



RED CLIFF EARLY CHILDHOOD CENTER NEWSLETTER



Boozhoo!

We are so thrilled to share the news that the ECC will be opening at the end of this month! We are very excited to have children return to the building! We have certainly missed all those smiling faces. We are in the process of putting the final touches in place and once they are done, teachers will be calling families to give them their child's schedule.

The ECC will be giving a thermometer to each of our families. We are asking that they are used to screen children before sending them to school or putting them on the bus. Our goal is to offer a safe, healthy, and fun learning environment for everyone! We need everyone's help and support to accomplish this. We all want what's best for our children and while it may seem like some of the things we have put in place seem extreme, it was what we needed to do to be able to open the doors back up.

We would like to offer a huge thank you to the Bayfield School, specifically the kitchen staff, for providing meals to all our children! Your generosity is much appreciated!

We can't wait to see everyone very soon!

Jenn and Jamie

FEBRUARY NAMEBINI-GIIZIS (SUCKER MOON)

S M T W T F S

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

ECC EVENTS:

TBD ECC REOPENING

OJIBWE LANGUAGE CORNER

a—UH

aa—AH

i—IH

ii—EE

o—OH

oo—OOH

e—AY

Anishinaabemowin Sound Chart

	aa	ii	oo	e	a	i	o
b	baa	bii	boo	be	ba	bi	bo
ch	chaa	chii	choo	che	cha	chi	cho
d	daa	dii	doo	de	da	di	do
g	gaa	gii	goo	ge	ga	gi	go
j	jaa	jii	joo	je	ja	ji	jo
k	kaa	kii	koo	ke	ka	ki	ko
m	maa	mii	moo	me	ma	mi	mo
n	naa	nii	noo	ne	na	ni	no
p	paa	pii	poo	pe	pa	pi	po
s	saa	sii	soo	se	sa	si	so
sh	shaa	shii	shoo	she	sha	shi	sho
t	taa	tii	too	te	ta	ti	to



ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Send someone a message to say how much they mean to you

2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone else

4 Organise a virtual 'tea break' with colleagues or friends

5 Show an active interest by asking questions when talking to others

6 Get back in touch with an old friend you've not seen for a while

7 Make an effort to have a friendly chat with a neighbour

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for the good in people, even when they frustrate you

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Send a friendly message of support to a local business

14 Tell your loved ones why they are special to you

15 Smile at the people you see and brighten their day

16 Check in on someone who may be struggling and offer to help

17 Respond kindly to everyone you talk to today, including yourself

18 Appreciate the good qualities of someone in your life

19 Share a video or message you find inspiring or helpful

20 Make a plan to connect with others and do something fun

21 Actively listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about their strengths that you value most

25 Thank three people you feel grateful to and tell them why

26 Give positive comments to as many people as possible today

27 Call a friend to catch up and really listen to them

28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

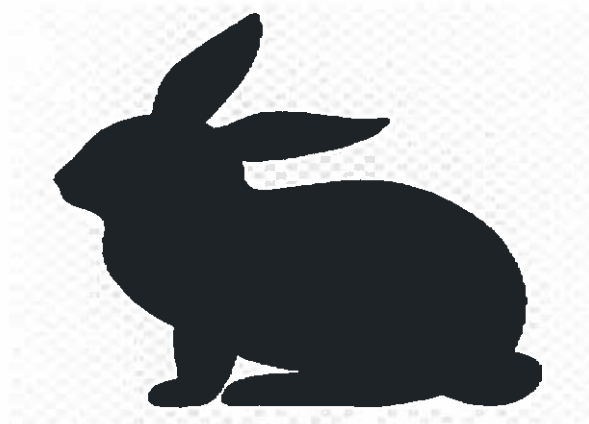
ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Happier · Kinder · Together



WAABOOZ ROOM

Boozhoo Waabooz Families,

February is Namebini-giizis, the Suckerfish Moon. Will the groundhog see it's shadow on Feb. 2nd? I hope it doesn't. That will mean Spring will come early! It is also the time for making valentines for the special people in our lives. I am sending home materials so you can make some at home.

This month we'll be learning about animals and their babies. There's a lot to learn! Some things are: where they live, what they eat, and what sound they make. Also we'll learn the sign language sign and ojibwemowin for each animal. Some Ojibwe words for February are: **Heart-Ode** and **Love—** Zaagi. I wish you all a wonderful February! — Miss Maggie

AMIK NEWS

AMIK NEWS & UPDATES

We enjoy being able to see the children's smiling faces when we get to see them during our lives, it always makes our day. We appreciate you all for doing what you can to allow us to continue educating your children from afar!

