



RED CLIFF EARLY CHILDHOOD CENTER NEWSLETTER

Boozhoo!

The end of the year is getting closer and there are a few things we want to remind everyone of. First, graduation is July 23rd. It will be held in the ECC parking lot as a "drive through celebration". A flyer will be distributed soon. Second, we are asking that all families return the iPads that were loaned out for virtual classes. We hope to have all iPads returned to classroom teachers no later than July 16th.

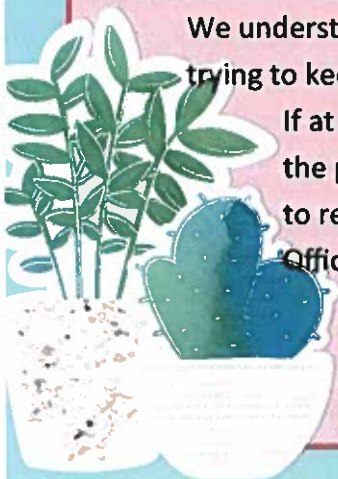
We also wanted to let everyone know, if you have not noticed yet, that we are back to doing screening at drop off/bus pickup. With seasonal colds on the rise and allergies hitting a high, we want to be sure we are not missing any potential COVID symptoms. These screens are much shorter than what took place in March. Staff will ask if your child is feeling well and will ask about certain symptoms, including runny/stuffy nose and coughing. If you are told your child cannot be here due to having symptoms you will be directed to contact the clinic or your health provider to either get a COVID test and produce a negative result **OR** give the health office a document stating your child is ok to be at school (a phone call followed up by a document would also be sufficient).

We understand that this is inconvenient, but we are trying to keep everyone's health and safety a priority.

If at any time you have questions about the process or what is needed for a child to return to school, please call the Health Office at ext. 2556, Jamie at ext. 2527 or

Jenn at ext. 2561.

Jenn and Jamie



JULY

AABITA-NIIBINO-GIIZ
(MIDDLE OF THE YEAR 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:

5 INDEPENDENCE DAY

OJIBWE LANGUAGE
CORNER

A Tree

mitig

Maple

aninaatig

Elm

aniib

Pine

zhingwaak

Cedar

giizhik


Birch

wiigwaasaatig

Willow

oziisibogiminzh

Aabita-Niibino-Giizis
(Middle of the Year Moon)
July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Independence Day	5 Tribal/ECC Holiday		7	8	9	10
11	12		14	15	16	17
18	19	20	21	22 Last Day for ECC Children	23 ECC Graduation	24
25	26	27	28	29	30	31

Have a great summer everyone

Waabooz Newsletter

We have watched your little ones grow over this last year so much and we look forward to seeing what they have learned while they are not with us in August.

We are working on personal goals that parents have set for their little ones, and exploring the feeling of natural textures.



4th of July Holiday!

Reminder: We will be **CLOSED** Monday, July 5th, 2021

Last Day of Class – Tuesday, July 22nd, 2021

iPads are due - Friday, July 23rd, 2021

Have a Safe & Happy 4th of July!

We go outside every day! Please make sure your child has extra clothing to keep at school!

Reminder!

For ECC enrolled families

The Red Cliff Early Childhood Center will be having

- Family Picnic Grab N' Go
Wednesday, June 30th, 2021 from 1-3PM

Please stop by and enjoy some food and get an activity that you can do with your family.

Miigwech for letting us into the lives of your dear children and we look forward to seeing them in the Amik Room in the fall!!!

If you have any questions or concerns, call us at 715.779.5030 ext. 2524

Ms. Maggie and Ms. Megan

Amik Newsletter

July 2021

Boozhoo,

We want to let everyone know that we have been really enjoying the time we are spending with your children. They are a lot of fun! We have been playing with a lot of play-doh, singing, playing outside and playing with cars.

We appreciate when you get your children to school or on the virtual visits. If your child is not going to be in school it would help us out if you could let us know why he or she will not be in.

