

# CONNECTIONS

Early Learning Program

Eau Claire 4 Tomorrow, Head Start, & Special Education  
*Linking Home and School for Success*



## Do Your Children Get Enough Sleep?

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ECASD EARLY LEARNING



**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**

### Tips for Good Sleep



Have a bedtime routine like taking a warm bath, brushing teeth, and reading a bedtime story.



Keep the bedroom quiet and a comfortable temperature.



Model good sleep behaviors for kids.



Avoid large meals and caffeine before bedtime.



Set bed and wake-up times at the same time each day, including weekends.



Make sure kids are active during the day so they can fall asleep at night.



Remove electronic devices from the bedroom.



Turn the lights out at bedtime.

|            |              |   |
|------------|--------------|---|
| Newborn    | 0-3 months   | 14-17 hours (National Sleep Foundation)   |
| Infant     | 4-12 months  | 12-16 hours per 24 hours (including naps) |
| Toddler    | 1-2 years    | 11-14 hours per 24 hours (including naps) |
| Preschool  | 3-5 years    | 10-13 hours per 24 hours (including naps) |
| School Age | 6-12 years   | 9-12 hours per 24 hours                   |
| Teen       | 13-18 years  | 8-10 hours per 24 hours                   |
| Adult      | 18-60 years  | 7 or more hours per night                 |
|            | 61 years and | 7-9 hours                                 |

[How Much Sleep Do I Need? | CDC](#)

# 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         | <a href="mailto:mjohnson@ecasd.us">mjohnson@ecasd.us</a>         | 715-852-3006 |
| Heather Grant     | Director of Early Learning and Elementary Programming  | <a href="mailto:hgrant@ecasd.us">hgrant@ecasd.us</a>             | 715-852-3102 |
| Laurie Haus       | Early Learning Principal                               | <a href="mailto:lhaus@ecasd.us">lhaus@ecasd.us</a>               | 715-852-3610 |
| Leah Olson        | Head Start Coordinator                                 | <a href="mailto:lolson@ecasd.us">lolson@ecasd.us</a>             | 715-852-3627 |
| Alyssa Fahrenkamp | Prairie Ridge Secretary                                | <a href="mailto:afahrenkamp1@ecasd.us">afahrenkamp1@ecasd.us</a> | 715-852-3601 |
| Doni Peterson     | Head Start Secretary                                   | <a href="mailto:dpeterson1@ecasd.us">dpeterson1@ecasd.us</a>     | 715-852-3630 |
| Missy Devine      | EC4T Secretary   | <a href="mailto:mdevine@ecasd.us">mdevine@ecasd.us</a>           | 715-852-3608 |
| Jill Italiano     | Family and Community Partnership Coordinator           | <a href="mailto:jitaliano@ecasd.us">jitaliano@ecasd.us</a>       | 715-852-3607 |
| Nancy Brenner     | Family Services Facilitator                            | <a href="mailto:nbrenner@ecasd.us">nbrenner@ecasd.us</a>         | 715-852-3676 |
| Kellie Holliday   | Family Services Facilitator                            | <a href="mailto:kholliday@ecasd.us">kholliday@ecasd.us</a>       | 715-852-3677 |
| Tia Lor           | Family Services Bilingual Education Aide<br>— Hmong    | <a href="mailto:tlor2@ecasd.us">tlor2@ecasd.us</a>               | 715-852-3642 |
| Anna Grosman      | Family Services Bilingual Education Aide,<br>— Spanish | <a href="mailto:agrosman@ecasd.us">agrosman@ecasd.us</a>         | 715-852-3614 |
| Amanda Bennett    | Early Learning Counselor                               | <a href="mailto:abennett@ecasd.us">abennett@ecasd.us</a>         | 715-852-3612 |
| Morgan Deering    | Early Learning Social Worker                           | <a href="mailto:mdeering@ecasd.us">mdeering@ecasd.us</a>         | 715-852-3240 |
| April Krall       | Special Education Program Support                      | <a href="mailto:akrall@ecasd.us">akrall@ecasd.us</a>             | 715-852-3628 |
| Student Transit   | 715-839-5116   | ECASD Central Office   | 715-852-3000 |

