

# RED CLIFF EARLY CHILDHOOD CENTER

## Newsletter

"In November, the earth is growing quiet. It is making its bed, a winter bed for flowers and small creatures. The bed is white and silent, and much life can hide beneath its blankets."

- Cynthia Rylant

**Gashkadino-Giizis**  
(Ice is Forming Moon)

### November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
8	9	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

3

EHS Classes in Session

10

ECC/Tribe Closed: Veteran's Day

23

ECC/Tribe Closed: Thanksgiving

## Boozhoo

We can't believe that it is already November!! Please make sure that you are dressing your children appropriately for the weather. Some days it's cold and some days it's warm. Sometimes the day starts off cold and ends warm. It is best to have a couple changes of clothes for your child. Also, we will be having parent teacher conferences this month.

Your child(ren)'s teacher(s) will contact you to set up a time to meet with them. Our Head Start Performance Standards require us to have two home visits and two parent teacher conferences with families each school year. Please make sure to attend those conferences. The teachers value your input and partnership regarding your child(ren)'s learning.

As daylight savings is fast approaching, it is so important right now to ensure that your child(ren) have predictable schedules and routines. A consistent daily schedule and step-by-step routines give children a predictable day. Schedules and routines at home help children: feel in control of their environment; feel safe, secure and comfortable; know what comes next; know how to do a task and engage in learning.

By having predictable environments and by engaging with your child(ren) and having positive adult-child interactions you will help promote your child(ren)'s social emotional development and help to prevent challenging behaviors. If you feel you want more information on this topic, please reach out to your child's teacher.

Don't forget to check those smoke alarms, carbon monoxide detectors and fire extinguishers to ensure that they are all in working order as the nights get colder and we turn on our heat! Make sure to also practice fire drills at home! We practice fire drills at school at least once a month. The more you practice, the more you and your child(ren) can be prepared!

Mligwech for all that you do for the little ones! You truly are your child(ren)'s first teacher!!!

Jamie and Jenn



# Amik News



## Boozhoo Amik Families!

We worked on and learned different things throughout the month of October, we began working on shapes. Looking at the different shapes that are around our classroom, we also started talking about the different changes happening in the weather and what happens when seasons change. We talked about mishiiminag (apples,) aniibiishan (leaves) and mitigominan (acorns.) We talk about why leaves and acorns fall on the ground, and why the leaves change color. We participated in the Apple Crunch and did some fun Halloween crafts.

During the month of November we will be focusing on the weather, working on our shapes, and continuing to work on individual goals for each child.

*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:

Gashkadino-giizis— November

Noodin—it is windy

Gisinaa— it is cold (weather)

Gimiwan—it is raining

### Important Dates/Reminders!

**11/10: Veterans Day/Tribe Closed**

**10/17: No School Day**

**11/20-11/24: Fall Break (no school)**

- Drop off is at 7:30am / Pick up is at 3:30pm.
- If your child will be absent for the day, please contact the front office.
- 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. 2525

Office ext. 2526

**Miigwech,**  
**Miss Tiff & Mrs Andrea**

# November News

Boozhoo Makwa room! Our room has been busy learning through play and enjoying the outdoors. This month we will be working on self help skills, the change of seasons, weather, numbers & learning shapes.

It's starting to get cold outside so please send appropriate outdoor clothing.

Miigwech! Ms. Judy & Ms. Kelsey

715-779-5030 ext. 2544

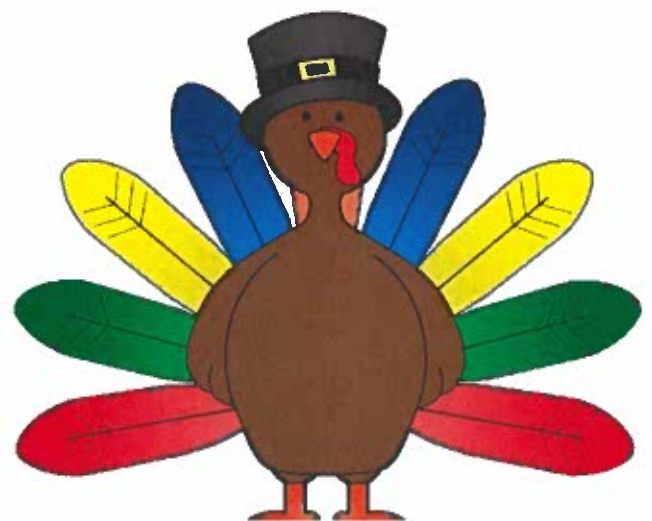
Bezhig - One

Niizh— Two

Niswi— Three

Niiwin— Four

Naanan— Five



# Esiban News



Boozhoo Esiban Families!

Happy days!!

For the month of November, we will be working on lots of hands-on activities and messy art. So please remember that having extra clothes is very important. We do have some extra clothing here so please don't be mad if they come home wearing different clothes!!!

The kids are learning our routine fast, it is amazing to see! Makes us very proud!

They are also learning how to dump their dishes in the bucket, push the chairs in and learning how to wash hands! It's amazing to watch!

If you have any concerns or just want to talk, we are always here to listen!

