

Red Cliff Early Childhood Center Newsletter

Hopefully we are on the upswing toward Spring and can look forward to warmer days and cooler nights, allowing the sap for the Sugar Bush to flow! The ECC will be doing its Sugar Bush this year and we are excited to share as much of the experience with the children as possible. With no bus driver, field trips to the Sugar Bush will not happen but we hope to have some boiling and other education happening up at the center. More information will be sent out as we get closer.

The ECC is proud to announce that we successfully completed a Focus Area 1 Federal review through the Office of Head Start with no findings of non-compliance. We did, however, have an area of concern regarding staff education. This is a result of many new staff and current staff attending higher lever courses and degree programs in early childhood education. While they are on their way to completing these degree programs, they were not complete at the time of the review.

We would also like to thank all our families for their understanding as we make changes to classroom schedules, sometimes with little to no warning. We are doing all that we can to keep every classroom fully operational. However, with COVID related abences, we are not always able to do that. There are times when we do not know a teacher will be out until that morning, causing us to shut down last minute. We understand this is frustrating and inconvenient for families and we are truly sorry for the trouble. Our goal is to provide the best services we can while staying within the requirements put on us by State and Federal standards. This means that if we do not have enough qualified staff to cover a room we will close it until we do. Unfortunately, this is becoming more and more common among Head Start programs across the state. We all continue to be impacted by the pandemic and have a collective hope that we are looking at the end of it all.

If you have any questions or concerns, please do not hesitate to contact us.

Miigwech!

Jamie and Jenn

ONAABANI-GIIZIS

(HARD CRUST ON THE SNOW MOON)

MARCH 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

ECC CLOSED:

28-1

SPRING BREAK

Sunday

Anama'e-giizhigad

Prayer Day

Monday

Iskwaa-anama'e-giizhigad

After Prayer Day

Tuesday

Niizho-giizhigad

Second Day

Wednesday

Aabitoose

Halfway

Thursday

Niiyo-giizhigad

Fourth Day

Friday

Naano-giizhigad

Fifth Day

Saturday

Giziibligsaginige-giizhigad

Floor Scrubbing Day





MARCH

2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Craft Month	Music In Our Schools Month	1 Share A Smile Day! Read a book that makes you happy!	2 Happy Birthday Dr. Seuss! Read Across America Day!	3 Go through your toys and sort them from smallest to biggest!	4 Marching Music Day! Read the story "The Ants Go Marching" and make Ants On A Log for a snack! (See Recipe)	5 National Play Outside Day! Play outside together!
6 National Dentist's Day! Read a story about going to the Dentist!	7 National Cereal Day! Use different types of cereal to create different patterns for your child!	8 Read a book about nutrition and discuss with your child the importance of nutrition!	9 How many words can you and your child come up with that start with the first letter of their name!	10 National Pack Your Lunch Day! Help your child pack their lunch!	11 For National Craft Month, make a craft together as a family!	12 National Plant A Flower Day! Make your own flowerpot and plant a flower in it (See Activity)
13 Day Light Savings Times Begins!	14 National Pi Day! Eat a piece of pie today because 3.14 is the value of Pi!	15 Tea For Two Tuesday! How many words can you and your child think of that rhyme with the word "tea"	16 National Panda Day! Read a book that has a panda in it!	17 Saint Patrick's Day!	18 After reading a story together, have your child retell the story to you in their own words!	19 Read and sing along to your child's favorite nursery rhyme story!
20 Spring Begins!	21 National Bubble Week! Go outside and blow bubbles!	22 National Goof Off Day! Read a book that makes you laugh!	23 Discuss with your family spring activities that you can do together!	24 Take a walk together and count how many birds you see!	25 Waffle Day! Make and eat waffles together for breakfast!	26 Make a new bookmark for spring!
27 Count how many red objects you and your child can find in each room!	28 Read a new spring book together!	29 Go outside and use sidewalk chalk to practice drawing different shapes!	30 National Doctors Day!	31 Go on a Spring Scavenger Hunt together!	National Nutrition Month	National Women's History Month



www.booksbythebushel.com



March News- Waabooz Room

Boozhoo Waabooz room! The snow has started melting and we are anxious and curious to get outdoors and explore our playground. Please send appropriate clothing and outdoor wear.

- This year is flying by and we are continue to work on building relationships with our peers, using sign language and so much more.

If your child is absent or you have any questions, please feel free to call us at 715-779-5030 ext 2524

Miigwech Ms. Kelsey, Ms. Lulu & Ms. Chelby



AMIK IN MARCH

Happy March! We're so happy to see everyone back in school and we hope that everyone was able to stay safe and warm during the last big snow storm we had. This month we're going to be focusing more on using sign language, as well as English and Ojibwemowin words. We also will be continuing to explore art and sensory projects, and spending time working on our fine motor skills. We also will have celebrations for St. Patrick's Day, and a few birthdays this month as well.

Feel free to reach out to us at any time at (715) 779-5030 ext. 2525

Ms. Lulu and Ms. Kayla

DAYS TO REMEMBER

3/17 - St. Patrick's Day
3/28-4/1 - Spring Break

Ojibwe Words

Onaabani-Giizis:
March

Daga:
Please

Miigwech:
Thank you

Miigwech gegin:
Welcome



Makwa News

Boozhoo Makwa Families!

