

**Health &
Wellness Tip**



While it's always a good idea to stay hydrated, it's especially important when the temps of Summer start rising. Whether you're spending your vacation camping and hiking or just doing more outdoor daily activities like biking and walking, here are some tips for how you can stay hydrated during the warm weather months.

- ✚ **Eat your water.** Chowing down on water-filled foods like watermelon, is an easy and refreshing way to keep hydrated.
- ✚ **Swap soda for sparkling water.** If you're trying to kick a soda habit, sparkling water is a healthy, but still fizzy, alternative.
- ✚ **Hydrate before exercising.** Be sure to drink water before exercising to maximize your workout.
- ✚ **Drink water on the plane.** If you're traveling this Summer, don't forget to drink up the H₂O on the plane.
- ✚ **Stay hydrated at work.** Even when working indoors, it's important to keep the fluids handy.

...continued on p. 3

R W C F S



Employee News

Volume 1, PY 11-12

Edition 4, May 2012

Until We Meet Again...

Well, it's "that time of year again" when we're thinking:

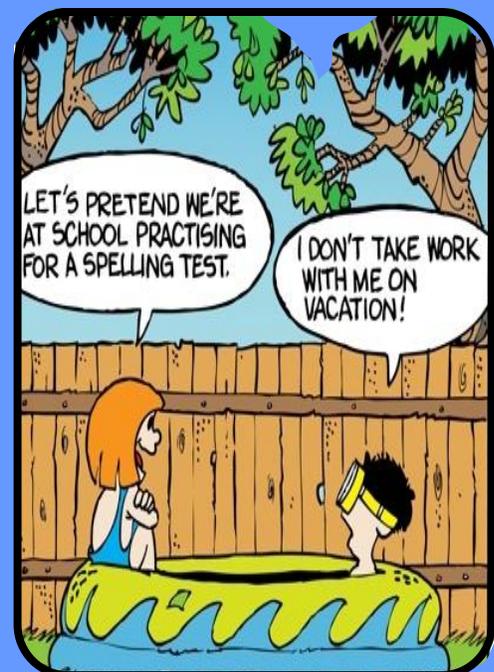
- A. Where did the time go?
- B. How many hours until it's over!
- C. I need to remember to do xyz in the fall. (or most likely...)
- D. A combination of all of the above

Whether you're relating to the Boys II Men tune "It's so hard to say good-bye..." or more so to Alice Cooper's "School's out for summer...", the fact is that yet another program year is coming/has come to a close.

May everyone have a great summer and to those of you who get the next couple of months "off," we'll see you when we regroup in August!



www.google.com



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- ❖ **Jefferson** and **St. Peter's** teamed up for a "Rally into Reading" event where they welcomed the Pegasus motorcycle group!
- ❖ **Beloit Center** welcomed race cars and more than 300 attendees for its "Race into Reading" event!
- ❖ **BC** parent & Policy Council Secretary, Christal Wofford, and Kathy Gorrell (FRW at BC) were successful in generating the interest of two state-elected officials in our program during WHSA's legislative day in Madison; Christal and other parents decorated the music room to showcase the work of Head Start children for Representative Ringhand's visit on May 17th!

❖ A child at **Good Shepherd** with Head Start. He started will go into 5 yr-old Kdgn in give his family a "Birth to

❖ An EHS mother was so creative during positive meetings at **GS** that she for her child for every

❖ A pregnant teen in the has completed her GED

❖ A Spanish speaking child in relatively quiet through speaking English in 4 – 5

❖ A quiet child in **Elkhorn** who attends both EC and our class is now growing into a social butterfly ☺

❖ A child in **Lake Geneva** went to the writing center and told the teacher that he wanted to copy the book "The Tortoise & the Hare" so that he could take it home and read it to his dad!

❖ In **Whitewater** two children helped to make a pattern of hands (they had been discussing how horses are measured) on the wall and then wrote a sign "How many hands high are you?" One of these children has also learned how to tie his shoes!



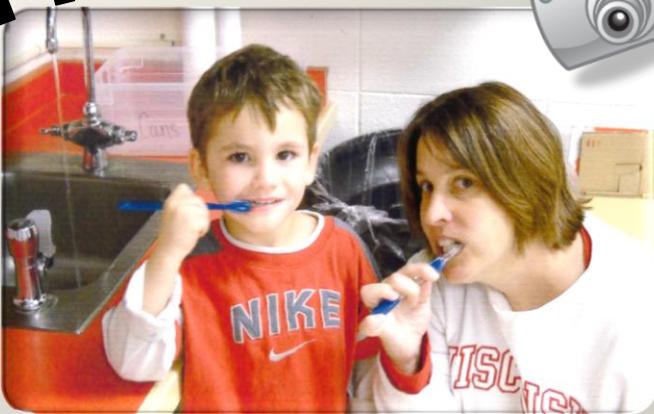
is completing his fifth year in EHS at 6 – 8 weeks and the fall. The staff at GS will give his family a "Birth to Five" certificate!

happy to discover she is mental health/craft makes a new hair accessory outfit the child wears ☺

Rock County Doula program and now has a full time job!