**Miigwech!**  
**Miss Gena**  
**Miss Caitlyn**

Contact us at:

(715) 779-5030

Office Extension: **2542**

Classroom Extension: **2541**

## Ojibwemowin

- Gisinaa – It is Cold
- Gashkadino – November
- Miigwechiwi-giizhigad – Thanksgiving Day

## Important Dates

- **November 10<sup>th</sup> ECC closed/Veterans Day**
- **November 20<sup>th</sup> to 24<sup>th</sup> is Fall Break, with Thanksgiving Day on the 23<sup>rd</sup>.**

*Drop off is at 7:30am*

*Pick up is at 3:30pm*

*Please bring 1-2 extra outfits to keep in the classroom 😊 Please put initials on the tags.*





# NOVEMBER

mashkode-bizhiki newsletter



## we are learning

Boozhoo Mashko families! During the month of November, we will be focusing on our clothing study. We will be learning all about where our clothes come from, how they're made and much more. We will be doing many crafts with pieces of clothing throughout this study so the kiddos get to see all different types of fabrics clothes can be made from. We will be incorporating our ojibwemowin language into our lesson plans for this study so have a conversation with your child and ask them what they're learning! Miigwech for everything you do!

## reminders & classroom news

We said good bye to Ms. Gerri (we will miss her a bunch!) and welcomed Ms. Melissa into our classroom! We are so grateful for both of them to help out in our classroom. The weather is starting to become very chilly so we ask that you send your child to school with a hat, gloves, jacket or whatever they may need to keep warm playing outdoors.

## important dates

Nov. 02 - Dental Screens

Nov. 10 - ECC CLOSED

Nov. 20 - 24 - Fall Break

Nov. 20 - 24 -  
Parent/Teacher  
Conferences

Family Night - TBD

## ojibwemowin

zoogipon- it is snowing

biizikigan- an item of  
clothing

mikwam- ice

bakweshigan- pumpkin pie

dakamanji'o- s/he feels  
cold

ms.nadine, ms.tatum & ms.melissa



# Gashkandino Giizis

Boozhoo Maiingan Families !

We are making it through our weeks at school, and learning so many new skills everyday! This month we are going to focus on a Clothing Study, routines, daily schedule, All About me activities, Ojibwemowin, Second Step Cards ( second step is social emotional support curriculum), and introducing HWT ( Hand Writing without tears, curriculum to help child with fine motor, social/emotional skills)

**Reminders Please send EXTRA CLOTHES that consists of one pair of pants, shirt, undies, socks and proper outdoor gear. School day starts at 730 am to 3:30 pm. Monday- Thursday. If your child/children will NOT be in school, we like to know by 9am. Calling front desk or leaving a message ext.2545.**

## Ma'iingan Office Hours

Monday—Friday

7:00 am to 3:30

## IMPORTANT DATES

**Parent Teacher Conferences**

**November 20th, 21st, 22nd 2023**

**November 23rd Thanksgiving**

**November 20th through 24th FALL BREAK**

**Please check voicemails, messages, and emails. Miigwech Ms. Alicia, Ms Gina**

## Ojibwemowin

Manoomin wild rice

Mandaamin corn

Nibi water

Waawan Egg

Gashkadino Giizis

Freezing over moon

Wiidoopamishin eat with me

Ininamawaa pass



# NOVEMBER

Migizi

Ms. Diann, 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 outer winter clothing is needed to keep your child warm. We will be working on the **Clothes** study for Teaching Strategies and in Talking About Touching we will focus on Fire and Gun Safety. Second Step we will focus on Listening and Focusing our attention.

### Important dates:

November 10 **Closed** for Veteran's day

November 20-24 Parent Teacher Conference

November 23 **Closed** for Thanksgiving

November 25 No Child Day

We will be talking with the children about everything 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, Fire, Gun Safety, Listening and Focusing our attention



# NEWSLETTER

## EHS Home Base



November 2023

Boozhoo Home Base Families,

I am happy I got to meet you and your families on enrollment day! I am looking forward to getting to know your families more and more with each visit 😊 I am in the process of coming up with some Home Base socializations for this month and the following, so I will keep you all updated on those! I am excited to start this journey with all of you 😊



### Important dates:

11/2: Dental Screens

11/10: ECC Closed

11/20-11/24: Fall Break &  
Parent/Teacher Conferences

ECC Family Night- TBD

### Ojibwemowin:

Wiisinidaa-Lets Eat

Niiji-aya'aag-My Family

Dagwaagin- Fall

### Topics for the month:

This month is Native American Heritage Month!

November Acts of Kindness!

It is also Picture Book Month!

Being Grateful & Giving thanks.

Mrs. Chelby

Phone: 715-779-5030 Ext. 2534

Email: [chelby.cameron@redcliff-nsn.gov](mailto:chelby.cameron@redcliff-nsn.gov)







**Red Cliff Early Childhood Center  
Policy Council Meeting Minutes  
Tuesday, September 19<sup>th</sup>, 2023 @ 10:30 am  
Virtual**



**Meeting called to order by Chairwoman Linda Christiansen @ 10:34 am.**

**Policy Council Members Present:** Linda Christiansen, Audra Blanche, Melissa Armagost, and Kennedy Defoe

**Absent:** Lacie Defoe

**Staff/Other Present:** Kathy Haskins, Education and Abilities Manager, Jamie Goodlet-King, Center Director, Julie Erickson, Social/Emotional Support Specialist, Cindy Garrity, Family Service Manager, Jennifer Leask, Administrator, Patt Kenote DePerry, Health Manager, Mikayla Topping-Defoe, Family Service/Health Assistant, Joni Gordon Office assistant and Jennifer Defoe, Family Enrollment Specialist.