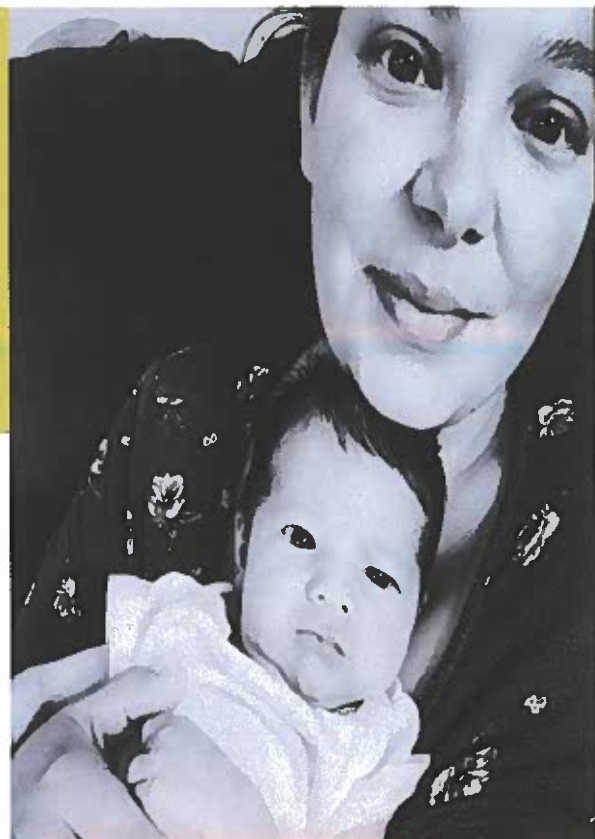
We are playing outside a lot and play in water on warmer days. Please send an extra set of clothes.

If there is anything we can work on with your child please let us know. If you have any question feel free to give us a call.

Miigwech, Corky and Judy ext 2525

Remember at last day of classes for the children will be on July 22, 2021!

IPADS need to be turned in by July 16th.



Welcome Everett

Tiffanie, Joe, Elizabeth, Jed and Journey have added a precious little one into their family.



Makwa Newsletter

Boozhoo Everyone!!

We can not believe that we are in the month of July and that it is our last month of the school year!! We will continue working to build our self help skills toward our independence.

We will also be doing camping themed projects as well. Some activities that you could do at home with your child are roasting marshmallows to make smores, building mini tents out of blankets to camp out under, and have a campfire to teach fire safety just to name a few ideas.

Just a friendly reminder that we are outdoors everyday (weather permitting), so please send your children in the appropriate attire.

Our Makwa students will be graduating into Head Start this year! Graduation is on **Friday July 23rd from 10am-12pm**, and will be drive through style here at ECC. Let us know if you are able to attend or if you are having somebody pick up your graduate's gifts.

Miigwech,

Ms. Kelsey & Mrs. Lulu

Please let us know if your child will not be attending school before 9a.m.

The last day of school is July 22nd
& ECC graduation in July 23rd!

Esiban News!

July 2021

This year has flown right by! Chi-miigwech for sharing your little ones with us and all your time and patients you have had throughout the year we really appreciate it!

This month we will be working on 4th of July activities and more summer outdoor activities. The month of July can be a hot month so we will be playing outside a lot in the water. Make sure your little ones have extra clothes!

Enjoy your summer break!

-Ms. Jenna

Reminder!!!

7/5- ECC closed for Independence Day

7/22 last day of school for children

7/23- Graduation day (keep an eye out for flyers)

Please return Ipads back no later than 7/23



Agongos Newsletter

(Home Base)

Boozhoo

I hope everyone is enjoying the summer so far, we have had some hot days that is for sure! I hope everyone enjoys the summer.

This coming weekend is the Pow Wow and 4th of July, be safe and have fun! I am excited for it! It seems like things are getting back to normal a bit. July 6- July 9th is Language Camp. I have always enjoyed being out at Raspberry! If you have time, come join us at Raspberry!!

If there is anything you need or have questions about, please contact us. Also, please let us know if there are any activities you would like your child to do at home and we would be happy to help.

Here are some Ojibwe words:

Artist - mazinibii'igewinini

July - aabita-niibino-giizis

Today – noongom

Friend – beshwaji'

I am warm – nin-giihooz



Gena Mertig 715-779-5030 Ext. 2537

Corky Gokee 715-779-5030 Ext. 2538

MASHKODE-BIZHIKI BIDAAJIMOWIN



Aabita-Niibino-Giizis 2021

(Middle of the Year Moon)

Boozhoo gakina awiya.

July has arrived and graduation is approaching fast. Ten of our students are moving onto kindergarten in the fall. We will miss all of our graduates and we wish them well as they move onto the “big schools”.

Graduation will be a drive through event on Friday, July 23rd from 10:00am-12:00pm. Families will be able to drive through and pick up gifts for the students. Please watch for flyers and information about this event for further details.

We are working hard on our sand and summer fun studies and have been enjoying the summer weather. We have been learning many new things by playing in the water tables and sand areas and exploring in the school forest. Some of the things that we are learning about outside are measuring, counting, sorting, drawing, and having great conversations.

Our last activity bag went out at the end of June and our last virtual online meeting will be on July 9th.

