30, 2024, for the 2024-2025 school year. Parents may submit online applications beginning February 5, 2024, at the Wisconsin Department of Instruction website at <https://dpi.wi.gov/open-enrollment>. Please call 715-852-3127 or email districtadministration@ecasd.us for more information.

Have you moved out of the district during the 2023-2024 school year?

If so, you must apply for a Tuition Waiver to continue attending the Eau Claire Area School District for the remainder of the 2023-2024 school year. Contact the Enrollment Office at 715-852-3127 or email districtadministration@ecasd.us for an application.

Students Currently Attending the ECASD Through a Tuition Waiver

Students who have moved outside of the district during the 2023-2024 school year and are currently attending school under a Tuition Waiver must apply for open enrollment during the regular application window, February 5, 2024, through April 30, 2024, to continue attending during the 2024-2025 school year.

Current Open Enrollment Students

Students currently attending the Eau Claire Area School District under the open enrollment law do not need to reapply.

Other Information

Students who move into the district after January 2024 and anticipate moving out of the district before the 2024-2025 school year will not be eligible for a Tuition Waiver. Students must apply for open enrollment during either the regular open enrollment or alternative open enrollment period to be eligible to attend the Eau Claire Area School District during the 2024-2025 school year.

School Placement

By completing an open enrollment application, you are applying to attend the Eau Claire Area School District. You have the opportunity to indicate which school your child would prefer to attend; however, the district will determine placement based on space availability.

Questions?

If you have any questions about open enrollment or the application process, please contact the Enrollment Office at 715-852-3127 or email districtadministration@ecasd.us.

District News



Do you have children ages 3 or 4?

The Eau Claire Area School District (ECASD) Early Learning Program will begin accepting online applications for incoming 3 and 4 year old students for the 2024-25 school year on February 1st, 2024. The ECASD Early Learning Program includes our Eau Claire 4 Tomorrow (EC4T/4K) and Head Start program, as well as Western Dairyland Head Start. For additional information, visit our website at: www.ecasd.us, Click Schools, Click on ECASD Early Learning Program.

If your child turns 3 on or before September 1, 2024

Applications for Head Start will be accepted.

Please note: there are limited spots and income/eligibility guidelines apply. Please apply online.

****If you are applying for Head Start....***

Once your application is received, you will be contacted to complete the enrollment process and verify your income/eligibility.

If your child turns 4 on or before September 1, 2024

Applications for EC4T(4K) and/or Head Start will be accepted. Please enroll your child online.

****If you are applying for EC4T(4K) and/or Head Start...***

Once your application has been received, you will be contacted via letter or phone call confirming receipt of the application & determine if your family also qualifies for Head Start.

Any questions, contact the Eau Claire Area School District Early Learning Office

715-852-3600

Apply online at www.ecasd.us/enrollment

Click the [blue](#) 'Early Learning Program' icon, then click the [blue](#) 'Click Here to Enroll' icon.



District News

Kindergarten Orientation

The ECASD is excited to welcome your child to Kindergarten! Please see below for Kindergarten Orientation dates. They will be updated as information becomes available. If your school's orientation information is not displayed yet, please check here: [ECASD | Kindergarten Orientation](#) . If you have any questions, or have not enrolled yet, please contact the Enrollment Office at enrollment@ecasd.us

Elementary School	Date	Time
Chippewa Valley Montessori	Monday, April 15th, 2024	12:00 PM—3:00 PM By appointment only
Flynn Elementary	Wednesday, April 24th, 2024	5:00 PM-6:00 PM
Sam Davey Elementary	Thursday, August 29th, 2024	4:00 PM-5:00 PM
Locust Lane Elementary	Thursday, August 22nd, 2024	TBD
Longfellow Elementary	Wednesday, August 28th, 2024	2:00 PM-2:30 PM Last names A-M 2:30 PM-3:00 PM Last names N-Z
Manz Elementary	Monday, June 3rd, 2024 AND Thursday, August 1st, 2024 (Playground Night)	6:00 PM 6:00 PM– 7:00 PM
Meadowview Elementary	Tuesday, May 14th, 2024	TBD (Evening)
Northwoods Elementary	Thursday, May 9th, 2024	2:30 PM-3:30 PM
Putnam Heights Elementary	Friday, August 30th, 2024	8:00 AM-4:00 PM 15 minute sessions
Robbins Elementary	Thursday, April 25th, 2024	4:45 PM-6:15 PM
Roosevelt Elementary	Monday, August 19th, 2024	4:00 PM—5:00 PM
Sherman Elementary	Wednesday, May 8th, 2024	TBD (evening)
Lakeshore Elementary	Tuesday, April 16th, 2024	4:00 PM-5:00 PM
Eau Claire Virtual School	Friday, August 30th, 2024	TBD



Family Information-Mental Health

News from our School Based Mental Health Coordinator

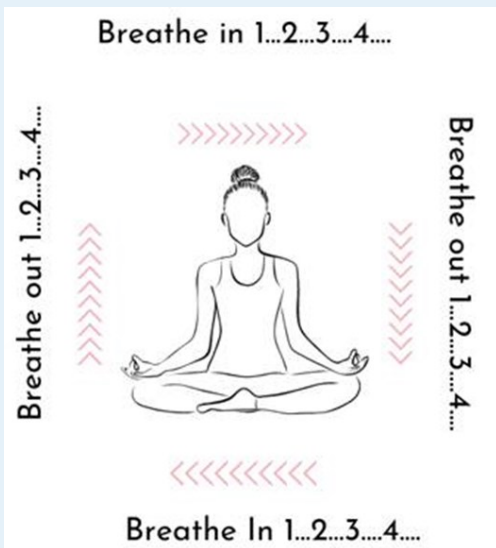
April is National Stress Awareness Month to raise awareness of the negative impact of stress. Here are a few ideas on how to de-stress.

