

RED CLIFF EARLY CHILDHOOD CENTER NEWSLETTER



Boozhoo

We hope everyone had a nice winter break! Happy New Year to all! We are hoping that this new year brings everyone happiness and good health! This will be the second month for our incentive giveaway! Please make sure that you are communicating with your child's teacher regularly. Each contact you make will get you a ticket into the incentive drawing. If you are unfamiliar with the incentive giveaway, please reach out to your child's teacher and they will let you know how you can earn tickets to enter in the drawing!

The drawing will be held on the last weekday of the month. We know that virtual learning and staying in contact with your child's teacher can be difficult. However, it's important to stay connected with your child's teacher so that they can keep you informed on changes at the school and to help support your child's development and your family's needs.

We are excited to share that all our staff will be attending Ojibwe language classes for 12 weeks beginning this month! We will all be working hard to increase our language skills so that we can share that knowledge with our students and their families.

We are hoping to give families an update on a possible return date for students by the end of the month. We appreciate the fact that our families have been so supportive and patient with us as we make difficult decisions regarding opening with students or staying virtual. We want to make sure that everyone stays safe! If you have any questions or concerns, please feel free to give us a call at 715-779-5030

Migwech,

Jarrie & Jenn

JANUARY

GICHI-MANIDOO GIIZIS
(GREAT SPIRIT MOON)

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
31						

ECC/TRIBE CLOSED:

1 HAPPY NEW YEAR! 2021

18 MARTIN LUTHER KING JR. DAY

OJIBWE LANGUAGE CORNER

UNSCRAMBLE ME!

A year; a winter

N B O O I B O

Snow

O N O G

Ice


W I K M M A

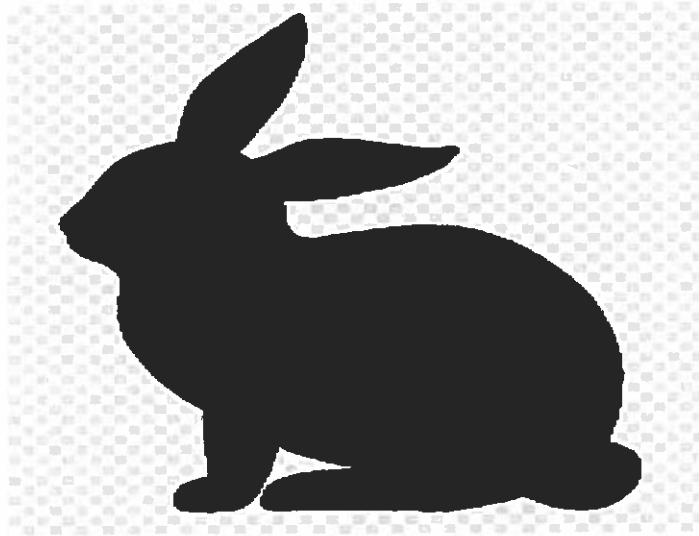




Gichi-Manidoo- Giizis (Great Spirit Moon) January 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY NEW YEAR 2021!					1 Tribal/ECC Holiday New Years	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Tribal/ECC Holiday MLK Day	19	20	21	22	23
24 31	25	26	27	28	29	



Boozhoo Waabooz Families,

Miinawaanagwad Oshki Gikinoonowin!
Happy New Year! Welcome back everybody! I
hope you had a nice winter break!

This month we will be learning about biboon
(winter) and some winter words and phrases,
along with the sign language for each. It is cold,
snow, and it is snowing are some. Also, we will
learn about warm clothes to wear in biboon
like hat, scarf, mittens, and winter boots.

I am excited to hear what you all did over
holiday break! Until then stay warm and be
safe. — Miss Maggie

Amik News

Boozhoo Amik Families!

We hope you all had a great Holiday and are ready to begin a New Year!

For the month of January we will be focusing on new goals and winter. We will have some fun activities and crafts for you to do at home. We are looking forward to spending another year with this fun and loving group of children!

Just a quick reminder, we have two lives per day, Tuesday-Friday! 9:00am and 2:30pm, each live with consist of the same content. So you can attend either time or if you want you can even attend both!

If you are needing any assistance getting set up for live meetings or getting onto the Teaching Strategies Family App., please reach out!

Miigwech,

Miss Tiff & Miss Judy

January News

Boozhoo Makwa class! I can not believe it is January already. We thank you for joining our live session and keeping in contact with us. This month we will be working on clothes study, snow, working on our names, and sending home a potty training chart. If you are in need of any supplies, such as glue, paper, scissors, crayons, please let us know and we will see if we have any available.. We also will be sending home a family enrichment homework assignment sheet. Please fill that out daily. Our lives are Tuesday–Friday; our morning session start at 9:30 a.m and our afternoon session at 3pm.