Flying into the month of March!

Throughout the month of March we will continue focusing on individual goals and feelings/emotions, as well as adding in some fun St. Patrick's Day activities and focusing on ALL THINGS SPRING! I think we are all ready for some warmer and less snowy weather.

Reminders!

- If your child will be absent for the day, please call the classroom or the main office to let us know.
- Please remember to send your child to school with appropriate outdoor clothing (jacket, snow pants, boots, hat & gloves.) We do try and go outside daily, weather permitting

Ojibwemowin-

March— onaabani-giizis

Spring—ziigwan

Flower— waabigwan

Rain— gimiwan

Water— nibi

Miigwech,

Miss Tiff & Miss Judy

(715) 779-5030 x 2543

Esiban News



March 2022

Onaabani-Giizis

(Hard Crust on the Snow
Moon)

Boozhoo Esiban families!

We can't believe it's already March! Spring is just around the corner, and we are so excited to do more activities outside. We will continue working on picking up our toys and playing together. Parents keep an eye out for Sugar Bush flyers to be coming out. We will be in contact with you to set up a time for parent teacher conferences.

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
Ext. 2542

ECC Spring Break:

March 28-April 1

Ziigwan: Spring

Ningide: It Melts

Giizis: Sun



Home Base News

Agongos

March 2022



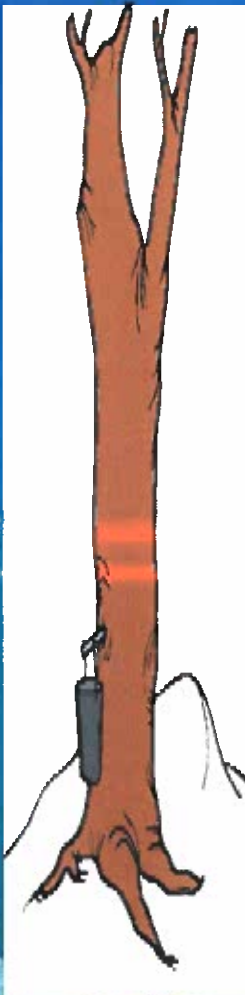
Just a quick reminder to all.

The ECC will be having our yearly
Sugar Bush camp at Little Sand Bay
Town of Russell Campgrounds.

Watch for fliers to come out with dates and time.

No-Bake Maple Cookies

2 cups maple sugar
1/2 cup milk
1/2 cup shortening
1/2 tsp. salt
1 tsp. vanilla
3 cups quick oats
6 tbsp. peanut butter
Bring the maple sugar, milk, shortening, salt, and vanilla to full rolling boil, stirring constantly. Remove from heat. Stir in oats and peanut butter. Drop on waxed paper by spoonful. Let set about 1 hour or until firm.



MAPLE SYRUP PLAY DOUGH RECIPE:

1 tablespoon Maple Syrup
2 cups plain (all purpose) flour
1/2 cup salt
2 tablespoons any oil
2 tablespoons cream of Tartar
3 tablespoons cinnamon
1 cup boiling water

HOW TO MAKE MAPLE SYRUP PLAY DOUGH:

Combine the dry ingredients in a large bowl. Then add the oil and mix thoroughly. Next add the water slowly, mixing when halfway through and then more thoroughly when all combined. Now add the maple syrup and mix it in with a spoon.

When it has all come together turn it onto a work surface and start to knead it for 1-2 minutes until it has lost its stickiness. If any remains add another 1-2 teaspoons of cinnamon and work, it into the dough.

It should be soft, stretchy and OH-SO-AMAZING to smell!!



MASHKODE-BIZHIKI BIDAAJIMOWIN



Onaabani-Giizis 2022

(Snowcrust Moon)

Boozhoo gakina awiya (Hello Everyone)

We will be focusing on our tree study this month! During the study we will investigate and learn about trees. What do we know about trees? What do we want to find out? What are the characteristics of the trees in our community? Who lives in trees? What food comes from trees. Who takes care of trees? How do trees change? What can we do with parts of trees? 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.

There is a staff Inservice training on March 15th and it will be an early release day. Parent teacher conferences will be held the week of March 21st-25th we will be calling to schedule a conference time. Students and teachers will be off for Spring Break from March 28th-April 1st.

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

Iskigamizigan – Sugar Bush time is coming soon. Watch for information about what we are planning for this year.

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

March 15 Early Release - Staff Inservice
March 17 St. Patrick's Day
March 21-25 Parent Teacher Conferences
March 28-April 1 Spring Break – No classes at ECC

Sugar Bush - Dates to be Announced.

OJIBWMOWIN - THE OJIBWE LANGUAGE

Ziigwan - Spring
Ininaatig - Maple Tree
Anishinaabe-ziinziibaakwad - Maple Sugar
Iskigamizigan - Sugar Bush
Zhiilwaagamizigan - Maple Syrup
Ziinziibaakwadwaaboo - Maple Sap
Bigiwizigan - Maple Taffy
Wadikwan - A branch
Miinikaan - A seed
Aniibiish - A leaf
Ojibik - A Root
Mitigomin - An acorn
Mitig - A Tree



Miss Nadine & Miss Gina

ONAAABANI GIIZIS



Boozhoo Ma'iingan Families!

