



Making A World Of Difference

JUNE 2024

Monthly Newsletter

Our Head Start Program is operating in three state-licensed centers this year:

Barrington Center: 616 Grant St, Wausau, 715-845-2947

Teachers: Ms. Judy, Ms. Pang, Ms. Jen, Ms. Elysha
Ms. Anna, Ms. Natasha

Stoddard Center: 6615 Cty. Rd J, Weston, 715-573-3698

Teachers: Ms. Debbie and Ms. Shaina

Kathleen M Czech Center: 607 13th St, Mosinee, 715-693-4003

Teacher: Ms. Mikaela

Notes from the Director

Dear Families,

We made it to June! THANK YOU to all our families and Staff! This program year was a success thanks to all the commitment and dedication of our families, students and of course – our STAFF! This “thank you” goes for getting your child to and from school each day; attending conferences and participating in home visits; attending family activity days in your child’s classroom and/or evening family events; volunteering on a field trip or in the classroom; and for working on homework assignments with your child each month 😊

We hope you had an opportunity to join your child for their end of the year celebration. This is another opportunity to help prepare your child for the transition from school to summer and prepare them for fall. Some of our students will return to us after summer vacation, while others will be off to kindergarten. Either way it is a big transition, and we hope our students have a wonderful summer! Be safe over the summer and look for your summer fun packet coming home in your child’s backpack!

Andrea Velasquez

Head Start Director

Important Dates to Remember

Thursday, May 30th

Last day of classes for Stoddard Center

Friday, May 31st

Last day of classes for both Barrington and KMCzech Centers

Thursday, August 22nd

Fall Open House at all 3 Centers

Monday, August 26th

First Day of School for All 3 Centers



Policy Council

Kele Milbauer, President
Mara Mullen, Vice President
Katie Crotteau, Treasurer
Alma Garcia Tuniz, Secretary
Members are: Lynn Chaignot



designed by: freepik

Board of Directors

Kristen Lonergan, President
Peter Rotter, Vice President
Kate Kipp, Treasurer
Rachel Craig, Secretary
Members are Alicia Richmond, Kara Rakowski,
Randy Gabriel, Corrie Norrbom

Build a Backyard Obstacle Course

Kids love obstacle courses. They build them in our homes, with blankets, chairs, and pillows. But this summer, you can construct a backyard obstacle course with hula hoops, jump ropes, sticks, stones, hoses, and other materials from around the house. Your kids can take turns completing it—and the person with the fastest time wins a prize!



Camp in the Yard

No campground? No problem! [Pitch a tent](#) in the backyard and spend the night underneath the stars. This free and timeless [summer activity](#) for kids has one major benefit over normal camping: There's a working toilet merely feet away!



Found this in south garden market in bar and grill (photo: megan)



Decorate Rocks

The next time you embark on a hike, have your children collect rocks. At home, they can decorate the stones with paint, stickers, markers, glitter, and other art supplies. Display the finished products around the house, use them as paperweights, or give them to relatives!

Make an Ice Mold

Toss plastic toys (or any small trinkets) into a big container, fill it with water, and freeze. Flip the ice block out of the mold and give kids some (not-sharp) tools, like a spoon or a paintbrush, as well as a saltshaker and a spray bottle of warm water. Let the excavating begin!



Family Service

SUPPORT. STRENGTHEN. SERVE.

We want to express our gratitude for your participation in our program this year. Family involvement is one of the core values of our program. Your input and perspective are crucial to the success of our program. "Our hope and goals are to have even more family involvement in the upcoming program year. Therefore, We encourage you to become an integral part of your child's education by volunteer in the classroom, attend family meetings, and serve on an advisory committee."



As many of you know we partner with The Babies' Place Diaper Bank to Provides 25% of monthly diaper need to families during the program year. If your family still in need of the monthly diapers during the **summer months families can visit The Babies' Place for diapers once per month if you are not ably to get to The Babies Place and are in need, please reach out to your FCM.**

Family Service Staff

Our goal is to support you in your very important role as a parent. Please contact your Family Case Manager with any questions you may have.