The family service and health office staff have sent out the end of the year paperwork. If you have not returned that or any other paperwork, please fill it out and return it to the center.

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

July 3rd – July 4th 43rd Annual Red Cliff Powwow

July 4th Independence Day

July 5th Tribal Holiday

July 6th – July 9th Red Cliff Language Camp

July 22nd Last Day of School for all children

July 23rd ECC Graduation

OJIBWMOWIN - THE OJIBWE LANGUAGE

Niibin – Summer

Niimi'Idiwin – Powwow

Aabita-niibinoke – Independence Day

Gichigami – Lake Superior

Gabeshiwin – Camp

Bagizo – Swim

Miss Nadine & Miss Gina

Aabita Niibino Giizis

Boozhoo Ma'iingan Families

We made it to July!! We loved having all the children back at school, and our time spent together was so much fun!! We will be finishing up the year learning letter sounds, grouping, sorting, counting, writing our names, number recognition, letter recognition, and continuing our self-help skills.

We can be reached at 715-779-5030 ext. 2545 Ma'iingan Room. Please don't hesitate to reach us with any concerns or questions. We look forward to hearing from you!!

We would like to say CHI MIIGWECH to all of our families for the cooperation and understanding!!

We want to WISH YOU ALL WELL WISHES, FUN AND SAFE SUMMER!

Miigwech,

Ms. Alicia, and Ms. Donna

Ojibwemowin

Strawberry/Odemin

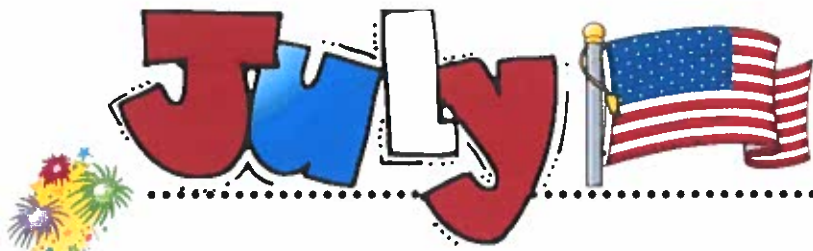
Blueberry/Miinan

Summer/Niibin

**Odatagaagomin/
blackberry**

Miskomin/Raspberry





We have been working on the Sand study for our curriculum this month. The children have really enjoyed learning the many ways you can use sand.

Some of the books that have been read are I Know the River Loves Me, The Gigantic Turnip and Where the Wild things Are.

The Sand study will continue throughout July and the children will be practicing letter recognition by writing in sand. We will work on our numbers by counting rocks and our steps. Example, how many steps does it take us to go from the classroom to the outdoor forest?

As we near the end of our school year, it is both exciting and sad! The talk in the classroom is I am 5 and going to the BIG SCHOOL! We will miss each of them.

With the children being home more it is important for them to have at least 30 minutes of adult-led activities.

Try a "Family 15". Spend 15 minutes outside each day as a family, no matter the weather. Let your child take the lead and show you what interests him/her. Even if you are not a fan of the great outdoors, keep in mind your child is a fan of everything: squirrel chattering in a tree, a bird perched on a power line a colorful leaf.

MIGIZI NEWS

IMPORTANT NOTICE

The teachers will be trying to get all the end of year projects and gifts completed. It is important that your child come to school so pictures can be taken of them. If they are not coming, please call and let the teacher know. Thank You!

UPCOMING EVENTS

June 30th- Family Picnic Grab N Go
July 5th. no school
July 22nd. -last day of school
July 23rd.-Graduation

Ms. Diann and Ms. Haley

715-779-5030 ext. 2540

Diann.Viater@redcliff-nsn.gov

haley.hyde@redcliff-nsn.gov

Contact Information



**Red Cliff Early Childhood Center
Policy Council Meeting Minutes
Tuesday, May 18th, 2021 @ 11:00 am Virtual**



Meeting called to order by Vice-Chair Amaris Andrews DePerry @ 11:08 am.

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

Absent: Linda Christiansen, Caitlin Penhollow

Staff Present: Jennifer Leask, Administrator, Jamie Goodlet-King, Head Start/4K/Early Head Start Director, Jennifer Defoe, Family Service Enrollment Specialist, Patt Kenote-Deperry, Health Manager and Cindy Garrity Family Service Manager.

Approval of Agenda

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

Approval of Minutes

Motion by Lynna to approve regular Policy Council minutes for April 9th, 2021, second by Joanne, all in favor, motion carried.

Menu

Motion by Joanne to table the Menu for June 2021, second by Lynna, all in favor, motion carried.