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 Blia Schwahn (715) 852-6850.**

En Espanol \* Si desea que alguien le traduzca esta carta o si tiene preguntas, **llame a Anna Grosman al (715) 852-3614.**

# Note from Principal Laurie Haus

Dear Families,

It feels like spring, but we are planning for summer! Please consider summer programming (summer school) for your child. If your child will be attending one of the ECASD (Eau Claire Area School District) elementary schools in the fall, there will be a three-week half-day summer program that will help them get acclimated and excited for their new school. [2024-Summer-School-Program-Guide 10.pdf \(ecasd.us\)](#) If you have any questions, please call 715-852-3141.

Our March character focus is **cooperation**. One way to think about Cooperation is “working together to reach shared goals.” You are encouraged to talk as a family about how this definition applies to how you work together at home. What are some goals your family shares? At school we will be developing skills that support cooperation like perspective-taking, conflict resolution, and leadership.

We have two special weeks in March. The dress up days are optional.

## **March 5-7 Read Across America Dress Up Days:**

Tuesday 3/5: Hat and Sock Day

Wednesday 3/6: Be your wacky (ex: mis-matched clothes, fun hair, whatever your heart desires)

Thursday 3/7: Wear Your Favorite Color

## **March 18-21 Letter Celebration Week:**

Monday 3/18: Pajama or Comfy Clothes Day

Tuesday 3/19: Wear letters on your shirt (staff will wear positive message shirts)

Wednesday 3/20 Wear a costume day (keep it simple and school appropriate)

Thursday 3/21: Dress Your Best Day!

*Wishing you well,*

Laurie Haus

Early Learning Principal



# Family Events

## UPCOMING EVENTS & HAPPENINGS IN MARCH

- **March 9th ~ Date with Dad “Science Saturday”**
- **March 11th ~ Triple P & Parent Meeting**
- **March 15th ~ Play Group**



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:

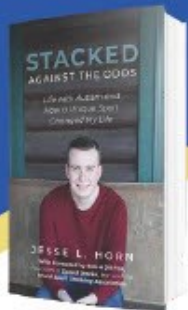
[Click Here](#)





Join us for speaker

# JESSE HORN



Jesse Horn is a 27 year old autism advocate from Wisconsin. At the age of nine, a chance encounter with a unique sport would help Jesse discover a passion that would skyrocket his personal growth and allow him to embrace a newfound sense of self-confidence. Jesse has gone on to earn international titles in Sport Stacking with Team USA, is a motivational speaker and ambassador, author and has guest-starred on CBS's The Doctors.

**North High School Auditorium**  
1801 Piedmont Road  
Eau Claire WI 54703

[CLICK HERE](#)

- ✓ Open to the community. Please RSVP!
- ✓ He will have his book for sale and will sign that night!

SCAN ME



Questions?  
Contact Brenda Swoboda  
715.492.7008  
bswoboda@ecasd.us

**TUESDAY**  
**MARCH 5<sup>th</sup>**  
**6 pm**

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

# PLAY N' LEARN

## ● PLAY GROUP ●

Friday, March 15th 9:30-11:00 am



Future Play  
N' Learns:

April 5th  
May 10th

Ways to register:

Call Kellie Holliday  
715-852-3677

Email [kholliday@ecasd.us](mailto:kholliday@ecasd.us)

[Click Here](#)

Scan QR Code to register  
online



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

ECASD Early Learning & Head Start

*Parent*

**MEETING**



Connect with Other Families and Learn How to Support Your Child's Growth! As parents, we all want the best for our children. Free dinner and child care provided.