Angie FCPS/FCM Call: 715-318-6923 Text: 715-877-4497 Email: Angievisgar@mccdahs.org

Erin FCM Call: 715-318-7206 Text: 715-814-3443 Email: erinlemmer@mccdahs.org

Michelle FCM Call: 715-318-6947 Text: 715-578-5809 Email: michellefelch@mccdahs.org

Tiffany FCM Call: 715-318-7211 Text: 715-800-7130 Email: tmeschefske@mccdahs.org

PRESCHOOL

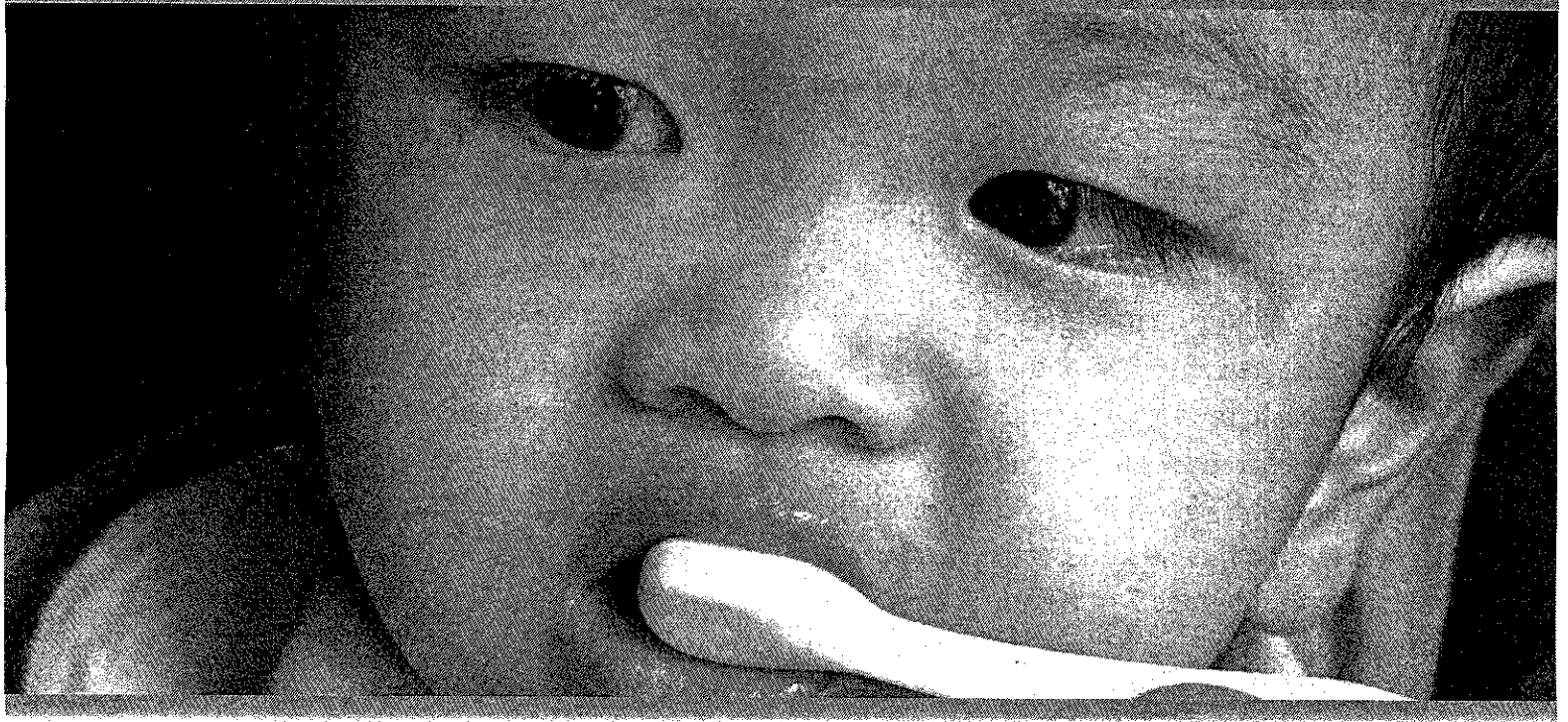


CURRENT FAMILY RE-ENROLLMENT

For the families who have a child returning to head start for the 2024-2025 program year. You must meet with your family case manager over the summer to update your child's registration information. Your FCM will also update the Family Strengths assessment and will establish a goal plan for the next year at this time with you. **If any of your contact info should change over the summer, please let your family case manager know ASAP.**



Healthy Habits for Happy Smiles



Brushing Your Child's Teeth

Brushing is one of the main ways you can keep your child's teeth healthy. You should brush your child's teeth with fluoride toothpaste twice each day to help prevent tooth decay (cavities). Begin brushing as soon as your child's first tooth begins to show.

