

CONNECTIONS

Early Learning Program

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



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Prevent Technology Addiction in Your Child

What are the problems?

An article by Dr. Nicholas Kardaras might be hard-hitting. 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. 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”



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 carta
 o si tiene preguntas,
 (715) 852-3614**

Check out the entire article here: <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



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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,

Brrr...it's November!

We believe play, movement and fresh air are very important to children's growth. Please send your child in warm winter gear each day (coat, mittens, hat, snowpants, boots).




















4–5-year-olds need 11-12 hours of sleep each night. Many student behaviors can be reduced when students get enough sleep. We are holding a "Goodnight Moon" family event on November 13 from 5-7pm where we will share more about this topic as well as take you through an evening routine that will help end bedtime battles. Please look for more information in this newsletter to register.

It's a joy visiting classrooms at Community EC4T Sites and Prairie Ridge and seeing your student/s grow and learn new skills each day. Thank you for partnering with us for your child's early education.

Laurie Haus



November 2023 School Days Calendar & Menu's

Mon	Tue	Wed	Thu	Fri
		1 Breakfast  Chilled Pears Waffles Lunch French Bread Pizza Whole Kernel Corn Celery Sticks Fresh Local Apple	2 Breakfast  Fresh Plum & Yogurt Berry Breakfast Bread Lunch Cheese Omelet Pancake, Broccoli Buds Sweet Potato Fries Mandarin Oranges	3 
6 Breakfast  Pineapple Tidbits Assorted Cereal, String Cheese Lunch Baked Chicken Strips Breadstick, Baby Carrots Mixed Vegetables Chilled Peaches	7 Breakfast  Fresh Apple & Toast Scrambled Eggs w/ Ham Lunch Oven Baked Pizza Slice Whole Kernel Corn, Banana Tossed Green Salad	8 Breakfast  Mixed Fruit, Yogurt Lemon Breakfast Bread Lunch Turkey Hot Dog on a Bun Bush's Baked Beans Cherry Tomatoes Chilled Pears	9 Breakfast  Mandarin Oranges French Toast Sticks Lunch Chicken Alfredo Green Peas Broccoli Buds Kiwi	10 
13 Breakfast  Chilled Peaches, String Cheese Assorted Cereal Lunch Baked Chicken Nuggets Steamed Broccoli Baby Carrots Chilled Pears	14 Breakfast  Banana Cheese Omelet & Toast Lunch Baked Mini Chicken Corn Dogs Sweet Potato Fries Tossed Green Salad Applesauce	15 Breakfast  Mixed Fruit, Pancake Sausage on Stick Lunch Cheeseburger on a Bun Bush's Baked Beans Cauliflower Florets Pineapple Tidbits	16 Breakfast  Mandarin Oranges Mini Banana Bread, Yogurt Lunch Turkey & Gravy Whipped Potatoes Celery Sticks Frozen Strawberry Cup	17 
20 	21 	22 	23 	24 
NO SCHOOL THANKSGIVING BREAK				
27 Breakfast Chilled Pears, String Cheese Assorted Cereal Lunch Fish Sticks, Breadstick Green Beans Baby Carrots Pineapple Tidbits	28 Breakfast Mixed Fruit Cheese Omelet & Toast Lunch Soft Shell Taco Bush's Fiesta Beans Tossed Green Salad Chilled Pears	29 Breakfast Applesauce Pancakes Lunch Grilled Cheese Sandwich Tomato Soup, Broccoli Buds Mandarin Oranges Goldfish Crackers	30 Breakfast Seedless Grapes, Yogurt Berry Breakfast Bread Lunch Cheesy Breadsticks Whole Kernel Corn Cauliflower Florets Chilled Peaches	1 DECEMBER 

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
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Attendance MATTERS! Every student, EVERY DAY!

District News

AN UPDATE FROM YOUR FAMILY ADVISORY COUNCIL (FAC):

The first meeting of the 2023-2024 Eau Claire Area School District Family Advisory Council (FAC) was held on October 3. After initial introductions from the family volunteers representing schools and organizations within the district and the sharing of news and events, election of this year's officers took place: Katie Sideri (Longfellow) — Chair; Jamie Kampf (Putnam) — Vice Chair; and Nicole Everson (North) — Secretary. Superintendent Johnson then provided his monthly district update, and the meeting concluded with an agenda-setting session for the remainder of this year's FAC meetings that resulted in the following topics: Attendance Policy (overview, issues, educating staff and families); Grading & Reporting (update, AI and integrity, accelerated and enriched programming); State of the District Update; Safety & Security Update; Mental Health/Behaviors/Student Supports/Special Education Update; Upcoming Referendum/Demo & Trends/District Long-term Vision Update; and District Year in Review/Looking Ahead to 2024-2025.