Miigwech! Ms. Lulu & Ms.



Goon– Snow



Jacket-babiinzikawaagan



Winter-Biboon

s/he plays– odamino

Boozhoo Esiban Class Families,

Happy New Year!!!!

For the month of January our focus will be Nursery Rhymes and Fairy Tales along with Social Skills to help at home. I'm sure you have shared your favorite nursery rhyme with your child at home. Nursery rhymes are an easy introduction to poetry, as well as the concept of rhyming words.

Here are some things to do at home:

Let your child crack some eggs open to make scrambled eggs. Children like to feel that they have accomplished a grown-up task when they crack eggs.

Sing or recite some of the many rhymes your child already knows such as Mary had a little lamb.

Until Next time,

Your Esiban Class Teachers.



Agongos Newsletter

January 2021

Ishpiming in the sky

Izhaadaa agwajiing! Lets go outside

Anang star

Boozhoo giinawaa,

Its so exciting to start a new year, bring on 2021. I am just waiting to see what this new year is going to bring. I know that I have noticed that the stars have been beautiful lately when I took the time to look up at them. For now we are still going to run like we have been. We will have virtual visits until we receive a different directive.

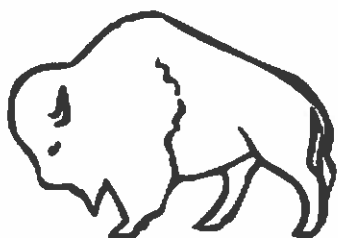
We are hoping your holiday was full of happy memories and hope for a good new year.

Remember, being outside is great for you and the kids! It helps with your child's physical development. You can do things like shoveling, going for a walk and just enjoying the fresh air. That is one thing I have to do more of also. So I hope to see everyone outside doing some fun activities.

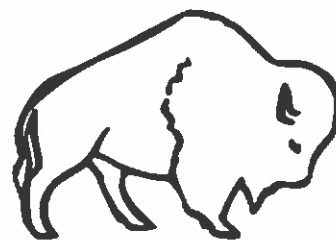
As always, remember to reach out if there is anything that we may be able to help with or point you in the right direction.

Miigwech,

[Corky (715) 779-5030 ext. 2538 or cell (715) 292-9154]



MASHKODE- BIZHIKI NEWS



January 2020

Gichi-Manidoo-Giizis (Spirt Moon)

Boozhooo gakina awiya (Hello everyone). We want to wish everyone a Happy New year. We hope 2021 brings happiness, good fortune and good health to you and your loved ones. This month we will be focusing on Pet's. The Pets Study includes the process of investigating pets. Together, we will explore questions such as "How do we care for pets?" and "How do pets make us feel?"

We would like to say Chi-miigwech to all the Families who made the Fall Parent/Teacher conference a success. We appreciate your willingness to discuss your child's progress academically, socially and set goals to help them reach their developmental milestones.

To increase our classroom attendance and monthly in-kind the ECC will be hosting a monthly incentives drawing. Your child's name will be put into a drawing every time you or your child participates in the following activities: attending a live session, Back-and-fourth email or message conversation, completing family enrichment assignments, Phone conversation with child's teacher, returning paperwork, Upload or share a photo, video or other document of your child completing an activity with teacher. January's drawing will be held on 1/29/21. The last day to add tickets for January's drawing is 1/28/21.

Check out TSG daily to view lessons. TSG includes recorded read aloud, Finger plays, and Activity directions. If you would like another invite, please let us know we would be happy to send one.

We are currently working from home. Please do not hesitate to reach out to us if you have any questions or concerns. We can be reached though Teaching Strategies Messenger, by email or our home phone numbers.

Nadine.Cadotte@redcliff-nsn.gov 715-779-0256

Gina.LaGrew@redcliff-nsn.gov 715-209-1770

Ms. Nadine, Ms. Gina

DATES TO REMEMBER

1/1- Tribe/ECC closed New Year's Day

1/18 -Tribe/ECC closed MLK day

1/29-Incentives Drawing



OJIBWE WORDS

Snow-goon

It's snowing-zoogipon

big snowflakes- mamaangipon

It starts to snow-maajipon

It stops snowing-ishkwaapon

A lot of snow- goonikaa

Manidoo Giizis

Ma'iingan Room News!!!

Boozhoo Families

We hope you all had a wonderful, safe and happy holiday break! We welcome you all back to a New Year!!! We will be focusing this month on our Pet study, Ojibwemowin animals, introducing HWT (handwriting without tears). We will continue doing our weekly check in with families and kiddos by email, phone calls, and other online communications. We always look forward to hearing feedback on how you all are doing!! Miigwech for the cooperation!!