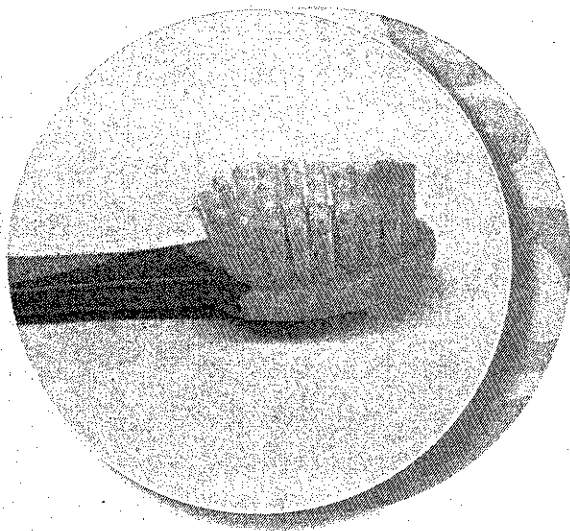


School readiness begins with health!

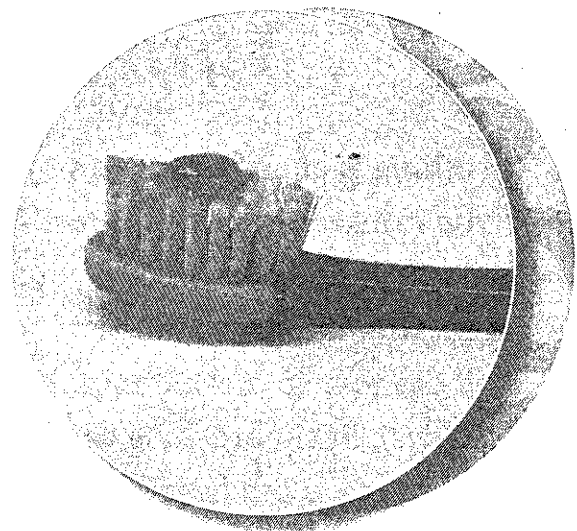


Tips for brushing your child's teeth:

- Brush your child's teeth after breakfast and before bed.
- Use a child-sized toothbrush with soft bristles and fluoride toothpaste.
 - For children under age 3, use a small smear of fluoride toothpaste.
 - For children ages 3 to 6, use fluoride toothpaste the size of a pea.
- Young children like to do things by themselves. It's good to let children brush their teeth while an adult watches. But children under age 7 or 8 cannot brush their teeth well yet. An adult needs to brush the child's teeth too.
- Find a position where your child is comfortable and you can see your child's teeth while you brush. For example, sit on the floor with your baby's or young child's head in your lap. Or stand behind your child in front of the mirror.
- Gently brush your child's teeth using small circles. Brush all surfaces of the teeth, including the insides and outsides.
- After brushing, have your child spit out the remaining toothpaste but not rinse. The small amount of toothpaste that stays in your child's mouth is good for the teeth.
- If you are having trouble brushing your child's teeth, use a timer, a counting game, or a song while brushing. You can also ask the staff at your child's dental clinic for help.



Use a smear for children under age 3.



Use a pea-size amount for children ages 3 to 6.

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This handout was prepared by the National Center on Early Childhood Health and Wellness under cooperative agreement #90HC0013 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start.

National Center on Early Childhood Health and Wellness. 2016. *Healthy Habits for Happy Smiles: Brushing Your Child's Teeth*. Elk Grove Village, IL: National Center on Early Childhood Health and Wellness.

