

ECC Newsletter

Gshkadino-Glizis—Ice Is Forming Moon

November 2022

Aaniin! Greetings!



Happy Fall!! We are getting ready for the colder weather, shorter amounts of day light and snow, snow, snow!! As you enter and exit the parking lot and walk to and from your child's classroom, please be mindful of possible slippery spots. If you notice that sand or salt is needed, let your child's teacher or another staff member know. We do our best, with the help of FM and the tribal roads department, to keep the parking lot and sidewalks clear and safe.

With the shorter days it is important to still get outside and use as much as the day light as possible. The benefits of fresh air and sunlight are important all year but especially in the winter when cloudy days seem to outnumber the sunny ones. All the extra fresh air should make it a little easier to get quality sleep for everyone. Plus, it makes those days when we can't play outside a little more bearable.

We encourage all children to have appropriate winter gear at school. This can stay at school or go home each day depending on a family's preference. A well-fitting winter hat, snowpants, winter jacket, winter boots and gloves that are water resistant are all vital to allowing a child to enjoy their time outside. If your child is in need of any outdoor gear, please let their classroom teachers or the family service office know. There are extras at school, and we may be able to help with those items to be used at home. It is also important to be sure your child has extra clothes at school. Connect with your child's teacher to identify what clothes are here and if you need to bring more. Summer shorts may not be the best replacement for pants in February if there is an accident.

Parent teacher conferences are November 21, 22 and 23. Your child's teachers will connect with you to schedule a time to come to the center for your conference. There will be no school the week of November 21 due to conferences and the fall break.

As always, we encourage and look forward to family input. If you have thoughts or ideas that you would like to share, we would love to hear from you. You can share these ideas via your child's teachers or by talking with another staff member. Remember, you are your child's first teacher, and we value your input.

Enjoy the transition from fall to winter and remember to take the time to appreciate the beauty that we are surrounded by daily!

Migwech,

Jenn and Jamie

- | | |
|-------|------------------------------------|
| 11 | ECC/Tribe Closed: Veterans Day |
| 17 | Family Event |
| 21-25 | Fall Break |
| 24 | ECC/Tribe Closed: Thanksgiving Day |



Waabooz News



Boozhoo Waabooz Families!

Here we are moving our way into November already, November is the month for Parent/Teacher conferences. We will be contacting parents to schedule a date and time that works best for you. In November we will also be working on Fall crafts.

With the weather changing quickly and temperatures dropping, please send your child to school with appropriate clothing for the weather. Jackets, mittens, hats, and boots. We enjoy getting outside for walks when the weather is warm enough for us to go.

We are working on sign language and Ojibwemowin, some of the commands/phrases we would like to work on are below.

Ojibwemowin/Sign Language

More—nawaj

Eat—wiisini

Please—daga

Thank you—Miigwech

Hello—boozhoo

Goodbye/See you later—gigawaabamin

Ojibwe Words of the Month:

Turkey—mizise

It is Fall/Autumn—dagwaagin

Important Dates/Reminders!

11/3— Waabooz Room Closure at noon

11/11- Veteran's Day/Tribe Closed

11/23-11/25— Fall Break (See you on 11/28)

- Drop off is at 7:45am / Pick up is at 3:00pm.
- Please pack at least one change of clothes to keep in the classroom.

If you have any questions or concerns, please reach out.

(715) 779-5030

Classroom ext. 2524

Office ext. 2526

Miigwech,

Miss Tiff, Miss Molly, and Miss Andrea

AMIK NEWSLETTER

Boozhoo!!

November is here already and October has flown by. This month we are going to be studying “Fall”, and “Self-Help Skills”.



A friendly reminder to bring extra clothes for your child to change into since our fun learning experiences can get messy.

We are outdoors everyday (weather permitting). Please send weather appropriate clothing. We love playing outside!

If you have any questions, concerns, or just need to chat. We can be reached at (715)779-5030 ext. 2525

**Kelsey
&
Lulu**

**Important Dates:
Veteran's Day– Nov.
11th No school**



Gashkadino-Giizis

Makwa

Important Days

- November 11 --
Veterans Day ECC
CLOSED
- November 17 -- Early
Release 12:00PM
- November 21-23 --
Parent Teacher
Conferences
- November 23-25 -- Fall
Break ECC CLOSED

This Month....

This month we will be exploring different kinds of clothes. We will also be working on using our words to tell our teachers and friends how we feel and what we need. We are also going to be working on our dressing and undressing skills

Reminders

Please remember to call the classroom and/or front office each day your child will be absent or late

It is getting colder out, please ensure your child has warm enough outdoor gear, especially once it begins to snow.

Ojibwemowin Vocabulary

- Gashkadino-Giizis --
November (Ice is forming
moon)
- Aniiibiish -- a leaf
- Giziibiiga'ige -- s/he
washes clothes
- Biiziikigan -- an item of
clothing

Esiban News



November 2021

Gashkadino-Giizis

(Ice is Forming Moon)

Boozhoo Esiban families!