**Training Topic: Triple P "Raising Resilient Children"**

5:00-5:30 Dinner & Parent Meeting

5:30-7:00 Triple P Presentation

Located at Prairie Ridge; 3031 Epiphany Lane

**MARCH**

**11**

**REGISTER  
TODAY!**



Ways to Register:  
Call 715-852-3630  
[jitaliano@ecasd.us](mailto:jitaliano@ecasd.us)



.....●SENSE- ECASD SPECIAL EDUCATION PTO.....

# RESOURCE FAIR

**4:00-6:30 PM**



**2024**

**March 12th**

**L.E. Phillips Public Library  
Riverview Room 306**

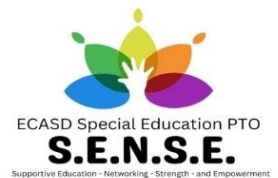
400 Eau Claire St. Eau Claire, WI 54701 

**Who is this for?** All are welcome! If you support a child or young adult with learning differences or special needs and would like to learn more about the resources we have in our community, this is for you!

## **What Resources will be there?**

ECASD Transition services  
CRI (Chippewa River Industries)  
Children's Resource Center West  
Variety, the Children's Charity of WI  
Aurora Vocational Services  
UWEC-Services for Students with Disabilities  
Down Syndrome Association of WI  
And more!

Questions? [septocwi@gmail.com](mailto:septocwi@gmail.com)







**DATE WITH DAD  
PRESENTS**

**SCIENCE**

**FREE!**  
**SATURDAY**

**A special time for dads and preschool-age kids to enjoy together!**


ECASD Date with Dad is part of the Head Start Fatherhood Initiative. We understand that children have families with diverse structures. Therefore, we encourage any significant male role model to attend (dad, step-dad, grandpa, uncle, foster-father, big brother, significant other, etc.)  
Anyone who is a significant role model for the child is welcome to attend.

**9:30 AM - 11:30 AM**

**MARCH 9, 2024**

**PRAIRIE RIDGE**

**3031 EPIPHANY LANE**



**Meet Mr. Jeff the Fly Science Guy**  
**Watch as science comes to life. Try your own science demonstrations and make predictions. Make and keep slime, suncatcher and race car. Snack Provided.**



To Register, scan QR code, email Nancy at [nbrenner@ecasd.us](mailto:nbrenner@ecasd.us) or call: 715-852-3676

# 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](mailto: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](mailto: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](mailto: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](http://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](http://www.ecasd.us/enrollment)

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



# District News

## ECASD Family Climate Survey

We care about your opinion! On March 4, families will receive an email invitation from Superintendent Mike Johnson to complete the ECASD Family Climate Survey. The information we learn from you will help us to know what we're doing well and where we need to improve. Families will have until Sunday, March 17 to complete this survey. Please keep an eye out for this email message in the coming weeks.

¡Nos importa tu opinión! El 4 de marzo, las familias recibirán una invitación por correo electrónico del Superintendente Mike Johnson para completar la Encuesta de Clima Familiar de ECASD. La información que aprendamos de ti nos ayudará a saber qué estamos haciendo bien y como debemos mejorar. Las familias tendrán hasta el domingo 17 de marzo para completar esta encuesta. Por favor, esté pendiente a este mensaje de correo electrónico en las próximas semanas.

## ECASD Summer Programs



Summer Program Registration begins online Saturday, March 2, at 8 am and will end on March 22. Athletics registration will be open throughout the summer. The family hotline for questions will be available from 8 am-12 pm on March 2 only at 715-852-3141. Letters should have arrived in mailboxes with student IDs and instructions on how to register. The guide is also online at [www.ecasd.us/summer](http://www.ecasd.us/summer). Families can pick up extra guides at their school and at Administration Building. Don't forget to register students for ECASD Summer Programs by **March 29**. A reminder that if your student is enrolled in school year band, they will be automatically enrolled in summer school band.