We are so excited to be learning together, we have so many smiling faces every day!! We will be finishing up our Music Study, first couple weeks in March, then we will move onto our Tree Study.

We will be learning about turn taking, self- help skills, playing together as a group, exploring the classroom, name recognition and all about trees.

We encourage you to talk with your children about variety of music, terms you may know, or listen to different kinds of music in the car or at your homes and sing with your children. Music is a good way to support and express healthy social emotional health.

Few reminders please send to school your children's extra clothes in a plastic bag, or in backpacks at school. Please send proper outdoor gear with your child daily, we go outside when weather is nice. Miigwech for the understanding and cooperation. We will be available daily @ 715 779 5030 EXT. 2545 Monday - Friday from 7:30 am to 3:30 pm if there is any concerns or questions.

We send you all well wishes!! Stay safe and stay healthy!!

Miigwech,

Ms. Alicia , and Mr. Joe



MARCH

Migizi News

Ms. Diann, Ms Haley 715-779-5030 ex 2540



REMINDERS

February has been a month of snow and cold weather! The children are excited to have some warm sunshine so we can go outside and play in all that wonderful snow.

In March we will be starting our Tree Study from Teaching Strategies. We will also be talking about making Maple Syrup.

Some of the other learnings that will take place are their numbers, alphabets, working with scissors safely and recognizing rhyming words.

In Talking About Touching, we will start learning "The Always Ask First Rule" and Second Step will teach us how to handle our feelings when we are angry.

For Cultural we will focus on words spoken in Ojibwemon.

Tree- mitig
March-onaabani-giizis
Feel angry-nishkendam

We will be having Parent Teacher conferences during the week of March 21st.

LITERACY AT HOME

Not One But The Other Game: Play a game of opposites. Start with an example, "It's not hot, it's cold. See how the first one is the opposite of the second one? Let's try another, It's not up, it's ____? Down!" After a few practice rounds, take turns coming up with opposites and filling in the blanks. Practice opposites like stop/go, big/small, open/shut, tall/short, on/off, empty/full, cold/hot, etc. For an extra challenge, try harder opposites such as sink/float, heavy/light, fire/ice, top/bottom, over/under, light/dark, etc.

MATH AT HOME

Add It Up: At the grocery store, start with an item and then ask your child to get so many more. Together count how many you have at the end. For example, put one can of soup in the cart. Have your student get 2 more cans. Then count to find out how many you have all together. Work with the numbers 1-5.

TAKING CARE OF ME AT HOME

I Can Name Emotions: Students need practice learning how to recognize and label different emotions. To practice, play emotion charades. Take turns making different faces for emotions and then guessing what emotion you see. First practice basic emotions such as happy, sad, mad and scared. Then practice worried, frustrated, excited and disappointed. After your play, talk about how important it is to talk about your feelings. Model naming feelings for your child throughout the day by asking how they are feeling and then saying what you see such as "your smile is showing me you must be feeling happy". Learning to identify emotions helps students in handling these different feelings throughout the day.

March Themes

Trees, Always Ask First Rule, Angry Feeling, Culture



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



Meeting called to order by Chairwoman Linda Christiansen @ 11:03 am.

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

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

Approval of Agenda

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

Approval of Minutes

Motion by Tara to approve regular Policy Council minutes for December 21st, 2021, second by Danielle, all in favor, motion carried.

Menu: February 2022 and review changes to December 2021 menu

Jen is working with Lori to get the changes made to the December menu. Motion by Danielle to approve the February menu and changes to the December menu, second by Kennedy, all in favor, motion carried.

Program Summary

Patt talked about the screening numbers in regard to dental and how small children do not need a screening or to see a dentist till they get teeth. At this time the mental health screening has been put on hold until the plan can be looked over and updated.

Financial Report

Jen updated the Policy Council that there have been a few positions filled for teaching assistance and kitchen position. At this time, they are working on getting the grant application done which is due April 1st.

Ratify Poll Votes

(2) Head Start teacher assistant position and (1) Assistant cook position
Motion by Lynna, second by Amaris, all in favor, motion carried.

Other

With Bayfield School going Virtual at this time the ECC will continue with classes at the center, we follow the quarantine plans of the Tribe. As of the 21st of January, we will no longer have a

bus till a new bus driver is hired, a job description just went out. The ECC just purchased a new snowblower to help with removing of the snow on the sidewalks and it is also a lawn mower. The policy council was asked if anyone would be interested in starting up a parent activity group and if they were to contact Cindy. The next scheduled policy council meeting is set for February 8th, 2022 @ 11:00 am.

Executive

Nothing in executive.

Adjourn

Motion by Danielle to adjourn at 11:47 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



March-2022

Family Service News



TAX Information:

The Red Cliff Housing Authority is once again doing taxes this year. All you have to do is drop off your paperwork at the front desk with all the information and they will work on it. When they are completed, they will call you to go in and pick it up.

The Address for the Red Cliff Housing is
37645 New housing Rd.
Bayfield WI 54814.
715-779-3744

Energy assistance

If you need assistance with your electric bill or heating, please contact
Marion Claremboux
At the Family Human Service building or call for information
715-779-3705

Events happening for the month of March.

