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RWCFS



Employee News

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Health & Wellness – part 1

Here's an interesting tidbit - the average age of the RWCFS employee this program year is 46. What this indicates:

- we have very little turnover so we must enjoy our jobs,
- we work among very *wise* (or wise-cracking) people, and
- we need to take extra care of our aging bodies! 😊

What to do:

- **Stay active** - if formal exercise works for you, great! Keep at it, but if you find getting to the gym or even bouncing around your own living room is just for those “energetic types” then try some alternative methods: park just one more space away from the building each day or build a snowman; just get moving!
- **Find balance** - even if your environment isn't exactly “zen-like,” take time every day to simply clear your head and take deep breaths (*that's it, IN & OUT*).
- **Eat healthy foods** - but most importantly monitor your portion sizes!

Health & Wellness—part 2

It's hard enough to exercise when little is going on, but add holidays to the mix and many of us find exercise moves to the bottom of our already lengthy to-do lists. It may seem impossible to catch a breath, much less exercise or even relax this holiday season. However, dealing with your stress is essential if you want some enjoyment out of the festivities. It's also essential for maintaining your health, your weight, and your sanity. Here are a few tips for avoiding too much stress:

1. Get plenty of sleep (cranky britches)! ...Relax, I said britches.
2. Learn to say “no” - there's no better gift to yourself if you're feeling stressed.
3. Decide AHEAD of time how many treats you'll allow yourself at an event.
4. Make time to relax your mind/body (meditate, yoga, brisk walk).
5. Reward yourself after the holidays for a job well-done with a little “me time” (pedicure, leisure reading, massage)... some self-care will get you rejuvenated for the new year.



http://exercise.about.com/od/exercisementalhealth/tp/holiday_stress.htm

Extra, Extra! Site News

EARLY HEAD START

Little Tree House:
Congratulations to **Erin Heiman**, Family Advocate, who earned her Bachelor degree from Ashford University in Early Childhood Education!



Good Shepherd:
GS Staff hung a hoola-hoop from a tree branch; the kids love it and are getting a lot of "hoopball" practice!

Home-based Services:
a total of 9 employees have now received doula training; 100% of new moms are breastfeeding!

HEAD START

Jefferson Elementary (Janesville): **Marie LaVelle**, Lead Teacher, asked one of her students if he was "OK" or needed any help since he was in the bathroom for an unusual amount of time.....He responded, "I'm fine, I just had to drop the family off at the pool." LOL!

Jackson Elementary (Elkhorn): the children enjoy having 3rd grade buddy readers - some of whom are former Head Start kids!

Beloit Center:
Only a child's innocent observation... As she was buckling a student in on the bus, **Pam Busch**, Assistant Teacher, was asked, "Were you always black? Did you get that way in the shower?" ...without missing a beat, Pam simply responded, "I was made this way."



Notable Quotes:

"Nobody can make you feel inferior without your permission"
~ Eleanor Roosevelt

"Wise people learn when they can, fools learn when they must"
~ Arthur Wellesley

"Continuous improvement is better than delayed perfection"
~ Mark Twain

"When you play, play hard; when you work, don't play at all"
~ Theodore Roosevelt



Robin Wauchop:
Made the move from Assistant Teacher at Beloit Center to Nurturer at Community Kids

Megan Griffith:
made the move from Assistant Teacher at St. Peter's to Assistant Teacher at Beloit Center

Eric Hanson:
Hired as a Nurturer at Community Kids

Connie Blount:
Was a long-term sub now has regular status as an Assistant Teacher at St. Peter's

Daryl Schutte:
Hired as Janitor at Good Shepherd

Lourdes Campos:
Was a long-term sub, now is the Cook at Good Shepherd

Special thanks to **Crystal Monyak** and **Tara Prinkey** for their service as long-term subs at Community Kids!



PLEASE REMEMBER TO GATHER AND SUBMIT THOSE IN-KIND FORMS!

Employee Spotlight: *Helen Davis*



She is usually the first person whom prospective employees and families see. Between answering the phone, responding to the radio, greeting guests, and working on various projects, she was able to share the following:

Title/Site: Executive Secretary, Administrative Center she used to also be the transportation supervisor and record minutes during the managers' meeting

Began working at Head Start: Jan 4, 1981 - she has worked at 5 locations under 4 Executive Directors

Loves about her job: 1. interacting with the kids
2. learning from the program, seeing it work for families, and promoting Head Start to others in the community

Wishes she could improve: her computer skills

Pet peeve: last minute requests, inconsideration

Family: she lives in Janesville, is one of 14 siblings, is happily divorced with 2 daughters, 1 son, and 8 grandkids

Personal quirk: She often takes note of others' fashion sense

Favorites: **Color:** not one in particular, but those that are found in nature's beauty, **Food:** fried catfish, **Movie:** *The Last Samurai*, **Actor:** Denzel Washington, **Singer:** Stevie Wonder - she likes all kinds of music, particularly gospel and once upon a time she was a singer in a band that played at local establishments

Spare time: "Relax, Relate, Release" ...she likes to do nothing but enjoy the moment and be still in order to hear the word of the Lord as He works with her

Imparting wisdom: through personal experience and lots of observation, Helen wishes that all parents (particularly single mothers) would make their children their top priority, form and relish relationships with them, and learn to make sacrifices for their children - for that is a good thing!