**Approval of Agenda**

Motion by Melissa to approve the agenda, seconded by Kennedy, all in favor, motion carried.

**Approval of Minutes**

Motion by Kennedy to approve regular Policy Council minutes for August 8<sup>th</sup>, 2023, second by Audra, all in favor, motion carried.

**Menu: October 2023**

In the discussion, a question was asked about a nut free room and are accommodation made. Jen said yes Lori makes those accommodation accordingly. Jenn will talk with Lori about making requested changes to the menu.

Motion by Melissa to approve October 2023 Menu with changes, second by Kennedy, all in favor, motion carried.

**Ratify Poll Votes:** Early Head Start Home Base/Head Start Assistant Teacher/Floater-Chelby Cameron and Toddler Room Assistant Teacher Dawn Trautt.

Motion by Kennedy to ratify poll votes, 2<sup>nd</sup> by Melissa, all in favor, motion carried.

**Program Summary**

No full program summary report till October's meeting.

**Financial Report**

We meet with our accountant Ashley Peterson once a month- Budget Modification will be made with no carryovers. We have extra funds due to staff positions open. We currently pay for charter out of our program, we would like to cut this out because we are also currently on with the Tribes charter. All policy council agree to go ahead and let it go.

**F2 discussion**

Jenn explained to the policy council that we will be having a review this year some time soon and we might get 45 days' notice, or they could just stop by. We are informing the policy council that you will be part of this review. When they arrive, we will notify the policy council and set up a time for them to meet.

**COVID Update:**

We are still working with the current policy we have for COVID that was put out in January 2023. We will not be closing classrooms because of COVID plus they do not fog any more. A notice has been sent home and sent out on the ECC website and will be put into our newsletter.

**Other**

Ratify Poll Vote for New staff member Kitchen Assistant Kelly Holmes. Motion by Kennedy to ratify poll vote, 2<sup>nd</sup> by Melissa, all in favor, motion carried.

Informed policy council about upcoming event which will be Family Night on September 27<sup>th</sup> from 4:30-6, everyone welcome.

A question was asked about family pictures. Jenn stated that at this time we will not be doing them. We could set up an area at the ECC for families to come and take pictures with their own phones.

**Executive-** Nothing at this time

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**Adjourn**

Motion by Kennedy to adjourn at 11:14am., second by Melissa, all in favor, motion carried.

\_\_\_\_\_  
(signature)  
Policy Council Chairperson or delegate

\_\_\_\_\_  
Date



**Red Cliff Early Childhood Center  
Special Policy Council Meeting Minutes  
Friday September 22<sup>nd</sup>, 2023 @ 9:00 am  
Memengwa Trailer**



**Meeting called to order by Chairwoman Linda Christiansen @ 9:00 am.**

**Policy Council Members Present:** Linda Christiansen, Audra Blanche, Melissa Armagost, Kennedy Defoe and Lacie Defoe

**Staff/Other Present:** Jamie Goodlet-King, Center Director, Jennifer Leask, Administrator

**Approval of Agenda**

Motion by Melissa to approve the agenda, seconded by Lacie, all in favor, motion carried.

**Executive- Personnel Grievance**

Motion by Kennedy to go into executive session at 9:00 am. second by Melissa, all in favor, motion carried.

Motion by Melissa to come out of executive session at 9:48 am. second by Lacie, all in favor, motion carried.

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Action: Not action taken

**Adjourn**

Motion by Lacie to adjourn at 9:48 am., second by Audra, all in favor, motion carried.

\_\_\_\_\_  
(signature)  
Policy Council Chairperson or delegate

\_\_\_\_\_  
Date

Minutes taken by Cindy Garrity, Family Services Manager



# Family Service News and Information November 2023



## Mark your Calendars

- November 2nd Dental Screenings
- November 14th ECC Policy Council Meeting
- November 15th Caregivers Meeting 2:30 at ECC
- No ECC children– November 20-24th —Fall Break
- Parent Teacher Conferences November 20th-24th
- Circles of Security Training on November 1 , 8, 15 and 29th at ECC

### Bayfield CORE Community

#### Resources and Food Pantry

PO Box 1530  
Bayfield WI 54814  
[info@corecr.org](mailto:info@corecr.org)  
715-779-3457

### Red Cliff Energy Assistance Program

Family and Human Services  
88385 Pike Road  
Bayfield WI 54814  
715-779-3706  
See Marion Claremboux

## The BRICK Ministries

420 Ellis Avenue  
Ashland, WI 54806  
Phone: 715-682-7425  
Email: [officemanager@thebrickministries.org](mailto:officemanager@thebrickministries.org)  
Website: [TheBrickMinistries.com](http://TheBrickMinistries.com)



# **CAREGIVER MEETING**

**WHEN:** Tuesday, November 29<sup>th</sup> from 4-5 pm

**WHERE:** In the Memengwaa Trailer, next to the ECC

**WHY:** To Help make ECC a better place for your children and to learn about hot topics that parents may be facing and need support.

