

Red Cliff Early Childhood Center Newsletter

Boozhool

Welcome to the 2021-2022 school year! We are so excited that our classes are full again and that we get to see everyone's happy faces each day! We have all waited for so long to be back to full services.

Unfortunately, we still need to be very cautious regarding COVID-19 issues. Having everyone back in full swing means we need to be that much more cautious when it comes to the possibility of spreading the virus. Parents and other adults who enter a classroom for drop-off or pick-up are expected to wear a mask. Masks are available in each classroom. Please help us keep everyone safe.

With the constant changes in COVID-19 cases please watch for updates to services, exclusion requirements and other related information. We will post any updates on the Tribal webpage, our ECC Facebook page, on classroom doors and they will be sent home when necessary.

We appreciate everyone's understanding as we work through the new school year.

Milgwech,
Jenn and Jamle

WAATEBAGAA-GIIZIS

(LEAVES CHANGING COLOR MOON)

SEPTEMBER 2021

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		

ECC/TRIBE CLOSED:

6	LABOR DAY
30	TREATY DAY

UPCOMING EVENTS

7	OPENING CEREMONY
8	FIRST DAY OF SCHOOL



Bagosenimishinaam—	Hope for us.
Ganawenimishinaam—	Take care of us.
Widookawishinaam—	Help us.
Nanda-gikendan—	Seek to know it; Seek to learn it.
Nitaawigi—	S/he is born; S/he grows; Grows up.
Zaagi chigaazo—	S/he is loved, treasured (by someone); "they" love, treasure it.





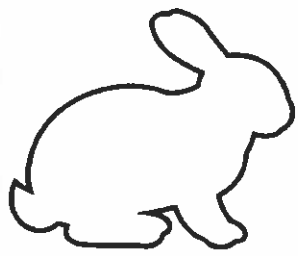


Waatebagaa-Giizis
(Leaves Changing Color
Moon)
September 2021

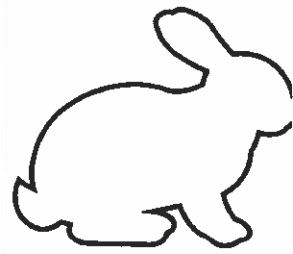


EHS Monday-Friday School Hours-- 7:45 am. to 3:00 pm. HS Monday-Thursday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labor Day Tribe/ECC Holiday	7 Virtual Opening Ceremony	8 First Day of School	9	10	11
12	13	14	15	16	17	18
19 	20	21	22 Family Event TBD	23	24	25 
26	27	28	29	30 Treaty Day Tribe/ECC Holiday		



WAABOOZ NEWS



Boozhoo!

We want to welcome our new families to Waabooz room!

For the beginning of our school year we start with four weeks of transition time for the children. The first two weeks will be 7:45am-10:30am for transition time, the third week will be 7:45am-Noon, and the fourth week will be 7:45am-3:00pm. (Note transition could be subject to change, if extension is needed.)

We want to send a friendly reminder to send extra clothing for your child that is weather appropriate. We are outdoors everyday that is weather permitting.

If you have any questions or concerns, you can call us at (715) 779-5030 ext. 2524

We are excited to have and get to know the babies!

—**Kelsey & Lulu**



AMIK ROOM NEWS

September is Waatebagaa Giizis,
Leaves Changing Color Moon

Boozhoo from the Amik Room!

We hope you had an awesome summer and are excited to start the new year!

This month we will be focusing on getting into a schedule and transitioning into our new room. We will be doing a lot of painting and messy projects, so please send a couple changes of clothes!

We look forward to having all our students in our new Amik room! If you have any questions call 715-779-5030, ext. 2525.

-Miss Maggie

Makwa News



Boozhoo Makwa Families!!

We're excited to start this new school year with you all,
in our new classroom!

We will be back to school full-time this year, Monday-Friday. Drop off at 7:45am and pick-up at 3:00pm.

If your child will be absent for the day, please call the front office or classroom to let us know.

The month of September we will be working on allowing the children to get comfortable in our new classroom, and we will do an "All About Me" theme to learn about each child and so they can learn about their peers.

**Miigwech,
Miss Tiff & Miss Judy**

(715) 779-5030

Classroom x 2544

Office x 2543

Welcome Esiban Class!!

We are so excited to see all your bright, shiny faces each day. We are transitioning with our children so that we can begin full days in October. We want to encourage all of you to spend time outside with your child. This will not only help them sleep better but also build large motor and fine motor skills.