Photo requiring credit: <http://www.wikihow.com/Clean-Toddler's-Teeth> (front page, top)

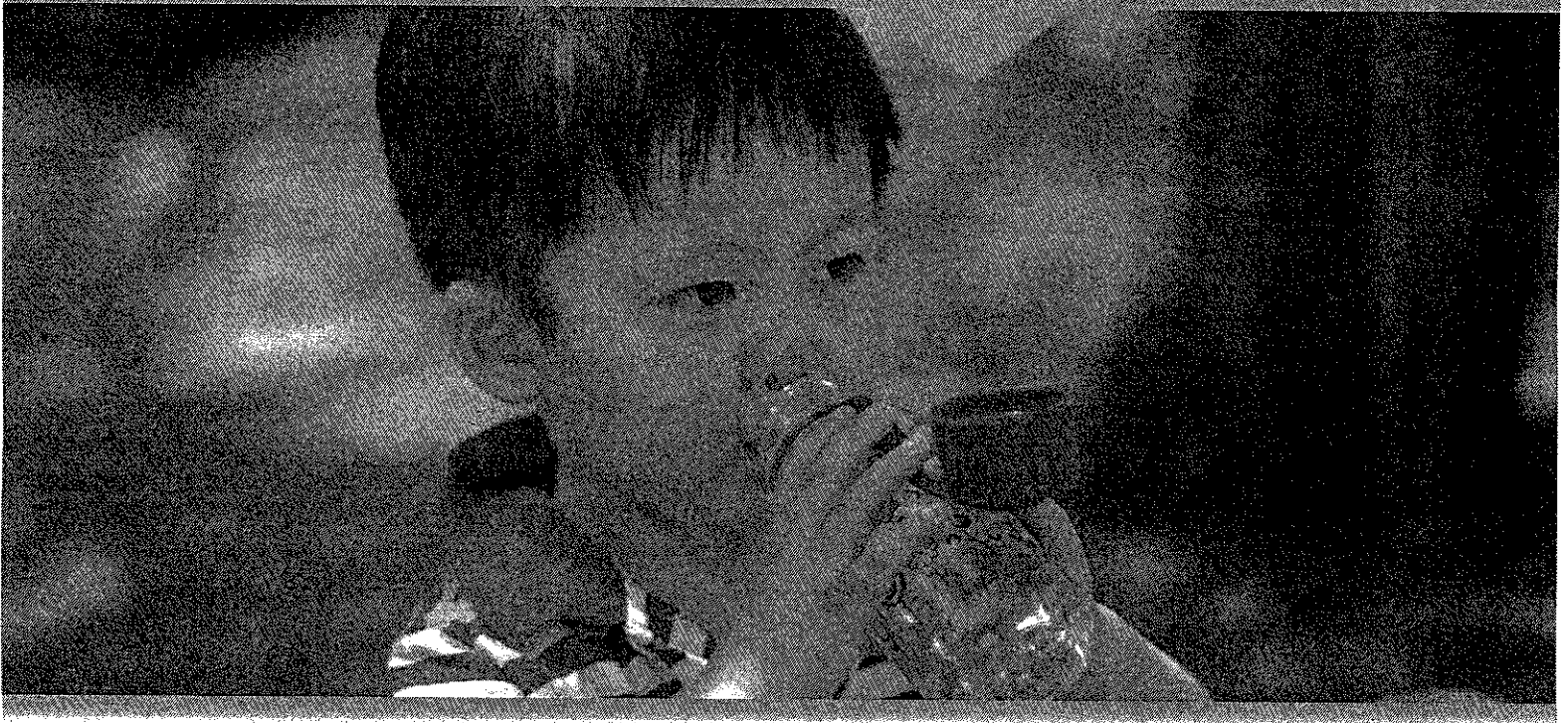


ADMINISTRATION FOR
CHILDREN & FAMILIES



NATIONAL CENTER ON
Early Childhood Health and Wellness

Healthy Habits for Happy Smiles



Encouraging Your Child to Drink Water

A child's body needs water to be healthy and active. Many communities have tap (faucet) water with fluoride. Giving children water with fluoride is one of the best ways to keep their teeth healthy. When children drink water with fluoride throughout the day, their teeth are bathed in low levels of fluoride, which helps to keep teeth strong.