This month we will be focusing on Fall Harvest and All About Me!

November is Parent teacher Conference month! Teachers will be in contact with you to set up a time.

Some reminders:

- Please continue to bring extra clothes for your child to have at school, some days we get messier than others.
- As the weather gets colder, we ask that you bring warm clothes as we are outside a lot during the day.
- We ask that you call the school if your child is going to be absent for the day.

- Miss Gena & Miss Shannon

ECC closures:

November 11, 2021 for Veterans Day.

November 24, 2021 for Thanksgiving.

Fall Holiday Break:

November 23-25th

Okosimaan:

Pumpkin

Gichi-bine:

Turkey

Miigwechiwi-Giizhigad:

Giving Thanks Day

MASHKODE-BIZHIKI BIDAAJIMOWIN



Gashkadino-Giizis 2022

(Ice is Forming Moon)

Boozhoo gakina awiya.

During the month of November, we will be focusing on our clothing study. During the study we will investigate what we want to find out about clothes. Where do we get our clothes? How is cloth made? What do we know about clothes? What are the features of clothes? How do we take care of our clothes? How do people make clothes? What special clothes do people wear to work? What other special clothes do people wear? We will incorporate the Ojibwe culture and language within our lessons and daily activities.

Please remember to fill out the Family Enrichment Homework Assignments form and return it to the center by the last day of each month. If you need a new form, please let us know.

If you have received any paperwork from the center, please fill it out and return it. Our classroom hours are 7:45 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, tatum.hanson-gordon@redcliff-nsn.gov or our classroom office phone at 715-779-5030 ext. 2547.

INAGINZO – DATES TO REMEMBER

November 6th – Day light saving time begins
November 11th Veteran's Day – ECC Closed
November 21st-23rd Teacher Conferences
November 23rd – November 25th – Fall Break -
ECC closed

OJIBWMOWIN - THE OJIBWE LANGUAGE

Biizikigan – An item of clothing
Ogichidaa – A veteran
Niimiigwechanwendamin - I am thankful
Mikwam – Ice
Mitigomin – Acorn
Opin – Potatoes
Manoomin- Wild Rice
Okosimaan – Squash

Miss Nadine, Miss Gina & Miss Tatum

Ma'iingan Room

GASHKANDINO
GIIZIS
NOVEMBER !

OJIBWEMOWIN

- ⇒ FALL DAGWAGAGIN
- ⇒ LEAF ANIIBISH
- ⇒ TREE MITIG
- ⇒ APPLE MISHIMIN
- ⇒ SOUP NAABOOB
- ⇒ PUMPKIN/SQUASH OKOSIMAAN
- ⇒ CORN MANDAAMIN

BOOZHOO Ma'iingan

Families !!

It's November ! We have two months down of school!! Yay!! We are excited to keep our school year moving in the positive direction. We are experiencing colder weather now, so as a light reminder, Please have your child wear warm clothes to school (mittens, hats, warmer jackets) and bring an extra set of clothes in case we get messy.

We will continue our beginning of the year study, self help skills , HWT (hand writing without tears curriculum) continue our second step cards (supports positive social/emotional engagement), turn taking, practice getting dressed with hats, mittens, snow pants, and how to be a friend. REMINDER SCHOOL STARTS AT 7 45 AM TO 3PM. ANY questions of feedback we would love to hear from you all at 715 779 5030 ext. 2545.

Miigwech as we move forward in this school YEAR!

It was always said

" Parents are children's first teachers"

Miigwech, Ms. Alicia, Mr. Joe





NOVEMBER

Migizi

Ms. Diann, Ms. Haley, Ms Chandria

715-779-5030 ext 2540



REMINDERS

As the weather turns colder and the rain turns to snow, we will need to wear warmer clothes to play outside. Please remember we are outside as much as we can, and winter clothing is needed to keep your child warm (hat, mittens, warmer jackets). We will be working on the **Clothes** study for Teaching Strategies and in Talking About Touching we will focus on the Safe and Unsafe Touches

Important dates:

November 11 **Closed** for Veteran's day

November 21-23 Parent Teacher Conference

November 23 No child Day

November 24 **Closed** for Thanksgiving

November 25 No Child Day

We will be talking with the children about what everyone is thankful about in their lives.

We would like to say Thank you to all the Veterans and have a wonderful fall break!

LITERACY AT HOME

Going on a Picture Walk: Have your child pick out a book at home or at the library to read. Before you read the book, look at each picture and make predictions about what might be happening in the story. When you make a prediction, point out what clues you saw in the picture that made you think that. Then read the story aloud to your child. As you read talk about if your predictions were right. After you read the story, take another picture walk, this time have your child retell the story to you using the pictures in the book.

MATH AT HOME

I See, You See Shapes Around the House: There are many shapes in everyday places such as around the house. Play I see, you see shapes around your house. Start by saying a shape and object you see and then ask what same shape and new object they see. For example: "I see a door that looks like a rectangle, what rectangle do you see?" Student says, "I see a rectangle tv, what rectangle do you see?" Take turns finding different shapes around the house.

