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 higher need 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 day 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 keep your child calm when the day and help them fall asleep faster. A great way to do this would be to include 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.

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
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>1. Take a walk outside for 15 minutes.</td>
<td>2. Drink a glass of water.</td>
<td>3. Listen to music and find a quiet spot to relax.</td>
<td>4. Write down three things you're grateful for.</td>
<td>5. Stretch with a friend.</td>
<td>6. Spend a moment with nature.</td>
<td>7. Visit a local park or nature reserve.</td>
</tr>
<tr>
<td>15. Drink a glass of water.</td>
<td>16. Do a body boost to make you feel great.</td>
<td>17. Drink a glass of water.</td>
<td>18. Do a body boost to make you feel great.</td>
<td>19. Drink a glass of water.</td>
<td>20. Do a body boost to make you feel great.</td>
<td>21. Drink a glass of water.</td>
</tr>
</tbody>
</table>

**Active April 2022**

**Action for Happiness**

- **Monday**: Take a walk outside for 15 minutes. Drink a glass of water. Listen to music and find a quiet spot to relax. Visit a local park or nature reserve.
- **Tuesday**: Drink a glass of water. Do a body boost to make you feel great. Learn a new skill. Write in your journal.
- **Wednesday**: Drink a glass of water. Do a body boost to make you feel great. Practice mindfulness meditation. Create a new habit.
- **Thursday**: Drink a glass of water. Do a body boost to make you feel great. Write in your journal. Visit a local park or nature reserve.
- **Friday**: Drink a glass of water. Do a body boost to make you feel great. Write in your journal. Visit a local park or nature reserve.
- **Saturday**: Drink a glass of water. Do a body boost to make you feel great. Write in your journal. Visit a local park or nature reserve.
- **Sunday**: Drink a glass of water. Do a body boost to make you feel great. Write in your journal. Visit a local park or nature reserve.
Boozhoo Waabooz families! The time if 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
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)
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—biinitoon

Miigwech,

Miss Tiff & Miss Judy

(715) 779-5030 x 2544
Esiban News

April 2022

Iskigamizige-Giizis
(Maple Sugar Moon)

Boozhco 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
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!

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

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

OJIBWOWIN - THE OJIBWE LANGUAGE

Ziligwan – It is spring  
Ininaatig - Maple Tree  
Anishinaabe-zlinzibaakwad - Maple Sugar  
Iskigamizigan - Sugar Bush  
Zhiwaagamizigan - Maple Syrup  
Zlinzibaakwadwaabo - Maple Sap  
Biglwizigan - Maple Taffy  
Wadikwan - A branch  
Miinikaan - A seed  
Aniblish - A leaf  
Ojiibik - A Root  
Mitigomin - An acorn  
Mitig - A Tree  
Makak – Basket  
Zzlinzibaakwad0-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
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
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 ____________________

Minutes taken by Cindy Garity, Family Service Manager
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.

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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 Hoekse. 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 exteducation.wisc.edu/parentingthepreschooler for references. For more information, contact your county office.
What You Do Matters
Training: Parents as Teachers

4K Families
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

Ojibwemowin:

Mitig (tree)  Ziigwan (spring)
Mitigomin (acorn)  Wiiyagasenh (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
HOME BASE CHILDREN:

Please contact the health office to schedule a time for your home base child(ren). Enrolling children will be screened during the school day. If you do not want your child(ren) to participate, please contact the health office. They will be conducting screenings and administering fluoride treatment to all enrolled children. We are excited to announce that the dental hygienist is coming back to the ECC. We have some exciting news...
April 2022
Iskigamizige Giizis

Sun Giizis

Rabbit Waabooz

Spring Ziigwan

Rain Gimiwan

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

Jump/hop Gwaashkwani

EGG Waawan

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
A Day without Sugar / Un Dia Sin Azucar (AZUCAR) by Diane de Anda
Cosmic Counting

How many of each image can you find? Fill in the answers using the boxes below.
I'M AN ASTRONAUT!

Have children cut out and decorate the astronaut template from caefp.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 filling 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 treats and yogurt and read labels for added ingredients by being in "NOSE" such as fructose and sucrose.

