

Red Cliff Early Childhood Center Newsletter

The school year is flying by! We are pretty busy this month! We have sap boiling in the parking lot, Kindergarten transitions have begun and day light hours are getting longer! It's important to know that as our daylight gets longer it is still important for your children to get an adequate amount of sleep every night!

As parents we constantly hear how important sleep is, but do we really understand just how important it is, especially to the development of young children? Sleep is just as significant to a child as eating healthy and exercising because sleep helps support their mental and physical development.

Mental Development

Getting enough sleep is very important to a child's mental development. Even in infancy, while children are sleeping, their brains are busy working while they rest. Research shows that when your baby is sleeping and starts to twitch, that is their body learning the connection between their brain and their muscles. Throughout the day some children may have a harder time than others concentrating. Children who do not get enough sleep may have a more difficult time focusing or managing their moods. Making sure your child is well rested not only helps them concentrate and learn new things, but it also supports the brain to take in information and retain it.

Physical Development

Children who do not sleep as much as they should may see a negative effect on their growth hormones. Because these hormones are primarily produced during sleep, a child that is lacking rest may develop a growth hormone deficiency. Lack of sleep can also affect a child's weight. Children who suffer from sleep deprivation may be affecting the hormone leptin, which is the hormone that tells a child they have eaten enough. If this hormone has been impacted, a child will continue eating even though they've had enough which can lead to

Getting the right amount of sleep during the night is essential, but that doesn't mean that naps aren't important as well. Naps not only give families some time throughout the day to get a few things done around the house or simply just relax, but they also benefit children by not allowing them to become overtired. Once a child becomes overtired, their moods can be affected and they may have a harder time trying to fall asleep at night.

So how much sleep should a child get? Some children will need more sleep at night and take short naps throughout the day while others may sleep a bit less throughout the night and take substantial naps throughout the day. Though there is no specific time frame that will fit the needs of each child, experts suggest the following:

- 0-3 months old: 5 to 18 hours of sleep per day
- 3-12 months old: 9 to 14 hours of sleep per day
- 1-3 years old: 12 to 14 hours of sleep per day
- 3-5 years old: 11 to 13 hours of sleep per day
- 5-12 years old: 10 to 11 hours of sleep per day

To ensure that your child gets the amount of sleep needed, it's important to start a sleep schedule at a young age and be as consistent as possible. A bedtime routine will not only keep your child on a consistent schedule, but it will also help to calm your child down from the day and help them fall asleep faster. A great way to do this would be to include a bedtime story and bath in their routine.

Still having difficulties getting your little one to go to sleep? Research suggests limiting snacks and drinks such as desserts or juices that may have a lot of sugar or caffeine in them. Not only can these treats affect their dental health, it also will keep your child from falling asleep and getting the appropriate amount of rest they need. (Health & Safety by Educational Playcare)

Just a friendly reminder as well: We do have many vacant positions and sub positions available as well. Please visit the tribal website at www.redcliff-nsn.gov

Miigwech,

Jenn and Jamie

ISKIGAMIZIGE-GIIZIS

(MAPLE SUGAR MOON)

APRIL 2022

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

ECC/TRIBE CLOSED:

18

EASTER

UPCOMING EVENTS:

21

FAMILY EVENT -TBD

asemaake

s/he is using tobacco

bagone'ige

s/he is drilling

ozhiga'ige

s/he is tapping a tree

agoojige

s/he is hanging things

naadoobii

s/he hauls (sap)

ziiginige

s/he is pouring/spilling things

iskigamizige

s/he is sugaring off

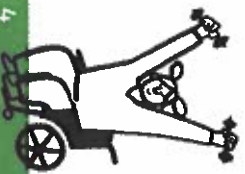
nase'ige

s/he is boiling sap



Active April 2022

MONDAY



4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class



25 Have a 'no screens' night and take time to recharge yourself

TUESDAY



5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

WEDNESDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

THURSDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

FRIDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in



SATURDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

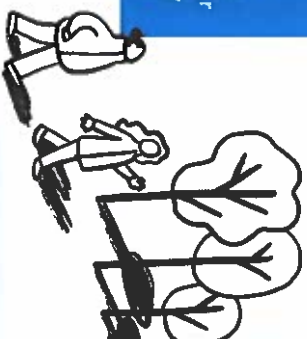
SUNDAY

3 Listen to your body and be grateful for what it can do

10 Have a day free from TV or screens and get moving instead

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting



ACTION FOR HAPPINESS

Happier · Kinder · Together

April News Letter

Boozhoo Waabooz families! The time is flying and the children are growing and learning so much each and every day. We look forward to warmer weather and spending more time outdoors. We will be exploring our playground, puddles, and continue taking walks.

We continue working on building relationships with our peers, fine motor skills and sensory skills.

Please send extra clothing. If you have any questions feel free to call us at 715-779-5030 ext 2524

Thank you! Ms. Kelsey, Ms. Lulu & Ms. Chelby

AMIK IN APRIL

Happy April!

We hope everyone had an awesome spring break and we can't wait to see everyone back in school this month! In April we're going to be talking about our feet and shoes, working on cleaning up our areas, celebrating another birthday and hopefully going outside more as spring sets in!

We want to remind everyone to please make sure we have extra clothes at school, we do a lot of art projects and messy science play, and we're eager to get outside while the snow melts. If our clothes get too wet or dirty they will be changed and washed here at school as soon as possible. Have a great month!

Ms. Kayla and Ms. Lulu

OJIBWEMOWIN TO KNOW

Waabigwan - Flower

Anang - Star

Waaseyaa - Sunny weather

Noodin - Wind

Iskigamizige-Giizis - April



DAYS TO REMEMBER

4/17 - Easter

4/18 - No ECC Tribal
Holiday

4/21 - Family Event
(more info to come)



Makwa News

Boozhoo Makwa Families!

We hope you had a wonderful Spring Break week off from school, we're happy to have you back! In the month of March, we worked on learning our emotions and the emotions of others and did some Spring themed activities. During the month of April, we will continue on our Spring Theme; complete activities that we haven't had the chance to complete and add in some new ones. We will also be learning about "Reduce, Reuse, Recycle." We have some fun things planned for that. And we will continue working towards our individuals goals and new goals that we set during parent/teacher conferences.

Miigwech to all of those who participated that needed to, we really appreciate your effort and dedication to your child's education.

Reminders!

- If your child will be absent for the day, please call the classroom or the main office to let us know.
- Please remember to send your child to school with appropriate outdoor clothing (jacket, snow pants, boots, hat & gloves.) We go outside daily, weather permitting.
- At least one pair of extra clothes to have at school as well, with the snow melting and the weather getting nicer, it'll be great to have a pair of dry clothes at school. We also participate in water play in the classroom.

