Boozhoo all, can you believe that it is already February!! We just want to send a big shout out to all the parents for being so flexible and understanding with the COVID plan. We know that it can be challenging and unpredictable at times, but we want you to know that we appreciate all that you do for your kiddos! We all love your kiddos as if they were our own! We want the best for all of them! We all work hard every day to ensure that your children are safe, loved and cared for with the best intentions! You all do such an amazing job with your little ones! The smiles on their faces tell a lot! CHI-MIIGWECH for sharing them with us and letting us be there to help guide them along their path!!

We have been getting a lot of questions about their child’s education and what can we do to help our children and our advice to you is to let them PLAY!! Play with them! You are your child’s first teacher and they watch everything you do and then while they play, they try to make sense of their world by acting it out! Here are some things to know about PLAY (provided by Laurel Bongiorno from NAECY):

Children learn through play
Play is healthy
Play reduces stress
Make time for play
Play outside
Trust your own playful instincts
Let your child make their own decisions on playing
Give them materials to help with their creativity; give them things that can be used for many different purposes (blocks, sticks, foam pieces, ribbon scraps etc.)
Be spontaneous
ENJOY the TIME with your child

Miigwech for all that you do!!

What Do You Know (So Far)?

Come together as a family and see how much you know in Ojibwe so far.
Learn and grow together!

Count as high as you can.

Do you know any colours?

Name all the animals you know.

Do you know any other words or phrases?

Challenge your family to learn together - write down or record what you know today. Try again in a few months and see if you learned more!
## Namebini-Giizis (Sucker Moon)

### Story telling time

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<tr>
<th>Sunday</th>
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<tbody>
<tr>
<td><strong>Crazy Week</strong>&lt;br&gt;Feb 14-17th</td>
<td>Virtual Storytelling&lt;br&gt;In the classrooms</td>
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<td>11 [Read to your child. Share a story]</td>
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<td>14 [Love Day&lt;br&gt;Wear anything red/pink or hearts]</td>
<td>15 [Color Day&lt;br&gt;Wear as many colors as you can]</td>
<td>16 [Backwards/inside out Day]</td>
<td>17 [Pajama Day&lt;br&gt;Wear your pj's to school]</td>
<td>[Read to your child. Share a story]</td>
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### No Head Start/EHS Classes on Friday's

**Happy Valentine's Day!**
Wacky Winter Week at ECC/4-K

February 14 through February 17th,

It has been a cold winter this year and we want to do something fun at the ECC/4-K to brighten up our center! We are hosting a Wacky Winter Week at the ECC!!! Your child can help participate by dressing up on these crazy days!

- **Monday, February 14th:** Love Day
  (wear anything w/ red, pink or hearts)

- **Tuesday, February 15th:** Color Day
  (wear as many colors as you can)

- **Wednesday, February 16th:** Backwards/Inside Out Day
  (wear your clothes backwards, inside out or both)

- **Thursday, February 17th:** Pajama Day
  (wear your pajamas to school)

If you have any questions, please contact Cindy or Jenny at the ECC at 715-779-5030
Boozhoo Everybody!

We can not believe that February is already here. The month of January seemed to go by fast. This month we will be focusing on learning sign language, including in Ojibwemowin. We also will be exploring more sensory projects and refining our fine motor skills by doing fun activities.

Important Reminders

- We encourage you to send weather appropriate clothing for your little ones. We go outdoors everyday that is weather permitting.
- Also sending extra clothes for your child while at the center is encouraged too.
- If your child will not be attending for the day or if they will be in late. We please ask to call to notify us before 9am.

Zaagichigaade "Be Loved"

If you have any questions or concerns, we can be reached at 715-779-5030 ext. 2524
Ms. Kelsey & Ms. Lulu
February 2022

NAMEBINI-GIIZIS (SUCCER MOON)

HAPPY FEBRUARY!

We are excited to celebrate both Groundhog's Day and Valentine's Day with the children this month!

We would like to take time to remind everyone how important it is that your children have extra clothes that are the appropriate season/size for them, as well as clothing that is labeled at school for each child as they may need it. We do a lot of outdoor activities, as well as sensory exploration and arts and crafts; sometimes we get extra messy and need a clean change of clothes! If you need help getting clothing please contact us!