We hope this school year goes smoothly and we want to remind you, feel free to call with any questions or concerns you may have with your child. We want to say chi-miigwech for allowing us to spend time with your child each day.

Important Dates: September 30 - No school

Miigwech!!

Gena Mertig, Esiban Teacher
715-779-5030 extension 2542



Agongos newsletter

September 2021



Lets play. Lets work,
let's learn.



Here we go!!

It's the beginning of a new year. I am back in the home base office after helping in another classroom for a bit. I am excited to start a new year. This year we will be able to meet face to face if you feel that will make it easier to get together. Of course, we will be using the recommended safety measures as staff at ECC. There will be more options for us to work together for your child.

We can discuss what you believe will best suit your family on the first visit. I will be contacting you soon if I have not done that yet. Can't wait to talk to you. Miigwech!

1

WEEKLY HOME VISITS

We have the opportunity to meet a in your home, preferable outside or other options.

2

MONTHLY SOCIALS

There will be Home Base Social Monthly.

3

MY CONTACT INFORMATION....

Corky (Dawn)

715 779-5030 ext. 2538

715 292-9154



MASHKODE-BIZHIKI BIDAAJIMOWIN



Waagebagaa-giizis 2021
(There are Bright Leaves Moon)

Boozhoo gakina awiya.

We would like to Gidanamikaago (welcome) all of our new families and returning families to our classroom. We hope that everyone had a wonderful summer!

This is our monthly newsletter which contains important information so please read them as often as possible. We also send home weekly notes that let you know what we are learning in the classroom, reminders, and information about upcoming activities and events.

We are looking forward to a very fun and exciting school year.

We still have many of our COVID 19 practices in place. Staff will be wearing masks and everyone will be washing their hands often.

If you have received any paperwork from the center, please fill it out and return it.

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

Monday, September 6th – Labor Day – ECC Closed
Thursday, September 30th – Treaty Day – ECC Closed

OJIBWMOWIN - THE OJIBWE LANGUAGE

Biindigen – Come inside
Gizilbiigininjiin – Wash your hands
Namadabin anakaning – Sit at the rug
Dagwaagin - It is fall
Aniibiish – A leaf

Miss Nadine & Miss Gina

Waatebagaa Giizis

What's Happening In Ma'iingan Room ?

Ojibwemowin

Strawberry—
Odemin

Corn Mandaamin

Grape— Zhoomin

Ice Cream—
Dekaag

Apple- Mishiimin

Blueberries –
Miinan

Boozhoo Families !!

Aaniin Ezhi- Ayaayeg? How are you all doing ?

It's September!! It seems like summer just flew by!! Here we are starting our new school year! We would like to say we are looking forward to our school year and meeting our new kiddos, and welcoming back our familiar faces!! We are so EXCITED for our time together! We will be working on getting to know each other, beginning of the year study and all about me projects.

We would like to remind you all of our office hours Monday through Friday 7:15 am to 3:15pm 715-779-5030 ext. 2545. Please don't hesitate to reach us ! We love feedback and questions!

We are here if you all need anything just call or message us. We are looking forward to getting to know all of you and working with your kiddos.

Parent
Resrouces

Online Links

Youtube pbs
kids

Go noodle

<https://www.sesamestreet.org>

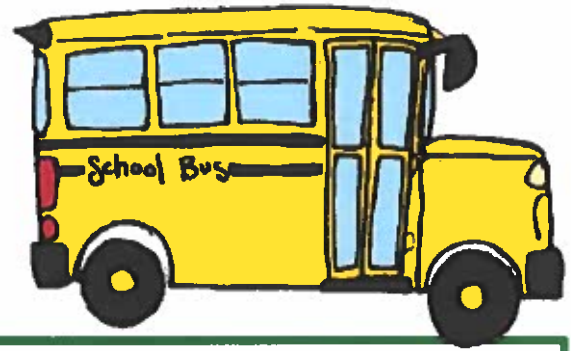
Star-
brightbooks

Miigwech,

Ms. Alicia, and Mrs. Donna

SEPTEMBER

- From the MIGIZI ROOM
Ms Diann, Ms. Haley 715-779-5030 ext 2540



REMINDERS

We are very excited to begin the new school year and meet all the students and see our returning students.

The teachers have been busy prepping the rooms and getting ready for the first day of school.