Ojibwemowin Words

April—iskigamizige-giizis

Paper—mazina' igan

Earth—aki

Clean it—biinítoon

Miigwech,

Miss Tiff & Miss Judy

(715) 779-5030 x 2544

Esiban News



April 2022

**Iskigamizige-Giizis
(Maple Sugar Moon)**

Boozhoo Esiban families!

Spring is here and we are so excited!
We look forward to being outside more often
which means we might get a little wet and
muddy. We will be learning about the
weather as well as starting to learn how to
use scissors safely.

Some reminders:

- Please continue to bring extra clothes
for your child to have at school, some
days we get messier than others.
- We ask that you bring boots and
clothes for outside that are okay to get
muddy and wet.
- Please try to call us or the front desk if
your child won't be in for the day!
Miigwech!

- Miss Gena & Miss Shannon
Ext. 2542

We will be closed

April 18, 2022 for

Easter

Ziigwan: Spring

Waawan: Egg

Mashkosiw: Grass

Home Base News

Agongos

April 2022



April showers bring May flowers!
Here are some "rainy day" activities picked just for you!

Picture Clouds: Take a few moments on a day when there are a good number of clouds in the sky to lay in the grass and see what pictures the clouds are making. "Is that a rabbit?" "I see a flower!" Then, go inside and help your child create their own picture clouds by gluing cotton balls on paper in the shapes of animals, plants, or any other items your child would like to illustrate!

Stop and Stomp: Have your child color one side of a paper plate red and the other green.

Talk about how the color red is used for stop signs and then write the word "STOP" on the red side of the plate. The color green usually means "GO" so write the word GO on the green side but also write the word STOMP. After a good rain has fallen, let your child put on some rainboots or shoes you don't mind getting wet and tell them you are going to play "Stop and Stomp" in the puddles. When you hold the green side of the plate towards your child, they can stomp in the puddles but when they see the red side of the plate, they have to stop! This is a great activity to reinforce following directions and impulse control!

More puddle jumping: If it is raining too hard to go outside, then just jump in puddles inside! Take different colors of paper and help your child cut out different sizes of puddles. By using different colors and sizes, you can slide some learning into your fun. Lay the puddles out on the floor and instruct your child which color puddle to jump on. Place the puddles in a row according to size, maybe smallest to largest, and help your child see the increase or decrease in size. Using colors or size, create a pattern of puddles and see if your child can continue the pattern.

And let's not forget to sing "Rain, Rain, Go Away" when you and your child are ready for some sunny days!



Created exclusively for Books By The Bushel, LLC by Pamela B Connor, Ed.D



**The Red Cliff
Tribe and the ECC
will be closed on
Monday April 18th
for
Tribal Holiday
(Easter)**

If you have any updated Health Checks
or Dental Check to report to the school,
please Contact Patt or Mikayla at the
center.

715-779-5030

Patt-ext. 2556 Mikayla-ext. 2555

Miigwech



MASHKODE-BIZHIKI BIDAAJIMOWIN



Iskigamizige-Glizis 2022

(Maple Sugar Moon)

Boozhoo gakina awiya (Hello Everyone)

We will continue the tree study throughout the month of April. We learned about collecting sap and making it into maple syrup during sugar bush time. We will learn what animals live in trees, what food we get from trees. We will also make fun nature art from items we will collect such as branches, sticks, pinecones, etc. We will enhance learning in our classroom by reading books, finger plays, sharing ideas, doing activities, and incorporating Ojibwe culture and language into our lessons.

We go outside every day if the weather is above zero. Please send winter/spring gear to school every day with your child. We do have plenty of extras if items in our classroom.

Our classroom hours are from 7:45am to 3:00pm. If you need to contact us, we can be reached by email: nadine.cadotte@redcliff-nsn.gov, gina.lagrew@redcliff-nsn.gov, or our classroom office phone at 715-779-5030 ext. 2547.

INAGINZO - DATES TO REMEMBER

Wednesday April 12 4K Pizza Night Bayfield School

Sunday April 17 – Easter

Monday April 18 – Tribal Holiday – ECC Closed

Tuesday April 19 & 20 – Bayfield School Kindergarten Exploration and Enrollment

Wednesday May 4 – 4K Students Visit the Bayfield School



OJIBWMOWIN - THE OJIBWE LANGUAGE

Ziigwan – It is spring

Ininaatig - Maple Tree

Anishinaabe-ziinzibaakwad - Maple Sugar

Iskigamizigan - Sugar Bush

Zhiwaagamizigan - Maple Syrup

Ziinzibaakwadwaaboo - Maple Sap

Bigiwizigan - Maple Taffy

Wadikwan - A branch

Miinikaan - A seed

Aniiblish - A leaf

Ojiibik - A Root

Mitigomin - An acorn

Mitig - A Tree

Makak – Basket

Zziinzibaakwad0-makak – Birchbark basket

Wiigwaasii-mitig – White Birch Tree

Mitogowan - Wooden

Miss Nadine & Miss Gina

Ma'iingan News

Boozhoo Families!

We hope you all had a wonderful spring break!! We will be starting our tree study this month and adding our recycling study at the end of April beginning of May. Make sure to get out and play outside while the weather stays nice!! Most importantly stay healthy! Here are some ideas for you to do at home to keep the kids busy:

- ♦ Make a daily picture schedule that shows the routines or plans for the day (teeth brushing, chores, plans for the day) keep it posted by refrigerator, let kids add to it as they think of more to add to their own routine. Look online for ideas too!
- ♦ Paper Bag Rhyme gather items around house, place inside paper bag or plastic doesn't matter . Have the child or children pull out items and talk about what rhymes with that object (pen what rhymes with pen? Hen ! children can respond as you coach them)
- ♦ Playdough recipes (tons to try online)
- ♦ Moon sand recipes (science experiment all by itself)
- ♦ Going outside and painting or drawing what is in nature or in your backyards.
- ♦ Bike rides

We will continue talking about Mat Man, working on self help skills, how to be a nice friend, turn taking, letter recognition, number recognition, kindergarten readiness, an learning ojibwemowin together! Miigwech for sending extra clothes and don't forget to look in backpacks daily. We want to welcome Mr. Joe Newago to our classroom, he is our new teacher in our classroom! He is excited to be part of the Ma'iingan Room. Please continue to contact us when your child or children will not be here for the day by 9am. 715-779-5030 ext. 2545 with any questions you may have. Miigwech for the cooperation!