TAKING CARE OF ME AT HOME

I Can Blow My Nose: As we enter the season of sniffles, students need help in learning when and how to wipe/blow their own nose. Talk with students about when to wipe and blow their nose such as when they sneeze or when it is stuffy or runny. Then teach them the steps to do it themselves. Practice getting a Kleenex, wiping/blowing nose until nose is clean, throwing Kleenex away and washing hands. This important skill helps students learn to take care of their own bodies and prevent the spread of germs.



November Themes

Clothes, Bring thankful, Safe and Unsafe touches



Red Cliff Early Childhood Center
Tuesday, September 13th, @ 11:00 am
Virtual



Meeting called to order by Vice Chair Linda Christiansen @ 11:02am.

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

Staff/Other Present: Jennifer Leask, Administrator, Manager, Cindy Garrity, Family Service Manager and Patt Kenote-DePerry, Health Manager

Approval of Agenda

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

Approval of Minutes for August 16th, 2022

Motion by Danielle to approve the minutes for August 16th, 2022, second by Kennedy, all in favor, motion carried.

Approval of Menu for October 2022

Motion by Danielle to approve the menu for October 2022, seconded by Joanne, all in favor, motion carried.

Ratify Poll Vote

Ratify Poll Vote for Early Head Start Assistant Teacher-Andrea Hyde and Head Start Assistant Teacher Tatum Gordon. Motion by Joanne to Ratify Poll Vote, second by Danielle, all in favor, motion carried.

Approve Policy Council By-Laws with changes

Jen went over all the changes and the inserts for the new policy council by-laws.

- There are a few punctuation corrections.
- Parent representation is changed from 2 home base reps to 1 and early head start reps went to 2.
- Drug testing was taken out.
- Added: All Policy Council members must successfully complete a criminal background check investigation and Confidentiality training with the Red Cliff Human Service Department within 30 days of election.
- Added: If a Policy Council member has been removed from the policy council, they are no longer able to run for another term

Motion by Danielle to approve with changes and corrections, second by Joanne, all in favor, motion carried.

Program Summary

No updated due at this time. Program Summary will be given in October to meet a full month's data for the Policy Council.

Financial Report

Looking at purchasing a new snowblower. We did get a new FM worker here at the ECC, Bill Mertig and hopefully we will be getting another on soon. Informed the policy council that a financial report is given verbally at this time but if they want to see one, they can just call Cindy or Jen at the office. We are currently working on spending monies down, so we do not have a lot of end of the year spending.

Other

Enrollment update: Enrollment went well we had to work on some snags that happened in the beginning, but it went really well. At this time every child has all their paperwork in and have started school. There were a few that didn't complete screening because of the machines not working or the child refused, but we still have time to get that information.

Discussion on family night: Jen informed the board that on family night coming up on the 28th of September we will be doing setting up an area for families to take pictures and we will also be doing our Policy Council elections. Jen asked if they had any ideas what kind of activity idea, they would recommend we do. One member stated rock painting. It was recommended that families bring in rocks as in-kind. We will have some on site for the activity. Excellent Idea.

Policy council member asked if we could move the policy council meetings to a different day so she may attend her schooling. It was agreed on that in October the meeting will be held on Monday the 17th, 2022 at 11:00 am. At this meeting we will discuss plans for November's meeting.

Executive

No Executive.

Adjourn

Motion by Danielle to adjourn at 11:27 am., second by Joanne, all in favor, motion carried.

Policy Council Chairperson or delegate (signature)

(Date)

Approved on _____
Minutes taken by Cindy Garrity, Family Service Manager



Family Service New for November 2022

School Closing- mark your calendars:

- November 11th-ECC/Tribe will be closed/Veterans Day
- ECC closed week of November 21st-25th (Parent teacher conferences and Holiday Break)

We would like to welcome aboard our 2022-2023 Policy Council.

- Chair- **Linda Christiansen**
- Vice-Chair- **Lynna Martin**
- Secretary/Treasurer-**Danielle Maulson**

Board members

- **Lacie Defoe**
- **Melissa Armagost**
- **Kennedy Defoe**

Tribal Liaison-**Nicholas DePerry**



Early Head Start Families, if you are interested in becoming a Policy Council board member, you can contact Cindy Garrity @ 715-779-5030 ext. 2551.



November 2022 Newsletter from Education and Abilities Department

We are continuing to inform you of our CLASS observation tool.

The next dimension under the Emotional support domain is teacher sensitivity. This dimension encompasses the teacher's awareness of and responsiveness to students' academic and emotional needs; high levels of sensitivity facilitate students' ability to actively explore and learn because the teacher consistently provides comfort, reassurance, and encouragement.