Students must be registered for classes by March 29 to secure busing. If you qualify for busing during the school year, you qualify for busing during the summer. All elementary students who register for summer programming and who qualify for busing during the school year will automatically be registered for summer busing. All middle and high school families who need busing will need to register through the busing form on Skyward. There will also be free breakfast and lunch at all schools.

# Family Information-Mental Health

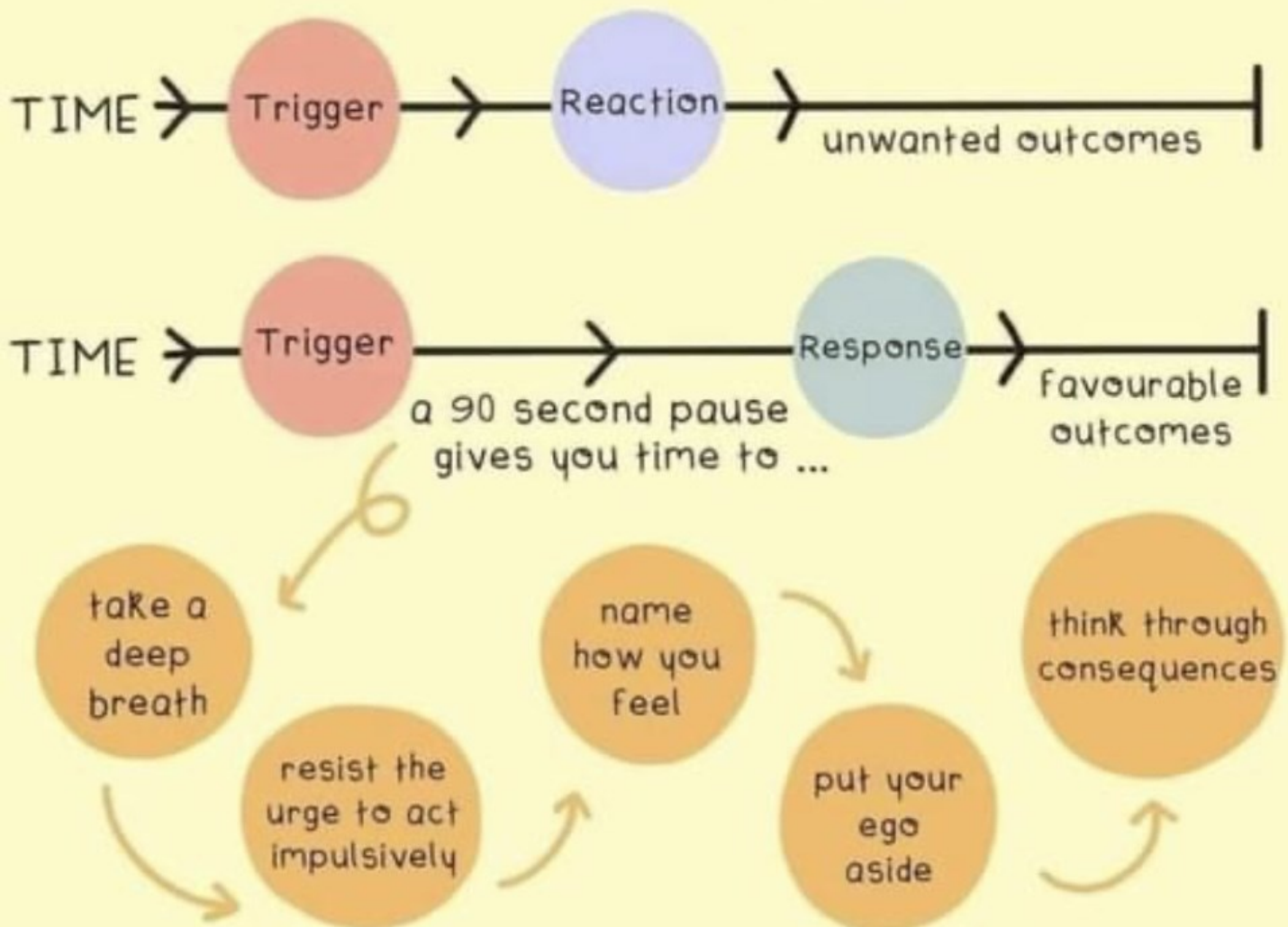
## React vs Respond

“A reaction is instant. It’s driven by the beliefs, biases, & prejudices of the unconscious mind. A reaction is based in the moment & doesn’t take into consideration long term effects of what you do or say. A response is based on information from both the conscious and unconscious mind, it takes into consideration the wellbeing of not only you but those around you.”