School readiness begins with health!



Tips for encouraging your child to drink water:

- Make drinking water fun for your child. Use bendy, silly, or colored straws. Or let your child choose their favorite cups or water bottles.
- Use water bottles that can be carried anywhere. Refill them with tap water. Most bottled water does not have fluoride.
- Add a lemon, lime, or orange slice or fresh mint leaves to the water. Or add fruit like blueberries, raspberries, or strawberries.
- Give your child water with ice cubes or crushed ice. Look for ice cube trays in fun shapes like dinosaurs, letters, or animals.
- Be a good role model for your child. Drink water instead of drinks that have sugar, like juice, fruit drinks, soda (pop), or sports drinks.
- Set up a station where your child can get a drink of water when they are thirsty. Keep a nonbreakable water pitcher or thermos on a low stool or a chair where your child can reach it.
- Read books or show your child videos about drinking water, for example *Potter the Otter: A Tale About Water* and *Potter the Otter Loves to Drink Water*.



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Healthy Habits for Happy Smiles

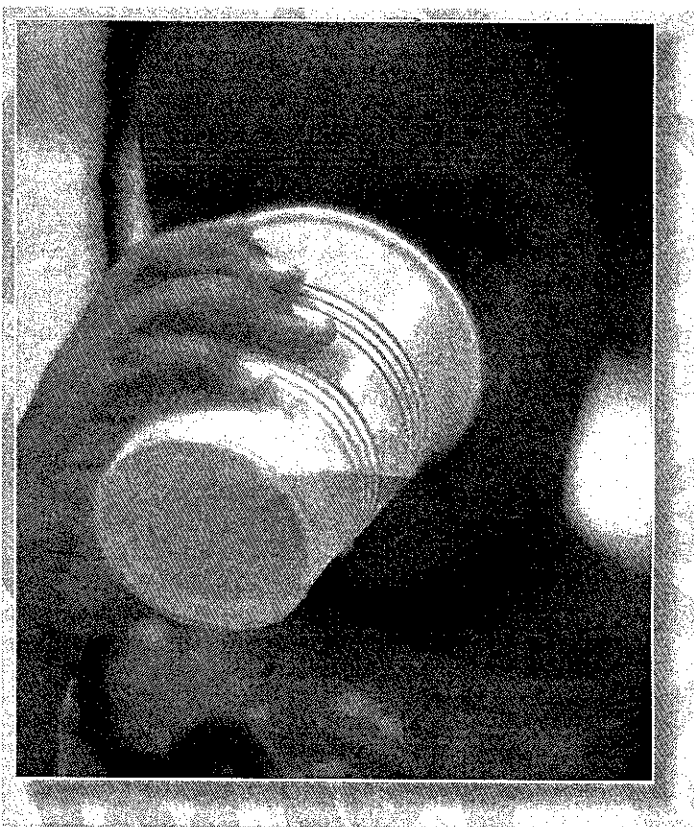


Getting Fluoride for Your Child

Fluoride is found in nature in soil, plants, and water. Fluoride is safe. Drinking tap (faucet) water with fluoride, brushing with fluoride toothpaste, and having a health professional apply fluoride varnish to the teeth are important ways to make teeth strong and prevent tooth decay.



School readiness begins with health!



Fluoride in Water

- Since most water doesn't have enough natural fluoride to prevent tooth decay, many communities add fluoride to their water supply (tap water) used for drinking and cooking.
- Give your child tap water with fluoride. If you are not sure if your water has enough fluoride, ask your child's dental clinic for help in finding out.
- Some bottled waters contain fluoride, and some do not. Check with the bottled water's manufacturer to ask about the fluoride content of a particular brand.
- If your tap water does not have enough fluoride, ask your dental or medical clinic if your child needs fluoride drops or tablets.

Fluoride Toothpaste

- Brush your child's teeth after breakfast and before bed once the first tooth begins to show.
- Use a child-sized toothbrush with soft bristles and fluoride toothpaste.
- See *Healthy Habits for Happy Smiles: Brushing Your Child's Teeth* for more information.