Parent Activity fund request for Graduation in the Amount of \$2500.00 for Blankets for HS/EHS, Tassels, Grad Book Stands stage prop kit, gift bags and cake.

Motion by Kennedy to approve the request for \$2500.00 for graduation, second by Joanne, all in favor, motion carried.

Ratify Poll Votes

Motion by Joanne to ratify the poll votes: Approve May Menu 2021 and Red Cliff ECC will be closed on Friday May 28th, 2021 to observe COVID Wellness Day, second by Caitlin, all in favor, motion carried.

Change to re-opening plan-Covering for teachers.

Motion by Joanne to support the updated information on changes of re-opening plan, second by Kennedy, in discussion Cindy will send out the plan to all policy council members. All in favor, motion carried.

Financial Report

End of the fiscal year is June, the ECC is still working on moving monies around due to staffing issues and the Administrator and Director are working with office of Head Start. The ECC has received two more grant in the amount of around 170,000.00. We are looking at getting a bus

barn for the buses, outdoor play areas, upgrading the existing playgrounds and adding a garden area.

Program Summary

Pat informed the policy council that we have not completed all the screen and because of children receiving virtual service, we cannot do vision and hearing screens due to the fact that the machines cannot not be taken from the center. Our health, Well Child visits are coming in slowly. In our HNDAC meeting, along with the health visits it shows that our children are overweight. Patt is planning to meet with other area resources and our kitchen in regard to nutrition and diets. Cindy updated the policy council why the % for attendance is low.

Childcare update

New Director was hired for the Childcare and that person will start in June. We are still trying to recruit staff. Launch staff have moved into the new Childcare building and Jerry Slater is working on plans for the playground.

Other

The ECC will continue with the Mandatory mask wearing following the Red Cliff Tribes ordinance and if the ordinance changes, we will address what we will do when that time come.

Executive

No action

Adjourn

Motion by Joanne to adjourn at 11:33 am., second by Lynna, all in favor, motion carried.

_____(signature)
Policy Council Chairperson or delegate

_____(Date)

Minutes taken by Cindy Garrity, Family Services Manager

Family Service News



Upcoming events

July 5th-ECC/Tribe will be CLOSED.

July 6th General Elections

July 22nd Last day of school

July 23rd ECC Graduation (watch for flyer)

Out Catching the Big One!!!



Winners of the Family fishing day 2021

These Six all won a prize for turning in their picture with the fishing pole that they received from the ECC.

Congrats to all.

ECC Parents Rock!!!





Education/Abilities / Social/Emotional Support Newsletter!

Boozhoo ECC families,

Experts suggest promoting self-awareness helps with social emotional development in Pre-K aged children. Self-awareness is knowing your emotions, strengths and challenges, and how your emotions affect your behavior and decisions. **Connect feelings with words.** I have heard people say, “use your words”. Many children do not know the words for their feelings. Giving your child words to use for the emotion that they might be having such as “you look sad... are you sad?” will help support them to learn more about how they are feeling and how to communicate that feeling.

At the ECC, we have been working on the Seven Teachings and the Four Values. One of the Seven Teachings is Love, which the Eagle brings. One of the four values is kindness:

Here are some things you can do to show kindness.

#1. Let someone else go first (If you are at the grocery store and your cart is full and the person behind you only has a few things, let them go first. Explain to your child that it is a kind thing to do.)

#2. Give a kind compliment to someone.... It can make someone's day!!!

#3. Offer to help someone out. Show your child when we help someone we feel good inside There is an old saying “it's better to give than receive”.

#4. Smile!!!! And say good morning..... it might be the only smile they get for that day...

#5. Hold the door open for someone.

#6. Write a kind note. With technology, we don't hand write notes anymore yet they are so powerful. People keep notes but they might delete an email.

#7. Tell someone “Miigwech”

#8. Share with someone else.

#9. Forgive someone for a mistake.

#10. Work with someone new.

These are all things we can all do to make the world a better place...



Ms. J and Ms. Kathy.

Boozhoo ECC families!!

With summer upon us, the health office would like to encourage and give tips to our families about the importance of the children drinking water!



A child's body needs water to be healthy and active. Many communities have tap water with fluoride. Giving children water with fluoride is one of the best ways to keep their teeth healthy. When children drink water with fluoride throughout the day, their teeth are bathed in low levels of fluoride, which helps to keep teeth strong.