As always, feel free to reach out to one of us with any questions or concerns. We hope you have an amazing February!

Miss Shenna and Miss Kayla
(715) 779-5030 ext. 2525

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**OJIBWE WORDS**

- Heart - Ode
- Pink - Bigiinsinaande
- Red - Miskwaa
- Love - Zaagi'idiwin

**SPECIAL DATES**

- 02 Groundhog's Day
- 11 No Child Day
- 14 Valentine's Day
- 23 Family Event (More Info Coming Soon)
Boozhoo Makwa Families!

Here we are, going into the month of February already. We will be working on our individualized goals and incorporating Valentine’s Day activities, learning about the importance of Dental Health and emotions/feelings. Currently we do something called “Circle Brushing,” we sit at the table with the children and they all brush their teeth together. We will be introducing a new song for them to listen to when they’re brushing their teeth to make it more fun and enjoyable.

REMINDERS!

- If your child will be absent for the day, please call the classroom or 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 do try and go outside daily, weather permitting.

Ojibwemowin

namebini–giizis– February
Ode– heart
Minode ‘e– he/she feels generous
Jiikendam– he/she is happy

Miigwech,
Miss Tiff & Miss Judy
(715) 779-5030 x 2543
Esiban News

February 2022

Namebini-Giizis
(Sucker Moon)

Boozhoo Esiban families!

We cannot believe it is already February! We are so excited to have everyone back in the classroom! This month we will continue working on sharing and playing together.

Some reminders:

- Please continue to bring extra clothes for your child to have at school, some days we get messier than others.
- The weather is still cold, so we ask that you bring warm clothes: hats, mittens, snow pants, and snow boots. We spend a lot of time outside!

- Miss Gena & Miss Shannon

Goon: Snow

Zaagi’idiwin: Love

Inde’: My Heart
Ojibwe Storytelling Series.

Jan-25th
Michael “Laughing Fox” Charette

Feb -1st
Edith Looso

Feb -8th
Biskakone Greg Johnson

Feb 15th
Leon Valliere

If you are interested,
You can register at:

[www.wisconsinhistory.org](http://www.wisconsinhistory.org) and

click on the events button

These sessions are free and open to the public
Boozhoo gakina awiya (Hello Everyone)

We will be focusing on our music study this month! During the study we will investigate many things about music. What do we know about how instruments are made? We will find out how different instruments are played. We will learn if we can make music with our voices. We will learn who works with music for their job. We will discuss how music makes us feel. 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 will also have some Valentine’s Day fun too!

We go outside every day if the weather is above zero. Please remember to send winter gear to school every day with your child. We do have plenty of extras if things get forgotten.

Reminder there will not be a bus for students until further notice. Please check out the current job openings on the Red Cliff Band of Lake Superior website at redcliff-nsn.gov.

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**


**OJIBWMOWIN - THE OJIBWE LANGUAGE**

Inde’- Heart  
Zaagi¹ – Love  
Biboon – Winter  
Zooglpon – Snow  
Music – Gidochige  
Noodaagochigan – Musical Instrument  
Negamon – Song  
Madweyaabiligbijigan – Guitar  
Madweicheigan – Piano  
Madwewechige – Plays music

Miss Nadine & Miss Gina
Maiingan Room News

Boozhoo Families !!! We would like to say Miigwech to all the families for sending the extra clothes to school. We really appreciate that very much!! This month we are going to be talking about our Pet Study, letter sounds, numbers, counting, grouping, sorting, and number recognition. Feel free to talk to your children about any of these subjects at home, it can be done through play or meal times. It is said the parents are the children’s first teachers, its very beneficial for them and caretakers. Our daily schedule when we start our day is at 745 am and ends at 300pm. **Just a friendly reminder if your child or children will not be in school for the day to please call us. We really STRONGLY ENCOURAGE YOU to call the front office 7157795030 extension 0 or 2545 leave us a message. We will call you back if needed. We really like phone calls to communicate about your child or children.**

We would like to say Miigwech to all the cooperation and understanding so far this year. We really appreciate the communication between home to school and school to home.

Miigwech,

Ms. Aliqia, Mrs. Donna
REMINDERS

It has been a lot of fun this month learning about pets. The children have learned about the needs of animals. What animal makes a good pet versus the wild animals.