- **Sugar Bush** will be starting soon watch for fliers.
- **March 8th Monthly Policy Council Meeting** at 11:00 am
- **March 28th – April 1st** will be **Spring Break** No Child Days

Healthy Eating Tips from UW extension
(Parenting the Preschooler)

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

Why is a balanced diet important?

A balanced diet is like filling your car with the right gas. We want to put the right fuel in children's smaller stomachs. Offer variety and choices.

ONANABANI GIIZIS

Hard Crust on the snow moon



Boozhoo ECC families,

March is here and it's an exciting time of the year with sugar bush and all the signs of nature. This is when we start spending more time outside and enjoy all that it has to offer.

For this newsletter we want to talk a little about language development. As early as infancy, your child begins to make noises and responds to sounds in their environment. The first three years of life (prenatal also) when your child's brain is experiencing rapid growth is an especially intensive time for speech and language development.

Mask wearing does muffle the sound of our speech a little. So while your child is at home we are asking you to do more conversation language as much as you can. If you notice your child having difficulty with certain letter sounds just over exaggerate the sound like "oh you want MMMMMilk? As an example.

We are including a list of highlights specific for language development form 0-3 years of age..... but don't forget about prenately too.... Start reading as soon as possible to you baby in utero. They already know your voice and it is what they will be waiting for when they are born... this is so exciting to us....

If you have any questions please call us at the center and if you have a concern about your child's speech please reach out to your child's teacher or Ms. Kathy or Ms. J....

Happy Ziigwan!!!

Ms. Kathy ex 2530

Ms. J ex. 2548

Speech and Language Milestones

What should my child be able to do?	
Hearing and Understanding	Talking
Birth-3 Months <ul style="list-style-type: none"> Startles at loud sounds. Quiets or smiles when you talk. Seems to recognize your voice. Quiets if crying. 	Birth-3 Months <ul style="list-style-type: none"> Makes cooing sounds. Cries change for different needs. Smiles at people.
4-6 Months <ul style="list-style-type: none"> Moves her eyes in the direction of sounds. Responds to changes in your tone of voice. Notices toys that make sounds. Pays attention to music. 	4-6 Months <ul style="list-style-type: none"> Coos and babbles when playing alone or with you. Makes speech-like babbling sounds, like <i>pa, ba, and mi</i>. Giggles and laughs. Makes sounds when happy or upset.
7 Months-1 Year <ul style="list-style-type: none"> Turns and looks in the direction of sounds. Looks when you point. Turn when you call her name. Understands words for common items and people – words like <i>cup, truck, juice, and daddy</i>. Starts to respond to simple words and phrases, like "No," "Come here," and "Want more?" Plays games with you, like peek-a-boo and pat-a-cake. Listens to songs and stories for a short time. 	7 Months-1 Year <ul style="list-style-type: none"> Babbles long strings of sounds, like <i>mimi upup babababa</i>. Uses sounds and gestures to get and keep attention. Points to objects and shows them to others. Uses gestures like waving bye, reaching for "up," and shaking his head no. Imitates different speech sounds. Says 1 or 2 words, like <i>hi, dog, dada, mama, or uh-oh</i>. This will happen around his first birthday, but sounds may not be clear.
One to Two Years <ul style="list-style-type: none"> Points to a few body parts when you ask. Follows 1-part directions, like "Roll the ball" or "Kiss the baby". Responds to simple questions, like "Who's that?" or "Where's your shoe?" Listens to simple stories, songs, and rhymes. Points to pictures in a book when you name them. 	One to Two Years <ul style="list-style-type: none"> Uses a lot of new words. Uses <i>p, b, m, h, and w</i> in words. Starts to name pictures in books. Asks questions, like "What's that?", "Who's that?", and "Where's kitty?" Puts 2 words together, like "more apple," "no bed," and "mommy" book."
Two to Three Years <ul style="list-style-type: none"> Understands differences in meaning go-stop, big-little, and up-down. Follows 2-part directions, like "Get the spoon and put it on the table". Understands new words quickly. 	Two to Three Years <ul style="list-style-type: none"> Has a word for almost everything. Talks about things that are not in the room. Uses <i>k, g, f, t, d, and n</i> in words. Uses words like <i>in, on, and under</i>. Uses two- or three- words to talk about and ask for things. People who know your child can understand him. Asks "Why?" Puts 3 words together to talk about things. May repeat some words and sounds.

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What should my child be able to do?

Hearing and Understanding

Three to Four Years

- Responds when you call from another room.
- Understands words for some colors, like *red*, *blue*, and *green*.
- Understands words for some shapes, like *circle* and *square*.
- Understands words for family, like *brother*, *grandmother*, and *aunt*.

Four to Five Years

- Understands words for order, like *first*, *next*, and *last*.
- Understands words for time, like *yesterday*, *today*, and *tomorrow*.
- Follows longer directions, like "Put your pajamas on, brush your teeth, and then pick out a book."
- Follows classroom directions, like "Draw a circle on your paper around something you eat."
- Hears and understands most of what she hears at home and in school.