We hope everyone enjoyed their summer together and spending a lot of time at the beach. We were fortunate to have a hot summer.

On my way to work today I noticed how many trees are already turning colors. Autumn will soon be here and we will focus on the season change in the classroom.

As we enter the new year, please keep in mind that your child will need the proper clothing to go outside each day.

Another important reminder is we can not have any food being eaten on the bus in the morning or afternoon.

LITERACY AT HOME

Sing and Pause: This month practice singing the alphabet song together. As your child becomes more familiar with it sing to a certain letter and then pause and wait for them to fill in the letter before continuing on.

MATH AT HOME

Simon Says One and Done: To practice the concept of one, play Simon says do something one time. For example, instead of saying Simon says jump, say Simon says jump one time. Take turns being Simon and practicing doing actions one time and stopping.

TAKING CARE OF ME AT HOME

Shoes and Socks Races: Choose easy shoes/socks for your child and you to practice together. Step by step, put on your socks and shoes at the same time, showing your child how you do it. As they become more comfortable, see who can put on their own socks the fastest, then their own shoes. Practice having your child independently put on their socks and shoes and buckle them, or ask for help tying them.



September Themes

Beginning of the year study and all about me



**Red Cliff Early Childhood Center
Policy Council Meeting Minutes
Tuesday, August 10, 2021 @ 11:00 am Virtual**



Meeting called to order by Vice Chairwoman Amaris Andrews @ 11:09 am.

Policy Council Members Present: Kennedy Defoe, Amaris Andrews-DePerry, Joanne Peterson, Lynna Martin, Caitlin Penhollow- left meeting at 11:12am.

Absent: Linda Christiansen, and our new Policy Council member Marcella LaPointe is waiting on personnel training.

Staff/Other Present: Jennifer Leask, Administrator, Jamie Goodlet-King, Head Start/4K/Early Head Start Director, Jennifer Defoe, Family Service Enrollment Specialist, Patt Kenote-Deperry, Health Manager, Kathy Haskins, Education and Abilities Manager, Julie Erickson, Teacher Support, and Nicholas DePerry, Tribal Council Liaison.

Approval of Agenda

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

Approval of Minutes

Motion by Kennedy to approve regular Policy Council minutes for June 8th, 2021, second by Lynna, all in favor, motion carried.

Approval for Family Service Plan 2020-2021

Motion by Kennedy, second by Lynna, all in favor, motion carried.

Approval for ERSEA & Transition Plan 2020-2021

Motion by Joanne, second by Kennedy, all in favor, motion carried.

Financial Report

Continuing on finishing up end of the year budgets. Working with OHS for COVID funds and getting funds into one budget. COVID funds expiration date may be extended to 2023 to allow programs more time to spend funds. Kitchen remodel is still on track and will begin soon, waiting on final contract with legal and will then be able to move forward.

Program Summary

Informed the Policy Council about the Program summary and there was no discussion.

Childcare update

Still working on getting the building open and ordering needed supplies. The fence should be up early September. There was a suggestion for a community update to go out on social media to keep community informed on current progress, Jennifer Leask will work on getting something put together.

Transition Period for the 1st two weeks of School 2021-2022

This was not discussed and was replaced with approval of the Fall Plan for Head Start/Early Head Start 2021-2022.

Approval of Fall Plan for Head Start/Early Head Start 2021-2022

Jennifer Leask went over the plan and informed members of what is being changed and what will remain the same. There was a concern about how teachers are being tested and if it could be changed to ensure the safety of the children in the two groups. There were also questions about how home base will operate for the fall school year.

Motion by Joanne, second by Kennedy, all in favor, motion carried.

Grievance Procedure update

This item was tabled until the next meeting.

What programs fall under the "ECC"

Jennifer Leask explained that there is confusion when it comes to what programs fall under the "ECC", there is a suggestion to change the umbrella of this group (ECC, Child Care and Launch) so that the "ECC" can only refer to the ECC Head/Start and Early Head Start. A suggestion of the name was Early Childhood Division. If any members have a suggested name, they can email Jennifer Leask.

Other

There was a suggestion about informing families after selection is completed for fall school year and letting families that weren't selected know. There was another suggestion about making a community update to let families know where the selection process is and that families will be informed about not getting into center base.

Executive

No action

Adjourn

Motion by Joanne to adjourn at 12:16 am., second by Kennedy, all in favor, motion carried.