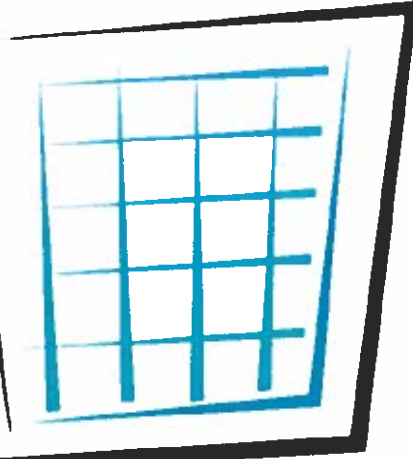
Some of the indicators that we look for are: Awareness, responsiveness, addresses problems, and student comfort. These are all things that we strive for here at the ECC. Social/ Emotional needs are always at the forefront of all learning. We strive for a highly positive climate for all our classrooms here at the ECC.

If you have any questions about CLASS, please reach out to us. We would love to answer any questions that you might have.

Take Care,



Ms. Kathy and Ms. J



TUESDAYS November 8TH AND 15TH

ATTENTION FAMILIES OF ECC

The ECC will be hosting dental screens
provided by the Red Cliff dental clinic at the Early
Childhood Center on

Tuesday November 8th at 9:00 am

And

Tuesday November 15th at 9:00 am

The screening will include a quick look for
possible carries, fluoride, and a new toothbrush!

If you have any questions or
concerns, contact the health office
at 715-779-5030

Mikayla at extension 2555



ECC ENROLLMENT CORNER

November 2022



RECRUITMENT IS EVERYONE'S BUSINESS

Do you know someone in the community that could benefit from our program? Let them know that they can reach out with a question or to fill out an application. There are so many ways to apply; ECC website, in – person and on the phone. Word of mouth still remains the best way to recruit and if everyone can help recruit, our services can be reached by so many more.

PUFFY COATS IN THE CAR SEAT

Boozhoo everyone,

As we start to get into our fall and winter months, we start to bring out the winter coats. We want to remind families that a puffy coat affects how the harness in a car seat fits your child. A puffy coat can add up to 4 inches of bulk and a loosely car-seat harness greatly increases the risk of injury.

Tips for bundling up

- Put your child in thin, warm layers like fleece.
- After the child is snug in the car seat harness, layer blankets over the top of the harness, or put the coat on backwards over the arms and shoulders.
- For older children in booster seats, buckle the seat belt, then put the coat on backwards over the arms and shoulders.

For more information, please visit www.chw.org/carseats

We accept applications all year round

CONTACT INFORMATION

If you have any questions, feel free to contact the enrollment office at 715-779-5030 ext. 2533 or email jennifer.defoe@redcliff-nsn.gov.

You can visit the Red Cliff ECC website anytime, by scanning the QR code or visiting www.redcliff-nsn.gov/ECC





Fire Safety Checklist

TIPS FOR PARENTS

CHECK SMOKE ALARMS

- ☐ Make sure there is a working smoke alarm on every level of your home, inside bedrooms and near sleeping areas.
- ☐ Test smoke alarms every month.
- ☐ Replace smoke alarms every 10 years.

CREATE AND PRACTICE A FIRE ESCAPE PLAN

- ☐ Create a home fire escape plan with two ways out of every room.
- ☐ Practice a home fire drill at least twice a year with your family.
- ☐ Choose a place to meet outside that is a safe distance away from your home.

IN AN EMERGENCY, LEAVE HOME IMMEDIATELY

- ☐ Make sure your family leaves the home immediately if there is a fire.
- ☐ Choose the safest escape route. If there is a lot of smoke, get low and crawl out of the house as quickly as possible.
- ☐ Call 911 after you are a safe distance away from your home.



Recipes



Note: These recipes are intended for early introduction to help prevent a peanut allergy and may not be fully creditable under CACFP.

Peanut Butter Vanilla Yogurt Dip

🕒 5 minutes 📊 Easy 🍽️ Serves: 4 🥄 Serving Size: 1/4 of recipe

Ingredients

1 cup yogurt, vanilla
4 tablespoons peanut butter
(Serve with fresh fruit or graham crackers)

Directions

Combine peanut butter and yogurt and mix well.
Portion into 1/4 cup containers.
Refrigerate until ready to serve.
Serve with fresh fruit or graham crackers.



Peanut Butter Baby Pancakes

🕒 25 minutes 📊 Easy 🍽️ Serves: 15 🥄 Serving Size: 1 baby size pancake

Ingredients

1/2 cup whole milk Greek yogurt
1/4 cup milk
2 large eggs
1 teaspoon vanilla extract
1 teaspoon maple syrup
1 teaspoon baking powder
1/4 cup peanut powder*
1/2 cup whole wheat flour

Directions

In a blender, add yogurt and milk and blend until smooth.
Add eggs, vanilla, maple syrup, and baking powder to blender and pulse just until mixed.
Add peanut powder and flour to blender and blend until fully incorporated, taking care not to overmix batter.
Heat non-stick pan over medium-low heat; coat with butter or coconut oil.
When butter starts to bubble, pour batter into pan. Flip when surface of pancake starts to form bubbles; cook until both sides are golden; remove from heat.
To freeze pancakes, stack pancakes with wax paper in between layers and place in freezer safe bag.