Talking

Three to Four Years

- Answers simple who, what, and where questions.
- Says rhyming words, like *hat-cat*.
- Uses pronouns, like I, you, me, we, and they.
- Uses some plural words, like toys, birds, and buses.
- Most people understand what your child says.
- Asks when and how questions.
- Puts 4 words together. May make some mistakes, like "I goed to school."
- Talks about what happened during the day. Uses about 4 sentences at a time.

Four to Five Years

- Says all speech sounds in words. May make mistakes on sounds that are harder to say, like *l*, *s*, *r*, *v*, *z*, *ch*, *sh*, *th*.
- Responds to "What did you say?"
- Talks without repeating sounds or words most of the time.
- Names letters and numbers.
- Uses sentences that have more than 1 action word, like *jump*, *play*, and *get*. May make some mistakes, like "Zach gots 2 video games, but I got one."
- Tells a short story.
- Keeps a conversation going.
- Talks in different ways, depending on the listener and place. Your child may use short sentences with younger children. He may talk louder outside than inside.

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MARCH IS TIME TO PUT A SPRING IN YOUR STEP



With the sun coming out from the clouds, shining bright, the snow will begin to melt. What can we discover outside?

Why not take a walk outdoors, after being inside so many days with the cold weather? Let's do some exploring!

--Can we play "I Spy"? I Spy a bird flying by...I Spy a chunk of ice on the porch.

-- Let's for a walk; How many cars do we see on our walk, Let's count cars, trucks, vans. Now let's count them in **Ojibwemowin**.
How many different colors can we find on our walk? What about counting the clouds in the sky?

--Can we go walk near the water, what do we see? What do we hear?

--Can we go visit the park, walk down the street / road? Are there leaves on the trees, flowers growing, grass turning green, little animals running, worms covering the sidewalks? What colors do you see? What sounds do you hear?

Once your home, draw a big, beautiful picture of "SPRING".

**Bring your picture to school by March 31st so we can share
with all your friends, staff, and community.**

And enjoy a Tasty Orange Soda made by you.

Enjoy the fresh Spring air from the ECC Health Office: Patt and Mikayla

Orange Soda

You need: 1 ½ cups soda water, ½ cup orange juice
Put ingredients in a small pitcher and stir.

In a glass, add 3-4 ice cubes, add ingredients from small
pitcher, add a sliced orange in the glass.

ENJOY

Recipe by: TASTY

Only 11 grams sugar - Soda has 44 grams.

MARCH



Learn It Why Whole Grains?

Whole grains are an important source of vitamins and minerals. The nutrients found in whole grains include: vitamin E, vitamin B6, magnesium, manganese, zinc, potassium, copper, and pantothenic acid. Whole grains are also the top source for fiber and dietary fiber, which reduces the risk of heart disease and type 2 diabetes. Fiber helps the digestive system which is a benefit to those who struggle with constipation or irregular stools; often common in younger children. Children younger than age 8, who eat about 3-5 ounces of grains each day, need to get 1 ½ to 2 ½ ounces from whole grains.

Eat It The Knight's Snack

Whole grain tortillas
Strawberries
Peanut butter



Spread 1 tbsp peanut butter onto tortilla and layer with 1/2 cup strawberry slices. Complete with another tortilla on top. Brown in a skillet or serve cold.



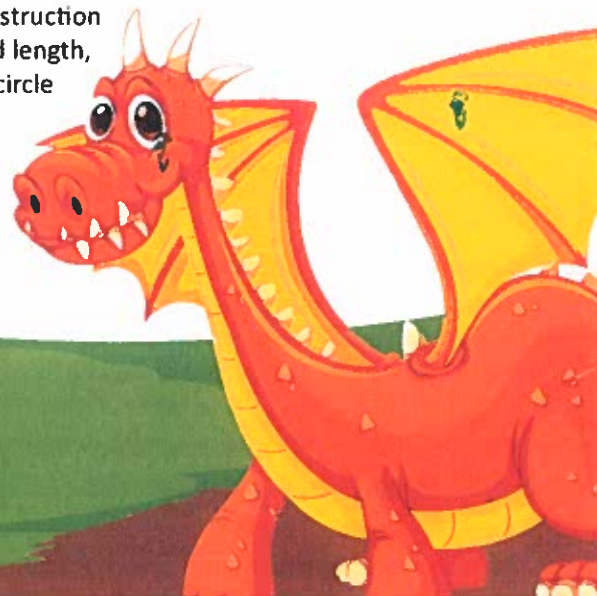
Laugh About It

Why do dragons sleep during the day?
So they can fight the knight!



Create It Paper Dragons

To create their dragon, children will need multiple strips of construction paper cut in 1" widths and one 5" green circle. Teach the children how to make an interlocking paper chain with the construction paper strips. Once their chain gets to the desired length, help them attach the head by folding the green circle in half and attaching it to the first chain length. They can add eyes and a tongue or even create fire with tissue paper.



Play It Medieval Dice

The children will love this movement game! Using two large cube boxes, make two dice; one for speed and one for action. The children will take turns rolling the dice.

Once the dice are rolled, they will complete the action according to the speed dice. For example, the children might roll the action castle and the speed fast so as fast as they can, they will pretend to build a castle.