The second FAC meeting will be held on November 14, and the district's Attendance Policy will be the main topic of discussion.

About your FAC: The FAC fosters communication between families and district administration and presents family concerns, opinions, and perspectives to the superintendent and school administrators. To learn more about your FAC, please visit: <https://www.ecasd.us/District/About/Family-Advisory-Council>



November 16th is The Great American Smoke Out

The Great American Smokeout is a nationwide campaign to raise awareness about the dangers of smoking and support smokers who are ready to quit.

You don't have to be an expert to talk to your kids about tobacco use. Let your kids know how you feel about tobacco and make sure they have the facts they need to make healthy decisions on their own. Learn more at [TobaccosChanging.org](https://www.tobaccoschanging.org).

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: [ECHealthAlliance.org](https://www.echealthalliance.org)

Family Information-Mental Health

Student Anxiety

The Center for Disease Control and Prevention reported about 1.8 million children under the age of 18 as having anxiety disorders, with 6 years old being the median age of onset for anxiety disorders.

Symptoms of anxiety:

- Attendance Problems
- Clinginess/separation anxiety
- Frequent urination
- Frequent crying
- Feeling weak/tired
- Excessive worrying
- Health problems such as headaches or an upset stomach



We can teach techniques NOW that will prevent negative outcomes later on. At school we teach students how to breathe. Here are the four ways we teach students to breathe. Children learn what you model. If you find yourself feeling stressed or anxious, model positive self-talk and affirmations.

Instead of saying “This is hopeless” try saying “Things are hard right now, but I can handle difficult situations.”


Try these techniques at home with your kids and take notice of the positive difference calming strategies make. Kids learn to pick up on your moods, habits (good and bad), mannerisms, and anxieties. You are your students’ first and greatest teacher.

Feel free to reach out with any questions or concerns you may have regarding yours or your child’s mental health.

Amanda Bennett—ECASD Early Learning School Counselor abennett@ecasd.us

AODA Contact Information for the Eau Claire Area School District

For more information about Alcohol and Other Drug Abuse (AODA) resources in the ECASD, please reach out to ECASD’s AODA Coordinators Sami Behnke at sbehnke@ecasd.us and Katrina Raskie at kraskie@ecasd.us.

Please also see  [AODA Resource.pdf](#) for additional information and resources.

Family Resources

COMMUNITY CONNECTION 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

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

1. Complete Application:
2. Apply for Financial Aid
-Grants, Scholarships, Loans, Work Studies
3. Complete Entrance Requirements



APPLY AT:

www.cvtc.edu/admissions

or

call: 715-833-6300

ECASD FAMILY SERVICES HOMELESS PARENT COORDINATOR

DANIELLE GRAHAM

Contact Information: dgraham@ecasd.us

715-852-3044, 715-797-6751

Under the direction of the McKinney-Vento Homeless Assistance Act, Danielle's role is to ensure that homeless children and unaccompanied youth attending ECASD have equal access to educational programs provided to non-homeless children and youth.

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.

Wash Before and after

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

Wash 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

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?

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

Health Information



November

Move More Watch Less Thanksgiving Games

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

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.



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 1/2 with veggies, 1/4 with turkey and 1/4 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



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.



This institution is an equal opportunity provider and employer. This material was provided 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.



Apple

GET YOUR SHOT



FREE Vaccines for Kids:

- Flu (6 months-18 years)
- COVID-19 (6 months +)
- HPV
- Meningitis
- Tdap

No appointment needed
Questions? Call 715-839-4718



Eau Claire City-County Health Department

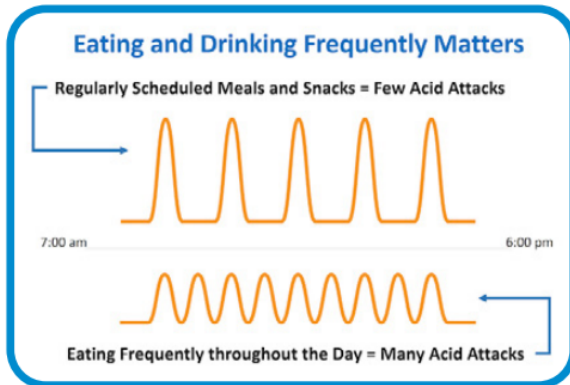
Yog koj xav tau tus neeg Hmoob txhais tsab ntawv no ua lus Hmoob rau koj los yog koj muaj lus nug txog tsab ntawv no, hu rau Blia (715) 852-6850.