Learn more about our School Based Mental Health program at:

<https://go.ecasd.us/schoolmentalhealth>

Try these exercises to relax and decrease stress.

Follow the square with your breath.



5-4-3-2-1 GROUNDING



HOW TO DE-STRESS IN AN HOUR OR LESS

- | | |
|-----------------------|--------------------------|
| DO SOMETHING RELAXING | SHORTEN YOUR TO-DO LIST |
| LISTEN TO MUSIC | RECREATE THE SPA AT HOME |
| BREAK A SWEAT | READ A BOOK |
| MEDITATE | PLAY A GAME |
| GET A MASSAGE | CLEAN SOMETHING |
| DO SOMETHING NICE | CONNECT WITH NATURE |
| GO FOR A DRIVE | TAKE A SHOWER |
| TALK IT OUT | WRITE STUFF DOWN |
| RETAIL THERAPY | STRETCH |
| PLAN A VACATION | WATCH A TV SHOW |
| WATCH A FUNNY VIDEO | LOOK AT THE STARS |
| TAKE A NAP | STAY OFF OF SOCIAL MEDIA |
| CREATE SOMETHING | LEARN SOMETHING |
| EAT SOMETHING | DO SOMETHING OUTSIDE |
| HUG A DOG OR CAT | BE GRATEFUL |

5-4-3-2-1 Grounding Technique

This technique brings your focus from your mind to your physical body, which may help you refocus on the present moment and calm your anxiety.

Nutrition & Health Information



Eau Claire County WIC
Find out if you are eligible for WIC.
Visit: wic.ehealthdepartment.org
715-839-5051



fit families

Eat Healthy
Be Active
Your kids are watching

April

Move More, Watch Less

Active Play for Rainy Days

Hula Hoop
Jump in puddles
Follow the leader
Kids Gym Jump Rope

Talent show
Dance Hot lava game
Obstacle course
Indoor pool Stretch

Play with a pet
Scavenger hunt Build a fort
Dress up Charades
Hide and go seek

A dreary day outside can put a damper on kids' active play. When kids are able to get outside they are away from distractions like the T.V. can work their large muscles more easily and work off energy to help them relax and sleep better. Though a rainy day limits access to outdoors, it by no means keeps kids from getting their daily recommendation of one hour of active play.

Make Every Bite Count



Peas
Veggie Of The Month



Kiwi
Fruit Of The Month

Fresh Green Salad

Ingredients:
1 cup peas, fresh, frozen or canned
6 cups salad greens, torn in bite size pieces
1/2 cup chopped cucumber
1/2 cup low-fat salad dressing
1/2 cup low-fat feta cheese

Directions:
Thaw and drain frozen peas or drain canned peas.
Combine peas, salad greens and cucumber in a large serving bowl.
Add dressing just before serving.
Toss to mix well. Sprinkle with feta cheese.

Kiwi Pineapple Slaw

Ingredients:
1 cup pineapple in juice, undrained
3 cups cabbage, finely shredded
1 1/2 cups kiwi, peeled and chopped (about 3 medium kiwi)
1/2 cup celery, chopped (about 1 stalk)
1/4 cup raisins
1/4 cup light mayonnaise

Directions:
Drain pineapple, reserving 3 Tablespoons juice. Cut pineapple into bite-sized pieces, if needed.
Combine drained pineapple, cabbage, kiwi, celery, and raisins in a large bowl.
Stir reserved pineapple juice into mayonnaise until smooth. Add to cabbage mixture, tossing gently.
Refrigerate leftovers within 2 hours.

Fun Spring Snacks

Sweet Snails and caterpillars

Mix different combinations of fruits and vegetables to create cute critters! For the snails, slice thin apples, oranges, kiwi, or cucumbers to create a shell, and use celery as a base! For the caterpillars use small round fruit like grapes, baby tomatoes, purple and red grapes and celery as a base! Use peanut butter, yogurt, or cottage cheese as the glue!



Carrot-and-Hummus Patches

Hummus and carrots are always a great go-to snack, so why not update your presentation for Easter with this fun idea. "Plant" baby carrots, topped with sprigs of fresh cilantro or parsley, in small pots filled with hummus for a bright springtime spread.



Make Every Sip Count

Ways to Drink More Water:

- Provide your child with their own special drinking cup.
- Teach and encourage them to use the faucet or how to use the water dispenser on the refrigerator to fill their cup.
- Carry a water bottle. Keep one for your child in your car, in their backpack, take it on trips, and keep in your refrigerator at home
- Set up a reward system when your child drinks their water. Give your child reward like a special dance or a sticker after they drink their water.
- Be a role model. The more your children see you carrying out healthy habits, the more likely they are to do the same.



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 project.

National Prescription Drug Take-Back Day

Saturday, April 27th
10 a.m. to 2 p.m.



Dispose of your expired or unwanted medications at a drop-off location!

Altoona Emergency Services
1904 Spooner Avenue

Eau Claire County Government Center
721 Oxford Avenue

National Prescription Drug Take-Back Day

Unused or expired medications should never be flushed, poured down the drain, or tossed in the garbage. Safely dispose of prescription medicine, over-the-counter medications, ointments, patches, creams, non-aerosol sprays, vials, and pet medications at a Prescription Drug Take-Back event on Saturday, April 27th from 10a.m. to 2p.m.!

This information is provided by the Eau Claire Health Alliance - Substance Misuse Action Team, which works to prevent alcohol, tobacco, and other drug misuse.

Learn more at: EHealthAlliance.org/News