*Peanut powder is available nationwide but is not creditable under CACFP.



Preventing Peanut Allergies



The science is clear: Introducing peanut containing-foods early can reduce the risk an infant at high-risk will develop a peanut allergy by up to 86 percent.

The good news is most babies are not at risk for developing a peanut allergy. However, the prevention window for introduction is small, and begins early—and all babies can benefit from eating peanut foods the first year. That's why it is so important to know which path is right for your child.

The 2020-2025 Dietary Guidelines for Americans provide direction.

High-risk Infants

Introduce peanut-containing foods at age 4 to 6 months

Babies with severe eczema, egg allergy or both are at highest risk for developing peanut allergy. Discuss with your infant's healthcare provider before starting peanut foods (ideally before baby is 4 months old). Begin peanut foods as directed by baby's healthcare provider starting around 4-6 months of age and feed 2 teaspoons, 3 times per week.

or

Most Babies

Introduce peanut-containing foods within the first year

Start feeding baby peanut-containing foods in the first year and feed often as part of the usual diet. It is not necessary to discuss introducing peanut foods with a healthcare provider first for babies not at high-risk. Most children fall into this category.

Two Ways to Introduce Peanut Foods

Introducing peanut foods to babies is as easy as thinning 2 teaspoons of creamy peanut butter with 2 tablespoons of breastmilk, formula or water, or stirring 2 teaspoons of creamy peanut butter into 2 tablespoons of infant cereal or pureed baby food. Peanut-containing infant snack puffs are another easy option for feeding baby peanut foods easily and often. Whole nuts or undiluted nut butters are choking hazards and should not be fed to infants.

Visit [PreventPeanutAllergies.org](https://www.PreventPeanutAllergies.org) for more information.

Dietary Guidelines for Americans
https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans_2020-2025.pdf
NIAID Guidelines for Clinicians and Patients for Diagnosis and Management of Food Allergy in the United States <https://www.niaid.nih.gov/sites/default/files/addendum-peanut-allergy-prevention-guidelines.pdf>



National Peanut Board
[PreventPeanutAllergies.org](https://www.PreventPeanutAllergies.org)



United States Department of Agriculture

Food and Nutrition Service

Reducing the Risk of Choking in Young Children at Mealtimes

Children **under the age of 4** are at a high risk of choking while eating. Young children are still learning how to chew food properly, and they often swallow the food whole. Their small airways can become easily blocked.

You can help reduce children's risk of choking when eating by preparing food in certain ways, such as cutting food into small pieces and cooking hard food, like carrots, until it is soft enough to pierce with a fork. **Remember, always supervise children during meals and snacks.**



FNS-877 September 2020

USDA is an equal opportunity provider, employer, and lender.

Prepare Foods So They Are Easy to Chew

You can make eating safer for young children by following the tips below:

- Cook or steam hard food, like carrots, until it is soft enough to pierce with a fork.
- Remove seeds, pits, and tough skins/peels from fruits and vegetables.
- Finely chop foods into thin slices, strips, or small pieces (no larger than $\frac{1}{2}$ inch), or grate, mash, or puree foods. This is especially important when serving raw fruits and vegetables, as those items may be harder to chew.
- Remove all bones from fish, chicken, and meat before cooking or serving.
- Grind up tough meats and poultry.

Cut Round Foods Into Smaller Pieces

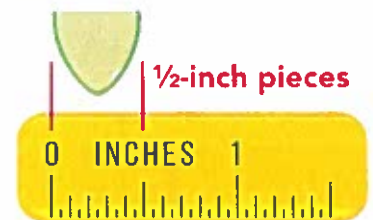
Small round foods such as grapes, cherries, cherry tomatoes, and melon balls are common causes of choking.



Slice these items in half lengthwise.



Then slice into smaller pieces (**no larger than $\frac{1}{2}$ inch**) when serving them to young children.



Avoid Choking Hazards

To help prevent choking, do not serve small (marble-sized), sticky, or hard foods that are difficult to chew and easy to swallow whole, including:

- Cheese cubes or blocks. Grate or thinly slice cheese before serving.
- Chewing gum*
- Dried fruit
- Gummy fruit snacks*
- Hard candy, including caramels, cough drops, jelly beans, lollipops, etc.*
- Hard pretzels and pretzel chips
- Ice cubes*
- Marshmallows*
- Nuts and seeds, including breads, crackers, and cereals that contain nuts and seeds
- Popcorn
- Spoonfuls of peanut butter or other nut butters. Spread nut butters thinly on other foods (e.g., toast, crackers, etc.). Serve only creamy, not chunky, nut butters.
- Whole round or tube-shaped foods such as grapes, cherry tomatoes, cherries, raw carrots, sausages, and hot dogs

*Not creditable in the Child Nutrition Programs, including the Child and Adult Care Food Program (CACFP), National School Lunch Program and School Breakfast Program, and Summer Food Service Program.