Si desea que una persona hispana le traduzca esta carta en español o si tiene preguntas sobre esta carta, llame a Kresly al (715) 225-3333.

Health Information—Oral Health

How Often Children Consume Foods and Drinks with Sugar During the Day Matters

Sugar plays a key role in tooth decay. Many foods, like milk and milk products, fruit, vegetables, grains, and processed and prepared foods, contain sugar.



Bacteria that cause tooth decay breaks down foods and drinks that contain sugar to form acid. Each time a person consumes foods or drinks containing sugar, acid is in the mouth for 20 to 40 minutes. Children who are fed meals and snacks at scheduled times are at lower risk for developing tooth decay than children who are fed often during the day.

The peaks in the top graph (Regularly Scheduled Meals and Snacks = Few Acid Attacks) show that

acid is in the child's mouth five times during the day, for a total of a little more than 1½ hours. The peaks in the bottom graph (Fed Often During the Day = Many Acid Attacks) show that acid is in the child's mouth nine times during the day, for a total of 3 hours (about twice as long as for children who are fed meals and snacks at scheduled times). If a child consumes food and drinks containing sugar often, over time the child is more likely to develop tooth decay.

Finding Hidden Sugar

Many foods and drinks contain added sugar. Sugar in foods can be listed by many different names. The best place to check for sugar is in the ingredients list on the food label. Look for words like:

- Beet sugar
- Brown sugar
- Cane sugar
- Corn sweeteners
- Corn syrup
- Cane juice
- High fructose corn syrup
- Honey
- Malt syrup
- Maple syrup
- Molasses
- Raw sugar
- White sugar

Ingredients: Whole Grain Oats (includes the oat bran), **Sugar**, Modified Corn Starch, **Honey**, **Brown Sugar Syrup**, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Brush Up on Oral Health

This publication was developed with funds from cooperative agreement #90HC000022 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, by the National Center on Health, Behavioral Health, and Safety. This publication may be duplicated for noncommercial uses without permission. This publication is in the public domain, and no copyright can be claimed by persons or organizations.



ADMINISTRATION FOR
CHILDREN & FAMILIES



National Center on
Health, Behavioral Health, and Safety



PRAIRIE RIDGE LOST AND FOUND



Please contact your child's teacher or call Jill at 715-852-3607 to claim an item from our lost and found.

Family Events

UPCOMING EVENTS & HAPPENINGS IN NOVEMBER

- **November 3rd LE Phillips Memorial Public Library**
- **November 9th Children's Museum of Eau Claire**
- **November 13th Good Night Moon Family Night**
- **November 17th Play Group**

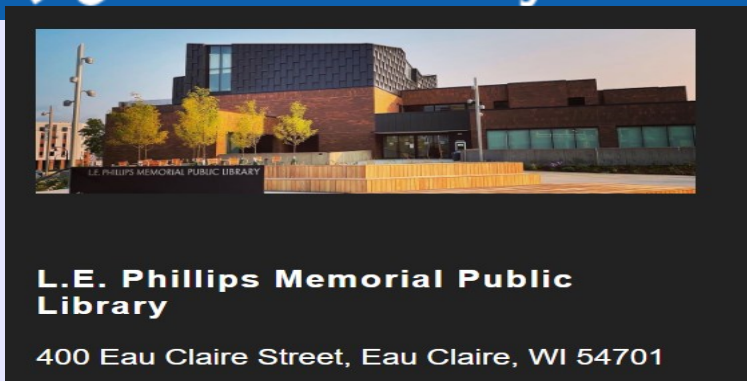


ECASD Early Learning offers many ways for families to get involved. Family events are **FREE** and open to any preschool age children and their families, unless specified. If ECASD schools are closed due to the weather, event is cancelled.