Fluoride Varnish

- Fluoride varnish is painted on a child's teeth to prevent or reduce cavities.
- It is not permanent but keeps fluoride on the teeth for several hours.
- Fluoride varnish has a pleasant taste and is well tolerated by children.



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ADMINISTRATION FOR
CHILDREN & FAMILIES



NATIONAL CENTER ON
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COMMON QUESTIONS ABOUT FLUORIDE:

A Resource for Parents and Caregivers

1. Why do children need fluoride?

Fluoride is an important mineral for all children. Our mouths contain bacteria that combine with sugars in the foods we eat and the beverages we drink. The acid that is produced harms tooth enamel and damages teeth. Fluoride protects teeth by making them more resistant to acid and can even help reverse early signs of decay.

2. Is fluoridated water safe for me and my children to drink?

Yes. Decades of research and practical experience have confirmed the safety of fluoride. Based on what has been learned from both science and our years of experience, the world's leading health, dental, and medical organizations recognize water fluoridation as an effective way to reduce tooth decay for everyone – children and adults alike.

3. We brush our teeth with fluoride toothpaste every day. Do we still need fluoridated water?

Yes. For most people, brushing with fluoridated toothpaste is not enough. Drinking fluoridated water throughout the day bathes our teeth in low levels of fluoride to help them stay strong. That, combined with the more concentrated fluoride in dental products, prevents more tooth decay than toothpaste alone. That is why it is so important to make sure your children are drinking fluoridated water and brushing properly with fluoride toothpaste at least twice a day.

4. Are there health risks associated with these forms of fluoride?

No. There is no credible scientific evidence that fluoridated water or dental products contribute to or cause illness or disease. The only proven risk associated with excess fluoride is a cosmetic condition known as dental fluorosis.

5. What exactly is dental fluorosis? Should I be concerned about fluorosis from drinking fluoridated water?

Dental fluorosis is a change in the appearance of the teeth, usually in the form of very faint white markings. It is usually detectable only by a dental expert during an exam. Most fluorosis does not affect the function or health of the teeth. In fact, teeth with mild fluorosis are more resistant to cavities.

Most fluorosis is the result of consuming too much fluoride while teeth are forming, before the age of 8. To reduce this possibility, supervise brushing so that children do not use too much toothpaste or mouth rinse and learn to spit, not swallow.



The American Academy of Pediatrics, the American Dental Association, and the American Academy of Pediatric Dentistry all support the use of fluoride to protect children's teeth.



ADA American Dental Association®

America's leading advocate for oral health

American Academy of Pediatrics

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6. Is it safe to mix infant formula with fluoridated water?

According to the American Dental Association, it is safe to mix infant formula with fluoridated water.

7. Are the fluoride additives used to fluoridate drinking water safe?

Yes. The fluoride that is added to public water supplies conforms to stringent safety standards and results in water that complies with the Safe Drinking Water Act. The quality and safety of fluoride additives are ensured by Standard 60, a program that was commissioned by the U.S. Environmental Protection Agency (EPA). This program is monitored by an independent committee of experts, including the Association of State Health Officials and other key organizations.

8. How much fluoride should my child have to protect his/her teeth?

Children who consume a nutritious diet, drink fluoridated water, and use fluoridated toothpaste properly will get all the fluoride they need for healthy teeth. It is not necessary to monitor water or food consumption since your child ingests low levels of fluoride from these sources. Parents will want to assure that children are not swallowing mouth rinse or toothpaste, which contain more concentrated amounts of this important mineral. Your health or dental provider can help you determine if your child is getting an adequate amount of fluoride to protect his/her teeth.

Sources of Fluoride



Beverages, including fluoridated tap water



Foods processed with fluoridated water



Toothpaste and other oral care products



Topical fluoride & dietary supplements

9. I have heard fluoride can cause all kinds of things, from lower IQ to cancer. Can that be true?

No. There is no credible scientific evidence that water fluoridated at the levels used in the United States contributes to or causes disease or poor health. The only proven risk associated with fluoride intake from any source is dental fluorosis which can be lowered with proper use of fluoridated products like toothpaste and mouth rinse.