_____(signature)
Policy Council Chairperson or delegate

_____(Date)

Minutes taken by Jennifer Defoe, Family Service Enrollment Specialist

*The Red Cliff Early Childhood Center is seeking members
to sit on the
2021-2022 Policy Council*



Policy Council Board:

This council is comprised of (2) Head Start parents, (2) Early Head Start Home Based Parents, (1) EHS center-based Parent, 2) Community Representatives and (1) Tribal Liaison.

Duties:

- The Policy Council has important decision-making responsibilities for the overall operations of the ECC Programs such as hiring of staff, grant applications/budgets, termination of staff, parent activity fund purchases, ECC policies etc.
- The Policy Council will meet monthly.
- There are circumstances that come up that may call for a special meeting or Poll Votes may need to take place.
- Training with Human Resource office and Family Service Manager

Election Voting:

Policy Council elections are held at the first family night in September.

If you are interested, please contact Cindy Garrity @ 779-5030 ex 2551 or email her at cindy.garrity@redcliff-nsn.gov

A decorative border of autumn leaves in shades of red, orange, and yellow surrounds the text.

Family Service News

September 2021

Welcome back! We are very excited for this school year and the many activities that we will be taking place. We have a couple things going on in September. We did a virtual opening ceremony that was posted for all families and community to see. At the end of this month, we will have our first family night (details to follow) and Policy Council elections.

What is Policy Council?

This council is comprised of (2) Head Start parents, (2) Early Head Start Home Based Parents, (1) EHS center-based Parent, 2) Community Representatives and (1) Tribal Liaison.

Duties: The Policy Council has important decision-making responsibilities for the overall operations of the ECC Programs such as hiring of staff, grant applications/budgets, termination of staff, parent activity fund purchases, ECC policies etc. The Policy Council will meet monthly. There are circumstances that come when special meetings are needed throughout the program year

Family Services will be reaching out to families over the next couple months to see how we can assist families. If you need resources or any other assistance, you can contact Cindy Garrity at 779-5030 ext. 2551 or Jennifer Defoe at 779-5030 ext. 2533.

ECC Family Night (details to follow)

September 22, 2021

What's the Difference Between the Following?

WIC VISIT - OFFICE VISIT - Well Child Check

WIC Visits CAN PROVIDE THE FOLLOWING:

- Special checks 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, administer vaccine. You do not see a physician nor a family practitioner.
- Information and help about breastfeeding
- Help in finding health care and other services in your area



OFFICE VISIT PROVIDES:

Services to the child because he is ill, in need a follow-up visit to due previous visit, or recommendation from emergency room visit. It is a different type of visit than, a well child visit, when **your child sees a healthcare provider because he is sick.**



WELL CHILD CHECK/WELL CHILD VISIT IS:

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, 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 the child any necessary shots (immunizations or vaccinations) track how your child is growing and developing. talk about illness prevention, diet and physical fitness, and health and safety issues. talk about how to handle emergencies and sudden illness

Have you, your child or any other members in your household had the following symptoms?

Chills

Congestion or Runny Nose

Cough

Diarrhea

Difficulty Breathing

Fatigue/Tired

Muscle Pain

Nausea or Vomiting

Headache

Sore Throat

Shortness of Breath

Repeated Shaking with chills

New Loss of Taste or Smell

Fever in the past 24 hours (100 F or above)

Used a fever reducer in the past 24 hours

Has your child or anyone in your house been in contact with or around a person who had COVID symptoms or have COVID in the past 14 days?

Early Years

WORKING TOGETHER FOR A GREAT START

September 2021

KID BITS



Comfy school clothes

Your children will be able to concentrate better in school if they're wearing comfortable clothes. For example, it's a good idea to dress in layers that are easy to take off if they get hot. If they're still learning to fasten buttons or snaps, elastic-waist pants may be best. *Tip:* Have them wear sneakers so they can run and play safely at recess.

Plan ahead for patience

When you head out with your youngster to run errands, let her carry a notebook and crayons. Then if you have to wait, encourage her to draw pictures of things she'd like to do when she gets home (ride her bike, play with action figures). She'll learn to keep herself occupied when she needs to be patient.

Wash up!

How can you motivate your child to wash his hands for the 20 seconds needed to kill germs? Have him sing the alphabet song while he scrubs. Or boost his creativity and independence by suggesting that he come up with his own 20-second idea. He might recite a tongue twister or nursery rhyme, or even make up a song to sing.