The month of February we will start our Music study. We will continue with the gun study and feelings studies in the Talking About Touching and Second Step curriculums.

We will be doing activities that will pertain to music or Valentine's day.

As we get closer to Valentine’s a notice will go out to the families on how our class will celebrate the holiday.

Ojibwemowin is spoken each day in the classroom and the children are recognizing many of the commands used daily.

New words we will work on:
- Madwewechige-play music
- dewe’igan-drum
- Nagamo-sing

Stay safe and healthy!

Miigwech for sharing your children with us.

LITERACY AT HOME

Name Scramble: For this activity, write your name and your child’s name in large letters on a piece of paper. Cut apart each letter, mix them up and lay them letter side down on the table. Take turns drawing a letter from the pile and naming the letter. If the letter is in the player’s first name, they get to keep it, if not they return it to the pile. Continue playing until all the letters are drawn. Next, each player puts all their letters in order to spell their name. Players then take turn naming each letter in order in their first name.

MATH AT HOME

Hidden Shapes—Connect the Dots: Gather several pieces of paper. On each paper create simple dot-to-dot patterns for basic shapes (circle, square, oval, rectangle, triangle, hexagon, and diamond). Have students look at the dots on the page and guess what shape they think it makes. Show students how to use a marker/crayon and connect-the-dots to see if their guess is correct. For a challenge try other shapes such as star, heart, and octagon. When all the shapes are revealed, have your child practice naming each one.

TAking CARE OF ME AT HOME

I Can Brush My Teeth: Children can learn to brush their own teeth as a way of taking care of themselves. To practice, get your toothbrush and toothpaste and your child’s as well. Go through all of the steps of brushing teeth at the same time (Getting items out, putting on a small amount of toothpaste, brushing all teeth in tiny circle motions, spitting, rinsing and putting items away). For awhile do this task at the same time while students are learning this task. After students are completing each step without help, make a reward page and add a sticker, or draw a smile face on the page for every time they take care of their teeth.

February Themes

Music, Ojibwemowin, Valentine, Talking About Touching, Second Step
Meeting called to order by Chairwoman Linda Christiansen @ 11:14 am.

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

Staff/Other Present: Jennifer Leask, Administrator, Patt Kenote DePerry, Health manager, Kathy Haskins Education and Abilities manager, Julie Erickson, Teacher Support, Jenny Defoe, Family Service Enrollment Specialist and Cindy Garrity, Family Service Manager.

Approval of Agenda
Motion by Tara to approve the agenda, seconded by Lynna, all in favor, motion carried.

Approval of Minutes
Motion by Danielle to approve regular Policy Council minutes for November 16th, 2021, second by Tara, all in favor, motion carried.

Menu: January 2022 and review changes to November 2021
Motion by Tara to approve the January 2022 Menu and the November menu with changes, second by Lynna, in discussion, Jen Leask informed them that they did not receive the November menu with changes because she wants to present it in a formatted way to the policy council. Jen will get this to them at the next Policy Council meeting in January.

Program Summary
Cindy presented the program summary with updated numbers for all area. No questions.

Financial Report
Jen stated that the ECC is still sitting good financially due to excess dollars from vacant positions. Jen informed the board that there are applicants that have applied. Jen is working with Joe on the RFP for the bus garage in which the funding is coming from last years carry over and at this time there are still COVID funds available.

Discussion on Focus Area One (Federal Monitoring) update
Jen stated that the review went well. Questions were asked to each area on what they know about there positions and program and how it works. We will get the results by January 20th, 2022.

Other
Next Policy Council meeting is scheduled for January 11th, 2022.
Executive
Nothing in executive.

Adjourn
Motion by Danielle to adjourn at 11:33 am., second by Tara, all in favor, motion carried.

________________________________ (signature)
Policy Council Chairperson or delegate
________________________________________ (Date)

Approved on ____________________

Minutes taken by Cindy Garrity, Family Service Manager
Family Service News
February-Namebini-Giiizis
(Sucker Moon)
Happy Valentine's Day

February is story telling time:
Classrooms will be listening to stories
told by elder (virtually)-through
recordings.

While at home
- Sit down with your child and tell them stories, tell them what it was like when you were growing up. Share a story about their grandparents and what they did when they were growing up
- Gather together and read stories.