Speed dice: Fast, Slow, Normal, Fast, Slow, Normal

Action Dice: Castle (Pretend to build a castle), Queen (Curtsy or bow), Flag (Wave like the knight's flag), Knight (Use your sword), Horse (Gallop like a horse), Dragon (Stomp and move your tail)

Sing It I'm a Knight in Armor (Tune of I'm a Little Teapot)

I'm a knight in armor, look at me.
See how shiny I can be.
With my visors up my eyes you'll see,
but with it down it protects me.



Read It

The Knight and the Dragon by Tomie dePaola

In the Castle by Anna Milbourne and Benji Davies

If You Were a Kid in a Medieval Castle by Josh Gregory

Try It Dragon Fruit

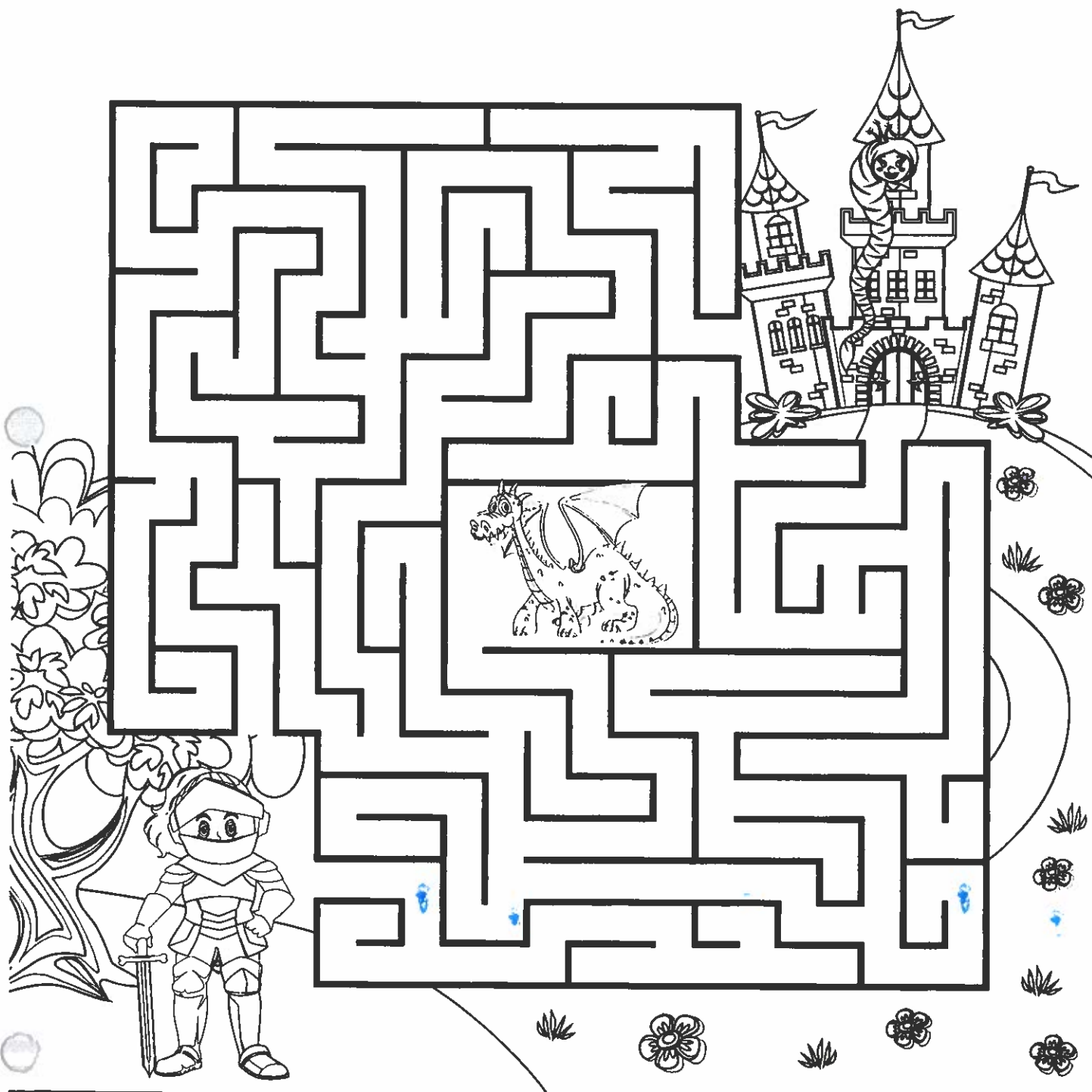
The dragon fruit is a type of cactus that comes from Southeast Asia and Latin America. You can eat this food raw simply by cutting down the middle and removing the flesh. Just like the kiwi, the seeds are edible. The fruit can also be grilled like a pineapple or blended in a smoothie. Try it!



Name _____

Rescue the Princess

Help the knight reach the castle by finding the path through the maze and avoiding the dragon.



Red Cliff ECC

Sugar Bush

iskigamizigan

This is how we do it!