Miigwech, Ms. Alicia , Mr. Joe



Ojibwemowin

Gimiwan its
raining

Ziinzibaakwad-
sugar

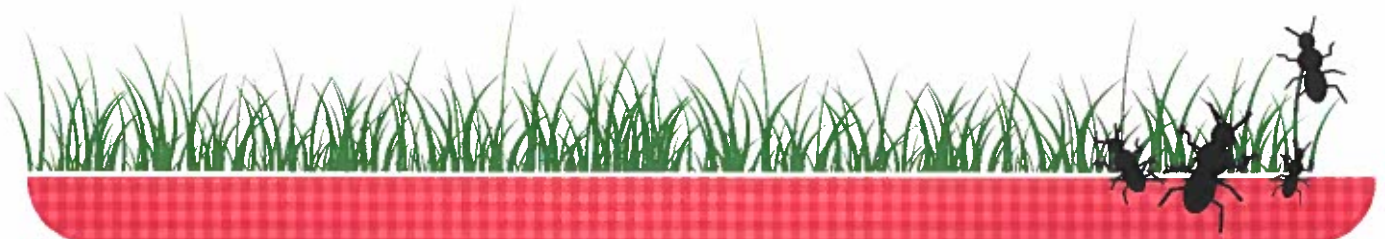
Dekaag ice
cream

Aninaatig
maple tree

Ziinzibaakwad-
waaboo maple
syrup

Mitig

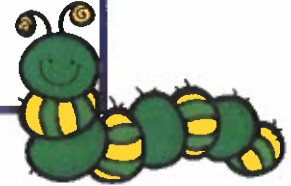
Tree





APRIL

Ms. Diann, Ms. Haley
715-779-5030 ext2540



REMINDERS

Everyone is excited to see the sun out more and to feel the warmer weather. The children also love the water and mud that will be coming so if they have water boots

Please have your child wear them.

We will be talking about the Sugar Bush and the process of tapping and gathering the sap. Soon we will start to boil the sap so the children will be able to see that process.

In the classroom we will continue working on the tree study and then continue to the Reuse Recycle study. We are learning Ojibwemowin daily and

Working on learning numbers and the alphabet. In Second Step we will continue with Same or Different Feelings, and in Talking About Touching we will be working on Getting and Giving Safe Touches.

Naadoobii-gather sap

Wiishkobaaboo-maple sap

Mitig-tree

LITERACY AT HOME

Sound Jump: Use chalk to draw a hopscotch game outside. Inside each box write a letter. Take turns playing hopscotch, saying the letter sounds as you jump on each letter. For a challenge, say the letter sound and something that starts with that letter.

MATH AT HOME

Bigger/Smaller or the same? Take a nature walk outside with your child. Point out different things you see and label them with a size. Then have your child find something that is bigger/smaller or the same size as what you pointed out. For example, you might say "I see a tall tree, what do you see that is shorter than that tree?". Practice finding things that are bigger, smaller or the same in size. Take turns noticing and comparing sizes while you walk.

TAKING CARE OF ME AT HOME

I Can Share and Take Turns: It's important that students learn how to share and take turns. To practice this at home, find two favorite toys. Set a timer for 1-2 minutes and play with one toy while your child plays with the other. When the timer goes off, say "trade" and show your child how to pass their toy to you and take the other toy to play with. As students start to understand this idea, practice sharing toys by only using one toy and having students ask for a turn with the toy and then wait until the timer goes off for their turn. Talk to them about things they can do while they are waiting for a turn such as reading a book, or finding a different toy. Have students practice this with siblings or other kids their age while using the timer for trading and sharing.

April Themes

Tree study, Reuse-Recycle,
Feelings, Safe Touches





Red Cliff Early Childhood Center
Policy Council Meeting Minutes
Tuesday, February 8th, 2022 @ 11:00 am
Virtual



Meeting called to order by Chairwoman Lynna Martin @ 11:03 am.

Policy Council Members Present: Lynna Martin, Danielle Maulson, Tara Albert, Joanne Peterson, Kennedy Defoe and Amaris Andrews-DePerry
Absent: Linda Christiansen, Nick DePerry

Staff/Other Present: Jennifer Leask, Administrator, Jamie Goodlet-King, Head Start/4K/Early Head Start Director, Patt Kenote DePerry, Health manager, Kathy Haskins Education and Abilities manager, Julie Erickson, Teacher Support, and Cindy Garrity, Family Service Manager

Approval of Agenda

Motion by Danielle to approve the agenda with corrections, seconded by Tara, all in favor, motion carried.

Approval of Minutes

Motion by Kennedy to approve regular Policy Council minutes for January 11th, 2022, with corrections, second by Danielle, all in favor, motion carried.

Menu: March 2022 and review changes to January 2022 menu

Motion by Tara to approve the March menu and changes to the January menu, second by Joanne, all in favor, motion carried.

Ratify Poll Votes

Early Head Start Infant Room Assistant Teacher-Chelby Cameron
Motion by Joanne, second by Tara, all in favor, motion carried.

Program Summary

Went through the numbers in each area with the policy council. No concerns

Financial Report

Jen gave an update on the financial stating that at this moment the funds are fine, and that Jamie is working on modifications and expenses.

OHS Mandates

OHS-Office of Head Start came down with mandating vaccinations effective January 31st for all staff at the Head Start. Policies were developed and approved by OHS stating that everyone employed with Head Start needed to be vaccinated or have an exemption signed. At the end of the day today everyone will be getting a letter sent home on the masking requirements. The ECC will be following the requirements but not forcing it on the children. If a parent is not wanting

their child to where a mask, they need to put in writing that they choose not to let their child wear a mask. A question was asked how will the classrooms teacher be encouraging the children to wear their masks? Teachers will ask the child if they need help with there masks or they will assist with helping put them on if that is what the child wants.

Other

Parent Activity Fund- Motion by Danielle to approve \$3000.00 from the parent activity fund for Graduation gifts and supplies, second by Tara, all in favor, motion carried.

Next schedule meeting will be March 8th, 2022, at 11:00 am.

Next week 2/14-2/17 will be wacky week.

Executive

Nothing in executive.

Adjourn

Motion by Tara to adjourn at 11:41 am., second by Danielle, all in favor, motion carried.

_____(signature)
Policy Council Chairperson or delegate

_____(Date)

Approved on _____



April

Family Service News

Cindy and Mikayla

Rebuilding Your Credit

Whether you have gone through a divorce, bankruptcy, or made a few mistakes with your finances, rebuilding your credit is possible. It may seem like a big job and feel like a slow process since there is no "quick fix" or "magic bullet." If you are willing to create a plan and stick with it though, you can rebuild your credit. It's worth your while since improving your credit lets you borrow when you need it, pay lower interest rates, increase your employment and housing options, and even lower your insurance rates.