Worth quoting

"Hugs can do great amounts of good, especially for children."
Diana, Princess of Wales

Just for fun

Q: What are you guaranteed to get for your birthday?

A: A whole year older!



Success in school: A parent's role

Your little one is headed to school, and you have an important part to play in her success. Here are ways to support her as she grows and learns.

Share enthusiasm

The more excited you are about school, the more excited your child will be. Each day, invite her to "teach" you something she learned. She might show you how to make "ants on a log" for a snack or name colors around the house. Whatever the lesson, be an enthusiastic "student." Your positive attitude will be contagious!

Encourage problem solving

Help your youngster think through and solve problems for herself. For instance, she may want to play a noisy game, but the baby is sleeping. Ask, "What could you do instead?" *Examples:* Play a quieter game, wait for the baby to wake up. She'll become more self-reliant and need less help at home and in class.



Be a listener

Your child gets her first lessons in listening by talking with you. During conversations, show that she has your full attention. ("Let's put away my phone so I can listen to you.") Acknowledge what she says, and ask questions to show interest. ("I love mac and cheese, too. Which vegetable goes best with it?") She'll see firsthand what a good listener does.♥

Bedtime routines that work

A peaceful bedtime routine can help your youngster fall asleep faster and get the 10–13 hours of sleep he needs to be ready to learn. Consider these tips.

● **Allow plenty of time.** Rushing through your child's routine may wind him up and make it harder for him to settle down. *Idea:* To avoid protests and delays, give him a 5- or 10-minute heads-up before starting the routine.

● **Set rituals.** Doing bedtime tasks in the same order creates a predictable routine that signals sleepy time. *Example:* Take a bath, put on pajamas, brush teeth, tuck in stuffed animals, listen to a bedtime story. *Idea:* Together, create a bedtime poster where you list the steps and he illustrates them.♥



Social skills for little ones

Learning to get along with other children is an important part of school success at this age. Help your youngster develop social skills he'll use all his life with these strategies.

Practice introductions. To get your child comfortable meeting new people, practice at home. He can start by introducing himself: "Hi, my name is Marcus." Then, he could add a compliment ("I like your dinosaur shirt") or share something he likes to do ("T-ball is my favorite sport. What's yours?").



Idea: Encourage him to pretend his toys are introducing themselves. ("Hello, I'm Hops-a-Lot the bunny. I like jumping games.")

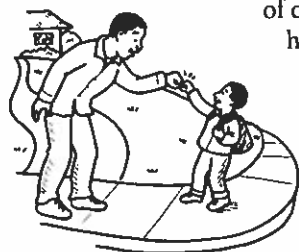
Make a friendship book. Have your little one create a "how-to" guide to friendship. Together, think of important things that friends do, like take turns and share toys. Help him write each idea on a separate sheet of paper, and let him illustrate it. For instance, he might draw himself sharing his favorite toy with a friend. Or he could illustrate friends taking turns while playing a board game. Staple the pages together, and invite him to "read" his guide to you.♥

Q & A Happier goodbyes

Q: My son is clingy and cries when I leave him at school. What can I do?

A: While there's no overnight cure for separation anxiety, it's normal at this age and does get better with time. In the meantime, here's a way to help your child cope.

Start by giving him some control over the situation. Together, make a list of different ways he can say goodbye, and let him choose one each day. For example, does he



want fist bumps, snuggly hugs, or three kisses? Then, follow through with his choice, and try to keep your goodbyes short.

Also, remember that your son's teacher is a great resource for handling separation anxiety. Ask her to share tips that have worked for other families in the past.♥

OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated

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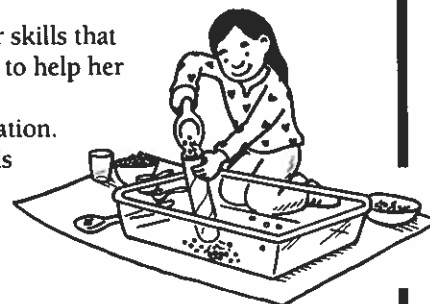
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ACTIVITY CORNER

Scoop up some fine motor fun

Scooping and pouring build the fine motor skills that your child needs for handwriting. Here's how to help her set up and use a "scooping station."