1. This is where we gather-Town of Russell campgrounds
asigi'idiwag they come together, assemble



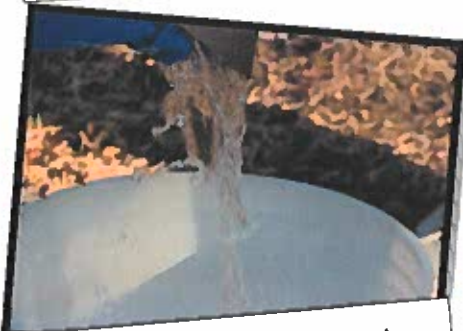
2. Tools needed -A Tap-a Bag or bucket, drill, and a hammer.
aabajichigan ni something used: a tool, equipment, material



3. Children will help assist an adult to tap the trees.
maajigaa it starts to leak, drip; it starts to run with sap



4. Sap will fill the bags
mooshkinebadoon fill it with liquid



5. Children will help empty the bags into buckets -naadoobii
He/she is gathering sap



6. Once the collecting of the sap begins, then we start the boiling process. This is done at the ECC center for children to see.
iskigamiziganaak a frame for holding sap-boiling kettles



7. When boiled down and the sap turns into maple syrup it is placed into jars.
ishkwaagamizige -s/he finishes boiling sap



8. Jars are sealed and ready to use. Depending on how much is processed, the children will get some to take home.
ziinzibaakwadwaaboo
maple sap



9. The final would be for the ECC to have a big pancake meal for all.
gwekiwebinigan a pancake



10. Happy Children
wiisini s/he eats



**Help your child adopt some healthy habits
with these activities picked just for you!**

Sometimes and Always: Take your child to the grocery store and tell them that you are shopping for “always” foods and “sometimes” foods. Your buggy will be most full of “always” foods. Then, as you go through the store, identify foods such as fruits and vegetables as “always” foods because you can eat those all of the time. Foods such as doughnuts and cookies are “sometimes” foods because they aren’t healthy enough to always be eaten but they still are yummy and can be enjoyed sometimes!

Fill the pantry: Now that your children are starting to learn about healthier food choices, they can help fill the pantry with healthier choices. Find photos online or in magazines or take pictures of real items and lay them out on a table. Have your child pick up a picture and ask them to decide if the item is an “always” food or a “sometimes” food. Place a piece of tape on the foods identified as “always” foods and have your child put the picture on the pantry or cabinet door or the refrigerator if the item needs to be kept cold. Foods identified as “sometimes” foods will be placed in a basket. This designation will allow your child to understand the difference between the two types of food.

Get physical: Eating certain foods is not the only way to stay healthy. You have to move your body, too! Make exercise a regular part of the day. Maybe you and your child ride bikes or run or even do yoga. Plan something every day that increases you and your child’s heart rate and helps to build muscles!



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

Ants On A Log

Ingredients Needed:

- Celery Sticks
- Peanut Butter
- Raisins or Chocolate Chips



Directions:

- Cut Celery into 3 or 4 inch sticks
- Spread Peanut Butter into the inside of each Celery Stick
- Add the desired amount of Raisins, or Chocolate Chips, on top of the Peanut Butter
- Make as many as you like and enjoy!

Ladybug Flower Pot

Materials Needed:

- Red Plastic Cup
- Black Construction Paper
- Black Pipe Cleaner
- Glue
- Scissors



Instructions:

- Using black construction paper, cut out black dots
- Glue the black dots onto the red plastic cup to make it look like a ladybug
- Cut your pipe cleaner in half and glue both halves to the inside of the cup- these will be the ladybug's antennae
- Plant a flower in your new pot and watch it grow!





**RED CLIFF BAND OF LAKE
SUPERIOR CHIPPEWA INDIANS**

ISKIGAMIZIGAN (SUGARBUSH) LENDING PROGRAM



**Interested in tapping
this sugarbush
season? Supplies are
available on a first-
come, first-serve basis
for people to tap up to
15 trees.**

**Supplies can be borrowed by coordinating with the Mino
Bimaadiziwin Tribal Farm or Tribal Historic Preservation Office.**

- 1) Reserve supplies and pick them up from the Mino
Bimaadiziwin Tribal Farm on the following dates:
12 - 4pm on Friday March 4th or Friday, March 11th.**

**To reserve your supplies for pick-up on these days, contact:
Farm@redcliff-nsn.gov, 715-779-3782 ext. 4319**

The Farm is located at 36735 Aiken Rd, next to the Red Cliff Health Clinic

- 2) If the above dates don't work for you, contact
the Tribal Historic Preservation Office:**

Edwina.buffalo-reyes@redcliff-nsn.gov, 715-779-3761 ext. 4801



*The Iskagamizigan Lending Program is a collaboration of the
Red Cliff Tribal Historic Preservation Office, & Mino Bimaadiziwin Tribal Farm*



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

Current Opening for the Red Cliff Early Childhood Center

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

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

[Head Start/4k Teacher](#)

DEADLINE: March 2, 2022 @ 4:00 pm - [Apply Online](#)

[Head Start Bus Driver](#)

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

[Custodian - ECC](#)

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

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

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

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

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

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

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

Current opening for the Red Cliff Child Care

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

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

[Child Care Program Director / Teacher](#)

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

[Child Care Teacher - 4 Positions](#)

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

Red Cliff Tribal Job openings

Go to the Red Cliff Tribal Website <https://www.redcliffnsn.gov/how-do-i-apply-for-obtain/employment-opportunities/job-openings.php>



Mindful March 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Set an intention to live with awareness and kindness

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 If you find yourself rushing, make an effort to slow down