**HOW TO HELP:** We need your help with planning activities, fundraising, hosting events, discussions on developmental topics, challenge or struggles families may be facing, ideas and/or solutions to create a better environment at the ECC and any other ideas that the group comes up with.

**COME CHECK IT OUT AND SEE WHAT IT'S  
ALL ABOUT!**

**WE LOOK FORWARD TO SEEING YOU!**

If you have any questions on what this is about please contact  
715-779-5030

Cindy Garrity at ext. 2551 or Jamie Goodlet-King at ext. 2527



*Gashkadino-giizis: Ice is forming moon.*

*November 2023*

*Boozhoo from the Education and Abilities office*

*This month we are continuing with one of our seven teachings, the makwa. The makwa carries the gift of courage. A mother bear will stand against much larger animals to protect her cubs.*

*Courage is being brave in facing all life situations. Daily challenges take courage to overcome. We can teach our children how to be courageous, to strive hard and never give in or give up.*

*With courage, anything is possible, and dreams can come true. Being courageous allows us to challenge ourselves and be adventurous. Life is amazing when you have courage.*

*So, let's teach our children to try things they might not do. Let them feel a sense of accomplishment.*

*Activity: at home make a banner with just newsprint and a piece of string to hang in your home with bear prints or the phrase: It takes courage to do the right thing, or I use courage to make new friends or be courageous ask for help when you need it. This is a great gift from the grandfather's teachings that we can all learn from.*

*Work cited from the book :Native Reflections, Template and Resource book for the Seven Teachings.*

*Miigwech*

*Ms. Kathy and Ms. J*



# ECC ENROLLMENT CORNER

November 2023



## RECRUITMENT IS EVERYONE'S BUSINESS

Do you know someone is the community that could benefit from our program? Let them know that they can reach out with 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.

## I SAID BRRRR.....IT'S COLD OUT HERE!!!!

Boozhoo!

As we continue in fall and get ready for snow to come, we want our children to be nice and warm. Did you know that having a bulky coat under a child's harness can create up to 4 inches of extra room? In a car crash, fluffy padding in a coat flattens out, leaving extra space under the harness that could result in a child slipping through the straps. Here are some helpful tips that you can do to keep them warm and safe at the same time. These tips are appropriate for all ages because it is the same for older children and adults using a regular seat belt too.

- Store the carrier portion of infant seats inside your house when not in use.
- Get an early start so you don't have to rush, especially during winter where roads can be hazardous.
- Dress in layers and don't forget hats and gloves
- Tighten the straps of car seat harness, if you can pinch the car seat straps, it needs to be tighter.
- Remember, if the item did not come with the car seat, it has not been crash tested and may interfere with the protection provided in a crash. These can include sleeping bag inserts or other stroller accessories in the car seats.
- Pack an emergency bag for your car that can include extra blankets
- Use a coat or blanket over the straps

For more information about this please visit this site <https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Winter-Car-Seat-Safety-Tips.aspx>

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*We accept applications all year round*

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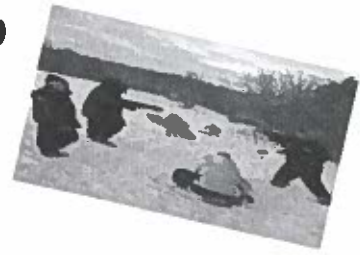
*Miigwech! Jennifer Defoe, Enrollment Specialist*

## 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](mailto: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](http://www.redcliff-nsn.gov/ECC)

## **NOVEMBER IS THE START OF COLD WINDS, RAIN AND SNOW.....WELCOME WINTER WEATHER**



### **We need to dress our kids for the Winter Weather:**

**It's all about the layers** - You want the base layer to be either wool or polyester so that it wicks away moisture as you sweat. Cotton base layers get wet and the little ones will get cold quickly.

Lighter weight boots. It's hard enough to walk in the snow when your just a little person. Jackets or snow pants made with polyester or waterproof materials are perfect for littles trying to maneuver.

Mittens are great for sledding, making snow angels, hiking, and generally running around outside in the cold weather. Mittens help keep little fingers warmer, too. Waterproof mittens keep hands dry and warm.

Children can lose up to one-third of their body heat through their heads. Thus, a hat helps to keep the heat in and the cold out, which keeps your child safe from mild hypothermia.

### **Germs appear to be everywhere:**

Children have more contact with others, and they have less developed immune systems to fight off infections. This means they are more likely to catch an illness that can spread from person to person.

Wash your hands. ... The best way to prevent infections is good handwashing, warm, soapy water is best.

Cover sneezes and coughs. Teach your child to sneeze and cough into the crook of your elbow or a tissue – not your hands,

Get a good night's sleep.... children age 3 to 5 needs 11 to 13 hours of sleep. Rest is needed to have energy for outdoor fun.

**Have Fun exploring the beautiful winter season .... The Health Office**



What's the Difference Between the Following?