Register for any of the events online at this link:

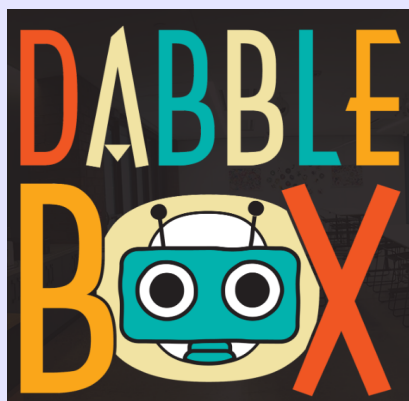
[Click Here](#)





ECASD Early Learning Goes to the Library!

Plan to join us for Story Time, to learn about the library, create in the Dabble Box Makerspace, which is a “do-it-yourself” work space for kids of all ages to explore technology, arts and crafts. Get your own library card and



NOVEMBER 3, 2023
12:30 PM TO 2:30 PM
400 EAU CLAIRE STREET
EAU CLAIRE , WI 54701
PARKING AVAILABLE IN LOWER LEVEL, both sides of DEWEY STREET, RIVERVIEW PARKING LOT, AND



Sponsored by ECASD Head Start & Early Learning Program

Ways to register:

Call 715-852-3676

nbrenner@ecasd.us

Register by clicking [here](#)



ADVENTURE AWAITS

SATURDAY, NOVEMBER 4 | 9 A.M. - 12 P.M.
BUSINESS EDUCATION CENTER

Embark on a thrilling literary adventure in celebration of Family Literacy Month! Join us for literacy-based activities, story time, community resources, snacks, and a book giveaway. This event is hosted by Student Life and the Early Childhood Education and Foundations of Teacher Education programs.



**ECASD
Early Learning**



Free admission for all!

CHILDREN'S MUSEUM OF EAU CLAIRE


Join ECASD Early Learning for a night of play at CMEC! Explore, create, and experiment with other children and families.

Snack provided

**Thursday,
November 9th
5-7 PM**

**126 N. Barstow
St.**

Ways to Register:
Email: kholliday@ecasd.us
Call: 715-852-3677
Click Here
Scan:



For Parking: On-street parking is free for the first two hours.
Ramp parking is next to the museum and costs \$0.50/hour

DOWNLOAD PASSPORT PARKING APP



Search for Passport Parking on your Android or Apple smartphone. Once downloaded, follow the app's instructions to set up your account.



**INSPIRING LEARNING
THROUGH PLAY**

@ CHILDREN'S MUSEUM OF EAU CLAIRE



Scan QR Code if attending!



Hmong NEW YEAR

2023



Date
Friday,
November 10th
2023



4:30 PM
DOORS OPEN
5 to 8
PM

Come join us to celebrate and enjoy Hmong New Year!

Hmong Food (Bring cash!)

Performances

Hmong Play

North High School 1801 Piedmont Rd
Eau Claire, WI 54703



Contact Information:
Jackson Yang - jyang@ecasd.us - 715-852-6643
Bliia Schwahn - bschwahn@ecasd.us - 715-852-6764
Mai Vee Lee - mleel@ecasd.us - 715-852-3389



Good Night MOON

FAMILY NIGHT
DETAILS

Monday, November 13th 5-7 PM
At Prairie Ridge

3031 Epiphany Lane Eau Claire WI 54703

All ECASD Early Learning Families are welcome! Kids wear your pjs, bring your favorite stuffed animal & blanket as we enjoy time together reading the beloved "Good Night Moon" by Maragaret Wise Brown. Each family will take a copy home. Families will learn about bedtime routines and take home a visual schedule. Dinner provided. FREE EVENT

Ways to Register: email jitaliano@ecasd.us

Call 715-852-3607



[Click Here](#)

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





Play N' Learn Play Group

Friday,
November 17th, 2023
9:30-11:00 am

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

Future Play N' Learns
December 15th
January 19th
February 16th
March 15th
April 19th
May 10th



Location:

Prairie Ridge EL School

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.

WAYS TO REGISTER:

CALL 715-852-3677

**EMAIL
KHOLLIDAY@ECASD.US**

**SCAN QR CODE TO
REGISTER ON-LINE**

**REGISTER BY CLICKING
[Click Here](#)**



ECASD EARLY LEARNING



EAU CLAIRE 4 TOMORROW



HEAD START