MISCELLANEOUS *

⇒ **Want some free advertising?**

⇒ **Want to "toot your own horn" or someone else's?**

⇒ **Have something to offer/buy/sell?**

Kids' Community News in Whitewater

Congratulations! The [Treyton Kilar Field of Dreams](#) finished in 2nd place in the September Pepsi Refresh Challenge, earning a \$50,000 grant that will go towards funding construction of the youth-sized "professional" ball park.



Tragically, one month before his 7th birthday, a drunk driver took Treyton Kilar's young life on September 2, 2010. Committed to keeping his memory alive and wanting to make something positive come from such a horrific act, Trey's friends & family with the support of community have rallied in an effort to build the ballpark in his memory.



PAUL'S TREE SERVICE
Tree Removal, Trimming, Stump Removal

Paul Higginbotham, Greg Higginbotham,
David Schumacher

Sara's Husband! →

2607 Kennedy Rd, Janesville, WI 53545
(608)754-2882 (608) 436-6236
www.paultreeservicellc.com



Congratulations to Kelly Nielson (Nurturer at Little Tree House) who recently became engaged to be married!



Elena Henry is selling her inventory of Mary Kay products; contact her for details and LOW prices!
(815)624-7043



Anyone need a nearly new set of 15" tires before winter?

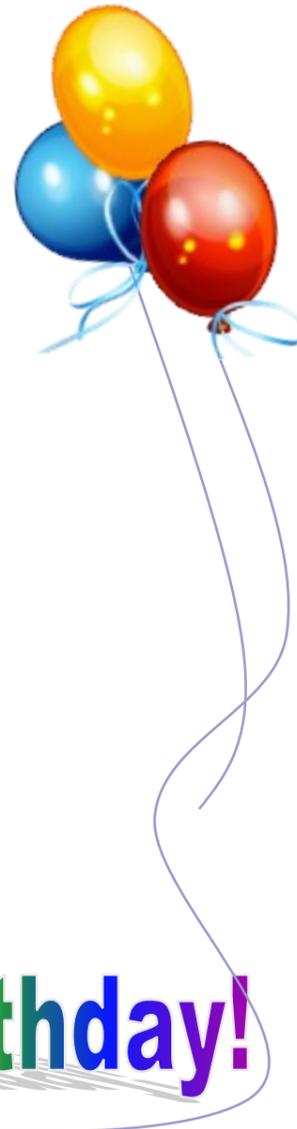
Shortly after I purchased four new tires, the car died. Unfortunately, I cannot use them on my current vehicle because it has 16" tires - go figure!

Call Heather for details (602) 334-7127

* miscellaneous submissions are subject to approval/editing

DECEMBER

- 6 Cecilia Dever AC
- 10 Christine Moy WW
- 11 Heather Heflick LTH
- 13 Cindy Fay Elk
- 15 Victoria Reise BC
- 16 Kathy Blaser BC
- 17 Dawn Gross GS
Paula Nees WW
- 19 Janice Kuchelmeister AC
Linda Bell GS
- 21 Nancy Schneider D/D
- 28 Lisa Sandoval WC
- 29 Claire Ball WW
- 31 Aaron Foss SP



JANUARY

- 4 Pam Busch BC
- 7 Fran Haneman LG
Marci Jamrose LG
- 12 Megan Griffith SP
- 14 Brad Molander SP
- 16 Toni Cox AC
Jamie Simplot BC
- 22 Al Kohls BC

FEBRUARY

- 3 Randy Brewer BC
- 5 Sidina Eder Sub
- 9 Henry Tucker AC
Larry Daniels Elk
- 10 Peggy Raber SP
- 14 Shari Spoden SP
Margarita "G de C" AC
- 16 Emetia Riddle RC
- 27 Calida Smith Sub
- 28 Alejandra Herrera BC

Happy Birthday!

WEBSITES: Have any you'd like to share?



Fellow educators submit pictures and descriptions of bulletin boards they've created to give you some unique ideas

www.bulletinboardideas.org



<http://www.cfsheadstart.org>

Did you know that our site is under construction? Brand new version coming soon!

Find great coloring pages, craft ideas, and other activities for all occasions – some for ASL and Spanish



www.apples4theteacher.com



This website has lots of art project ideas and infant/toddler activities

<http://www.gryphonhouse.com>