10. Is bottled water fluoridated?

Most bottled water is not fluoridated. If it is, it will say so on the label. Many bottled waters are filled from municipal water supplies, and some of those sources may be fluoridated. But if fluoride was not added as part of the bottling process, it will not appear on the label. To be sure, call the number on the label for more information.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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For additional resources and information, please visit www.ILikeMyTeeth.org.

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of Pediatrics



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CAMPAIGN FOR
DENTAL HEALTH
life is better **WITH TEETH**

NNOHA
National Network for Oral Health Access

June Community Events



Art Park Open Studio

Presented by: Leigh Yawkey
Woodson Art Museum
Location: 700 N 12th St. Wausau
Dates: 6/1, 7/6, & 8/3
Time: 1:00 PM – 3:00 PM
Price: Free!!!

Drop in to the lower-level classroom studio for family friendly hands-on projects guided by members of the Wisconsin Valley Art Association.

For more information please call:
715-845-7010

VINTAGE GAME night

FREE

5:30-8:30pm

all ages welcome

@ The Woodson History Center
410 MCINDOE STREET

FIRST FRIDAY OF THE MONTH!

JUN 7 | JUL 5



Wausau Night Market

Location: Wausau River District
400 Block, Wausau
Dates: 6/20, 7/18, & 8/15
Time: 5:00 PM – 9:00 PM
Price: FREE !!!

Join us downtown for the Wausau Night Market, featuring a mix of local makers and farmers, live music, sidewalk dining, and specials from your favorite businesses.



Chalkfest

Presented By: Wausau Events
Dates: June 22nd & 23rd
400 Block 401 N. 3rd St, Wausau
Price: \$3 to \$25 for various levels of participation. Free to view.
Time: 9:00 AM to 8:00 PM

The ChalkFest event transforms The 400 Block sidewalks into a colorful display of drawings. Since 2004, this annual art festival has showcased artists of all ages and wowed art enthusiasts who observe the creation process and enjoy the finish art.

Blippi: The Wonderful World Tour



Present by: The Grand Theater
Location: 401 N Fourth St. Wausau
Date: June 11th
Time: 6:00 PM
Price: Starting at \$37.50

Blippi is coming to your city for the ultimate curiosity adventure in Blippi: The Wonderful World Tour!

So, come on! Dance, sing, and learn with Blippi and special guest Meekah as they discover what makes different cities unique and special. Will there be monster trucks, excavators, and garbage trucks galore? You bet! So get ready to shake those wiggles out and OJ Twist your way through this brand-new musical party!

For more information please call: 715-842-0988



Community Cultures Festival

Presented By: New Beginnings
Marathon Park: 1201 Stewart Avenue,
Dates: June 8, 2024
Time: 10:00 AM to 4:00 PM
Price: Free

The Community Cultures Festival is an opportunity to celebrate, learn about, and experience the variety of cultures represented in our community. Organizations and local groups will share their cultural heritage through arts & crafts, dance & music, food and this year we will also have a soccer tournament where teams can compete!

June Community Events



TOTS IN THE GARDEN

Presented by: Monk Botanical Gardens

Date: Every Tuesday

Time: 10:00 AM – 11:00 AM

Location: 1800 N 1st Ave, Wausau

Theme: Beautiful Birds

Every month is a new theme, and each session includes an activity or craft, and a story. Learn about plants, birds, bugs, and the tools you can use to explore nature with your 3-5 year old.

April- Spring Fever

May- Brilliant Birds

June- Buggin' Out

July- Pond Exploration

August- Garden Guardians

\$7 per participating child, free for members and accompanying adults. Cash at the door only.

For more information please visit:

<https://monkgardens.org/education/children-families/#tots>

Free Water Ski Show - "Skierella"



Available for purchase at our concession stand:

Beverages, brats from Custom Meats of Marathon, Inc., all beef hotdogs, hamburgers, chips, candy and more!

Limited seating is available, bring a chair or blanket to sit on. We recommend you wear sunglasses or a hat if the sun is out.

Outhouse bathrooms are on site. The park is on-leash dog friendly.

We thank all local businesses and individuals who support the Water Walkers! Powered by Mercury Marine!