Improve your credit by:

- ☒ Keeping up with current bills.
- ☒ Making a plan to catch up with overdue bills.
- ☒ Paying down credit card or loan balances.
- ☒ Checking your credit report for old or wrong information.
- ☒ Looking at options to add to your positive credit history.

Know where you are at financially. If you're still going through a rough patch, you may not be in a position to pay down debt or keep up with current expenses. On the other hand, if your income and situation is in a good place, now may be the perfect time

For More Information...

Contact your local Human Development and Relationship Extension Educator, UW-Madison Division Extension, for more financial education resources. Go to <https://counties.extension.wisc.edu/> to find your County office.

For help with balancing your monthly spending plan, contact a non-profit Certified Consumer Credit Counselor online at www.debtadvice.org or by calling 800.388.2227.

ECC Closing Dates:

April 18th-Holiday Break



Save the Dates

ECC Training for families

What you do Matters

April 26th, May 3rd and 10th 2022

Watch for fliers

Emotion Coaching - Label, Empathize And Problem-Solve (LEAPS)

When we notice changes in children's behavior it is often the result of emotions that they are working through. Preschool children often lack the words to express their feelings and thoughts. Using a strategy called Emotion Coaching, adults can help children understand and respond to their feelings in a healthy and helpful way.

Try these steps:

Notice and **Label** feelings - "It sounds like you are feeling ____."

Empathize with your child to help them know their feelings are ok and that you care - "It's normal/ok to feel ____ when ____."

And Problem Solve - help your child come up with solutions or ideas - "I wonder if it would help to ____ or to ____."

Written by: Danette Hopke. Reviewed by: Renee Koenig & Julia Erickson
Last reviewed December 2021

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.
Visit fyi.extension.wisc.edu/parentingthepreschooler for references.

For more information, contact your county office.

What You Do Matters

Training: Parents as Teachers

4K Families

Welcome

Virtual Training 5-7PM

**April
26th**

**Your Child's Brain and Its Amazing Potential
(Neuroscience)**

AND

Movement and Motion (Motor Development)

**May
3rd**

Now Hear This (Language Development)

AND

Feelings (Social Emotional Development)

**May
10th**

What Do You Think (Cognitive Development)

AND

**Making It A Routine (Reviewing the Learning
and Moving Forward)**



For further information, please contact: (715) 779-5030

Cindy, at ext. 2551 OR Mikayla at ext. 2555



Happy Ziigwan

News from the Education, Social /Emotional support and Abilities offices!

What a crazy year it has been. We are so happy to be back to a small amount of normalcy without masks. The children weren't sure what to do when they saw us without a mask on. We are all loving it!

Our classrooms, especially the Early Head Start, are beginning to see more vocalizing from our children in the form of babbling and using some words. We hope this will continue to bring us smaller concerns with speech and language.

We are pushing our children to get outside more and be more physical to help with our ever-increasing childhood obesity problems. Children not moving, makes them targets for many issues, including educational, health and mental health problems.

Now that spring is on its way..... it's time to get outside and enjoy the great outdoors. Maybe adopt a tree or plant a tree for National Arbor Day!!!! We will be planting acorns here (once the snow melts).

If you have any questions or concerns, please give us a call.... Until next time... take care!

Ms. Kathy and Ms. J

Ojibwemoin:

Mitig (tree)

Mitigomin (acorn)

Ziigwan (spring)

Wiiyagaseh (dirt)



**HEY THERE, CHILDREN AND PARENTS
OF RED CLIFF EARLY CHILDHOOD CENTER:**

SPRING IS IN THE AIR, BEFORE YOU KNOW IT THE SCHOOL YEAR WILL COME TO AN END. SO, THE ECC HEALTH OFFICE WANTED TO SEND THIS MESSAGE TO YOU ECC STUDENTS TO DO THE FOLLOWING:

ASK YOUR PARENTS OR GUARDIANS IF YOU ARE UP TO DATE WITH WELL CHILD CHECKS AND DENTAL EXAMS! 4K STUDENTS WILL BE ASKED BY THEIR SCHOOL TO PROVIDE HEALTH, DENTAL AND IMMUNIZATION RECORDS.

If you have questions about health, dental or immunizations that the ECC health office has on file, stop by or give us a call.

MIIGWECH!!

Red Cliff Early Childhood Center 715-779-5030

**Patt Kenote-DePerry ext. 2556
Mikayla Topping-Defoe ext. 2555**

WE HAVE SOME EXCITING NEWS...

DENTAL SCREENINGS ARE RETURNING TO THE ECC



We are so excited to announce that the dental hygienist is coming back to the ECC! They will be conducting screens and administering a fluoride treatment to all enrolled children. If you do not want your child to participate, please contact the health office. Children will be screened during the school day. All Home Base children are encouraged to attend. Please call the health office to schedule a time for your Home Base child.

When: Thursday, April 7th and Thursday, April 21st

Time: 9:00 am – 11:00 am

Any Questions call: 715-779-5030

Patt @ ext. 2556 or Mikayla @ ext. 2555



April 2022

Iskigamizige Giizis









Rabbit
Waabooz



Spring Ziigwan

Rain
Gimiwan



-   Ozhaawaan-Yellow/Brown
-  Makadewaa-Black
-  Waabishkaa-White
-   Ozhaawashkwaa-Blue/Green

EGG

Waawan



Jump/hop

Gwaashkwani

HAPPY
EASTER



APRIL



Learn It

Children love the game Red Light, Green Light, and we can think of our food the same way. When we are learning about foods such as vegetables, fruits, whole grains, lean meat, and low fat/low sugar dairy products, we have a green light to eat anytime. However, when we think about foods such as: muffins, fried food, foods in heavy syrup or sugar, those are an immediate red light, which means eat only once in a while. Processed foods, baked fries and nuggets, and 100% juice make up our yellow light category and can be consumed sometimes. Play the traditional Red Light, Green Light and call out foods instead of the color. The children will learn whether to go, stop, or pause.

Create It Creative Comet

Ask the children to decorate a plate with assorted craft materials. On the back of the plate, assist where needed to attach colorful tissue paper streamers to the back. Then glue a craft stick to the back. Let the children take the comet to the imagination area where they can pretend the comet is flying through space.



Play It Solar System Stomp

Create a path with paper labels with words from the solar system: planet names, Milky Way, sun, moon, stars, constellation, rocket, galaxy, astronaut, etc. Every 3rd word, place an action label: hop, hop on one foot, march in place, windmill turns, jumping jacks, crunches, lunges, etc. Ask the kids to stand on a spot – action or solar system word. Start the music. The kids will walk from spot to spot. When the music stops, they will do what the action word says or if they land on a solar system word, they can do an action of their own choice.