A 90 second pause is the difference between a reaction and a response

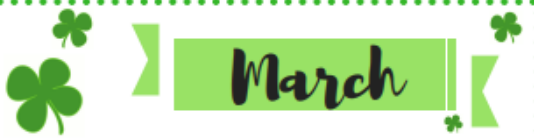


@doodledwellness



“When I look back on my kneejerk reactions now, I realize I should have just taken a breath.” -Fred Durst

# Nutrition & Health Information



*Move More Watch Less*

Do you wonder if your child is active enough?

1. My child plays outside several times a day or inside where he or she is free to move: **Yes No**
2. I make sure my child's TV and screen time is less than 2 hours a day: **Yes No**
3. I make sure my child is actively moving for at least 60 minutes a day: **Yes No**
4. When actively playing, my child breathes quickly or sweats: **Yes No**

If you can usually answer yes to these statements, your child is probably getting enough active play.



Eat Healthy

Be Active

Your kids are watching



Eau Claire County WIC  
Find out if WIC can help your family be healthy!  
Visit: [wic.echealthdepartment.org](http://wic.echealthdepartment.org)  
Or call: 715-839-5051

*Make Every Bite Count*

## Simple Roasted Baby Carrots

You'll need:

- 1 pound baby carrots
- 2 tablespoons vegetable oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

- 1) Preheat oven to 450 degrees F.
- 2) Mix together carrots, vegetable oil, garlic powder, salt, and pepper.
- 3) Spread mixture on a baking pan.
- 4) Roast for 10 minutes, remove from oven, and stir.
- 5) Return to oven and roast for 10 more minutes or until just soft.

Veggie of the Month

Carrot



## Strawberry



Fruit of the Month

## Strawberry S'mores

You'll need:

- 2 strawberries
- 1 graham cracker (broken in half)
- 2 Tbs low-fat vanilla yogurt

Directions:

- Rinse and slice the strawberries.
- Add the yogurt and strawberries to 1/2 of graham cracker.
- Top with the other 1/2 of graham cracker

*Make Every Sip Count*

## Limit Sugary Drinks

Soda, energy drinks, sport drinks, fruit drinks and other drinks with added sugar.

- There can be 10 teaspoons of sugar in a 12 ounce can of soda. That's a lot of sugar!
- Fruit drinks may contain only 5 - 15% fruit juice - the rest is sugar water. Choose only 100% fruit juices.
- Limit sugary drinks in your house. If there are sweet drinks in the house, your family will want to drink them.



As children grow, they may be ready for new activities:

By age 2

They can run, walk, gallop, jump, and swim with adult help.

By age 3

They can hop, climb, ride a tricycle or bicycle with training wheels and safety helmet, and catch, throw, bounce, and kick a ball.

By age 4

They can skip, swim, and complete an obstacle course.



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 Family project.



## RESPIRATORY SEASON!

*It's that time of the year again...*

We've been seeing multiple absences due to respiratory illness. To keep your child healthy, follow the tips below!

### Symptoms:

- Cough
- Body aches
- Fever
- Sore throat

### When to seek medical attention:

- Fast or difficult breathing
- Fevers over 104 F or that lasts more than 2 days
- Experiencing chest pain
- Symptoms that last more than 3 weeks

### How to prevent getting sick:

- Wash hands well and often for at least 20 seconds
- Stay home if sick and get tested as appropriate
- Stay up to date on Flu and COVID vaccines