Tips for encouraging your child to drink water:

- Make drinking water fun for your child. Use bendy, silly, or colored straws. Or let your child choose their favorite cups or water bottles.
- Use water bottles that can be carried anywhere. Refill them with tap water. Most bottled water does not have fluoride.
- Add a lemon, lime, orange slice or fresh mint leaves to the water. Or add fruit like blueberries, raspberries, or strawberries.
- Give your child water with ice cubes or crushed ice. Look for ice cube trays in fun shapes like dinosaurs, letters, or animals.
- Be a good role model for your child. Drink water instead of drinks that have sugar, like juice, fruit drinks, soda (pop), or sports drinks.
- Set up a station where your child can get a drink of water when they are thirsty. Keep a non-breakable water pitcher or thermos on a low stool or a chair where your child can reach it.
- Read books or show your child videos about drinking water.



The health office hopes you all have a great summer!!! 😊

-Miss Patt and Miss Mikayla

Encouraging Your Child to Drink Water

eclkc.ohs.acf.hhs.gov/publication/encouraging-your-child-drink-water

[View the Latest Coronavirus Disease 2019 \(COVID-19\) Updates from the Office of Head Start »](#)

Giving your child water with fluoride is one of the best ways to keep their teeth healthy. Many communities have tap (faucet) water with fluoride. You should give your child water with fluoride throughout the day to help to keep their teeth strong.

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- Set up a station where your child can get a drink of water when they are thirsty. Keep a nonbreakable water pitcher or thermos on a low stool or a chair where your child can reach it.
- Read books or show your child videos about drinking water, for example [Potter the Otter: A Tale About Water](#) and [Potter the Otter Loves to Drink Water](#).

Read more:

[Oral Health](#)

[Oral hygiene](#)

Last Updated: December 9, 2019



TIPS FOR KEEPING BUG BITES AWAY



NON-CHEMICAL TIPS

- Use mosquito netting over infant carriers. Choose mosquito netting made of cotton (first choice) or nylon.
- Avoid areas where insects nest or congregate, such as garbage cans, stagnant pools of water, uncovered foods and sweets, and gardens.
- Dress in light weight clothing that covers skin, such as long pants and long sleeves.
- Avoid clothing with bright colors or flowery prints (they seem to attract insects).
- Don't use scented/fragranced soaps, perfumes, or hair sprays because they are inviting to insects (in addition to being unhealthy when inhaled).

TIPS FOR SAFE BUG REPELLENT APPLICATION

- Bug repellents should not be used on children younger than six months of age.
- DEET-containing repellents (30% concentration or lower) should not be applied more than once a day.
- Do not allow children to handle repellents; apply the product to your own hands first.
- Avoid applying DEET on children's hands or anywhere near the mouth to avoid possible ingestion.
- After returning indoors, wash your child's treated skin and clothes with soap and water or bathe them.
- Opt for bug repellents that are in the form of sticks, lotions or direct sprays as aerosols increase the amount of repellent inhaled.
- Avoid combination products, (bug spray + sunscreen).
- Read and follow the directions on the label!



WHAT IS DEET?

N,N-diethyl-m-toluamide, commonly referred to as DEET, is the active ingredient in most bug repellents found on the shelves at stores, such as Target or Walmart. DEET is a multi-purpose insect repellent that can be applied directly to the skin. It works in repelling any insects that may be potentially carrying disease. DEET was registered for use by the general public in the U.S. in 1957.

Is DEET Safe?

According to the EPA, insect repellents containing DEET do not present a health concern to the general public. However, DEET is meant to only be applied onto the skin. Caution must be taken to avoid breathing, swallowing or getting the multipurpose insect repellent into eyes because DEET is toxic if inhaled, or ingested. As always, consumers should carefully follow all label instructions to avoid any possible exposure side effects.

ALTERNATIVES TO DEET

There are both natural and synthetic alternatives to DEET that are currently on the market. Some alternative chemical methods include:

Picaridin (KBR 3023), which is available in concentrations of 5% to 10%. Picaridin generally has a duration of action similar to DEET. Some of the Avon Skin-So-Soft products contain picaridin such as, Avon Skin-Soft Bug Guard Plus Picaridin. Picaridin has not raised as many concerns about neurotoxicity (harm to the brain) as DEET, but it also has not had as much safety testing.

Oil of lemon eucalyptus products can also repel insects and have been tested by the EPA for effectiveness; however, these products have not been adequately tested on children under 3 years old and should not be used on children under the age of three, pregnant women and nursing mothers. It is also less effective than DEET and picaridin in defending against Aedes mosquitoes that transmit the Zika virus.

Products that use botanical extracts such as: lemon grass, citronella, peppermint, geraniol, and rosemary. However, these, may contain allergens in highly concentrated forms and their effectiveness varies greatly. The EPA does not require that products containing botanicals be tested for safety or effectiveness. Thus, there is not a lot of available data to confirm the effectiveness of botanicals products in keeping bugs away.