Cut Tube-shaped Foods Into Smaller Pieces

Cut tube-shaped foods, such as baby carrots, string cheese, hot dogs, etc., into short strips rather than round pieces.



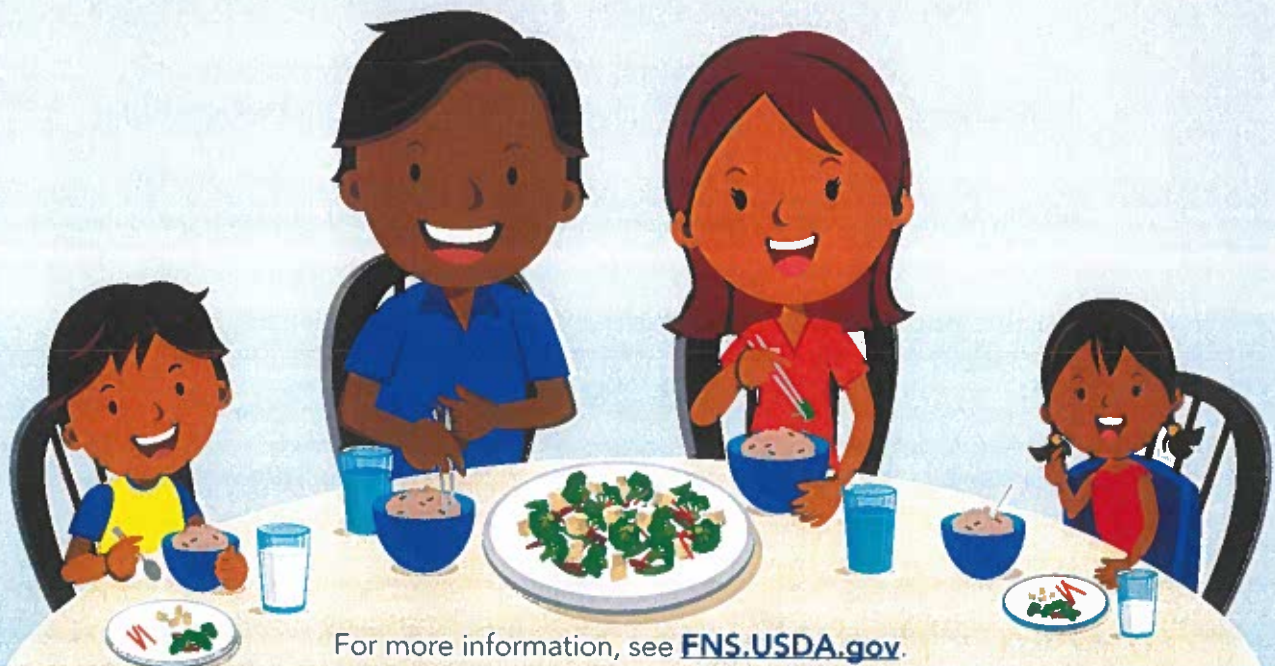
In addition to the foods listed, **avoid serving foods that are as wide around as a nickel**, which is about the size of a young child's throat.



Teach Good Eating Habits

Sit and eat with children at meals and snacks. Remind children to take small bites of food and swallow between bites. Eating together may help you quickly spot a child who might be choking. Other tips to help prevent choking while eating include:

- Only providing foods as part of meals and snacks served at a dining table or high chair. When serving infants, do not prop the bottle up on a pillow or other item for the baby to feed him or herself.
- Allowing plenty of time for meals and snacks.
- Making sure children are sitting upright while eating.
- Reminding children to swallow their food before talking or laughing.
- Modeling safe behavior for children to follow, including eating slowly, taking small bites, and chewing food completely before swallowing.
- Encouraging older children to serve as role models for younger children as well. All children should avoid playing games with food, as that may lead to an increased risk of choking.



For more information, see [FNS.USDA.gov](https://www.FNS.USDA.gov).

Try It Out!

How can you prepare and serve the following foods to reduce the risk of choking?

1 Whole baby carrots

2 Whole grapes

3 Peanut butter

4 Block of cheddar cheese

1. Cut carrots lengthwise into thin strips (not circles). You could also cook carrots until soft, or cut into small pieces no larger than $\frac{1}{2}$ inch.
2. Cut grapes in half lengthwise, then cut into smaller pieces no larger than $\frac{1}{2}$ inch.
3. Spread peanut butter thinly on small pieces of toast, crackers, etc. Do not serve spoonfuls of peanut butter.
4. Grate or thinly slice the cheese. Do not serve cheese cubes.