Get a shallow box or bin for a mess-free station. Have your youngster fill it with scooping tools (cups, spoons), small objects to scoop (beads, sprinkles), and containers to fill (bowls, pitcher). Then, suggest these five playful ideas:



1. Spoon sprinkles into a muffin tin to make colorful "muffins."
2. Prop up an empty cardboard tube against one side of the box. Scoop up popcorn kernels, and send them down the "tunnel slide."
3. Count how many scoops of dry beans will fit inside a pitcher.
4. Load up a toy truck with pebbles, and "deliver" them to different containers.
5. Scoop various objects into a bowl, and stir them together to make "soup."♥

PARENT TO PARENT

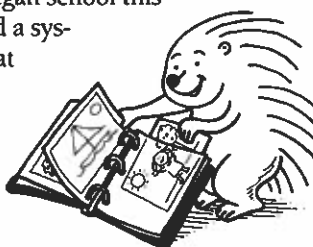
School-day memories

When my older daughter started school, I would display her schoolwork on the fridge, then store it in a bin where it was quickly forgotten. By the time my younger daughter began school this year, I had developed a system for both girls that gives them a record of their progress.

First, I gave each child a binder to decorate. As papers

come home, they decide which ones are "keepers" and put those in the binder. If a project is too big to fit, I let them take a photo of it, and they file the picture in the binder.

Once a month or so, we'll look back through their binders to see how much they're learning. Jamie was excited that she's writing her ABCs, and Sarah was proud that she's doing addition. Both girls can't wait to see how much they'll learn this year!♥



State of Wisconsin School Bus Laws

This is a reminder to everyone that owns and drives a vehicle, motorcycle, or scooter Please be mindful and keenly aware of the following:

A vehicle that approaches a stopped school bus from either direction front or back that is displaying flashing red warning lights, you must stop not less than 20 feet from the bus and remain stopped until the bus resumes motion or the operator extinguishes the flashing red warning lights. Failure to do so could result in a fine between \$30 and \$300. This law does not apply to vehicles driving in the opposite direction on a divided highway but does apply if no barrier is present on multi-lane street or highway. There are no divided highways on the Red Cliff Chippewa Reservation.



A note from the bus driver:

Rest assured; I do this because I care about the kids. In my heart and mind, there isn't a more worthwhile profession than being a school bus driver. I just want to get our children to school and back home safely and protect them like they are my own. This job is not for everybody. This is the absolute hardest "easy" job I've ever had. Some days I go home smiling ear to ear and some days not so much. Any time I am having a rough day, it makes me feel better when I get to interact with a child who is so excited to go to school! They are my precious cargo! And that's why I do this job.



Wisconsin WIC Program Information & Income Eligibility Guidelines

Purpose:

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a nutrition program for pregnant women, infants, women who are breastfeeding, postpartum women, and children younger than 5. WIC provides nutrition education, breastfeeding education and support, supplemental nutritious foods, and connections to other community services.

Wisconsin families want to raise strong and healthy kids, and WIC is here to help. Health benefits of WIC have reduced premature births, low birthweight, and long-term medical expenses.

Who is Eligible for WIC?

To qualify for WIC benefits in Wisconsin, a person must:

- Live in Wisconsin
- Meet the income guidelines (*listed on the next page*)
- Have a health or nutrition need. A nutrition assessment will be completed at the WIC clinic.
- Be pregnant; be breastfeeding a baby under 1 year of age; of had a baby or was pregnant in the past six months; be a baby under age 1; or be a child younger than age 5
- A person may qualify if someone in their family is receiving WI FoodShare, Medicaid, BadgerCare Plus, Wisconsin Works Program (W2), Temporary Assistance to Needy Families (TANF), or Food Distribution Program on Indian Reservations (FDPIR)
- Foster children, Kinship Care recipients under age 5, and pregnant foster teens are eligible for WIC

Benefits Received by WIC Participants

All participants receive:

- Screening for nutrition and health needs
- Information on how to use WIC foods to improve health
- Benefits to buy foods that help keep you and your children healthy and strong
- Referrals to doctors; dentists; programs like FoodShare, Medicaid, BadgerCare Plus, W-2, Head Start

Women receive:

- WIC foods (<https://www.dhs.wisconsin.gov/wic/approved-foods.htm>)
- Information on healthy eating during pregnancy and breastfeeding
- Help with starting or continuing breastfeeding

Infants receive:

- Help with starting or continuing breastfeeding
- Infant formula, if needed
- Immunization referrals

Parents/caretakers receive information on taking care of babies

Children receive:

- WIC foods (<https://www.dhs.wisconsin.gov/wic/approved-foods.htm>)
- Immunization referrals

Parents/caregivers receive information on food shopping, recipes, and feeding your child

To apply for WIC: <https://www.dhs.wisconsin.gov/wic/local-projects.htm>

For other health information and referral services contact Well Badger Resource Center: Call 800-642-7837, email help@wellbadger.org or go to <https://wellbadger.org/>

Good nutrition today means a stronger tomorrow!