Just a reminder, we schedule our lives Tuesday-Friday. There are two different times available for you to attend, 9:00am & 2:30pm. You only have to attend one live unless you prefer both. If you need any assistance on getting into those lives, please feel free to reach out to us! Also, don't forget to check the Teaching Strategies Family App., it is a quick and easy way to communicate with us. We understand that the iPads that were distributed don't have the WebEx capabilities yet, but please continue to be patient with us as we work to get this issue resolved.

If you have any questions or concerns, please contact us at 715-779-5030 x 2526

What we will be working on during the month of February...

- working on learning colors, we will also use the Ojibwe names for them.
- Recognition and searching, seeing a picture and being able to find the said item in the picture. (we've been sending home scavenger hunts for the children to do while at home.)
- Continuing to work on our fine motor skills by sending home crafts and activities that allow the children to work on moving and using those hand muscles.
- Culture—We've been working on trying to get more cultural and language activities sent home.

Ojibwe Words:

Heart—ode'

Love— zaagi

Red—miskwaa

White— waabishkaa

Pink— oginiiwaanzo

Purple— miinaande

Green— ozhaawshkawaa

Yellow— ozaawaa

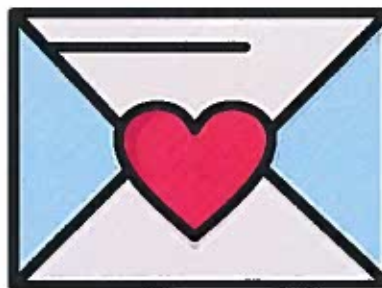
**Miigwech,
Miss Tiff & Miss Judy**



MAKWA NEWSLETTER

Boozhoo All!

The month of January seemed to fly by and now February is already here! This month we are going to focus on Valentine's Day and the Post office for this month's theme. If you have any questions or concerns. Contact us (715) 779-5030 ext. 2544



Here is a cute and easy craft that you could try out at home

Supplies: Paper, Pen, Scissors .

Step 1) Fold the piece of paper in half.

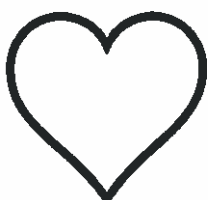
Step 2) Place your child's hand near the folded side of the paper.

Step 3) Trace your child's one hand.

Step 4) Cut out the handprint.

Step 5) You could have your child decorate to add Personalization by coloring the project.

ENJOY!!





Boozhoo Esiban Class Families

Happy Valentine's Day!!!!

For the month of February, we will be doing the Box study from our Teaching Strategies lesson plan. We will be sending home some boxes for you to create your own masterpiece!! The box in the activity bag is for you to make a valentine box with your child (put on stickers and hearts out of red and white paper)

Boxes are everywhere. Our cereal, cake mixes, oatmeal, and other items come in boxes. Let's see what we can do with the boxes you have at home. Let your child build a tower or make a fort!!! Just have fun!!! We will be uploading some other activities into the teaching strategies cloud so you can view them on the new I-pad that we have provided on loan for your family..... if there is anything else you need please contact us at the school.

Ode: Heart

Miskwa: Red

Your Esiban teachers 779-5030 ext:2548 and ext:2530

Agongos

Homebase Newsletter February 2021



**Hello, my name is Gena Mertig!
I'm the new Home Base teacher, I
hope to learn the new curriculum
quickly!**

**I hope all of you are getting used
to the teaching strategies on the
ipad's. Don't be afraid to reach
out to me if you need help!**

**My Phone number is 715-779-5030
ext. 2537**

**I look forward to talking to all my
new families!**



Ojibwe words for Valentine's day:

Ode' - Heart

Nizaagi'aa - I love you!

Gizhwaadiz - Be kind!

**We will continue to post online through Teaching
Strategies, let me know if you have questions about the
bags that have been delivered! Please take pictures of
them doing an activity and upload it for us to see!!**

Phone Numbers

Dawn.....715-779-5030 ext. 2538

Cell 715-292-9154

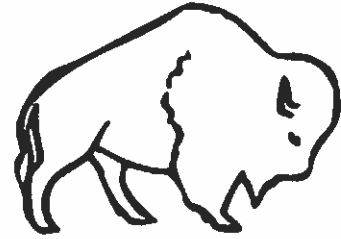
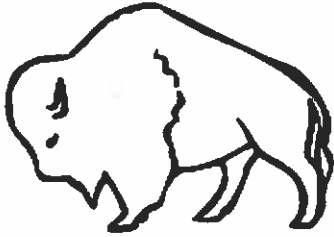
Gena.....715-779-5030 ext. 2537

Cell 715-209-3745

MASHKODEBIZHIKI NEWS

February 2021

Namebini-Giizis (Sucker Moon)



Boozhooo gakina awiya (Hello everyone).