INTEGRATED PEST MANAGEMENT (IPM)

IPM strategies can help reduce the amount of unwanted bugs in and around your home or child care facility. To learn effective IPM tools read EHCC's IPM FAQ and Factsheet.

ECO-HEALTHY CHILD CARE®

WWW.CEHN.ORG/EHCC

(202) 543-4033 x 10 | Facebook: @ehcc1 |

Instagram: @ecohealthychildcare





Free Lunches and Snacks

for Children ages 0-18

Starting June 14 through August 31

Lunches and Snacks served from 11:00-12:00

Pick up sites...

Food Distribution Building

New Housing Park

Hillside Park

Birch Bark Park

USDA is an equal opportunity provider and employer

The Drum Beat Returns to Red Cliff Tribal Head Start at the ECC

The drumbeat returned. A mini pow-wow was held the Red Cliff Early Childhood on a Friday morning. Individual classrooms participated in learning about the pow-wow and the drum. Brief explanations were provided by youth worker Zak Hartlev in prelude to performing drum songs.



Father and son duo John Helms and Ozaawaa assisted Zak on the drum while everyone enjoyed the great weather and pow-wow songs performed by the three singers. All seven classrooms from the ECC attended during their timeslot as Zak and the other two singers welcomed them into the dance circle. This was a very fun event for all the staff and children to welcome back once again the sound of drum as a prelude to the 43rd annual Fourth of July Red Cliff pow-wow.





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

Current Opening for the Red Cliff Early Childhood Center

Child Care Assistant Teacher -2 Positions

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

Child Care Teacher - 4 Positions

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

Early Head Start Center Based Teacher - 3 Positions

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

Early Head Start Home-Based Teacher

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

Head Start Assistant Teacher LTE - 2 Positions

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

Head Start Assistant Teacher

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

Head Start Bus Driver & Family Service Worker

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

If you are interested go to the **Red Cliff Tribal Website**.



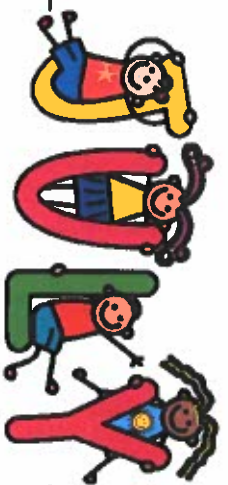
Red Cliff Tribal Job openings

Go to the Red Cliff Tribal Website

<https://www.redcliffnsn.gov/how-do-i-apply-for-obtain/employment-opportunities/job-openings.php>



Bayfield Chamber of Commerce job openings, Go to: <http://business.bayfield.org/jobs>



2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Ice Cream Month	National Outdoor Month	National Picnic Month		1 National Postal Worker Day! American Zoo Day!	2 Get Ice Cream together to celebrate National Ice Cream Month!	3 Hop-A-Park Day! Visit your local park!
4 Happy Independence Day!	5 National Graham Cracker Day! Eat Graham Crackers for a snack!	6 Play outside together to celebrate National Outdoor Month!	7 How many words can you and your child come up with that rhyme with the word "star"?	8 Practice writing your name, and other words, in the sand!	9 National Sugar Cookie Day! Make sugar cookies together!	10 National Kitten Day! Read a book that has a kitten or cat in it!
11 Go on a summer scavenger hunt together!	12 National Paper Bag Day! Make your own Paper Bag Puppets and put on a show!	13 Cow Appreciation Day! Read the story "Cows Can't Quack" and make your own cow!	14 National Mac And Cheese Day! Make Mac And Cheese for lunch!	15 While reading a book together, have your child hunt for the letters that appear in their name!	16 Take a walk outside and see how many butterflies you can count!	17 World Emoji Day!
18 National Ice Cream Day! Capture the Sunset Week!	19 Draw a picture of a sunset to celebrate Capture the Sunset Week!	20 National Moon Day! Make your own Firefly to bring outside to look at the moon! (See Activity)	21 Use chalk to practice simple addition/subtraction problems!	22 Read a new rhyming story before going to bed!	23 Vanilla Ice Cream Day! Top Vanilla Ice Cream with your favorite ingredients!	24 National Cousins Day! National Day Of The Cowboy!
25 Act out your favorite story using stuffed animals!	26 Use a paintbrush and a cup of water to create different patterns on your sidewalk!	27 Draw different shapes on a piece of paper and have your child cut out the shapes!	28 Enjoy a picnic lunch together to celebrate National Picnic Month!	29 Pick up and sort your toys by color!	30 National Paperback Book Day! Read your favorite Paperback Book!	31 National Jump For Jelly Beans Day!