Knowledge is powerful

Youth Friday Meals Delivery
Due to an increase in COVID,
The Club will be providing meal delivery to families.

If you are interested in receiving them, you must contact the Red Cliff Tribal Administration office to sign up.

715-779-3700

Miigwech

Virtual Ojibwe Storytelling Series
Tuesdays from 7-8 pm
These events are free to the public
Registration is required. Visit wisconsinhistory.org
and click on the events button
- Jan 25th with Michael Laughing Fox, Charette Red Cliff Ojibwe
- February 1st, Edith Leoso Bad River Ojibwe
- February 8th Biskakone Greg Johnson- Lac du Flambeau Ojibwe
- February 15th Leon Vallieier Lac du Flambeau Ojibwe.

Winter Nature Activity: Find anything outside put it into a small container add water and freeze. You now have a beautiful Winter collage.
From the Education and Abilities Offices

We all need to work at empathy. We want our children to have empathy. Here are some things you can say to your child to help you get started in any situation:

We all make mistakes

Let’s do it together

I’m here for you when you are ready

It makes sense that you feel (sad, angry, mad) that it didn’t go the way you wanted it to

Do you want to talk about it?

I’m guessing you feel (frustrated, sad, scared) is that how you feel? Validate their feelings

It looks like you haven’t had enough hugs today, want one? And if they say NO then you say “I’m here if you change your mind....


When we acknowledge children’s feeling’s they are able to feel validated. Think of ways you can do this at home..... If you need anything please call the center we are on this journey together .... Always remember YOU ARE YOUR CHILD’S FIRST TEACHER!!!!!!

UNTIL NEXT TIME,

MS. J .... 715-779-5030 EX 2548

MS. KATHY .... 715-779-5030 EX. 2530
FEBRUARY

Learn It
In order to increase flexibility at lunch and supper, the USDA now allows two vegetables to be served rather than a separate serving of fruit and a separate serving of vegetable. The fruit component can be substituted for another vegetable as long as it is the same serving size as the fruit it replaces and the vegetables are from different families. Try different combinations: beans and cauliflower or broccoli and potato. You might even be able to serve a favorite veggie with a new veggie and create a new favorite!

Eat It Edible Wands
Watermelon, cut with star shaped cookie cutter
Child-friendly kabob sticks
Grapes
Strawberries

Give each child a star watermelon slice and ½ cup of grapes and strawberries. They can make their own edible wand by placing the fruit on the kabob stick and then enjoy the yummy snack!

Play It Fairy Freeze
Choose one child to have the “freeze” wand and one child to have the “unfreeze” wand. The other children will run in the designated safe area and try to stay away from the freeze wand. If they are tagged, they have to stay frozen until the unfreeze wand taps them. Take turns having the different wands.

Create It Wonderful Wands
Every wizard and fairy needs a wand. Cut out stars using the template, one per child. The children will decorate with craft supplies, including paint, glitter and streamers. Once they have their magical star complete, assist them in gluing the star onto a dowel rod or long craft stick to complete the wand.

Read It
Guacamole: Un poema para cocinar/A Cooking Poem by Jorge Argueta, Illustrated by Margarita Sada
The Night the Monsters Came by Junia Wonders, Illustrated by Lisa Ciccone
City Green by DyAnne DiSalvo-Ryan
Fairy Flower Frenzy
The fairies are picking their favorite flowers in the forest. How many did each pick?
Did you know that February is National Children’s Dental Health Month?

HOW’S YOUR CHILD’S ORAL HEALTH?

According to the American Academy of Dentist it is recommended that a child visit the dentist by age 1 year.

Brushing your child’s teeth twice a day with fluoride toothpaste prevents carries.

Another way to prevent dental problems is to limit sugary snacks.

Avoid soda, limit juice or better yet drink water.

Changing the toothbrush once a month or when your child is ill is good practice.

Regular dental visits are important to keep children’s teeth and mouth healthy.

Having your health professional apply fluoride varnish is another way to keep your child’s teeth healthy.

There may be some changes in at the Dental Office to lower the risk of spreading the coronavirus disease. You should call your dental office to check with them before the visit. This will prepare you and your child with the visit.