25 Focus your attention on the good things you take for granted

32 Notice how you feel when you are alone

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Appreciate nature around you, wherever you are

26 Choose to spend less time looking at screens today

33 Notice how you feel when you are with others

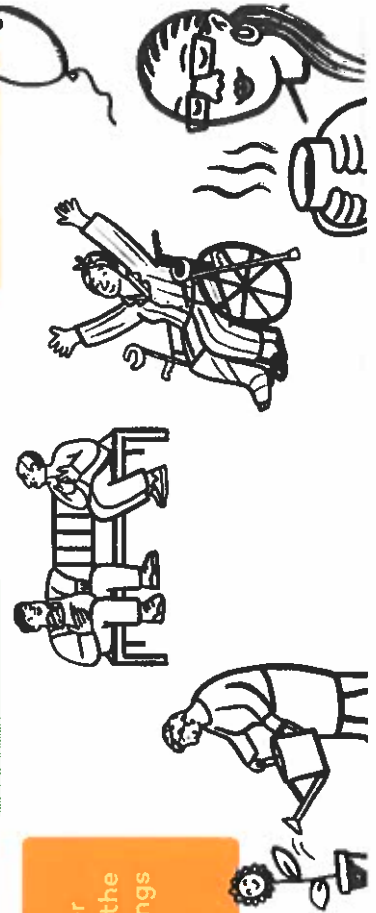
6 Have a 'no plans' day and notice how that feels

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Cultivate a feeling of loving-kindness towards others today

34 Notice how you feel when you are helping others



Happier · Kinder · Together

ACTION FOR HAPPINESS

MARCH 2022

ON AABANI-GIIZISOONS

NITAM ANOKII-GIIZHIGAD		NIIZHOO-GIIZHIGAD		AABITOOSE		NIYO-GIIZHIGAD		NAAANO-GIIZHIGAD	
<div>1B CORN CHEX, PEACH-ES, CC, WG TOAST, PB S NUTRA BAR/MILK L CHIX SP, BR SITX, PINEAPPLE, CARROTS S APPLES/YGT</div> <div>2B OATMEAL, BLUEBER-RIES, TRK SAUSAGE S GR CRACKER/MILK L CHEZ BRG, FRIES, TR FRUIT, GR BEANS S FRUIT PIZZA</div> <div>3B CHEERIOS, BANANA, YGT, MUFFIN S GOLDFISH/MILK L PORK CHOP, CORN, AP-PLSAUCE, BR RICE S CARROTS/CC DIP</div>									
<div>7B EGGS, WG TOAST, ORANGES, PB S WAFFLE/PUDDING L HAM/POT SP, BR STIX PINEAPPLE, BROCCOLI S CARROT/HUMMUS</div> <div>8B LIFE, APPLES, YGT, ENG MUFFIN S CHEESE-IT/MILK L TACOS, MANGO, PEAS, CC S RASPBERRIES/CC</div> <div>9B WGWAFFLES, STRAW-BERRIES, TRK BACON S TEDDY GR/MILK L PORK CHOP, CARROTS, APPLES, YGT S CAULIFLOWER/HUMUS</div> <div>10B RICE CRISPIES, PEARS, CC, WG MUFFIN S CRACKER/PB L HAMB HD, CORN, HONEYDEW, YGT S PEACHES/CC</div>									
<div>14B MALTO MEAL, BLUEBERRIES, CC S NUTRA BAR/MILK L CHIX, CARROTS, W RICE, TR FRUIT S BROCCOLI/HUMUS</div> <div>15B RICE CHEX, OR-ANGES, YGT S GR CRCK/MILK L PIZZA, CORN, CANTA-LOUPE, CC S M ORANGES/GR CRCK</div> <div>16B CORNFLAKES, BA-NANA, YGT S CRACKER/CHEESE L BEEF STIR FRY, STIR FRY, MANGO, BR RICE S ANTS ON A LOG</div> <div>17B EGGS, TRK BACON, HONEYDEW, CC S COOKIE/MILK L CORNBEED/CABBAGE SP, CARROTS, PINEAPPLE S TR FRUIT/YGT</div>									
<div>21B OATMEAL, RASP-BERRIES, MUFFIN S CRACKER/PB L CRABBY PATTIES, FRIES, CARROTS, APPLE S TEDDY GR/PEARS</div> <div>22B KIX, PEARS, CC, OATMEAL RND S PUDDING/GR CRCKR L TOMATO SP, GR CHEZ, PINEAPPLE, CC S CARROTS/HUMMUS</div> <div>23B CORN CHEX, AP-PLS, YGT S MUFFIN/MILK L CHIX NUGGET, FRIES, GR BEANS, HONEYDEW S FRUIT SMOOTHIE</div> <div>24B QUICHE', HONEY-DEW, YGT, TRK SAUSAGE S GOLDFISH/MILK L HAM, POTATO, CAR-ROTS, PINEAPPLE S BROCCOLI/CC</div>									
<div>MILK SERVED WITH EVERY MEAL 1-2 YR OLD WHOLE</div>									
28		29		30		31		MENU SUBJECT TO CHANGE	
ECC CLOSED SPRING BREAK		ECC CLOSED SPRING BREAK		ECC CLOSED SPRING BREAK		ECC CLOSED SPRING BREAK			