Eat It Appetizing Constellations

Pineapple, cut into small chunks
Whole grain pretzel sticks



Show the children different pictures of constellations. Give them 16 pretzel sticks and ½ cup pineapple chunks. Have them make the pretzels into the constellations they see in the pictures or make up their own. Connect the pretzels by using the pineapple chunks.

Read It



Roaring Rockets by Tony Mitton

Hello, World! Solar System by Jill McDonald

Smart Kids Space: For Kids Who Really Love Space by Roger Priddy

The Magic School Bus Lost in the Solar System by Joanna Cole

On the Launch Pad: A Counting Book About Rockets by Michael Dahl,
Illustrated by Derrick Alderman and Denise Shea

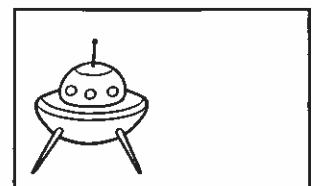
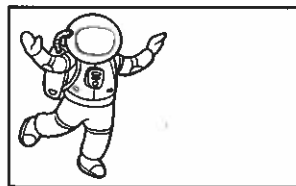
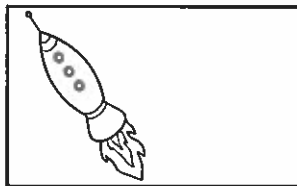
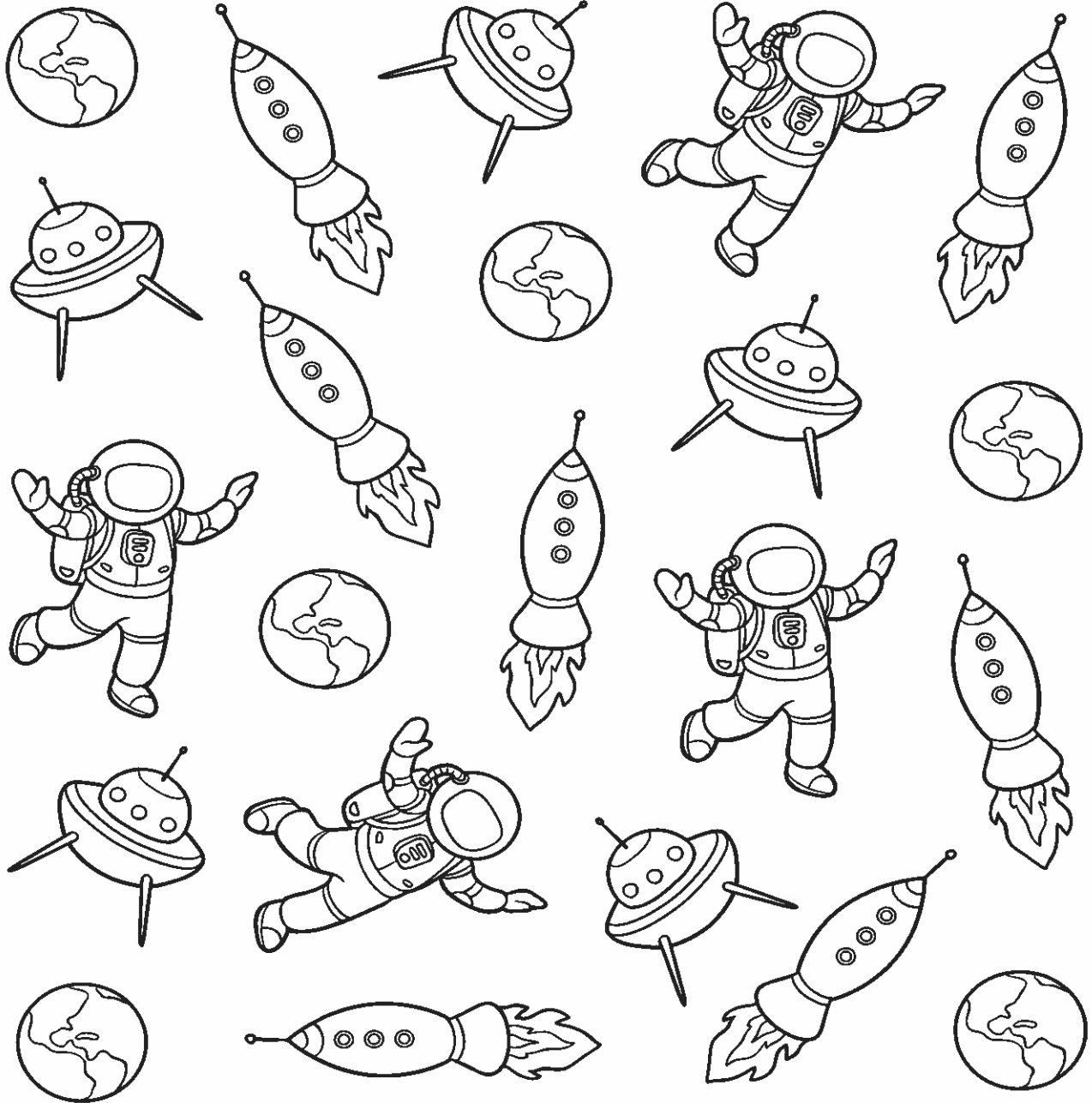
A Day without Sugar / Un Día Sin Azúcar (AZÚCAR) by Diane de Anda



Name _____

Cosmic Counting

How many of each image can you find? Fill in the answers using the boxes below.



Parent Provider Connections – April 2022

I'M AN ASTRONAUT!

Have children cut out and decorate the astronaut template from cacfp.org. Take a headshot picture of each child. Complete each astronaut with the children's pictures.

SWEET STOP

As CACFP providers, we can educate children on the importance of limiting sugar and fueling our bodies with vitamins, minerals and protein to help us grow big and strong. We wouldn't want to fill up a space shuttle with bad gasoline, and that's what sugar does to our bodies. Limit sugars in cereals and yogurt and read labels for added ingredients ending in "ose," such as fructose and sucrose.

SPACE FRUIT POPS

4 cups fruit – berries, mango, or peaches, sliced or crushed
2 cups yogurt

Combine ingredients and pour into 8 oz paper cups. Freeze until consistency allows you to put popsicle stick in the mixture. Continue to freeze until firm. Peel off plastic cups and enjoy!

#CACFPCreditable

COLD ASTEROID

Asteroids are actually very cold to the touch. Too cold, in fact! Create an asteroid from crumbled aluminum foil and play just like the traditional game of hot potato, where the goal is to pass it along as fast as possible. Fun twist on a classic!