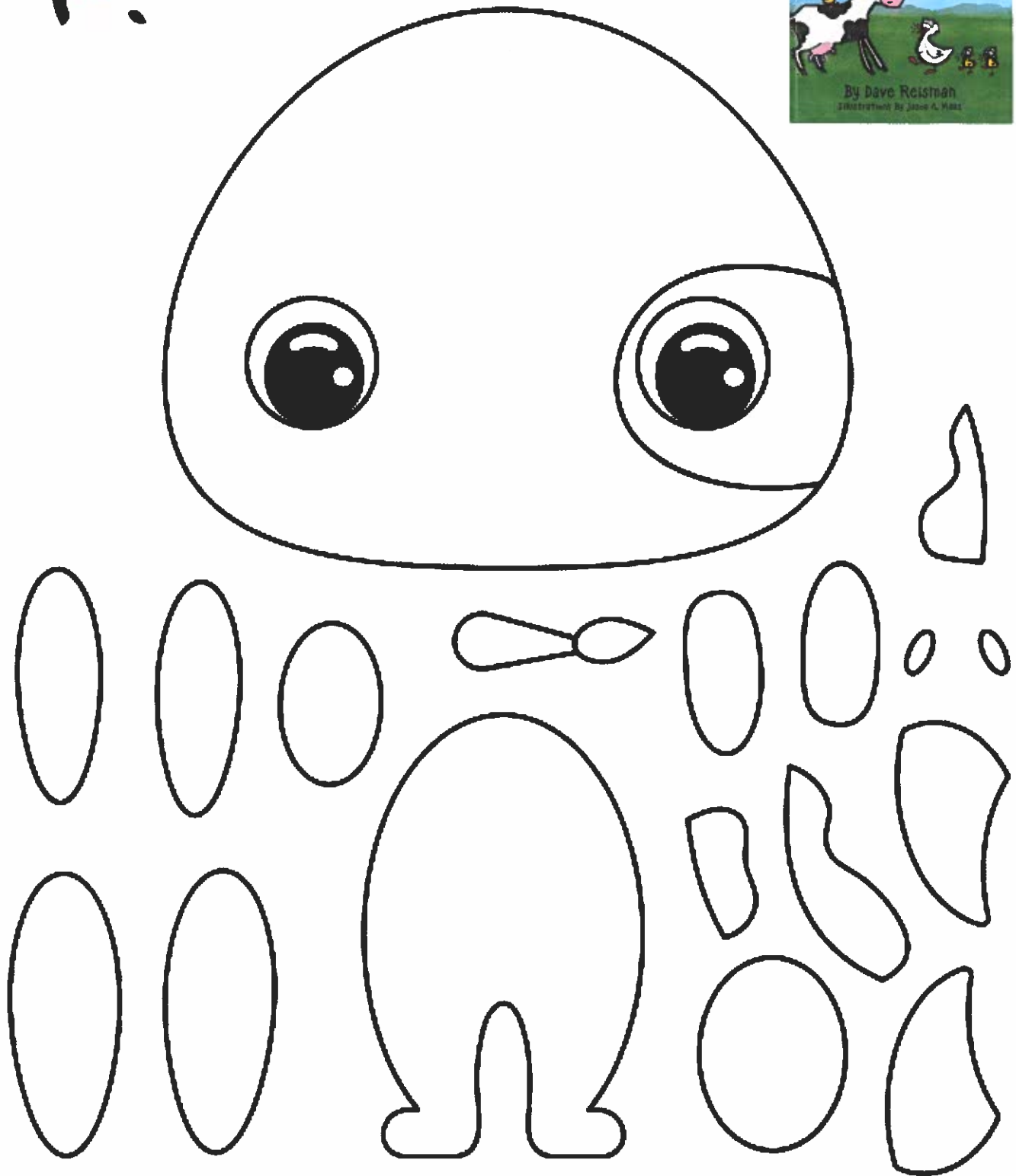
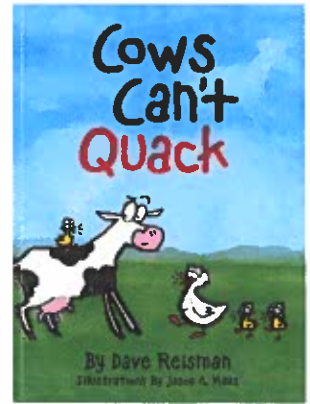
www.booksbythebushel.com





Cow

Color, cut, and glue the pieces together to complete the cow.