Delavan who has been most of the year is now word sentences!

Photo Opp!



Unbeknownst to them, Wendy Bianchetti (LT in Sharon) and student inspired this moment to relive a '50s jingle made popular by an iconic movie...



...it's got a groove, it's got a meaning...



Congratulations to recent graduate, **Dawn Gross** (Nurturer at Good Shepherd), who earned her Bachelor Degree in Early Childhood Education from Ashford University!

EMPLOYEE SPOTLIGHT:

Clarice Shamsid-Deen, Family Advocate/Doula (RC2)

Beloit Center



Began working at Head Start: February 1987

Loves about her job: working with the families and helping them to meet their needs

Wishes she could improve: she believes there is always room for improvement, but mostly, she wishes she could manage to have more time to do data entering

Family: she lives in Beloit with her son (Ahmad, who just finished his freshman year at Beloit College), daughter (Christal), and granddaughter (Christal's daughter, Trinity); she also has a son (Kedric) and grandson (Ke'marlyon) who live in Indiana

Pet peeve: finding dirty dishes at home that haven't been rinsed off nor had scraps scraped into the garbage

Spare time: she likes to relax, watch TV, and try to do more leisure reading

Personal quirk: She loves onions and has recently discovered she likes onion & peanut butter sandwiches (the idea came from a resident at the nursing home where she also works)

Favorites: Food: she likes to try all kinds of ethnic foods, but she loves a good catfish fillet Entertainment: Tyler Perry movies & plays, and sci-fi channel on TV, Music: no favorites, but listens mostly to Christian music

Wishful thinking: since time seemingly slipped away while her own children grew up, she hopes to spend more quality time with her grandbabies

Imparting wisdom: she would like to see people make wise decisions with their money and spend within their means, especially given the poor economy

Ways to Stay Hydrated *(continued from page 1)*

- ✚ **Drink water before meals.** By drinking water before meals, not only will you stay hydrated but you're less likely to overeat.
- ✚ **Have enough on hand.** When you're spending the day camping or biking, it's important to bring enough water to last the trip.
- ✚ **Spice it up with healthy flavoring.** If you're having a hard time getting enough water, spice it up with some natural flavoring.
- ✚ **Keep track of your daily water intake.** Keep a food/drink journal or try creative ways to track your H₂O intake. Here's an innovative, tasty idea www.fitsugar.com/Keep-Track-Water-Intake-Chocolate
- ✚ **Keep a reusable bottle with you.** Having a water bottle with you at all times is the easiest way to stay hydrated without even thinking about it

Source: www.fitsugar.com/10-Ways-Stay-Hydrated-Summer



THIS SUMMER, YOU MUST INDICATE YOUR INTENT-TO-RETURN (OR NOT) IN THE FALL; A NOTICE WILL BE MAILED TO YOUR HOME ADDRESS!



Don't let the only book you read this summer be *facebook!*

any literacy advocate

Ah, summer, what power you have to make us suffer and like it

Russel Baker

James Dent

Do what we can; summer will have its flies

Ralph Waldo Emerson

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken 😊



Happy Birthday!

JUNE

- 3 Kathy Gorrell BC
- 5 Bruce Pickering BC
- 6 Joelle Hankins BC
- 10 Ronney Kropf BC
- Margo Blizzard WC
- Sue Hyler WC
- 17 Danielle Rangel SP
- 19 Art LeFeber AC
- 20 Yvonne Nash BC
- 27 Diane Anderson DD

JULY

- 2 Tammy Robson BC
- 3 Cheryl Hutchison AC
- 6 Connie Robers AC
- 9 Dora Avila WC
- 11 Kathy Haury JF
- 12 Rosemary Good Sub
- 14 Pat Raupp AC
- 19 Mike Hartzel BC
- 20 Clarice Shamsid-Deen RC
- 25 Stacey Cooper GS

AUGUST

- 12 Josie Davis GS
- 17 Wendy Bianchetti SH
- Randy Bliss JF
- 19 Tara Prinkey Sub
- 28 Pam Day BC