Expectant mothers who brush their teeth thoroughly can reduce the risk of suffering dangerous complications in pregnancy and possibly reduce the risk of future dental infection in their newborn.

Routine dental care can be done during pregnancy. Be sure to let your dentist know that you are with child.

--The Red Cliff ECC Program and the Red Cliff Dental has not provided dental screening on site this year due to health and safety. ---We ask that you contact your dentist to schedule an appointment if a visit did not take place recently.

Feb. 2022
Toothbrush Buying Tips

Get The Correct Brush Size

Different types of toothbrushes are available. The key to finding the right match for your little one is to get a toothbrush based on your toddler's age. A small brush can be a choking hazard while a big one may not clean his teeth properly. Here is a guide of age-appropriate toothbrushes:

Finger Toothbrushes. If your little one is still starting to grow his teeth, an infant finger brush can take excellent care of his teeth. Finger brushes are extra soft making them easy to use. Your toddler can simply use a non-fluoride toothpaste or water. Best for toddlers between 8 to 12 months old.

· Toddler Toothbrushes. When your toddler reaches the age of 2, he can now switch to a toddler toothbrush. The brush's head is slightly bigger which effectively helps in getting the hard to reach baby tooth molars that erupt in the back of your toddler's mouth. When your toddler starts to spit out his toothpaste, you can now shift to using toothpaste with fluoride.

· School Age Toothbrushes. Once his adult teeth start developing, a larger children's brush is recommended to ensure his adult teeth remain healthy and strong. Make the switch once he hits the age of 5.

· Electric Toothbrush. Best used by 5 to 8-year old toddlers, kids love electric toothbrushes as there is a 3 minute timer fixed in them which ensures complete and longer brushing of teeth. It also helps boost your child's motor skills. Look for brushes that are rechargeable and with replaceable heads.
Wintertime Ojibwe Game: Snow Snake

Games that our Ojibwe ancestors played in the winter season were practice for real life survival. Much like the "little brother of war" the game called lacrosse which was an exercise in agility, skill and a war of attrition.

A snow snake is a stick that is slightly raised at the front and has a notch in the back for your finger. It was usually played by making a trough in the snow and then the contestants take turns seeing who can shoot the snow snake the farthest down the trough.

The Dine' version of the Snow snake game was a practice for hunting caribou. In the early morning caribou could be found lying on the snow-covered lakes. It was during this time Dine' hunters would sneak out onto the snow-covered lakes in the darkness of morning and throw their spear-like tools through the snow into the caribou's stomach.

An in depth start to finish reference can be found on this website: Snowsnake (warrenhistory.org)
Project LAUNCH/Zaagichigaazowin Home Visiting

Giwidosendimin Circle of Healing (Project LAUNCH) currently partners with Red Cliff’s Zaagichigaazowin Home Visiting Program (ZHV). Our Home Visitors provide Doula services as well, Clients do not need to receive both services to enroll in the program. These services are available from pregnancy through age 5 for Native American families living within Bayfield County and the surrounding communities. To become a participant, you can either self-refer by directly contacting us or be referred to us from another tribal program, such as the Early Childhood Center (just ask your child’s teacher about us). Our Home Visitors utilize an evidence-based curriculum, Parents as Teacher’s, and have the flexibility to incorporate Anishinaabe culture and language as much as possible. The parent education model with four primary goals which are:

1. Increase parent knowledge of early childhood development and improve parent practices
2. Provide early detection of developmental delays and health issues
3. Prevent child abuse and neglect
4. Increase children’s school readiness and success

"It is time that we substantially shift how we view children. They are not evil or broken or in need of restructuring. They just need to grow in the best possible way.”

-Dr. Vanessa Lapointe

If you are interested in more information about Giwidosendimin Circle of Healing (Project LAUNCH) or Red Cliff Zaagichigaazowin Home Visiting, please contact LAUNCH Project Director Johanna Wilson at Johnna.Wilson@redcliff-nsn.gov or 715-779-3072 ext. 2603 OR ZHV Program Manager Shaleena Montano at Shaleena.montano@redcliff-nsn.gov or 715-779-3072 ext. 2602
Process for Emergency Evacuation Drills at the ECC

The Red Cliff Early Childhood Center is required to hold several emergency drills each school year. These include fire and tornado drills. We all know that children learn through repetition and doing monthly or more frequent drills, allows students and staff to find a routine during the drills. Drills are completed with and without children present. The Health Office considers temperatures and precipitation when planning for a drill, especially one that requires leaving the building. Everyone is aware that there are months when temperatures do not get over 20 degrees (the coldest it can be for our youngest students to be outside). These are times that students and staff line up at the exterior door but do not go out. When temperatures are above 20 degrees, all students and staff evacuate the building and meet at the far end of the parking lot.