**WIC Visit - Office Visit - Well Child Check/Visit**

**WIC VISITS PROVIDE:**

Funds to buy healthy foods - like milk, juice, eggs, cheese, cereal, dry beans or peas, and peanut butter.

- Information about nutrition and health to help you and your family eat well and be healthy. The visit may include weight and height check of the child and vaccine administration. You do not see a physician or a family practitioner.
- Information and help about breastfeeding.
- Help in finding health care and other services in your area.



**OFFICE VISITS PROVIDE:**

Office visits are because your child is ill, in need of a follow-up visit or have been referred from an emergency room visit. When your child sees a healthcare provider because they are sick, it is different than a well child visit.



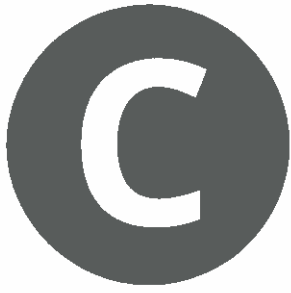
**WELL CHILD CHECK/VISITS PROVIDE:**

A well child check/visit is when your child sees a healthcare provider to prevent health problems. Well child visits serve many purposes in promoting the physical, mental, and social health of infants, children and adolescents. In a few words, they are used to track your child's growth and development.



**What to do at well-child visits?**

During a well-child visit, your doctor will perform a physical exam, a dental/oral check, give your child any necessary shots (immunizations or vaccinations) and track how your child is growing and developing. They may talk about illness prevention, diet and physical fitness, health and safety issues or about how to handle emergencies and sudden illness.



## C is for Core Exercises for Preschoolers

Our core is so important for our body! Did you know that the core muscles stabilize, align and move the trunk of the body? If our core is not strong, it can cause deficiencies in posture, balance, and endurance. It can even affect gross and fine motor skills. Try one of these fun exercises each day with your kids. You will be able to see them get stronger!





United States Department of Agriculture

Food and Nutrition Service

## Adding Whole Grains to Your Child and Adult Care Food Program Menu

Whole grain-rich foods are an important part of your menu in the Child and Adult Care Food Program (CACFP). Foods that are whole grain-rich are filled with vitamins, minerals, fiber, and other nutrients that help kids and adults stay healthy.

### How often do I have to serve whole grains in the CACFP?

Each day, at least one of the grain components of a meal or snack must be “whole grain-rich.” Whole grain-rich food items must be offered at least once per day, not once per meal/snack. In the CACFP, whole grain-rich means that at least half the grain ingredients in a food are whole grains, and any remaining grains are enriched grains, bran, or germ. This is required for CACFP child and adult meal patterns only. There is no whole grain-rich requirement for infants.



**If you serve meals and snacks to the same group of children or adults during the day:**

- ✓ Serve whole grain-rich items for the grain component at one of the meals or snack each day.

**If you serve meals and snacks to different groups of children or adults during the same day (for example, morning and afternoon sessions):**

- ✓ Serve whole grain-rich items for the grain component to one of the groups of children or adults each day.

**If you serve only snacks:**

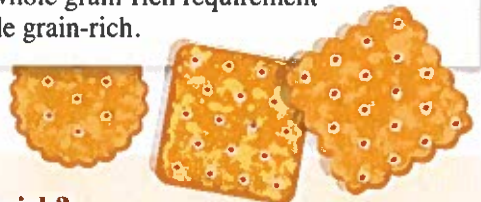
- ✓ You do not have to serve a grain component at snack. But if you do, it must be whole grain-rich.

**If you serve only breakfast and want to serve a meat or meat alternate:**

- ✓ You do not need to serve a grain, because you are replacing the grain component with a meat or meat alternate. You may do this up to three times per week. On the days when a meat or meat alternate is not served, you must serve whole grain-rich items for the grain component. If you decide to serve a grain as an “extra” food that does not count toward the CACFP meal pattern requirements, then the grain does not have to be whole grain-rich.

**If your at-risk afterschool site or adult day care serves breakfast, lunch, or supper using Offer Versus Serve:**

- ✓ All grain items offered at the meal you wish to count towards the whole grain-rich requirement must be whole grain-rich.



### Can I serve a grain-based dessert if it is whole grain-rich?

- ✗ Grain-based desserts, even those made with whole grains, cannot count towards the grain component of a CACFP meal or snack. There are many other tasty whole grain-rich foods that you can add to your menus.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.





## What are some ways to serve whole grain-rich foods at meals and snacks?

The requirement is that whole grain-rich food items must be offered at least once per day. But, you may choose to offer whole grain-rich food items more often. Check out these easy ways to serve whole grain-rich foods:

Breakfast	Lunch/Supper	Snacks
<ul style="list-style-type: none"> <li><input type="checkbox"/> Oatmeal*</li> <li><input type="checkbox"/> Whole Grain-Rich Pancakes or Waffles</li> <li><input type="checkbox"/> Toast Made with Whole-Wheat Bread</li> <li><input type="checkbox"/> Whole Grain-Rich English Muffin, Bagel, or Biscuit</li> <li><input type="checkbox"/> Whole Grain-Rich Muffin</li> <li><input type="checkbox"/> Whole Grain-Rich Cereal*</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Whole-Wheat Macaroni or Spaghetti</li> <li><input type="checkbox"/> Brown Rice</li> <li><input type="checkbox"/> Quinoa</li> <li><input type="checkbox"/> Bulgur</li> <li><input type="checkbox"/> Wild Rice</li> <li><input type="checkbox"/> Whole-Wheat Bun or Roll</li> <li><input type="checkbox"/> Whole Grain-Rich Pizza Crust</li> <li><input type="checkbox"/> Whole Grain-Rich Tortilla</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Whole Grain-Rich Crackers</li> <li><input type="checkbox"/> Whole Grain-Rich Pita Triangles</li> <li><input type="checkbox"/> Whole Grain-Rich Cereal Mix*</li> <li><input type="checkbox"/> Whole Grain-Rich Pretzels</li> <li><input type="checkbox"/> Rice Cakes Made with Brown Rice</li> <li><input type="checkbox"/> Whole Grain-Rich Banana Bread</li> <li><input type="checkbox"/> Whole Grain-Rich Chips</li> </ul>

\*Cereal must meet CACFP sugar limits.

## How can I share information about whole grain-rich foods on my menu?

Some easy ways CACFP providers are highlighting whole grains on their menus include:



Writing "whole wheat" or "WW" in front of an item on the menu, such as "whole-wheat bread" or "WW bread."



Adding a fun grain icon or picture next to whole grain-rich foods.



Placing a check in a checkbox to show that a food is whole grain-rich.

There are no Federal CACFP requirements that you label which foods are whole grain-rich on your menu. Check with your State agency or sponsoring organization to see what they require. Highlighting whole grain-rich foods on your menu communicates to families how you are providing nutritious foods to their loved ones. Families may see this as a sign of the quality of meals and snacks you are offering.



## Try It Out!

Look at the menus for three CACFP sites below. Which menus meet the CACFP requirement for whole grain-rich?

### Menu 1

Served at a child care center that serves one group of children in the morning and another in the afternoon

**Breakfast:** Chopped strawberries, whole grain-rich waffles, 1% milk

**Lunch:** Baked chicken, 1% milk, broccoli, orange wedges, white rice

**Snack:** Apple slices and string cheese

### Menu 2

Served at an at-risk afterschool center that only serves snack

**Snack:** Enriched pretzels and hummus (bean dip)

### Menu 3

Served at an at-risk afterschool center that only serves snack

**Snack:** Celery sticks and sunflower seed butter

**Answer Key:** Menus 1 and 3 meet the CACFP requirement for whole grain-rich. Menu 2 does not meet the CACFP meal pattern requirement for whole grain-rich. The pretzels in this snack are enriched, not whole grain-rich, so this snack does not meet the requirement.

FNS-650 August 2018

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# Serving Meals “Family Style”

Your child is learning new skills through family style meals at child care. Food is offered in serving bowls and plates, and children serve themselves and talk with others at mealtime. Family style meals can help your child:

- Build confidence with practice.
- Strengthen the small muscles in the child’s hands.
- Decide how much to eat.
- Talk and connect with others.



## Try Family Style Meals at Home

- **Place each food on its own serving plate or bowl.** You can start small by choosing one food item to pass around the table.
- **Sit down together.** Turn off the television and put down the phones for fewer distractions.
- **Pass each serving plate or bowl around to each person at the table.** Help young children pass the bowl or plate if needed.
- **Let each person serve their own food.** Teach children to keep the bowl on the table when serving themselves. Use the serving spoon to scoop the food.
- **Talk with one another.** Check out “Talk With Me” on the next page for ideas.

## Support Young Children at Mealtime

1. **Sometimes new foods take time.** Children don’t always take to new foods right away. You may need to offer a food more than 10 times before your child might like it.
2. **Patience works better than pressure.** Offer your children new foods. Then, let them choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice. It also helps them learn to be independent.
3. **Accept that it may be messy at first.** It will take practice for children to learn to serve themselves. But, the mess is worth the benefits. Letting them continue to practice will strengthen their skills—creating less mess.

## SNAP and WIC Benefits

Is your household in need of more food? You may qualify for USDA's Supplemental Nutrition Assistance Program (SNAP), Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), or other nutrition assistance programs. Find your State contact at [www.fns.usda.gov/contacts](http://www.fns.usda.gov/contacts).



### Talk With Me!

Choose fun and happy things to talk about at your next meal. Cut out the conversation starters below. Let your child pick one before each meal.

What made you feel happy today?



What did you have to eat at lunch today?



What's your favorite veggie? Why?



Tell me one thing you learned today.



What made you laugh today?





# Mii a'aw waa- dazhiikamaang

Ojibwemodaa omaa Miskwaabikaang endaso-giizhigak!



## Aaniin waa- izhichigeyaang?

We have been working on words for dagwaagig (when it is fall). We will continue working on observing what is happening around us as the seasons change. Ani-gisinaa! Mii go wayiiba wii-giizhoopizoyang! We will continue to talk about how we prepare for the colder weather. We will also continue to work on mealtime words.

## Endazhing-wiisining

- ✓ Atoon omaa: put it here
- ✓ Ziigwebinan: dump it out
- ✓ Ininamawishin: pass it to me

## Giishpin wii- ganooniyan:

- ✓ Waasamoobii'igan:  
haley.hyde@redcliff-nsn.gov
- ✓ (715) 779-5030 ext. 2553

## Niwaabamaag ingiw awesiinyag

Niwaabamaa a'aw  
waawaashkeshi  
I see that deer.