We would like to give a friendly reminder that Ma'iingan teachers can be reached by WebEx teams, email or on TSG(Teaching Strategies Gold) online this is great way to keep up on classroom updates, lesson plans, reminders, and changes in our classroom. **We would like to encourage all families to use TSG any of the other online communications that works best for you and your family.**

We want to wish you all well wishes and please continue with communication from home to us we love hearing how the kiddos and your family are doing!! Stay safe, and healthy!

Miigwech,

Ms. Alicia, Ms. Donna and Ms. Gerri

Ojibwemowin

Bilboon

Zoogipon

Goon

Mikwam

Ozhaashikoshin

Contact information

Alicia.deperry@redcliff-nsn.gov

Donna.Miller@redcliff-nsn.gov

Gerardine.Gordon@redcliff-nsn.gov



Migizi News

Happy New Year Migizi families!

I hope everyone had a wonderful winter holiday break and you were able to enjoy some time with family and friends!

The month of January we will be focusing on our Pet Study. There are so many books and activities pertaining to our pets that we will be sharing with you.

Here are some words we will be using:

Horse-bebezhigooganzhii

Dog-animosh

Cat-gaazhagens

Winter brings many activities with it. Outside fun can fill the day. Take a cool, refreshing walk, build a snowman, do some sledding. You might want to even try skating or skiing. Enjoy the outside with your family!

We will be focusing on the clothing items the children need to put on so they are properly dressed for outside. We tell them there are 5 things they need:

1. snow pants 2. boots 3. Jacket 4. Hat 5. Mittens

They are working on their self-help skills so we let them try to do it themselves and they will be proud of their accomplishments.

We do help them if they need help and still they are proud for trying on their own!

Ms. Diann, Ms. Haley, Ms. Megan



Red Cliff Early Childhood Center
Policy Council Meeting Minutes
Tuesday November 17, 2020 @ 9:30 am Virtual
Memengwaa Trailer



Selection of Officers:

Chairperson: Joanne Peterson nominated Linda Christiansen for Chair, Amaris second, all in favor, motion carried.

Vice-Chair: Linda Christiansen nominated Amaris Andrews DePerry for Vice-Chair, Joanne Peterson second, all in favor, motion carried.

Secretary/Treasurer: Linda Christiansen nominated Joanne Peterson for Secretary/Treasurer, Lynna Martin second, all in favor, motion carried.

Meeting called to order by Chairwoman Linda Christiansen @ 9:42 am

Policy Council Members Present: Joanne Peterson, Amaris Andrews-DePerry, Linda Christiansen and Lynna Martin.

Absent: Tasha Hanson, Kelly Gordon and Mercie Defoe

Staff Present: Jen Leask, Administrator, Jamie Goodlet-King, Head Start/4K/Early Head Start Director, Kathy Haskins, Education and Abilities Manager, Jenny Defoe, Family Service Enrollment Specialist, Patt Kenote-DePerry, Health Director, Stephanie Schluneger, Child Care Director and Cindy Garrity Family Service Manager.

Approval of Agenda

Joanne motion to approve the agenda, seconded by Lynna, all in favor, motion carried.

Approval of Minutes

Joanne motioned to approve October 20th, 2020 minutes, seconded by Amaris, all in favor, motion carried.

Financial reports

Jen Leask informed the Policy Council that the first quarter has come to an end and that everything is good. She will update more at the next Policy Council meeting.

Program Summary

We will discuss the program summary at the next meeting.

Child Care Update

This update will be given at the next meeting.

Ratify Poll Votes

Motion by Joanne to ratify poll vote for Parent Activity Funds in the amount of \$2000.00 for Head Start/4K and Early Head Start Holiday gifts/supplies, second by Lynna, all in favor, motion carried.

Policy Council By-Laws amendment

Motion by Joanne to move the Policy Council By-Laws amendment forward to legal and Tribal Council, second by Lynna, in discussion the policy council were informed of the changes that will be taking place in the By-Laws. all in favor, motion carried.

Other. No discussion

Adjourn

Joanne motion to adjourn at 9:54 am. second by Amaris, all in favor motion carried.

_____(print name)
Policy Council Chairperson or delegate

_____(signature)
Policy Council Chairperson or delegate

_____(Date)

Minutes taken by Cindy Garrity, Family Services Manager



Red Cliff Early Childhood Center
Policy Council Orientation
Tuesday November 17, 2020, 9:15 am Virtual
Memengwaa Trailer

Attendance:

Present: Joanne Peterson, Amaris Andrews, Lynna Martin and Linda Christiansen. Jen Leask, Administrator, Jamie Goodlet-King, Head Start/4K/Early Head Start Director, Kathy Haskins, Education and Abilities Manager, Jenny Defoe, Family Service Enrollment Specialist, Patt Kenote-DePerry, Health Director, Stephanie Schluneger, Child Care Director and Cindy Garrity Family Service Manager

Human Resource Presenter: Ashley Poch

Ashley Poch went over the Standard of conduct and the Confidentiality policy with the new board member. She sent everyone a copy to their email address and is asking for them to sign and return to her by the end of the week.