Building for the Future with CACFP



This day care receives support from the Child and Adult Care Food Program to serve healthy meals to your children.

Meals served here must meet USDA's nutrition standards.

Questions? Concerns?

**Participating Agency Contact
information**

Cindy Garrity-Family Service Manager
Red Cliff Early Childhood Center
88455 Pike Rd
89830 Tiny Tot Dr
Bayfield WI 54814
715-779-5030

State Agency Contact Information

Amanda Cullen, RDN, CD, Director
Agency Community Nutrition Programs
Agency Wisconsin Department of Public
Instruction P.O. Box 7841 Agency phone
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Learn more about CACFP at USDA's website:

<https://www.fns.usda.gov/>

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United States Department of Agriculture
Food and Nutrition Service FNS-317
November 2019

September

2021

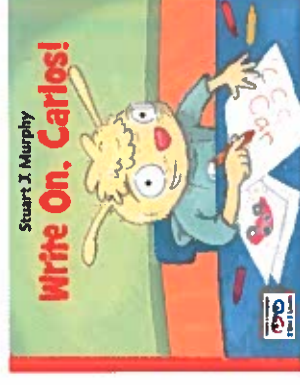
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Library Card Signup Month!	Good Manners Month	Better Breakfast Month	1 World Letter Writing Day. Read the story, "Write on Carlos" and make your own letter treats! (See Activity)	2 Eat breakfast together as a family to celebrate Better Breakfast Month!	3 Use different colored buttons to make different patterns with your child!	4 National Wildlife Day! Draw a picture of your favorite animal!
5 National Cheese Pizza Day- Make a pizza together!	6 Labor Day Read A Book Day!	7 Read a book about good manners with your child for Good Manners Month	8 International Literacy Day! Read your favorite book together!	9 Using dots, outline different shapes, and have your child connect the dots!	10 National Swap Ideas Day!	11 National Make Your Bed Day!
12 Grandparent's Day! Make a card for a grandparent today!	13 Happy Birthday Roald Dahl!	14 National Ants On A Log Day! Read a book that has ants in it!	15 International Dot Day! Do Dot Art together!	16 National Play Dough Day! Use playdough to make different letters!	17 How many words can you and your child think of that rhyme with the word "ant"?	18 National Dance Day! Dance to your favorite song together!
19 Talk Like A Pirate Day!	20 Go on a walk and pick up leaves, then count how many leaves you picked up.	21 World Gratitude Day!	22 Fall Begins! Make your own wreath for fall! (See Activity)	23 How many words can you and your child come up with that rhyme with "fall"?	24 Make a new bookmark for fall!	25 National Comic Book Day! Make a comic book together!
26 National Pancake Day! Make pancakes together for breakfast!	27 National Family Day! Do your favorite family activity together!	28 Discuss together your favorite things about fall!	29 National Goose Day! Read a book that has a goose in it!	30 Read a new fall book!	Hispanic Heritage Month	



Letter Treats

Ingredients Needed:

- 1 Bag of Small Marshmallows
- 1 Box of Rice Krispies Cereal
- Butter
- Sprinkles (optional)



Instructions:

- Melt butter (about 2-3 Tablespoons) in a large pan over low heat
- When butter is melted, add the bag of small marshmallows, melt over low heat
- When the marshmallows are all melted, take off of heat
- Add Rice Krispies Cereal, until well coated with melted marshmallows
- Wait till the contents have cooled, then shape treats into letters!
- Optional: Add sprinkles to your letter treats
- Enjoy!



Wreath

Materials Needed:

- Paper Plate
- Yellow, Red, Orange, Brown Construction Paper
- Pencil
- Scissors
- Glue



Instructions:

- Cut the inside middle out of your paper plate
- On your choice of construction paper, trace and cut as many leaves that you would like to glue to your wreath
- Glue your leaves to the outside of your paper plate
- Using your hole punch, punch a hole in the top of the paper plate
- Tie a string through the hole, then hang up your wreath!



