

# CONNECTIONS

Early Learning Program

Eau Claire 4 Tomorrow, Head Start, & Special Education

*Linking Home and School for Success*



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## What Every Child Needs for Good Mental Health

Children will develop self-confidence, high self-esteem, and a healthy emotional outlook on life when they have good mental health. With good mental health, children will be able to think clearly, develop socially, and learn new skills.

### Basics for a child's good mental health:

Unconditional love

Self-confidence and high self-esteem

Opportunities to play with other children

Encouraging teachers and supportive caretakers

Safe and secure surroundings

Appropriate guidance and instructive discipline

Praise & encouragement

Set realistic goals

Be honest

Make time for play

Be your child's playmate

Avoid nagging, threats and bribery

Avoid sarcastic remarks

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



EAU CLAIRE  
AREA SCHOOL DISTRICT

National Mental Health America [www.nmha.org](http://www.nmha.org)

# 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
Michael Johnson	Eau Claire Area School District Superintendent	<a href="mailto:mjohnson@ecasd.us">mjohnson@ecasd.us</a>	715-852-3006
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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
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Jill Italiano	Family and Community Partnership Coordinator	<a href="mailto:jitaliano@ecasd.us">jitaliano@ecasd.us</a>	715-852-3607
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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 — Hmong	<a href="mailto:tlor2@ecasd.us">tlor2@ecasd.us</a>	715-852-3642
Anna Grosman	Family Services Bilingual Education Aide, — 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!!

<http://www.ecasd.us>

Click on Schools

Click on Preschools

Click on Head Start or EC4T



Go to [facebook.com](https://www.facebook.com) and Twitter, then search:  
 Eau Claire Area School District Early Learning

## Note from Principal Laurie Haus

Dear Families,

It's hard to believe it's already October! Early Learning staff and students have been building routines at school that keep us safe, build stamina for learning, and show one another kindness and respect. I encourage you to have conversations around these topics to extend this learning at home.

Fall is great time to get outdoors and enjoy the cooler temperatures. The fresh air and exercise is great for the mind and body. During a fall hike, playtime at a local park, or a walk around the block asking your child open ended questions and talking about what you/they see will build many skills and add more words to their vocabulary.

Check out this newsletter that includes upcoming family events and other helpful hints and tips!

Sincerely, Laurie Haus

Early Learning Principal



# Mental Health Information

## RESOURCES TO SUPPORT MENTAL HEALTH

Regardless of a child's age, he or she may feel upset or have other strong emotions after an emergency. Some children react right away, while others may show signs of difficulty much later. How a child reacts, and the common signs of distress can vary according to the child's age, previous experiences, and how the child typically copes with stress. Children react, in part, on what they see from the adults around them. When adults react calmly and confidently, they can provide the best support for children. The links below are for some great resources for helping children cope. It's a good idea to learn different strategies to cope, including:

### **Take Care of Yourself:**

- Eat Healthy
- Get Enough Sleep

### **Self-regulate:**

- Mindfulness
- Stop, Think and Breathe

### **Be Creative:**

- Drawing - [Mandala Online Coloring Pages](#)
- Painting

### **Exercise:**

- Go for a walk
- Yoga

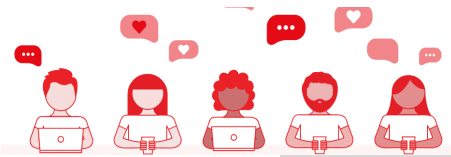
### **Share Your Thoughts:**

- Talking with someone
- Journaling

### **Talk with Someone**

### **Seek professional help if needed**

Taken from [ECASD | School Based Mental Health Services](#)



## In crisis?

Text **HELLO** to **741741** and speak anonymously with a Crisis Counselor.



[Crisis Text Line | Text HOME To 741741 free, 24/7 Crisis Counseling](#)

First, you're in crisis. That doesn't just mean suicide: it's any painful emotion for which you need support. You text us at 741741.

Your opening message can say anything: The opt-in words you see advertised ("HELLO," "START") just help us know where people are learning about us!