Niwaabamaa a'aw  
waabooz.  
I see that rabbit.

Niwaabamaa a'aw  
waagosh.  
I see that fox.





# Gashkadino-Giizis

2023

## Boozhoo qakina awiya!

*Gaa-izhichigeyaang (Binaakwe-giizis):*



**Ningii-aabajitoomin iniw  
okosimaan da-dazhindamaang  
anooj inamanji'owinan.**

**Ningii-mikaamin iniw aniibiishan  
iwidi noopiming.**





# JIBAYIGIIZHIGAK

*Ambe zegikonayedaa!*

*Let's all dress scary!*

*Yay' wiinge ingii-goshkose!*

*Holy I was really startled!*

*Awenen waa-ayaa'ikaazoyan?*

*Who are you going to pretend to be?*

*Bapakwaanaajiiwinining niwii-ayaa'ikaaz.*

*I'm going to pretend to be Batman!*

*Daga ziinzibaakwadoons miizhishin!*

*Trick or treat!*

*Yoi imboopoogijaanimiz!*

*Jeeze I'm just farting out of fear!*



The Red Cliff Early Childhood Center  
88455 Pike Rd. 89830 Tiny Tot Dr.  
Bayfield WI 54814  
November 2023

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### **Current Opening for the Red Cliff Early Childhood Center/**

- **ECC Substitute Assistant Teacher/Substitute Kitchen Staff** POSTING  
DATE: February 21, 2023, DEADLINE: Applications accepted year-round.
  - **Child Care Teacher** Opening Date: June 22, 2023, Deadline: Open Until Filled
  - **Early Head Start Center Based Teacher** Opening Date: June 1, 2023, Deadline: Open Until Filled
  - **Head Start Assistant Teacher** Opening Date: August 9, 2023, Deadline: Open Until Filled
  - **Assistant Child Care Teacher** Opening Date: June 22, 2023, 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](https://www.redcliffnsn.gov/how_do_i/apply_for_obtain/employment_opportunities/jobopenings.php)
- **Bayfield Chamber-Job Opportunities**

# NOVEMBER 2023

## ACTIVITY CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	American Indian Heritage Month Non-Fiction Month	Fruit of the Month: Cranberry Vegetable of the Month: Collard Greens & Broccoli Flower of the Month: Chrysanthemum	1 National Brush Day- brush, brush, brush your teeth, brush them til they're clean, brush away the germs and plaque, wash them down the drain.	2 Time to find 10 items that are green around the house	3 National Sandwich Day- help make a sandwich today	4 National Candy Day- did you know a dentist invented cotton candy. Befe it was called cotton candy it was "Fair, Floss"
5 Time to read for 15 minutes today	6 National Saxophone Day- listen to some jazz music today	7 Color The World Orange Day- create a picture with oranges, orange colors, ect...	8 National S.T.E.A.M Day- create a maze with a styrofoam plate and straws. Attache the straws to the plate. Find a small round object to go through the maze	9 Find 10 items that are red in the house today	10 National Vanilla cupcake Day- make cupcakes and enjoy the treat	11 Veterans Day- le about Veteran's today
12 Hindu Diwali Day- Diwali is an ancient Hindu festival of light. Represents triumph of light over darkness or the victory of good over evil.	13 World Kindness Day- make a kindness chart and express the ways to be kind	14 National Pickle Day- some prefer sour some prefer sweet.. Which do you prefer?	15 America Recycles Day- find ways to recycle items around the house	16 National Button Day- find an item that has buttons on it	17 National Butter Day- turn heavy cream into butter!	18 Mickey Mouse Birthday Celebrate by mi a mickey treat
19 World Toilet Day- tell a potty joke: Why were there balloons in the bathroom? There was a birthday potty!	20 National Child's Day- read a good book and do something fun	21 World Hello Day- greet family and friends with a nice "Hello"	22 Time to read for 15 minutes today	23 Thanksgiving	24 You're Welcoming Day- give thanks to something you are grateful for	25 Broccoli- paint a picture using on broccoli as the t
26 Happy Birthday to Marc Brown, writer of Charlie Brown	27 Non-Fiction Month- dive into a non-fiction book today	28 National Day of Giving- give a friend or family member a helping hand today	29 Aviation History Month- construct an airplane out of Popsicle sticks	30 National Personal Space Day- read the book "Harrison P. Spader, Personal Space Invader"		





## Recycled Toys

What better day to help your child start learning about reuse and recycling than on November 15<sup>th</sup>, which is “America Recycles Day”! To prepare for this fun day, start having your family save toilet tissue and paper towel rolls, egg cartons, cereal boxes, tissues boxes, and any other materials that you would typically throw away! Then, on November 15<sup>th</sup>, tell your child that you have some new toys for them and bring out the box of “trash” you have been saving. This box will soon become tall towers (using the cereal and tissue boxes); marble or small ball runs (using the toilet tissue or paper towel rolls taped together and placed at a slant so the balls can roll); or a robot (covering boxes in aluminum foil and creating a face with glued on bottle tops and straws). These are just a few ideas of ways to make new toys out of recycled materials!