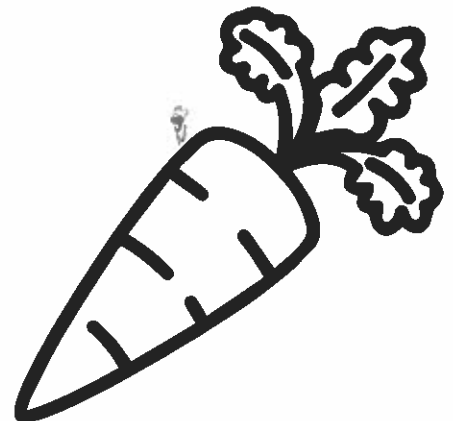
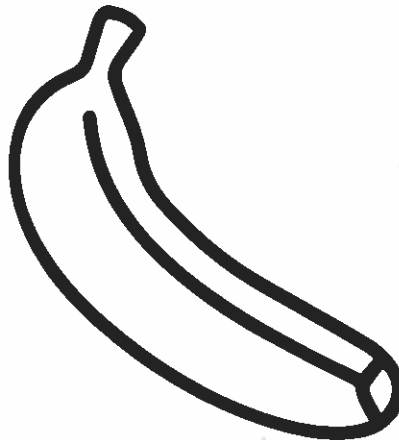
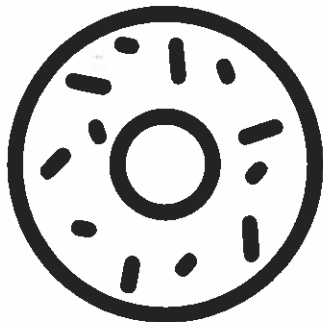
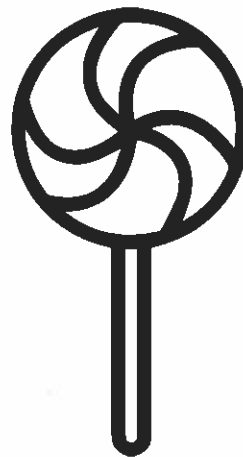
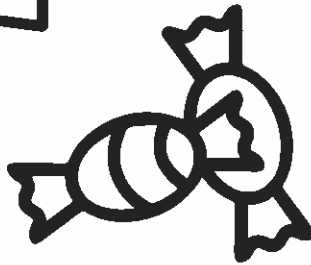
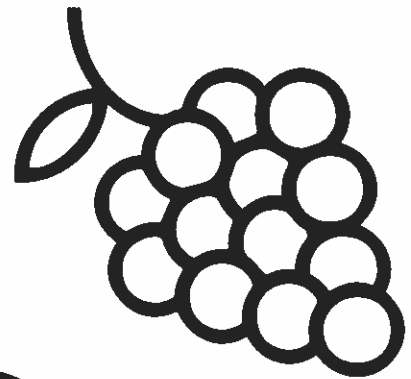
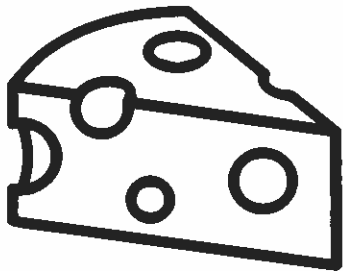
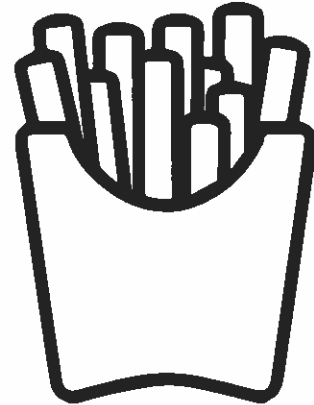
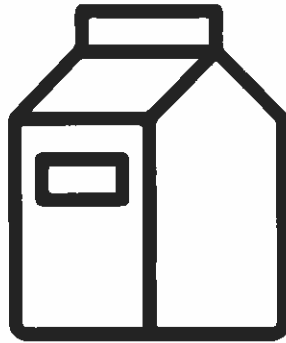
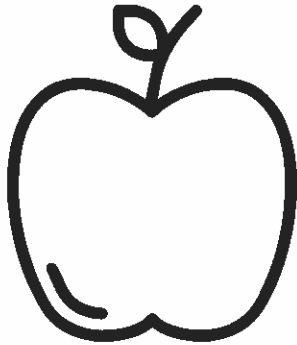


cacfp.org

CACFP is an indicator of quality child care.

It's Snack Time!

Color only the healthy snack choices. Circle your two favorites.



Small Hands Crafting

White construction paper, forks, washable paints, and paint brushes are all you need to create tulip art!

Using the back of the fork, rock it back and forth in the paint to cover the tines.

Using the fork as a stamp and with the same motion, print these "tulips" onto white paper. Complete flowers by brushing on stems and petals.



Happy Spring

Did you know that National CACFP Week is held each year the first week of spring?

CACFP Week is a national education and information campaign sponsored annually by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger and bring healthy foods to the table for adults in day care and children in child care homes, centers, and in afterschool and summer feeding programs across the country. When we all join forces and work together the message we provide is stronger and will receive more attention.

Learn more at cacfpweek.org!



Spring Sports Balloon Style: Movement on the First of Spring

Balloon Tennis

Create rackets by taping a stir stick to the back of paper plates. Using only the rackets, have your children try to keep the balloon from touching the ground. Teach tennis style scoring to the kids (who doesn't like to say 40-Love?) or use traditional scoring to keep it simple for younger children. This is also a great physical activity to play inside on a rainy day.

Balloon Soccer

Split the children into two teams. Create a soccer goal for each team by placing a laundry basket on its side. Using only their feet have kids try to get the balloon into the other team's goal.

Simple Spring Snacks

Fruit-a-licious Breakfast Cup

Low-fat yogurt
Whole-grain cereal
Fruit

Using a spoon, layer yogurt, cereal, and fruit in a cup to create a fun pattern.

Sassy Fruit Snake

Small bananas
Raisins

Peel bananas and cut in half lengthwise. Place two banana halves on small plate end to end, in an "s" shape. Add raisins to the top of banana as eyes.



CACFP is an indicator of quality child care.

www.cacfp.org



SCHOOL DISTRICT of BAYFIELD

Welcome New Bayfield Trollers 2022-2023 Kindergarten Students

Dear 4K Parents and Students:

The staff at Bayfield Elementary have scheduled several opportunities for you and your child to come to Bayfield Elementary as you prepare for kindergarten. Please mark your calendars.

Wednesday, April 13, 2022

In-Person: Parents and 4K Students' Pizza Night from **5:00 pm -6:30 pm** at the Bayfield School Cafeteria with slideshow introduction presented by kindergarten teachers: Ms. Dahl, Ms. Pederson, Ms. Schmidt

Tuesday, April 19, 2022

In-Person: Kindergarten Enrollment and Exploration Day
Families sign up for ½ hour visits to meet our teachers and other school staff and explore the kindergarten classrooms

OR

Wednesday, April 20, 2022

In-Person: Kindergarten Enrollment and Exploration Day
Families sign up for ½ hour visits to meet our teachers and other school staff and explore the kindergarten classrooms.