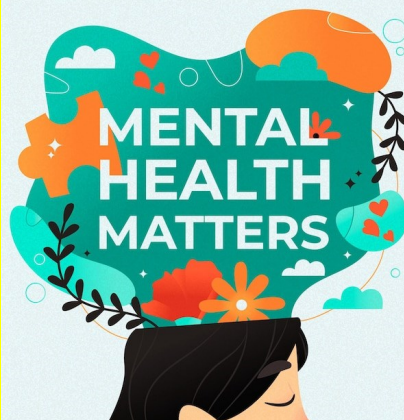
The first two responses are automated. They tell you that you're being connected with a Crisis Counselor, and invite you to share a bit more.

The Crisis Counselor is a trained volunteer, not a professional. They can provide support, but not medical advice.



It usually takes less than five minutes to connect you with a Crisis Counselor. (It may take longer during high-traffic times).

When you've reached a Crisis Counselor, they'll introduce themselves, reflect on what you've said, and invite you to share at your own pace.



# Mental Health Information

## News from our School Based Mental Health Coordinator

October 10<sup>th</sup> is World Mental Health Day. It is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. This day, each October, thousands of supporters come to celebrate this annual awareness program to bring attention to mental illness and its major effects on people's lives world-wide. Attached is a resource to help support our efforts in eliminating stigma around mental health.

Learn more about our School Based Mental Health Program at <https://go.ecasd.us/schoolmentalhealth> or by contacting Shannon McRaith at [smcraith@ecasd.us](mailto:smcraith@ecasd.us) or 715-852-3067.

[OCMH 2020 Fact Sheet Eliminating Stigma.pdf](#)

[ECASD | School Based Mental Health Services](#)



## Dangers of Too Much Screen Time

- **Not enough sleep**
- **Increased risk of attention problems**
- **Increased risk of anxiety & depression**
- **Increased risk of obesity**
- **Loss of social skills, people skills, ability to interact with others**
- **Increased risk of aggression**
- **Increased risk of vision problems**

HOW MUCH  
**SCREEN  
TIME**  
IS TOO MUCH?



**Limit your child's screen time!**

# Family Resources

## COMMUNITY CONNECTION OF THE MONTH

### Did you know Marshfield Clinic has a Child Development Center?

The Child Development Center provides multispecialty care for children with complex neurological problems and childhood behavioral concerns. Specialized services to fit your child's developmental needs are delivered by a team approach, which decreases multiple visits with other specialties. Your child receives care, often in one day and at one location. The Child Development Center specializes in the evaluation, treatment and management of neurobehavioral conditions like: autism, ADHD, behavior, and special needs.

The Child Development Center requires a referral from your child's primary doctor. Call 1-800-782-8581, ext. 9-5500 for more information.

[Child Development Center \(marshfieldchildrens.org\)](http://marshfieldchildrens.org)



Marshfield Clinic

HEALTH SYSTEM

**FAMILY SERVICES  
OPEN  
HOUSE**

MONDAY, OCTOBER 2 | 5:00-7:00 PM

ECASD Administration Building  
500 Main Street

**FREE Immunization Clinic On-site**

**Skyward & Canvas Assistance**

**Snacks Provided**



### Be Internet Awesome.

Being Internet Awesome means being smart, alert, strong, kind, and brave. To demonstrate these qualities, all members of our family promise to stick to the following commitments:

- Share with Care**  
We will thoughtfully consider what we share and with whom—what impact it could have on ourselves and others—and keep extra sensitive information to ourselves (i.e., home address, current location, other people's business).
- Don't Fall for Fake**  
We will watch out for phishing and scams and report questionable activity to each other every time.
- Secure Your Secrets**  
We will take responsibility for protecting important information by crafting strong and unique passwords with characters, numbers, and symbols.
- It's Cool to Be Kind**  
We will spread positivity and respect, and we will block and report hurtful online behavior. If we see others being harmed online, we will be upstanders, not bystanders.
- When in Doubt, Talk It Out**  
We will stand up for ourselves and others when we notice hurtful or inappropriate behavior online. We will discuss situations that make us uncomfortable with each other as a family.

Because that's what it takes to be safe and confident explorers of the online world.