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



## Space Bubbles

Learning how to give and ask for personal space is something your child will need in school and in life. November 30<sup>th</sup> is “National Personal Space Day” so grab some hula hoops and show your child what that means! You can do this activity with just you and your child or with more than one child. Give everyone a hula hoop and have them hold it away from their bodies using straight arms. Then, start moving around a room or any space and anytime someone bumps into another person, that person should say, “You’re in my personal space.” After a few times of doing this activity, have everyone put down their hula hoops and stand in the middle of them and look around. Remind them of how they felt when another hula hoop bumped into theirs. It was fun because they were playing but it also might have made them nervous or even upset because someone bumped into them and got into their personal space. Tell your child to always straighten out their arms like they are holding a hula hoop when they are around people and try to stay that distance away from someone else so they can each respect the other’s personal space!





# NOVEMBER-2023

## GASHKADINO-GIIZIS

NITAM ANOKII-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIIYO-GIIZHIGAD	NAANO-GIIZHIGAD
<b>MILK SERVED WITH EVERY MEAL 1-2 YR OLD WHOLE</b>		<b>1B</b> PANCAKES, TRK SAU- SAGE, RASPBERRIES, CC <b>S</b> BFK BAR/MILK <b>L</b> CHICKEN, W RICE, CAR- ROTS, TR FRUIT <b>S</b> YOGURT PARFAIT	<b>2B</b> RICE CRISPIES, BANA- NAS, YGT <b>S</b> GR CRACKER/MILK <b>L</b> HAMB GRVY. M POT, CORN, WG BUN, PEARS <b>S</b> CHEESE IT/CUCUMBER	<b>3B</b> EGGS, WG TOAST, PB, ORANGES <b>S</b> YGT/APPLES <b>L</b> BURRITO, PEACHES, PEAS, CC <b>S</b> FRUIT CUP/GOLDFISH
	<b>6B</b> WAFFLES, BLUEBER- RIES, TRK SAUSAGE <b>S</b> CRACKER/CHEESE <b>L</b> BB'S, FRIES, BROCCO- LI, M ORANGES <b>S</b> CARROTS/PB	<b>7B</b> LIFE, PEARS, CC, WG MUFFIN <b>S</b> NUTRA BAR/MILK <b>L</b> CHIX STIR FRY, STIR FRY, MANGO, BR RICE <b>S</b> M ORANGES/GR FISH	<b>8B</b> OATMEAL, WG TOAST PB, BANANA <b>S</b> PRETZEL/CHEESE <b>L</b> PORK CHOP, W RICE, CARROTS, APPLESAUCE <b>S</b> MAKR YR OWN PIZZA	<b>9B</b> CORN CHEX, APPLES, YGT <b>S</b> GOLDFISH/MLK <b>L</b> PIZZA, CORN, SALAD, PEARS <b>S</b> BROCCOLI/HUMMUS
	<b>13B</b> MALTO MEAL, OR- ANGES, WG MUFFIN <b>S</b> PRETZEL/MILK <b>L</b> HAMB SP, WG BR STIX MANGO, GR BEAN <b>S</b> FR CUP/CHEESE IT	<b>14B</b> RICE CRISPIES, BERRIES, CC <b>S</b> BFK BAR/MILK <b>L</b> HAM, PEAS, PINEAP- PLE, CC, POTATO, SALAD <b>S</b> CAULIFLOWER/CHEZ	<b>15B</b> EGG OMELET, WG TOAST, PB, BANANA <b>S</b> MUFFIN/MILK <b>L</b> BEEF STIR FRY, STIR FRY, PEACHES, CC <b>S</b> SLEEPY BEAR/FRUIT	<b>16B</b> CORN CHEX, BLUE- BERRIES, CC, <b>S</b> GR CRACKER/PB <b>L</b> TURKEY DINNER W/ FIXINGS <b>S</b> PRETZEL/JIUCE
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>FALL BREAK</b>	<b>FALL BREAK</b>	<b>FALL BREAK</b>	<b>THANKSGIV- ING TRIBE/ECC CLOSED</b>	<b>FALL BREAK</b>
<b>27B</b> EGG COMBOS, CC, PEARS <b>S</b> NUTRA BAR/MILK <b>L</b> PIZZA, SALAD, MAN- GO, CORN <b>S</b> CARROTS/MILK	<b>28B</b> CORNFLAKES, BER- RIES, CC, WG MUFFIN <b>S</b> PRETZEL/PB <b>L</b> PORK CHOP, APPLES, W RICE, PEAS <b>S</b> PEACHES/CC	<b>29B</b> WAFFLES HAM/CHZ TR FRUIT, YGT <b>S</b> GR CRACKER/MILK <b>L</b> BROCCOLI CH Z SP, WG BR STIX, SALAD, PEARS <b>S</b> EGG/IT B177A	<b>30B</b> HB OAT, YGT, RASP- BERRIES <b>S</b> BFK BAR/MILK <b>L</b> CHIX NUGGET, FRIES, SALAD, FR COCTAIL, CORN	<b>MENU SUBJECT TO ATTENTION</b>