Binder Orientation: In discussion the policy board was informed what we normally would have the Binders ready for them, but due to COVID the school year 2019-2020 changed it up. As soon as things become available again, they will receive a copy. The Policy Council was sent the Policy Council By-Laws and informed of the Addendum that will be happening and they were sent a copy of the Policy & Procedures. They were also informed that these two are going to be updated by the management team then legal and then Tribal Council

What you would find in the Binder is:

- Policy Council Bylaw
- ECC Policies & Procedures
- HS & EHS 2017-2018 PIRs
- Service Plans-At this time the ECC are working on new Service plans, they will get them as soon as they are presented.
- Self-Assessment
- Community Assessment/Update
- Program Information and Informational Memorandums (PI's) (IM's)
- Calendar
- Other

_____(print name)
Policy Council Chairperson or delegate

_____(signature)
Policy Council Chairperson or delegate

Date

Minutes taken by Cindy Garrity, Family Services Manager

HAPPY NEW YEAR

HAPPY 2021 TO YOU AND YOUR FAMILY

With the new year let's make a goal to keep healthy:

What are some ways we can work on being healthy you ask?

GET FRESH AIR!!!

Go sledding, take a walk outside, use your new shovel or snow scoop in the snow, build a snow fort. What about a race in the snow?



Possibly make a snowman...Or TWO!



Remember: Children 2 years of age and younger can be outside at 20 degrees or above and for the older children over 2 years of age, 0 degrees and above is safe.

FROM THE HEALTH OFFICE... MIKAYLA and PATT

Healthy Snacking 101

Healthy snacks fuel your children's brains and bodies between meals. Use these ideas to make snack time simpler and more nutritious for everyone in your household!

.....

Everyday tips

Puzzled about how to come up with healthy snacks for your youngsters? Try these ideas:

- Keep a variety of fruit in the house. Go for kid favorites like bananas, apples, and oranges, but also encourage your children to sample less-familiar produce, perhaps mangoes, kiwis, papayas, or blackberries. *Tip:* Look for fruit that's in season or on sale to keep costs down.
- Raw vegetables make great snacks. Offer green beans or baby carrots with a dip of low-fat ranch dressing or guacamole.
- Together, read food labels when you're grocery shopping. Make a game of picking out nutritious snacks and drinks. *Example:* See who can find the granola bars with the least sugar or the salsa with the lowest sodium.
- Look for healthier versions of snacks your youngsters like. For instance, get baked crackers, whole-wheat pretzels, and low-fat string cheese.
- Store healthy snacks in your pantry or refrigerator at your children's eye level. Your kids will see them first and be more apt to reach for them.



Fruit surprises

Your children will be delighted by the treat in the middle of these fruit pops.

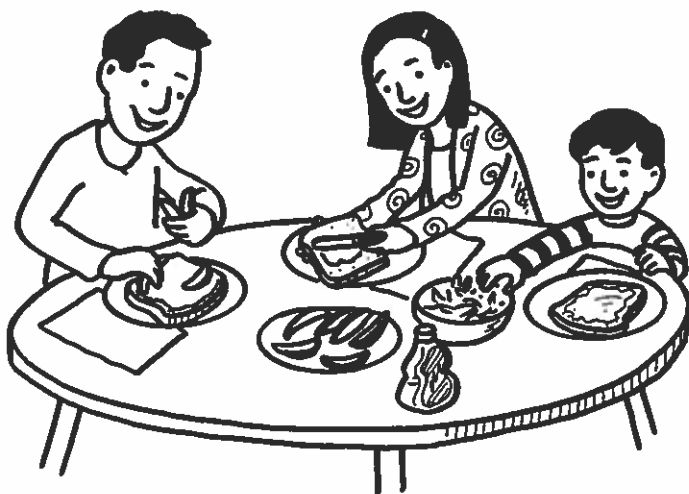
Pour 100% juice (grape, orange, apple) into paper cups. Stand the cups upright in the freezer. Then, put a strawberry or pineapple chunk on the end of an ice cream stick. When the juice cups are partially frozen, insert the sticks, burying the fruit inside the juice. When they're completely frozen, peel off the paper cup for a surprise snack!