Signed,

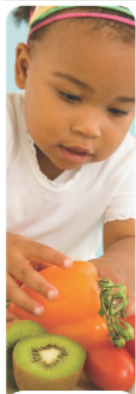
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[g.co/BeInternetAwesome](http://g.co/BeInternetAwesome)

# Health Information—Fit Families



Eat Healthy

Be Active

Your kids are watching

## October

### Move More... Watch Less Activities to Do With Your Toddler

#### Super Kids

Help your child to jump and land safely by grasping his or her hand while jumping from low steps, curbs or boxes. Practice landing on both feet and bending the knees.



#### Body Part Follow the Leader

Move your body parts as you repeat the words and encourage your child to:

Bend one knee and an elbow  
Nod your head, look high and low  
Shake a leg  
Clap your hands  
Wave your arms  
Make circles with your hips  
Wiggle your fingers  
Smile  
Put your feet together  
Pick up your legs

Put on music and do this together!

Eau Claire WIC Program  
To find out if your family is eligible for WIC, visit: [wic.ehealthdepartment.org](http://wic.ehealthdepartment.org) or call 715-839-5051.

#### Lets See, I'll Be...

Ask your child to act like:

- A tree swaying in the wind
- The sun rising
- A cat arching its back
- A kangaroo jumping
- A train chugging along a track
- A butterfly in the sky

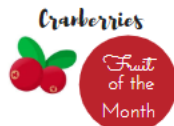
#### Balancing Act

- 1) Lift one foot while holding on to a chair
- 2) Next lift the other foot
- 3) Now try it with no hands
- 4) Don't forget to switch legs

#### Chase Me Chase Me

Playfully chase your child safely in the house or playground and hug your child when you catch them.

### Make Every Bite Count



#### Cranberry Oatmeal Balls

##### Ingredients

- 1 cup quick-cooking oats
- 1/3 cup almonds, chopped
- 1/3 cup reduced-fat peanut butter
- 1/3 cup dried cranberries

##### Directions

In a medium bowl combine all ingredients until well mixed. Form oat mixture into 18 balls about 1 inch wide. Place balls on a cookie sheet. Refrigerate for 30 minutes.

#### How To Cook

- Wash the skin and cut squash in half lengthwise or in 1-inch rings.
- Remove seeds and stringy fibers with a spoon. Save seeds for roasting later!
- Bake at 350 degrees. Line a baking dish with foil for easier clean up. Check for doneness after about 45 minutes. Larger squash may take longer to cook. Fork should pierce flesh easily.
- Season cooked squash with your favorite spices. For a "sweet" flavor, try cinnamon, nutmeg, or allspice. For a "savory" flavor, use garlic powder, onion powder, parsley or oregano.



#### Winter Squash



### Make Every Sip Count

#### Berry Slushy:

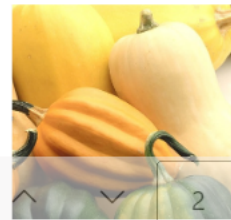
Blend 2 cups of strawberries or raspberries and 4 cups ice cubes together.

#### Watermelon Slushy:

Blend 2 cups of watermelon and 2 cups ice cubes together.

#### Tropical Slushy:

Blend 1 cup of pineapple or apple juice, 1 cup of strawberries and 2 cups ice cubes together.



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 regular diet. To find out more, contact your local Fit Family project.

# CROCKPOT RECIPE

## APPLESAUCE

Prep Time: 20 Minutes

Cook Time: 2-3 Hours on High

Serves: 12

### things you need :

12 to 15 apples



1/2 cup sugar



1 tsp cinnamon



1 lemon



1 cup water



### what to do:

Peel and slice Apples

Squeeze juice out of the lemon

Put ingredients in crock pot and cook on high for 2 to 3 hours



# Family Events

## UPCOMING EVENTS & HAPPENINGS IN OCTOBER

- **October 9th Family Café**  
*Topic: Make N' Take Parenting Tools (self regulation, social emotional)*
- **October 20th YMCA Indoor Sports Center**
- **October 27th 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](#)





# Mommy and Me at the Apple Orchard!

Corn Maze!  
Playground!  
Apple Trees!



Free!