When the fire alarm is sounded, staff other than teachers move to assigned positions and traffic is stopped in the parking lot. Teachers gather all the students and guide them out to the parking lot, via the closest exterior door. Teachers take the daily attendance form, emergency contact information and any other tools needed to help the children get safely to their destination (rope or rings to hold onto). Non-walking students are carried or transported in an evacuation crib. Teachers do not bring jackets, hats, gloves or shoes with them during an evacuation. This is why all students are expected to have either shoes or slippers on during the school day. We do not grab these items because if a child gets used to grabbing these for a drill, they will not understand when it is not a drill and there is not time to get those things. This could cause issues for the child and could create an unsafe situation if the child tries to go back for specific items. I understand that parents may be concerned over cold temperatures but that is why we do not do full drills when temperatures are below 20 degrees.

Once outside, teachers count their students. They sing with them or do other things to occupy them while the Health Office staff checks each class to be sure everything is good. Once they are given the “Good Job” everyone heads back to what they were doing prior to the drill.

Our goal, as always, is to keep everyone safe. We want to teach our students how to keep themselves safe. IF you have any concerns or need more information regarding drills of any kind, please reach out to the Health Office.
In Ojibwe culture, winter is storytelling season. The Wisconsin Historical Society is celebrating this by featuring Ojibwe storytellers in a four-part virtual series every Tuesday from 7 to 8 p.m., Jan. 25-Feb. 15, 2022.

**FEATURING**

**January 25**
Michael 'Laughing Fox' Charette, Red Cliff Ojibwe

**February 1**
Edith Leoso, Bad River Ojibwe

**February 8**
Bisikatone Greg Johnson, Lac du Flambeau Ojibwe

**February 15**
Leon Valliere, Lac du Flambeau Ojibwe

These events are free and open to the public. Registration is required. To register, visit [wisconsinhistory.org](http://wisconsinhistory.org) and click on the events button. If you have questions, please contact Liz Arbuckle at liz.arbuckle@wisconsinhistory.org.

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Current Opening for the Red Cliff Early Childhood Center

Data Entry/Family Support Specialist Wisconsin Family Foundations Home Visiting (FFHV)
DEADLINE: Open Until Filled - Apply Online

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

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 & Family Service Worker
DEADLINE: Open Until Filled - Apply Online