- Put together snacks that combine two major nutrients. Serving a protein and a carbohydrate together—a turkey and cheese sandwich, for instance—will fill your kids up and give them energy. Add a drink (water, fat-free milk) to keep them hydrated.
- Buy snacks like whole-grain cereal, nuts, and dried fruits in bulk to cut costs, and then package them in individual servings in zipper bags. *Note:* Show your children how to check the nutrition label to find the size of one serving. It's often not the whole bag or box!
- Take along healthy snacks when you go out. You'll avoid stopping for fast food or buying junk food from snack bars or vending machines when your youngsters are hungry.
- Let your children pitch in and help prepare their own snacks. Steer them toward healthier choices, and watch as they happily eat what they've made!

continued

Nutrition Nuggets™



At home

Vary snacks to keep youngsters interested, and spend time as a family coming up with new creations. These suggestions will get you started:

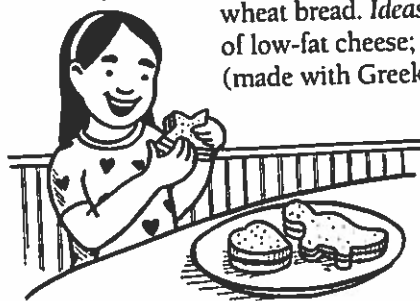
- Make yogurt parfaits. In a clear cup, layer low-fat plain Greek yogurt, blueberries, crushed graham crackers, and a drizzle of honey. Repeat the layers.
- Spread honey mustard on two slices of whole-wheat bread. Layer sliced apples and low-fat cheddar cheese inside. Wrap the sandwich in foil, and bake for 10 minutes at 350°.
- Use corn tortillas, pita rounds, or English muffin halves to make mini-pizzas. Top with low-sodium tomato sauce, grated skim mozzarella cheese, and vegetables (sliced mushrooms, broccoli pieces). Sprinkle on oregano. Broil 3–5 minutes, until the cheese bubbles.

Cookie-cutter sandwiches

Snack-size sandwiches are more fun to eat when they're shaped like dinosaurs, stars, or hearts.

Make your youngsters' favorite sandwiches with whole-wheat bread. *Ideas:* lean ham and a slice of low-fat cheese; tuna or chicken salad (made with Greek yogurt); grape jelly (reduced sugar).

Then, use cookie cutters to make them into shapes (the extra pieces make good finger foods, too).



- Slice a cucumber in half horizontally, and hollow out the insides. Fill the cucumber cups with a "light" egg salad (mash 2 hard-boiled eggs with 1 tsp. reduced-fat mayonnaise).

- For an easy dip, drain and rinse a 14-oz. can of beans (kidney, cannellini), and put them in a blender or food processor with 1 tbsp. apple cider vinegar, $\frac{1}{2}$ tsp. chili powder, and a pinch of cumin. Blend until smooth. Serve with baked tortilla chips.

On the go

Keep these healthy snacks on hand for your children to take wherever they go:

- Let them design their own trail mix. Set out bowls of cereal, different kinds of unsalted nuts, golden raisins, and sunflower seeds. They can measure, mix, and match ingredients in zipper bags, then label their bags with names they invent ("Bradley's Blend," "Energy to Go").



- Buy individual cups of applesauce, fat-free pudding, or fruit packed in its own juice (mandarin oranges, peaches, fruit cocktail). Or package single servings in small, reusable plastic containers.

- Bake your own pita chips. Slice whole-grain pita bread into chip-size triangles. Put the pieces on a baking sheet, and brush lightly with olive oil. Bake at 350° until crisp, about 10 minutes.

- Fresh fruit is portable and always healthy. Your youngsters can take a piece of whole fruit (peach, plum, pear) on the way out the door. Or freeze a bunch of grapes for a frosty fruit treat.

Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

Nutrition Nuggets™

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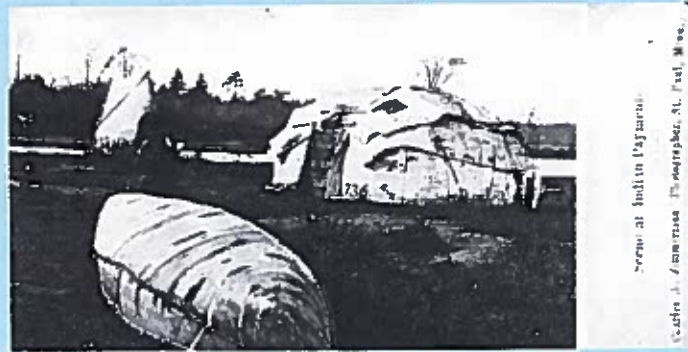
NN19a592E

Ojibwe In the Wintertime

January aabiita Bibooni giizis

Historic life in Great Lakes Winters

Jiimaan and Wiigiwaamige



Shelters were built from the natural forest.