Wednesday, May 4, 2022

In-Person: Students will come with the ECC and FF staff to tour the classrooms from **9:45 am -10:45 am.**

Tuesday, May 24, 2022

Kindergarten teachers will visit the ECC and FF
8:30 am -11:00 am

Dates and times TBD

Summer Kindergarten Readiness: Kickstart the year with summer programming designed to get your child comfortable in the school setting.

We look forward to seeing you and your child at all these fun events. If you have any questions, please contact me.

Sincerely,
Mike Peterson
4K-5th Grade Principal

Beth Paap | District Administrator 715 779 3201 Ext. 101
Shellie Swanson | 6-12 Principal 715 779 3201 Ext. 506
Michael Peterson | 4K-5 Principal 715 779 3201 Ext. 317
Stephanie Lewis | Director of Special Education 715 779 3201 Ext. 103
Randi F. Johnson | Finance Manager 715 779 3201 Ext. 111

Bayfield Schools Kindergarten

Exploration and Enrollment



Tuesday, April 19, 2022
9:00am to 2:30pm
Wednesday, April 20, 2022
9:00am to 12:30pm



Location: Bayfield School Kindergarten Rooms

This event is for parents and their Pre-Kindergarten children including children who attend Head Start.

Please bring your child's birth certificate and immunization records.

School Enrollment forms will be filled out that day.

Fun activities will be set up for the children. Staff from Family Forum Head Start, Red Cliff Early Childhood Center and Bayfield School District will be present.

Your child must be 5-years old on or before September 1, 2022 for admission to kindergarten for the 2022-2023 school year.

To schedule an appointment please call Lucy Meierotto at 715-779-3201 ext. 142.

☒ Wednesday, April 13- Parent and Preschool students pizza night 5:00-6:30pm

SEE YOU THERE!



Wisconsin Home Energy Assistance Program



**Our Energy season goes from
October 1, 2021—May 15, 2022**

**Clients eligible for regular
energy assistance and
have a past due or disconnect
notice may qualify for Crisis funds.**

**For Home Energy Plus Applications stop by the
Red Cliff Family & Human Services Dept.**

For more Information please call

715-779-3706



homeenergy+



APRIL 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Poetry Month	National Kite Month	National Garden Month			1 April Fools Day!	2 International Children's Book Day! Read a new book together as a family!
3 Find A Rainbow Day! Look for all the colors of the rainbow!	4 National Library Week! Visit your local library and pick out a new book to read together!	5 How many words can you and your child think of that start with the letter "a"	6 National Walking Day! Take a walk outside together and count how many flowers you see!	7 Use chalk to make an obstacle course outside for your child!	8 National Zoo Lovers Day! Draw a picture of your favorite zoo animal!	9 Read a new book that has a butterfly in it!
10 National Farm Animals Day! Make your own Straw Stack Snacks! (See Recipe)	11 National Pet Day! How many words can you and your child think of that rhyme with the word "pet"	12 Drop Everything And Read Day! Read your favorite book together!	13 National Scrabble Day! Use letters from scrabble to practice spelling different words!	14 Look Up At The Sky Day! Draw a picture of what the sky looks like today!	15 National Laundry Day! Have your child sort their socks by color!	16 Make dot-to-dot outlines of your child's name, and have them connect the dots!
17 Easter Sunday!	18 National Animal Crackers Day! Use animal crackers to practice math problems, and then eat them as a snack!	19 Make a to do list together with your child!	20 Pour flour onto a baking sheet and have your child practice drawing different shapes!	21 National Kindergarten Day!	22 Earth Day!	23 World Book Day! Read your favorite book(s) together!
24 Look for green objects in and around your house!	25 Read the story "I See Spring" and make your own Umbrella Puzzle! (See Activity)	26 Go outside and fly a kite together!	27 National Tell A Story Day! Use stuffed animals to tell your own story!	28 National superhero day! Read a book about superheroes!	29 International dance day! Play your child's favorite songs and dance together	30 National Raisin Day! Use raisins to practice math problems, and eat them as a snack!



www.booksbythebushel.com



Straw Stack Snacks

Ingredients Needed:

- 1/2 Cup Chocolate Chips
- 1/2 Cup Butterscotch Chips
- 1/2 Cup Peanut Butter
- 2 Cups Chow Mein Noodles

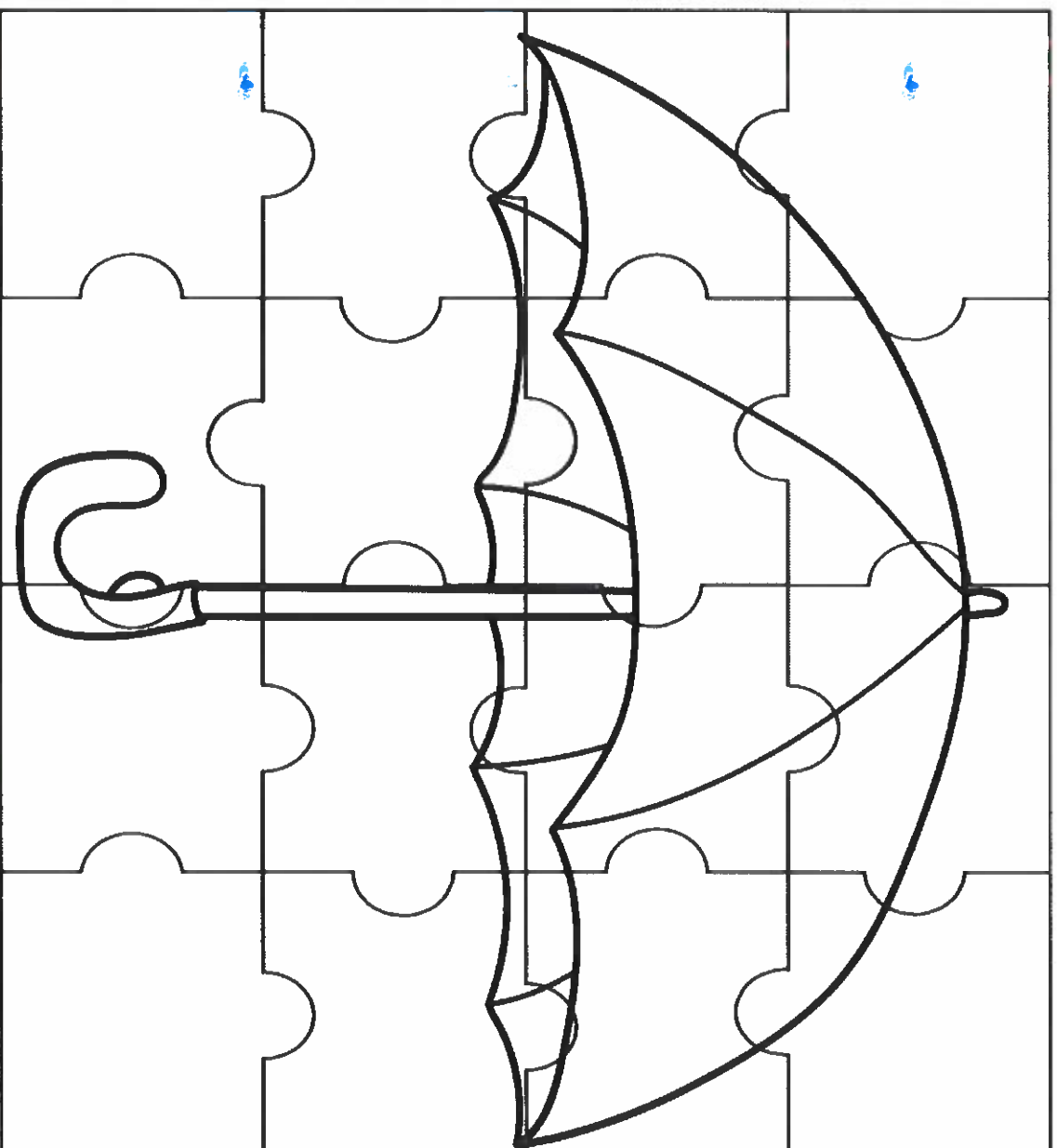
Directions:

- In a microwaveable bowl, melt chocolate and butterscotch chips together- bowl will be hot!
- Mix peanut butter into bowl with melted chips, until smooth
- Add Chow Mein Noodles to mix and stir until the noodles are well coated
- Scoop out mix, using a cookie scoop or two spoons, onto a baking sheet and let set
- Once cookies are set and cooled, enjoy!



Umbrella Puzzle

Color the below umbrella and background. Cut out and glue the pieces of the puzzle together on a separate piece of construction paper!





The Red Cliff Early Childhood Center
88455 Pike Rd. 89830 Tiny Tot Dr.
Bayfield WI 54814
April 2022

Current Opening for the Red Cliff Early Childhood Center

[ECC Kitchen Assistant/Assistant Cook- LTE](#)

DEADLINE: February 28, 2022 @ 4:00 pm - [Apply Online](#)

[Head Start/4k Teacher](#)

DEADLINE: March 07, 2022-Open Until Filled [Apply Online](#)

[Custodian - ECC](#)

DEADLINE: Open Until Filled - [Apply Online](#)

[Early Head Start Center Based Teacher - 2 Positions](#)

DEADLINE: Open Until Filled - [Apply Online](#)

[Early Head Start Home-Based Teacher-2 Positions](#)

DEADLINE: Open Until Filled - [Apply Online](#)

[Head Start Bus Driver-part time up to full time](#)

DEADLINE: Open Until Filled - [Apply Online](#)

[Head Start Bus Driver & Family Service Worker](#)

DEADLINE: Open Until Filled - [Apply Online](#)

Current opening for the Red Cliff Child Care

[Child Care Assistant Teacher -3 Positions](#)

DEADLINE: Open Until Filled - [Apply Online](#)

[Child Care Program Director / Teacher](#)

DEADLINE: Open Until Filled - [Apply Online](#)

[Child Care Teacher - 4 Positions](#)

DEADLINE: Open Until Filled - [Apply Online](#)



Red Cliff Tribal Job openings

Go to the Red Cliff Tribal Website https://www.redcliffnsn.gov/how_do_i/apply_for_obtain/employment_opportunities/job_openings.php

APRIL 2022

ISKIGAMIZIGE-GIIZISOONS

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NIIZHOO-GIIZHIGAD

AABITOOSE

NIYYO-GIIZHIGAD

NAANO-GIIZHIGAD

1

4B QUICHE' HONEYDEW **5B** LIFE, YGT, APPLES, **6B** CORNFLAKES, BANA- **7B** WG FRENCH TOAST,
TRK SAUSAGE WG TOAST, JELLY NA, YGT STRAWBERRIES, CC,
S ORANGES/ GR CRCK **S** PEARS/GOLDFISH **S** WAFFLE/PUDDING **S** PEACHES/ TEDDY GR
L CHEZ BRG HD, CANTA- **L** CHIX SP, PBJ, MANGO, **L** CRABBY PATTIES, CC, **L** HAM, M POTATO, PEAS,
LOUPE, GR BEAN **L** C, CARROTS PEARS, FRIES, CORN PINEAPPLE
S BLUEBERRIES/CC **S** BROCCOLI/HUMMUS **S** FRUIT TREE **S** CARROTS/CC

11B OATMEAL, WG **12B** RICE CRISPIES YGT. **13B** OATMEAL SQUARES, **14B** EGGS, WG TOAST,
TOAST, PB, RASPBERRY APPLES CANTALOUPE, WG TOAST PB, PEARS
S PINEAPPLE/CHEZ IT **S** CUCUMBER/CRACKER **S** MANGO/RICE CAKES **S** PINEAPPLE/CRACKER
L BBQ'S, FRIES, BROCCOLI, MANGO **L** PORKCHOP, BR RICE **L** TOMATO SP, GR CHEEZ, **L** CHIX, BB REDS. GR
COLI, MANGO APPLESAUCE, PEAS PEACHES, CORN BEAN, TR FRUIT
S ORANGE'S/POPCORN **S** CAULIFLOWER/TED G **S** ANTS ON A LOG **S** PEACHES/CC

18 **EDD/TRIBE** **19B** EGG COMBO, HONE **20B** CHEX, BANANA, YGT **21B** KIX, PEARS, CC, WG
CLOSED YDEW, YGT OATMEAL ROUND TOAST, JELLY
EASTER **S** CHEESE-IT/PUDDING **S** NUTRA BAR/CUCUMBR **S** PINEAPPLE/TD GRAHM
L BBF VEG SP, WG BR **L** CHIX NUGGET, FRIES, **L** SPINACH HAMB HD,
STICK, MANGO, CC APPLES, YGT CORN, CANTALOUPE, CC
S POPCORN/JUICE **S** BERRY PIZZA **S** CARROTS/CC

25B MALTO MEAL, ORA
GES, YGT
S TORTILLA CH/SALSA
L PIZZA WG, CARROTS,
CC, TR FRUIT
S CANTALOUPE/CC

MENU
SUBJECT
TO
CHANGE