Answer Key

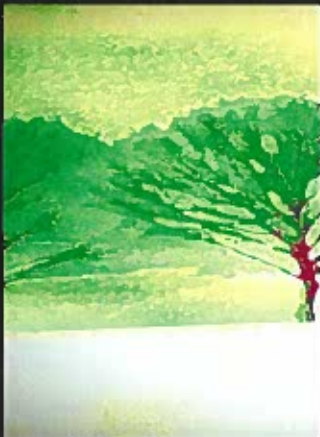
The Four Seasons

Summer Niibin

Spring-Ziigwan

Fall-Dagwaagin

Winter-Biboon





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

Current Opening for the Red Cliff Early Childhood Center/

- **Assistant Child Care Teacher** Opening Date: September 21, 2022, Deadline: Open Until Filled
- **Head Start Bus Driver** Opening Date: September 2, 2022 Deadline: Open Until Filled
- **Head Start/4k Teacher** Opening Date: August 17, 2022 Deadline: Open Until Filled
- **Early Head Start Center Based Teacher (2)** Opening Date: August 17, 2022 Deadline: Open Until Filled
- **Early Head Start Home Based Teacher** Opening Date: August 17, 2022 Deadline: Open Until Filled
- **Cultural Engagement Specialist** Opening Date: June 17, 2022 Deadline: Open Until Filled
- **Child Care Teacher – (4 Positions available)** Opening Date: March 28, 2022 Deadline: Open Until Filled

Red Cliff Tribal Job openings



- **Go to the Red Cliff Tribal Website**
https://www.redcliffnsn.gov/how_do_i/apply_for_obtain/employment_opportunities/jobopenings.php
- **Bayfield Chamber-Job Opportunities**



NOVEMBER

2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Family Literacy Month</p> <p>6 Daylight Saving Time Ends!</p> <p>13 World Kindness Day! Read a book about being kind!</p> <p>20 Universal Children's Day!</p> <p>27 Look for objects that are brown in and outside your house!</p>	<p>National Family Stories Month</p> <p>7 Hug A Bear Day! Spend the day with your favorite bear! Start by making your own Bear Oatmeal (See Recipe) and then read a bedtime story that has a bear in it!</p> <p>14 National Family PJ Day! Read a new bedtime story together!</p> <p>21 National Games And Puzzles Week!</p> <p>28 Read the story "Wind" and make your own wind sock! (See Activity)</p>	<p>1 Read a new book together as a family every week to celebrate National Family Literacy Month!</p> <p>8 National STEM/STEAM Day! Read a STEM/STEAM book together!</p> <p>15 America Recycles Day! Make your own crafts using recycled items!</p> <p>22 Play a game together to celebrate national games week!</p> <p>29 Write a story together as a family to celebrate National Family Stories Month!</p>	<p>2 Look For Circles Day! How many can you find?</p> <p>9 How many words can you think of that rhyme with "bear"</p> <p>16 National Button Day! Use buttons to practice math problems!</p> <p>23 National Jukebox Day! Dance and sing along to your favorite songs on the radio!</p> <p>30 Go for a walk together and count how many leaves you pick up!</p>	<p>3 National Sandwich Day! Make and eat a sandwich together!</p> <p>10 Take pictures throughout the month and make your own picture book to celebrate Picture Book Month!</p> <p>17 Take A Hike Day! Take a hike together as a family!</p> <p>24 Happy Thanksgiving!</p> <p>Picture Book Month</p>	<p>4 National Candy Day! Sort your Halloween candy!</p> <p>11 Veterans Day! Thank a Veteran!</p> <p>18 Make dot-to-dot outlines of the alphabet and have your child connect the dots!</p> <p>25 Put a puzzle together to celebrate national puzzles week!</p>	<p>5 Play Outside Day!</p> <p>12 Practice drawing different shapes outside using sidewalk chalk!</p> <p>19 How many words can you and your child think of that start with the letter "t"</p> <p>26 Read a book that has a turkey in it!</p>



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Bear Oatmeal

Materials needed:

- 1 cup Water
- 1/2 cup Oatmeal
- Microwaveable Bowl
- Desired Fruit (Blueberries, Bananas, Strawberries)
- Honey (if desired)



Instructions:

- Measure a cup of water and put it in a microwaveable bowl
- Add the 1/2 cup of Oatmeal to the water, and stir together
- Microwave the water and oatmeal together for 2 minutes
(Can microwave longer if oatmeal is desired thicker)
- Use an oven mitt to take the oatmeal out of the microwave, the bowl and contents will be hot!
- When oatmeal is cooled, use fruit, and honey, to make a bear face in your oatmeal!



Wind Sock

Materials Needed:

- Toilet Paper Tube
- Construction Paper (Red, Yellow, Orange)
- String/Crate Paper/Ribbon
- Glue
- Scissors



Instructions:

- Cut, wrap and glue construction paper around a toilet paper tube- decorate the piece of construction paper too!
- Add a piece of paper to the top of the tube for handle
- Add ribbon or crate paper to the bottom of the tube to make a tail
- Hang your wind sock outside to see which way the wind is blowing!