Wigwams or long houses were typically 60 feet long and housed at least two families with a common fire in the middle. Canoes were built with birchbark or wiigwaas and were tied together with the inner bark of basswood trees. This is a lengthy building process requiring exact and detailed craftsmanship. In order to survive the harsh winters of the upper Great Lakes region, preparations began during the summer months well in advance of shorter days of wintertime cold. Birchbark was used to make shelters and many other articles of daily life. Another essential piece of equipment needed for wintertime survival was snowshoes. The snowshoes like other articles were a specific style adapted for the Great Lakes. Lacrosse sticks are another regional craft and style. The black ash trees were used for construction of snowshoes often referred to as bearpaw snowshoe because of their design and shape resembling a bear paw.

Glossary of Ojibwemowin Terms

- January Aabiita Bibooni giizis
- Canoe Jiimaan
- Wigwam Wiigiwaagime
- Sixty Ningodwaasimidana
- Two Niizh
- Birchbark Wiigwaas
- Basswood Wiigobaagitig
- Tree Mitig
- Snowshoe Makwasaam
- Black ash Baapaagimaak



UW-MADISON DIVISION OF EXTENSION & ESSENTIA HEALTH - AMBERWING

Highlights of Taking Care of You



Explore ways to take better care of yourself
and manage stress in eight 45-minute Zoom sessions!



amberwing

CENTER FOR YOUTH & FAMILY WELL-BEING



Extension

UNIVERSITY OF WISCONSIN-MADISON

This **FREE** 8-session workshop is being held twice a week,
Wednesdays AND Fridays, for 4 weeks from 12:15-1pm.

Feb 3rd & 5th, 10th & 12th, 17th & 19th, 24th & 26th.

Space is limited – Pre-registration is Required!

Register Here: <https://qr.go.page.link/p6BLb>

Questions? Contact Tracy Henegar: tracy.henegar@wisc.edu
or Lori Thrun: lori.thrun@essentiahealth.org

Computer/Tablet/Smart Phone with audio/video capabilities REQUIRED!

Bubbles

Materials Needed:

- 1 Cup Dish Soap
- 3 Cups Water
- 1 Tablespoon Sugar
- Bubble Wands



Instructions:

- Gently mix together the Dish Soap and Water
- Add sugar to soapy mixture- make sure to be gentle to avoid foam from forming
- Pour your bubble mixture into different cups and blow bubbles!



Squirrel

Materials Needed

- Brown Paper Bag
- Brown Construction Paper
- Pencil
- Glue
- Scissors
- Black and Brown Markers



Instructions:

- Using the brown construction paper, trace and cut a face for your squirrel
- Add 2 eyes, a nose, whiskers, and a smiley face to your squirrel's face
- Glue the face to the flap of the brown paper bag
- Using your brown construction paper, cut out 2 squirrel ears
- Glue the ears to the back of the brown bag (which is the side that does not have the flap)
- Make two arms for your squirrel and glue them to the top of the bag
- Make a big tail for your squirrel and glue the tail to the back of the bag
- Optional: Trace, cut, and glue an acorn on to the paper bag for your squirrel

MONEY \$MART

in Head Start 

Issue 4



In This Issue

- What are Your Goals?
- Pay Yourself First
- Jumpstart Your Savings
- For More Information
- To Sum It Up

Saving Your Money

"I'd like to save, but there's never any money left at the end of the month!"

Just about all of us have felt this way about saving money. Saving money simply means *putting money aside*. When we think about where we spend our money, many of us probably could find a few extra dollars here and there that could be put toward a future goal.

What are your goals?

Strong money goals say:

- **What** you want,
- **When** you want it,
- **How much** you need, and
- They are **written down**.

Research by the Consumer Federation of America suggests people are twice as likely to be successful savers if they have a specific money goal. Putting money aside may mean making changes to your current money habits and coming up with new habits. Here are some ideas to help you get started.

Pay Yourself First

What if you set money aside at the start of the month instead of waiting to see if there's any left at the end? If you wait until the end of the month to set money aside, it seems like other expenses always come up and then there's no money left.

If you save at the beginning of the month and an unexpected bill does pop up during the month, you can use the savings you set aside earlier. Plus, you save even more money by not having to use a credit card or take out a loan and pay extra in interest.

Make installment payments – An installment loan is where you make the same payment month after month, like a car loan. Once you make that last payment on your installment loan, celebrate! - and then keep making the monthly payment to yourself by putting that same amount of money into your savings.

Make it automatic – You can have money taken out of your paycheck or checking account each month and get it direct deposited into a savings account. Most banks and credit unions will let you automatically transfer money into a savings account for free.

What are some other ways to pay yourself?



Extension
UNIVERSITY OF WISCONSIN-MADISON

Ideas to Jumpstart Your Savings

Break a habit – Do you eat out three times a week? How about cutting down to two times a week and putting the cost of the third meal into savings? If you cut out one \$8 fast food meal each week for a whole year, you could save \$416 by the end of the year!