Current opening for the Red Cliff Child Care

Child Care Program Director / Teacher
DEADLINE: Open Until Filled - Apply Online

Child Care Assistant Teacher - 3 Positions
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
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<td>1. Send a message to let someone know you’re thinking of them</td>
<td>2. Ask a friend how they have been feeling recently</td>
<td>3. Do an act of kindness to make life easier for someone</td>
<td>4. Organise a virtual ‘tea break’ with a colleague or friend</td>
<td>5. Make time to have a friendly chat with an old friend you’ve not seen for a while</td>
<td>6. Get back in touch with someone you’ve not seen for a while</td>
<td>7. Show an active interest by asking questions when talking to others</td>
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<td>1B HB OATS, BLUEBERRIES, CC</td>
<td>2B CHEERIOS, BANANA, YGT, TRK BACON</td>
<td>3B OATMEAL, WG TOAST, PB, RASPBERRIES</td>
<td>7B EGG COMBO, CC, PEARS</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>S WAFFLE/PUDDING</td>
<td>S TEDDY GR/MILK</td>
<td>S CHEESE/Crackers</td>
<td>S GOLDFISH/MILK</td>
<td></td>
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</tr>
<tr>
<td>L BEEF STIR FRY, BR</td>
<td>L HAM/POTATO SP, PBJ, PINEAPPLE, CARROTS</td>
<td>L BURRITO, GR BEANS, PEARSES, CC</td>
<td>L PIZZA, CARROTS, SALAD, APPLES</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S STRAWBERRIES/YGT</td>
<td>S BROCCOLI/CC DIP</td>
<td>S PEACHES/GR CRACKR</td>
<td>S ORANGES/CRACKER</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7B EGG COMBO, CC, PEARS</td>
<td>8B CORN CHEX, PEACHES, CC</td>
<td>9B PANCAKES, TRK BACON, BLUEBERRIES</td>
<td>10B RICE CRISPIES, BANANA, YGT</td>
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<td></td>
</tr>
<tr>
<td>S GOLDFISH/MILK</td>
<td>S NUTRA BAR/MILK</td>
<td>S CRACKER/PEB</td>
<td>S GR CRACKER/MILK</td>
<td></td>
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</tr>
<tr>
<td>L PIZZA, CARROTS, SALAD, APPLES</td>
<td>L CHIX, W RICE, PEAS, APPLESAUCE</td>
<td>L BEEF STEW, BISCUIT, MANGO, VEGGIES</td>
<td>L PORK CHOP, CORN, PINEAPPLE, WG BUN</td>
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<tr>
<td>S ORANGES/CRACKER</td>
<td>S BROCCOLI/HUMMUS</td>
<td>S FRUIT PIZZA/MILK</td>
<td>S CARROTS/CC DIP</td>
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<tr>
<td>14B MALTOMEAL, WG TOAST, PB, ORANGES</td>
<td>15B LIFE, PEACHES, CC, OATMEAL RND</td>
<td>16B EGGS, TRK BACON, WG TOAST, JELLY</td>
<td>17B HB OATS, STRAWBERRIES, YGT</td>
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<td></td>
</tr>
<tr>
<td>S V-DAY COOKIE/MILK</td>
<td>S CHEESE-ITS/MILK</td>
<td>S CRACK/CHEESE</td>
<td>S PUDDING/GR CRCK</td>
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</tr>
<tr>
<td>L CHEESEBRG HD, GR BEANS, PEARS</td>
<td>L HAM, MAC/CHEEZ, PINEAPPLE, WG BUN</td>
<td>L CHIX NUGGET, FRIES, CARROTS, PEARS</td>
<td>L HAMB GRAYVY, M POT, CORN, TR FRUIT</td>
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<tr>
<td>S BROCCOLI/HUMMUS</td>
<td>S TEDDY GR/FR CKTAIL</td>
<td>S M ORANGES/YGT</td>
<td>S CAULIFLOWER/HUMMS</td>
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<tr>
<td>21B OATMEAL, RASPBERRIES, YGT</td>
<td>22B RICE CHEX, ORANGES, WG TOAST, PB</td>
<td>23B LIFE, APPLES, YGT, MUFFIN</td>
<td>24B WAFFLES, BLUEBERRIES, TRK BACON</td>
<td></td>
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</tr>
<tr>
<td>S NUTRA BAR/MILK</td>
<td>S OATMEAL RND/MILK</td>
<td>S GR CRACKER/MILK</td>
<td>S RITZ CRCK/MILK</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L TOMATO SP, GR CHEEZ, PINEAPPLE</td>
<td>L CHIX, PEAS, W RICE, MANGO</td>
<td>L MONGOLIAN BEEF, RICE, TR FRUIT, BROCCOL</td>
<td>LTACOS, CORN, TR FRUIT, CC</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>S PEACHES/CC</td>
<td>S BLUEBERRIES/CC</td>
<td>S PIZZA/JUICE</td>
<td>S CARROTS/HUMMUS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28B QUICHE', APPLES, YGT, TRK BACON</td>
<td>29B RICE CHEX, ORANGEES, WB, TRK BACON</td>
<td>30B WAFFLES, BLUEBERRIES, TRK BACON</td>
<td>MILK SERVED WITH EVERY MEAL</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>S OATMEAL RND/MILK</td>
<td>S HAM/POT SP, WB BRSTIC, PEAS, PINEAPPLE</td>
<td>S RITZ CRCK/MILK</td>
<td>1-2 YR OLD WHOLE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L HAM/POT SP, WB BRSTIC, PEAS, PINEAPPLE</td>
<td>S TR FRUIT/CHEESE-IT</td>
<td>L TACOS, CORN, TR FRUIT, CC</td>
<td>Menu Subject To Change</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>