New Ways November 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

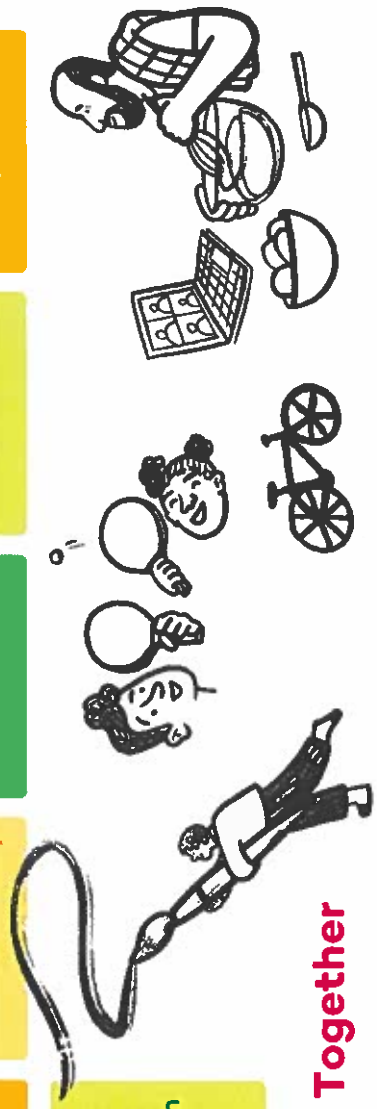
26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together

NOVEMBER 2022

GASHKADINO-GIIZISOONS

NITAM ANOKII-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIYYO-GIIZHIGAD	NAAANO-GIIZHIGAD
1B KIX, PEARS, CC, S NUTRA BAR/MILK L HAM, PEAS, PINEAPPLE, BB RED S CUCUMBERS/CRACKERS	2B OATMEAL, WG TOAST BLUEBERRIES, YGT S PB/CRACKERS L HAMB, FRIES, MANGO, CC, CARROTS S YGT BERRY PARFAIT	3B CORN CHEX, BANANA, MUFFIN S GOLDFISH/MILK L TOMATO SP, GR CHEEZ, CORN, TR FRUIT S CARROTS/HUMMUS	4B EGGS, WG TOAST, PB, RASPBERRIES S MUFFIN/MILK L KIELBASA, PEAS, PINEAPPLE, CC S APPLES/YGT	
7B MALTO MEAL, RASPBERRIES, MUFFIN S FR CUP/CRACKER L CHIX, W RICE, PEAS, BLUEBERRIES S PEARS/CC	8B HB OATS, APPLES, YGT S GR CRACKR/MILK L TORTELLINI, SALAD, CORN, M ORANGES S CUCUMBERS/MILK	9B WG WAFFLES, BERRIES, TURKEY BACON S OATMEAL RND/MILK L PORK CHOP, AP- PLESAUCE, GR BEAN, YGT S BERRY PIZZA/MILK	10B LIFE, PEACHES, CC, MUFFIN S PB/CRACKER L TACOS, CORN, CANTALOUPE, YGT S RICE CAKES/JUICE	11 VETERAN'S DAY TRIBE/ECC CLOSED
14B PANCAKES, RASPBERRIES, TRK SAUSAGE S TEDDY GR/MILK L PIZZA, PEAS, PINEAPPLE, CC S STR CHEEZ/APPLES	15B CORNFLAKES, ORANGES, YGT S NUTRA BAR/MILK L BEEF STEW, WG BISCUIT, CARROTS, MANGO S CHEESE ITS/PEACHES	16B MALTO MEAL, BANANA, YGT S MUFFIN/MILK L CHIX, RICE, RASPBERRIES, CC S TURKEY/CRACKERS	17B CORN CHEX, STRAWBERRIES, CC S GR CRACKER/MILK L TRK DINNER S BLUEBERRIES/CC	18B EGG COMBO, AP- PLESAUCE, TRK SAUSG S GOLDFISH/MILK L HAMB HD WG, CARROTS, PEACHES S CUCUMBERS/HUMMUS
21B EGG COMBO, ORANGES, YGT S OATMEAL RND/MILK L PORK CHOP, W RICE, APPLES, YGT, CORN S PRETZELS/FR CUP	22B RICE CRISPIES, BLUEBERRIES, CC S MUFFIN/MILK L CHZB HD, MANGO, PEAS S PIZZA ROLL/JUICE	NO CHILD DAY	HOLIDAY TRIBE/ECC CLOSED	NO CHILD DAY
28B WG WAFFLES, BLUEBERRIES, CC S GOLDFISH/MILK L HAM, PEAS, PINEAPPLE, BB REDS S CUCUMBER/HUMMUS	29B HB OATS, PEACHES, CC, MUFFIN S OATMEAL RND/MILK L CHIX SP, PBJ, CORN, CANTALOUPE, YGT S RASPBERRIES/CC	30B FR TOAST, AP- PLESAUCE, TRK SAUSAG S RICE CAKE/MILK L BURRITO, BR RICE, MANGO, CARROTS, CC S ANTS ON A LOG	MILK SERVED WITH EVERY MEAL 1-2 YR OLD WHOLE	MENU SUBJECT TO CHANGE