Breaking a habit can be easier said than done. Try starting with a small habit that you don't think you would miss too much just to see how it goes. Even small changes really add up over time!

Find little ways to save – Instead of renting movies, check them out from the library for free. Grow a garden—it's fun and provides food for the family too. In the spring or fall, watch for sales on winter coats and boots and stock up for the next year. Shop resale stores and garage sales. Board games, local parks and walks in the neighborhood are fun and easy on the budget.

Save windfall income – If you get money from gifts, overtime, or tax returns, could it go into savings? If you were getting by okay before you got the extra money, odds are you won't even miss it if you set some aside. Or you could try the 80-10-10 Rule: use 80% for bills, put 10% in savings, and use 10% on whatever you'd like.

Keep an eye on your goal – Write or tape a picture of what you're saving for on your jar or piggy bank.

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.

Take charge of your change – At the end of the day, empty your change into your piggy bank or a large jar. If you save 25 cents a day for an entire year, do you know you'll have almost \$100 set aside?

Play the savings game – Pick one thing you buy and come up with ideas on how you could:

- Buy it cheaper
- Make it last longer
- Use it less

For example, pick a food you eat regularly. Have your family "taste test" with a cheaper brand to see if they notice much difference. If you like a more expensive brand, can you buy it a little less often?

Set a Goal, Pick an Idea, Get Started!

"Save your one dollar bills all year round — maybe \$2 a day or every other day. By the time Christmas comes, it will help a lot so you don't feel so overwhelmed."

(Tip shared by a Richland County Head Start Parent)

Which savings idea would you be willing to try? Pick one or two tips, and try them out until they become a regular savings routine for you. It can take a little while to get into a new habit. Once you get started, it becomes much easier—and it feels good. You may have so much fun reaching your first goal, that you set up a second savings goal before you know it!

To Sum It Up:

- \$ What amount of savings in the bank would help you sleep better at night?
- \$ Getting into the habit of putting money aside is more important than the amount you set aside.
- \$ People are more likely to be successful at savings if they have a goal with a dollar amount and a date.
- \$ Pick a goal that excites you the most and get started!

"Money Smart in Head Start" is provided by UW-Extension Family Living as part of the Head Start Financial Capability Project funded through the Annie E. Casey Foundation and reviewed by Peggy Olive, Financial Capability Specialist, UW-Madison/Extension. Authored by Dawn Doperalski, Family Living Educator, UW-Extension Menominee County/Nation, University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. Copyright © 2015 by the Board of Regents of the University of Wisconsin System doing business as the division of Cooperative Extension of the University of Wisconsin-Extension. All rights reserved. An EEO/Affirmative Action employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.



PARENTING | THE | PRESCHOOLER

Because kids don't come with an instruction manual

Play Together

fyi.uwex.edu/parentingthepreschooler/

Get Active: Play Together

- ♦ Pick a time of day when you both will be less rushed, hungry, thirsty, or tired. Set a timer for 20 minutes of play.
- ♦ Set aside your list of things to do. Temporarily ignore the messes to clean up or stack of paperwork.
- ♦ Remove distractions. Leave your phone in another room. Shut off the TV and computer. Go outside to play whenever possible.
- ♦ Let preschoolers lead activities by giving them the opportunity to pick the game or make up the rules. See how creative they can get playing Simon Says or Follow the Leader!
- ♦ Give encouragement. Preschoolers need to hear your positive reinforcement.
- ♦ Make physical contact. Try dancing together or "rough and tumble" play like tickling and wrestling, which can help you teach safe touch.
- ♦ Laugh and have fun!



Photograph by Renee Koenig



Photograph by Carmen Saucedo

Children need to move their bodies often. They need a total of 60 minutes (1 hour) or more of physical activity each day. Aim to spend at least 20 minutes every day in active play time together.



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Children need you to play with them. Physical activity is good for both of you. Active play time together builds important skills for children and strengthens the bond between you.



Photograph by Renee Koenig

Seven Benefits of Playing Together

- 1) **Smarter children:** Research shows that physical play stimulates brain development and boosts school test scores.
- 2) **Builds relationships and other friendships:** Spending a few minutes playing together is an investment in your relationship. You can use playtime to teach cooperation and how to constructively channel competitive energy.
- 3) **Teaches problem-solving skills:** Children learn self-control when they practice taking turns and following the rules of the game. "Oh, I see dad didn't get mad when his turn was over."
- 4) **Develops healthy habits:** More time spent together playing means less time sitting and watching TV or playing electronic games alone.
- 5) **Increases emotional intelligence:** Children gain empathy and learn fairness in winning and losing when you show them your emotions. Children gain confidence when they learn to recognize the emotions of others as well as manage their own emotions during play. "Mom won't like it if I push too hard; then we will have to stop playing tag."
- 6) **Promotes health and fitness:** Physical activity strengthens the body, improves cardiovascular fitness, coordination and flexibility. You will sleep better, too!
- 7) **Brings joy and laughter:** Physical activity reduces stress. Happiness is a great gift you give each other through play.