Firefly

Materials Needed:

- Plastic Egg
- Push Pin
- Pipe Cleaners
- Duct Tape
- Markers
- Flameless Tea Light

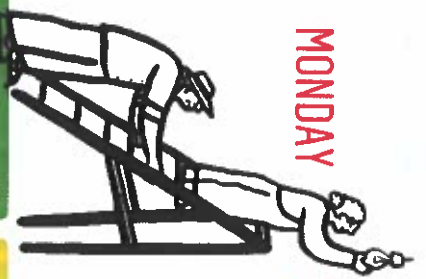
Instructions:

- Using your pipe cleaners, shape two ears and six legs for your firefly
- Using a push pin, poke two holes on the top of the egg, for the firefly's ears, and six holes on the bottom side of the egg for the firefly's legs
- Push your pipe cleaner ears and legs that you made through the holes you poked
- Using your duct tape cut the shape of wings you would like your firefly to have- then stick the wings on top of the egg
- Now you can draw eyes and a smile on your firefly using markers
- To make your Firefly light up, pop a Tea Light into the egg and watch it glow!



Jump Back Up July 2021

MONDAY



5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath

TUESDAY



6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)

WEDNESDAY



Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem

THURSDAY



1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

FRIDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

SATURDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

SUNDAY



4 Find something to look forward to today

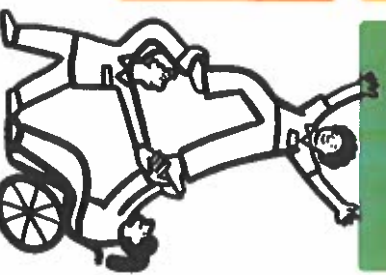
11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead

ACTION FOR HAPPINESS

Happier · Kinder · Together



JULY 2021

AABITA-NIIBINO-GIIZIS

NITAM ANOKI-GIIZHIGAD	NIIZHOOGIIZHIGAD	AABITOOSE	NIYYOGIIZHIGAD	NAANO-GIIZHIGAD
SKIM MILK SERVED WITH MEALS 1-YRS WHOLE				
5 TRIBAL HOLIDAY TRIBE /ECC CLOSED	6B BOILED EGGS, WG TOAST, PB, PEARS S BERRY PARFAIT L CHIX PATTIE, FRIES, IT VER, WATERMELON	THIS SNACK WILL BE OP- POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK S GOLDFISH/HONEYDW	1B BFK SAND, PEARS, CC S PRETZELS/TR FRUIT L SPAGHETTI, CORN, HONEYDEW, YGT	2B BB RICE CHEX, BANANA, YGT S BERRY PIZZA L KIELBASA, MAC/CHEEZ, PEAS, TR FRUIT
9B KIX, APPLES, YGT, NUTRA GR BAR S BERRY PARFAIT L PIZZA, CORN, PEARS, CC	8B WAFFLES, BLUEBERRIES, CC, TRK SAUSAGE S TEDDY GR/ ORANGES L QUESADILLA CHEEZ, GR BEANS, MANGO, CC	THIS SNACK WILL BE OP- POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK S APPLE/CHEESE STCK	15B EGGS, WG TOAST, PB, CANTALOUPE S HONEYDEW/YGT L GR CHEESE, TOMATO SP, CORN, TR FRUIT	16B CHEX, APPLES, YGT, OTM RND S CAMPING BEARS/TR FRUIT L BURRITO, RICE, MAN-GOS, CARROTS
12B FR TOAST, RASP-BERRIES, YGT S CHEESE-ITS/STRAWBERRIES L TACOS, GR BEANS, TR FRUIT	13B CHEERIOS, MANGO, CC, WG TOAST S CAMPING BEARS/TR FRUIT L BBQ CHICKEN, WATER-MELON, BEANS, CHIPS	THIS SNACK WILL BE OP- POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK S MAN ORANGES/CHEESE ITS	22B FR TOAST, RASPBERRIES, YGT S SMOOTHIES/ GR CRK L BBQ'S, FRIES, IT VEG, APPLES, BUN	DRIVE THROUGH GRADUATION NO CHILDREN
19B WAFFLES HAM S CHEESE, PEARS, YGT S SMOOTHIES/GR CRK L SPAGHETTI, CORN, HONEYDEW, CC	20B RICE CRISPIES, BERRIES, TGT S BERRY PARFAIT L CHIX NUGGETS, FRIES, IT VEG, PINEAPPLE	THIS SNACK WILL BE OP- POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK S GR CRACKER/APPLESAUCE		

THIS SNACK WILL BE OP- POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK
S CC/PEARS

MENU
SUBJECT
TO
CHANGE