All Staff are back at the center. Our return date for students has not been determined yet. We do not have a start date for the students yet, but center staff are working on a reopening plan. In our last activity bag, we sent home some Ojibwe Language and Culture resources from GLIFWC (The Great Lakes Indian Fish & Wildlife Commission) hope you are enjoying reading the stories and exploring the resources.

For the month of February, we will finish the Pet Study and then move onto the Music Study. The students will receive pet and then music related activities throughout the month. We will have some Valentine's Day fun too.

Check out TSG(Teaching Strategies Gold) daily to view lessons. There are recorded read alouds, finger plays and songs, and activity directions posted daily Tuesday-Friday to go with our activities that are sent home. If you have not checked it out and would like another invite for TSG, please let us know and we will send it out.

We will continue with two live gathering times Tuesday through Friday at 10:00am and 1:00pm. During the lives we sing songs, read books, show and share, sing finger plays and songs, ask the question of the day, wish well and recite the class pledge.

Attendance matters! To increase our classroom attendance and monthly in-kind the ECC is hosting a monthly incentive drawing. Your child's name will be put into a drawing every time your family participates in any of these activities: attending a live session, back-and-fourth email, message, or phone conversation with your child's teacher, completing family enrichment assignments, returning paperwork, uploading a photo, or video of your child completing an activity. February's drawing will be held on the 26th.

Please do not hesitate to reach out to us if you have any questions or concerns. We can be reached through Teaching Strategies Messenger, by email: nadine.cadotte@redcliff-nsn.gov, gina.lagrew@redcliff-nsn.gov or our classroom at 715-779-5030 ext. 2546.

DATES TO REMEMBER

Valentine's Day 2/14/2021



Ms. Nadine and Ms.
Gina

OJIBWE WORDS

Heart – Inde'
Love – Zaagi'
Winter – Biboon
Snow – Zoogipon
Music – Gidochige
Musical Instrument – Noodaagochigan
Song – Nagamon



Namebini Giizis

Boozhoo Ma'iingan Families

We will be working on this month a Music Study, ojibwemowin , number recognition, letter recognition, HWT (hand writing without tears), building our words, and learning more about our emotions.

Special Reminder we are available Monday through Friday by phone at ECC @ 715 779-5030 ext.2545 with any questions or concerns.

We will continue to go live Tuesday through Friday @ 10:30 am and 12:30pm. We want to encourage families to join us for our lives, and continue to use TSG (teaching strategies gold) as a way to communicate to your child's teachers. We want to hear feedback on how the kiddos are doing at home, to have that communication between home and school! We love to hear about your children, and what you all are learning together. Miigwech for all the cooperation! Sending you all well wishes and stay safe!

Miigwech, Ms. Alicia, Ms. Donna and Ms. Gerri



Migizi News

Our winter has been tolerable this year which has given us many days to be outdoors enjoying the winter sports and activities with our families and friends.

The month of February we will be focusing on finishing up our Pet Study and starting the Music Study. We will be providing books and activities pertaining to the Pets and moving on to the music.

Here are some words we will be using:

Migizi-Eagle

Giigo-fish

Waawaabignoonjii-mouse

During the music study we will be exploring how to make our own musical instruments. We will also help your child learn to spell and write their names, how to hold and use their scissors, to count and recognize numbers.

Please fill out the Family Enrichment Homework Assignments that's sent home each month which are due to us by the last day of each month. This is an important form our center needs for In-Kind. We would also like to receive the Agindaasodaa (Let's Read) form filled out and returned to us. Thank you.

Ms. Diann, Ms. Haley, Ms. Megan



Red Cliff Early Childhood Center
Policy Council Meeting Minutes
Tuesday December 15th, 2020 @ 11:30 am Virtual
Memengwaa Trailer



Meeting called to order by Chairwoman Linda Christiansen @ 11:49 am

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

Absent: Tasha Hanson, Kelly Gordon and Mercie Defoe

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

Approval of Agenda

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

Approval of Minutes

Joanne motioned to approve November 17, 2020 minutes and Orientation minutes for November 17th, 2020, seconded by Lynna, all in favor, motion carried.