UW-Extension Family Living Programs

"Raising Kids, Eating Right, Spending Smart, Living Well"



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[Link To References](#)

711 for Wisconsin Relay
(TDD)

For more information, please contact
your county Extension-UW office:

Extension Relationships Educator
Bayfield County Courthouse,
PO Box 218 ~ Washburn, WI 54891 715-
395-1426
tracy.henegar@wisc.edu

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2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Backwards Day!	National Bath Safety Month	National Thank You Month	National Hobby Month	International Creativity Month	1 New Year's Day! Make a list of goals to accomplish this year as a family.	2 National Science Fiction Day! Read a Science Fiction book!
3 Discuss with your family what your favorite part of winter is!	4 National Spaghetti Day- Make Spaghetti Art together!	5 National Bird Day- Read a book about birds, and see how many birds you can count outside.	6 National Cuddle Up Day- Make Hot Chocolate, cuddle up, and read your favorite book together!	7 Old Rock Day- Pick out an old rock and paint it! Talk about what happens when you mix different colors!	8 National Bubble Bath Day! Read "Cows Can't Blow Bubbles" and make your own Bubbles. (See Activity)	9 Draw different patterns using shapes, and have your child guess what shape comes next!
10 Letter Writing Week! Write a letter to a relative!	11 National Milk Day! Make your own chocolate milk together for a snack!	12 Read a new winter book that has the word "snow" in it	13 Rubber Duckie Day! What sound does a duck make? Name other animals and have your child guess what sound that animal makes.	14 Go outside and practice writing numbers and addition/subtraction problems in the snow!	15 National Hat Day- Make your own hat!	16 Appreciate A Dragon Day! Draw a picture of what you think a dragon looks like! What did you name your dragon?
17 Hunt For Happiness Week!	18 Martin Luther King Jr	19 National Popcorn Day! Make and eat popcorn for a snack!	20 For National Hobby Month, do one of your hobbies together as a family.	21 National Squirrel Day! (See Activity)	22 Tell a friend about a new book you just read!	23 Handwriting day- Practice writing your name!
24 Compliment Day! Give someone a compliment today!	25 Opposite Day- Have your child write down the opposite of the word you write down.	26 Start reading a story together and have your child guess what will happen. Then, finish the story to see how the story ends.	27 Library Shelfie Day- Take a selfie with your library shelf! Then count how many books you have on your library shelf!	28 National Kazoo Day! Have a dance party!	29 Puzzle Day! Build a puzzle together as a family!	30 Show your child an object and have them look for another object that begins with the same beginning sound.



www.booksbythebushel.com



JANUARY 2021

GICH-MANIDOO-GIIZIS

NITAM ANOKI-GIIZHIGAD

NIIZHOO-GIIZHIGAD

AABITOOSE

NIYO-GIIZHIGAD

NAAANO-GIIZHIGAD

MENU SUBJECT TO

5

6

7

8

CHANGE

S PEARS/COTTAGE
CHEESE

S BANANA RACE CARE/
GR CRACKER

S CUCUMBERS/WG
TRISCUITS

S YOGURT/TEDDY GRA-
HAMS

12

13

14

15

S CHEESE RITZ BIT/
JUICE

S BERRY PIZZA

S PEACHES/COTTAGE
CHEESE

S CARROTS/HUMMUS

18

19

20

21

22

TRIBAL HOLIDAY ECC CLOSED

S YOGURT/GOLDFISH

S BERRY PARFAIT/PB
RITZ BITS

S GR GOLDFISH/
COTTAGE CHEESE

S CEREAL/MILK

25

26

27

28

S CARROTS/HUMMUS

S SNAIL SNACK

S PEACHES/COTTAGE
CHEESE

S CHEESEIT/TR FRUIT

Red Cliff Band

of Lake Superior Chippewa

CURRENT OPENINGS FOR THE RED CLIFF TRIBE

Dental Assistant PRN

DEADLINE: Applications accepted year round - [Apply Online](#)

Elderly Driver

DEADLINE: December 28, 2020 at 4 PM - [Apply Online](#)

Project Assistant/Family Advocacy Case Assistant

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

Project Coordinator/Family Advocacy Case Manager

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

Certified Nursing Assistant - Covid-19

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

Water and Sewer Operator and Maintenance Worker

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

Tribal Administration Liaison

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

Program Planner and Grant Writer

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Boys' and Girls' Club Youth Worker

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

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Medical Assistant

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ECC Child Care Teacher - 4 Positions

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