Self-Care September 2021

MONDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

TUESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

WEDNESDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

THURSDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

FRIDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 Notice what you are feeling, without any judgment

24 Accept yourself and remember that you are worthy of love

SATURDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Find a new way to use one of your strengths or talents

SUNDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

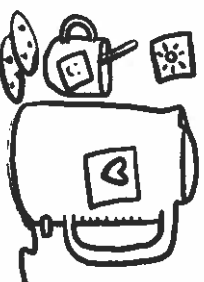
19 No plans day. Make time to slow down and be kind to yourself

26 Avoid saying 'I should' and make time to do nothing



ACTION FOR HAPPINESS

Happier · Kinder · Together





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

Current Opening for the Red Cliff Early Childhood Center

Child Care Assistant Teacher -3 Positions

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

Child Care Teacher - 4 Positions

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

Infant Room Assistant Teacher

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

Early Head Start Center Based Teacher - 3 Positions

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

Early Head Start Home-Based Teacher

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

Head Start Assistant Teacher

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

Head Start Bus Driver & Family Service Worker

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

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



Red Cliff Tribal Job openings

Go to the Red Cliff Tribal Website

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



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

SEPTEMBER 2021

WAATEBAGAA-GIIZIS

NITAM ANOKI-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIYYO-GIIZHIGAD	NAANO-GIIZHIGAD
6	7			
LABOR DAY ECC /TRIBE CLOSED		8B SCRAMBLE EGG, TOAST, JELLY, ORANGES S NUTRA GR / MILK L PIZZA, CARROTS, SAL- AD, HONEYDEW S PEACHES/CC	9B RICE CRISPIES, BANA- NAS, YGT S GR CRACKER/PB L CHIX, PEAS, CANTA- LOUPE, WG BUN S VEG/CC DIP	10B MALTO MEAL, WG TOAST, PB, BERRIES S RICE CAKES/MILK L HB HD, WG PASTA, SALAD, CORN, PEARS S BROCCOLI/HUMMUS
13B OMELETS, HONEY- DEW, ENG MUFFIN S APPLES/PB L SPAGHETTI, WG NDL, GR BEANS, MANGOS S CRACKER/CHEESE	14B CORN CHEX, CC, PEACHES, BAGEL S TEDDY GR/MILK L PORK CHOP, PEAS, AP- PLESAUCE, WG BUN S CARROTS/CC DIP	15B BOILED EGG, WG TOAST, JELLY, ORANGES S FR CUP/CRACKER L HAMB HD BR RICE, YGT VEG/DIP, CANTALOUPE S RICE CAKE/MILK	16B RICE CRISPIES, BA- NANA, YGT S PRETZELS/PB L BK CHIX, BABYREDS, HONEYDEW, WG BUN S YGT/BERRIES	17B WAFFLES, BERRIES, CC S NUTRA BAR/MILK L PT/HAM SP, CHEZ, SANDWICH, PINEAPPLE S VEGGIE/CC DIP
20B OATMEAL, WG TOAST, JELLY, APPLES S GOLDFISH/MILK L CHIX SP, BR STX, HONEYDEW, CARROTS S TR FRUIT/CC	22B HB OATS, YGT, BER- RIES, S GR CRACKER/PB L HMB GRAVY, MPOT, WG BUN, CORN, PEARS S VEG/CC DIP	23B RICE CHEX, ORANG- ES, YGT, WG TOAST, PB S RICE CAKES/MILK L BK CHIX, GR BEANS, PINEAPPLE, CC S PEACHES/PRETZELS	24B KIX, BANANAS, YGT, ENG MUFFIN WG S SALSA/TORTILLA CHIP L KIELBASA, BABY REDS, PEAS, MANGOS S CC/BERRIES	25B PANCAKES, BLUE- BERRIES, CC S NUTRA BAR/MILK L TOMATO SP, GR CHZ, PEARS, PEAS S CC/PEACHES
28B SCR EGG, WG TOAST, PB, BERRIES S NILLA WAFERS/MILK L TACOS, W/FIXINGS CORN, HONEYDEW S GR CRCK/PEARS	29B CHEERIOS, AP- PLES, YGT S APPLESauce/PRETZ L CHIX CH MEIN, STIR FRY, MANGO, NOODLES S CRACKER/CHEESE	ECC/TRIBE CLOSED TREATY DAY	30	SKIM MILK SERVED WITH MEALS 1-YRS WHOLE

**MENU
SUBJECT
To
CHANGE**