Financial reports

The ECC is presently about halfway through the fiscal year and we are looking good. Staff wages and salaries are high, so we are adjusting them into other line items. We are working on adjusting monies for upgrading technology improvements, family incentives and holiday gifts.

Menu-January 2021

Amaris motion to approve the January Snack Menu for 2021, second by Joanne, all in favor, motion carried.

Child Care Update

We are presently waiting for power to be established in the building, until this is done everything is on hold. There is no heat, because there is no power. Dawn Nixon is assisting with the development of the Policy's. We are working on applying for grants to help assist. Currently there is not projected dates of opening.

Ratify Poll Votes

Motion by Joanne to ratify poll vote to Amend Red Cliff Early Childhood Center By-Laws by inserting Confidentiality Training, Poll Vote- Personnel, Kitchen Assistant-Darrell Murphy with alternate Mark King and Preschool Development Grant (PDG) Community Innovation Grant. second by Amaris, all in favor, motion carried.

Resignation of Policy council member and discussion on non-participation of Policy council member.

Policy Council was informed by Cindy Garrity that a resignation was received by message from Kelly Gordon to withdraw her name from the Policy Council. Joanne motioned to accept the resignation as presented, seconded by Lynna, all in favor, motion carried.

Discussion on Policy Council member who has not attended or contacted Family Service Manager of any kind. Family Service Manager has tried several times to reach her by phone leaving messages and tried messaging her with no response. The Policy Council member Linda recommends moving forward and let her go and repost for this position, Joanne, Lynna and Amaris were all in agreement with this. Cindy Garrity will do the paperwork needed with getting a signature from Board Chair.

Auto Bremmer Grant Application. The ECC are asking for approval from the Policy Council to move forward with this grant. The Red Cliff Tribal Council has approved this. Motion by Joanne to move forward with the Auto Bremmer Grant Application, second by Lynna, all in favor, motion carried.

Other

- ECC incentives for families will be done monthly for each classroom. We hope to improve our family involvement with teachers.
- Update on current positions here at the ECC. We currently down 1 Head Start Teacher and 7 Early Head Start Teachers.
- Enrollment at this time, Home Base is currently under enrolled, if you know of anyone in the Bayfield County area please let us know. The OHS-Office of Head Start are aware of this and they are monitoring our program. Under enrollment has been an ongoing problem. Head Start and Early Head Start are currently full.
- COVID monies are being used to upgrade the Kitchen area. Joe Defoe is working with the ECC by assisting in helping with finding BIDS. We are looking at Starting the upgrade to the kitchen in the spring.

Adjourn

Joanne motion to adjourn the meeting at 12:21, second by Amaris, all in favor, motion carried

_____(print name)
Policy Council Chairperson or delegate

_____(signature)
Policy Council Chairperson or delegate

_____(Date)

Minutes taken by Cindy Garrity, Family Services Manager

February is NATIONAL CHILDREN'S DENTAL HEALTH MONTH

HERE IS SOME INFORMATION FOR PARENTS AND CHILDREN
REGARDING DENTAL CARE

Babies gums can be wiped with a soft cloth after the first feeding and right before bedtime to wipe away any bacteria and sugars.

When the teeth come in, start brushing the teeth with a soft toothbrush and plain water

-Consult with your dentist about when your child should start using fluoride toothpaste.

At age 1 year your child should visit the...DENTIST to spot possible early problems.

Most important: Brush your teeth daily, Floss your teeth daily and don't forget regular Dental Visits

When was your child's last dental visit??

It is recommended dental checks every 6 months unless dentist states different.

The dental clinics are scheduling appointments now.

YOU'RE INVITED TO THE ECC HNDAC MEETING

Health Nutrition Disabilities Advisory Committee

The HNDAC (Health Nutrition and Disability Advisory Committee) meets twice during each school year. The committee meets to address ways to improve the care and safety of the children, staff, family members, and visitors of the Red Cliff Early Childhood Center. Your input is very important as we strive to provide education, health, and safety information to all who enter the doors of the ECC. Due to the pandemic, our meeting will be virtual. Any parents or community members who would like to join the meeting please call the ECC Health Office by Tuesday, Feb. 23rd to receive an invitation to the WebEx meeting.

MONDAY – MARCH 01, 2021 @ 8:15 AM

Please call to get an invitation to the WebEx meeting. You will have to provide an email address. Deadline to sign up is February 23rd by 4:30pm.