*We understand that children have families with diverse structures. Anyone who is a significant role model for the child is welcome to attend.*

Every child that attends will  
receive a free snack—  
including an apple from  
orchard!

OCTOBER 3RD, 2023  
OPEN HOUSE BETWEEN 5 -7 PM  
BUSHEL AND A PECK APPLE ORCHARD  
18444 COUNTY HWY 00,  
CHIPPEWA FALLS, WI 54729

Ways to register:

715-852-3677

kholliday@ecasd.us

Register by clicking [here](#)



**Sponsored by ECASD Early Learning Program**



ECASD EARLY LEARNING

# FAMILY CAFE

Meet other parents who understand the unique challenges and joys of raising children. At Family Cafe, all parents and caregivers are welcome! Connect with other families, share ideas and stories and learn parenting strategies.

**Topic: Make N Take Parenting Tools**

**Monday  
October 9th  
5:00-7:00 PM**

At Prairie Ridge  
3031 Epiphany Lane  
Eau Claire, WI 54703

**FREE**

Light Dinner  
and Childcare  
Provided

To Register:

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

Call: 715-852-3607

[Click Here](#)

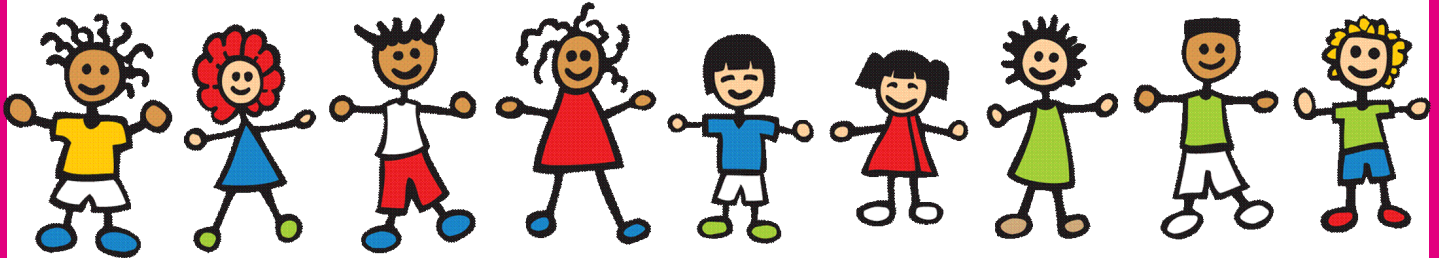
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Sponsored by the ECASD Early Learning Program

# L.E. Phillips YMCA Sports Center

Friday, October 20th \*\*\* 12:00-2:00 PM



Join us for fun with inflatables,  
playing field, quiet room, and  
snack

**FREE!!**

L.E. Phillips YMCA Sports Center  
3456 Craig Rd., Eau Claire, WI 54703

**This event is open to all preschool aged children,  
younger siblings are welcome to join.**

Ways to Register:

[nbrenner@ecasd.us](mailto:nbrenner@ecasd.us)



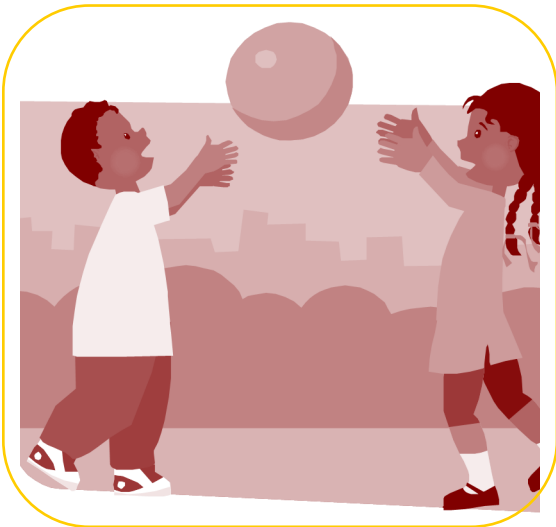
715-852-3676

[Click Here](#)



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

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



# Play N' Learn Play Group

Friday,  
October 27th, 2023  
9:30-11:00 am

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

## Future Dates:

November 17

December 15

January 19

February 16

March 15

April 19

May 10



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