Presented by: The Water Walkers

Location: Bluegill Bay Park
3800 Bluegill Avenue, Wausau, WI 54401

Dates: June 4, 2024 - August 27, 2024

Time: 6:30 PM

Recurrence: Every Tuesday

Price: FREE!!!

For more information visit us at www.cwwaterwalkers.com

FREE family friendly themed water ski show performed by costumed skiers to toe tapping music with entertaining announcing! Our theme this summer is Skierella; a fun twist on the classic Cinderella fairytale we all know and love!

All shows are free to attend and donations are appreciate

Family Pride Fest - Wausau Pride

Location: 400 Block downtown Wausau

Date: June 1st

Wausau Pride comprises four events celebrating the LGBTQ+ community and their allies and fostering a sense of local pride.

Wausau's location in the state makes this an ideal event to pull attendees for the northern part of the state and have a large base of dedicated attendees who attend multiple pride events throughout the state during June. In addition, Wausau is one of the only communities hosting a pride event on the first weekend of June.



This free event invites the whole family to the 400 Block in downtown Wausau. Kids can take advantage of the activities provided by local non-profits, along with bounce houses and live entertainment. Throughout the event, attendees can grab a bite to eat at one of the food trucks on 4th Street or visit one of the many restaurants downtown.

For more information please visit: <https://www.wausaupride.org/>



Concerts on the Square

Presented by: Wausau Events

Location: 400 Block \ Downtown Wausau



CONCERTS ON THE SQUARE

EVERY WEDNESDAY FROM 6 PM TO 8 PM

NO PETS – NO SMOKING – NO LARGE TABLES – NO
TARPS – NO TENTS – NO BLANKETS BEFORE 4 PM.

Join Wausau Events for the 31st year of Concerts on the Square! Each Wednesday, over 2,500 people gather to listen to live music, eat and drink with family/friends and enjoy the Wisconsin summer nights! This 12-week series offers a variety of music and each night is free of charge! Carry-ins are allowed with food trucks available onsite!

For weather updates, stay tuned to our social media pages as our event may be moved or cancelled.

2024 SERIES LINEUP

JUNE 5 – HYDE
JUNE 12 – THE HUCKSTERS
JUNE 19 – BRAD EMANUEL BAND
JUNE 26 – DIG DEEP
JULY 3 – OPEN TAB
JULY 10 – RISING PHOENIX
JULY 17 – BRASS DIFFERENTIAL
JULY 24 – JOHNNY & THE MOTONES
JULY 31 – COPPER BOX
AUGUST 7 – MAMA GINGER
AUGUST 14 – CONCIOUS PILOT
AUGUST 21 – NO CONCERT ON THE SQUARE!
AUGUST 28 – HIP POCKET

FOOD VENDORS

Food vendors are selected for all events by the event committees based on submitted applications for the upcoming season. Please see the below food vendors for Concerts on the Square.

GROUP 1:

(JUNE 5, 19, JULY 3, 17, 31 AND AUGUST 14)

GENO'S BAKESHOPPE, AMERICAN KETTLE CORN, DJJON BBQ,
BARNYARD BURGERS, HANUMAN EXPRESS, JAMAICAN KITCHENS

GROUP 2:

(JUNE 12, 26, JULY 10, 24, AUGUST 7 AND 28)

CLAY HOUSE PIZZA KILN, FUN FACTORY SWEET SHOPPE, LULU'S, COW
TRUCK, WAUSAU ELK'S LODGE, CHANG BEST EGGROLL



FEATURING

MONSTER X

LONE WOLF, MONSTER PATROL,
CAROLINA CRUSHER, QUAD CHAOS,
USA 1, BOSS GATOR AND
FREESTYLE MOTOCROSS

DOORS OPEN 1 1/2 HRS BEFORE SHOW

SUBJECT TO CHANGE WITHOUT NOTICE

COME JOIN THE FREE PIT PARTY

RIDE IN A REAL MONSTER TRUCK

MARATHON PARK

1201 STEWART AVE., WAUSAU, WI 54401

JUNE 1ST 2024

1:30PM & 7:30PM

JUNE 2ND 2024

2:00PM

GET TICKETS @ WWW.MONSTERXTOUR.COM



SOUNDGEAR

TITLE SPONSOR