SPACE FRUIT POPS

4 cups fruit - bananas, mangos, or peaches, sliced or crushed
2 cups yogurt

Combine ingredients. Add fruit 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 cup and enjoy!

CACFP Creditable

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 hexagon, where the goal is to pass it along as fast as possible. Pin twist on a class!
It’s Snack Time!

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

CACFP is an indicator of quality child care.
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 lines. 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.
Welcome New Bayfield Trolls
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
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
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<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Details</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>Read a book.</td>
<td>Read a book every day.</td>
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Ingredients Needed:
- 2 Cups Chow Mein Noodles
- 1/2 Cup Peanut Butter
- 1/2 Cup Buttercrunch Chips
- 1/2 Cup Chocolate Chips

Straw Stack Snacks

Directions:
1. Scoop out mix, using a cookie scoop or two spoons, onto a cooking sheet and let set.
2. Add Chow Mein Noodles to mix and stir until the noodles are well coated.
3. Mix peanut butter into bowl with melted chips, until smooth.
4. Chips together - bowl will be hot.
5. In a microwaveable bowl, melt Chocolate and Buttercrunch.
6. Once cookies are set and cooled, enjoy!
Umbrella Puzzle

Puzzle together on a separate piece of construction paper.

Color the below umbrella and background. Cut out and glue the pieces of the umbrella.
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](https://www.redcliffnsn.gov/how_do_i/apply_for_obtain/employment_opportunities/job_openings.php)
# APRIL 2022

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<tbody>
<tr>
<td><strong>4B</strong> Quiche' honeydew</td>
<td>5B Life, ygt, apples, wg toast, jelly</td>
<td>6B Cornflakes, banana, ygt</td>
<td>7B WG French toast, strawberriess, cc, peaches/teady gr</td>
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<tr>
<td>Trk sausage</td>
<td>S Pears/goldfish</td>
<td>S Waffle/pudding</td>
<td>L ham, m potato, peas, pineapple</td>
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<td>S Oranges/ gr crck</td>
<td>L Chix sp, PBj, mango, cc, carrots</td>
<td>L Crabby patties, cc, pears, fries, corn</td>
<td>S Carrots/cc</td>
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<tr>
<td>L Chez brg hd, cantaloupe, gr bean</td>
<td>S Broccoli/hummus</td>
<td>S Fruit tree</td>
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<td>S blueberries/cc</td>
<td>11B Oatmeal, wg toast, pb, raspberry</td>
<td>12B Rice crispies ygt, apples</td>
<td>13B Oatmeal squares, cantaloupe, wg toast</td>
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<td></td>
<td>S Pineapple/cracker</td>
<td>S Mango/rice cakes</td>
<td>S Pineapple/cracker</td>
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<td></td>
<td>L BBQ's, Fries, broccoli, mango</td>
<td>L Porkchop, BR rice applesauce, Peas</td>
<td>L Tomato sp, gr Cheez, peaches, Corn</td>
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<td></td>
<td>S Oranges'/popcorn</td>
<td>S Cauliflower/Ted G</td>
<td>S Ants on a log</td>
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<td></td>
<td>18 EDD/tribe closed Easter</td>
<td>19B Egg combo, honeydew, ygt</td>
<td>20B Chex, banana, ygt oatmeal round</td>
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<td></td>
<td>S Cheese/It/pudding</td>
<td>S Nutra bar/cucumber</td>
<td>S Chix nugget, fries, apples, ygt</td>
<td>12YR OLD WHOLE</td>
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<td></td>
<td>L BbF veg sp, wg br stick, Mango, cc</td>
<td>L Chix nugget, fries, apples, ygt</td>
<td>S Berry pizza</td>
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<td>S Popcorn/juice</td>
<td>21B Kix, pears, cc, wg toast, jelly</td>
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<td>25B Malto meal, orages, ygt</td>
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<td></td>
<td>S Tortilla ch/salsa</td>
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<td></td>
<td>L Pizza wg, carrots, cc, tr fruit</td>
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<td>S Cantaloupe/cc</td>
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**Menu Subject To Change**