PLEASE CALL THE HEALTH OFFICE TO SIGN UP: 715-779-5030

Patt @ ext. 2556 or Mikayla @ ext. 2555

Namebini giizis February 2021

(sucker moon)

Biboon- winter **Zoogipoon-** snow **Maajipoon-** it starts to snow

Boonipoon- it stops snowing, the snow stops



Mikwam- ice

Akwa'waa- he/she fishes through the ice



odaabaan animoosh



Dear Eco Healthy Child Care® Friends,

Happy February! I hope the first few weeks of 2021 have been good to you.

This month we're going to take a minute to focus on dental amalgam fillings, also known as silver fillings. Amalgam fillings are a common silver-colored material used to restore teeth that have cavities. [Dental amalgam](#) is made of a mixture of metals including [mercury](#), a naturally occurring heavy metal that is released into the environment by human activity (such as: mining, coal burning, and other industrial activities). Mercury is a known neurotoxin that can damage the brain and nervous system. Children, especially those under the age of six, are more susceptible to the adverse health effects of mercury because of their developing bodies.

Dental amalgam fillings may release small amounts of mercury into the body depending on the individual's number of fillings, tooth grinding, and chewing. Fortunately, the U.S. Food and Drug Administration (FDA) has provided updated [recommendations](#) about the use of dental amalgam for individuals who may be at high risk (e.g. children) for its negative health effects. [Alternative treatments](#) for dental cavities include composite resin fillings or glass ionomer cement fillings.

Families should always discuss all available treatment options with their dentist to determine the safest and healthiest course of action.

Be well,

Hester Paul, M.S.

EHCC, National Director

hesterp@ecohealthychildcare.org



Exploring Science

fyi.uwex.edu/parentingthepreschooler/

Tips to Discover Science

- ♦ Give children chances to try out ideas, build things, and collect items.
- ♦ Look at the weather and ask children to guess what is or will be happening.
- ♦ Ask questions, such as "what is the difference is between night and day?"
- ♦ Read and talk about books like *The Very Hungry Caterpillar* by Eric Carle.
- ♦ Encourage children to smell, touch, look, listen, and ask questions.
- ♦ Look at and talk about animals, nature, plants, or people.
- ♦ Take a free trip to the park, community garden, or school science fair.
- ♦ Dig for answers... encourage children to explore what is in beach sand or dirt.



Photograph by Lisa Woelbing



Photograph by Lisa Woelbing

Build Science Literacy

Children are natural scientists; they are born wanting to learn how the world works. Children learn as they explore, observe, build, test ideas, make mistakes, try again, and ask LOTS of questions. They are building science, math, and literacy skills.



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BAYFIELD COUNTY

Encourage a Love for Science

Don't be intimidated! Even if science wasn't your favorite subject, you can use your child's natural curiosity and interests to grow a passion for science. Science is all around us – in our food, play, transportation, the weather, and much more.



Photograph by Lisa Woelbing

Why is Science Important?

- Almost all young children “do science” most of the time. For example, playing catch teaches about physics (gravity and force), cause, and effect.
- The scientific skill of gathering and evaluating information helps children learn how to form their own opinions. This can protect against peer pressure.
- Through trial and error, children's patience and determination grow, which teaches them to keep trying.
- Children form language and literacy skills by talking and listening to others.
- Social skills grow by working together and talking about what is happening.
- Science helps children to think critically, which helps children be successful at home and school.



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BAYFIELD COUNTY

For more information, please contact
your county University of WI Madison
Extension office:

[Link To References](#)

[https://
bayfield.extension.wisc.edu/](https://bayfield.extension.wisc.edu/)

711 for Wisconsin Relay(TDD)

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

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MONEY \$MART

in Head Start 

Issue 5



In This Issue

- Making the Most of Your Money
- Prepaid Debit Cards
- Checking Accounts
- Protecting Your Money
- Saving Your Money
- To \$um It Up

Keeping Your Money Safe

Do you have a checking or savings account? Do you find that pre-paid debit cards work well for you? Do you love technology and e-banking? Today, there are many choices on where to keep your hard earned money.

Making the Most of Your Money

Just like searching for the best deal on a car or a new TV, it's worth your time to shop around for the best "deal" on financial services to get the most for your money. It's also important to think about your spending patterns to find what works best for you. Some things to ask yourself:

- Do I like to pay bills on line or with my smart phone? If so, then make sure that there is no fee for using this service.
- Is there a minimum amount needed to keep accounts free?
- What are the charges for going below the minimum?
- Is the information on any fees easy to find and understand?
- How important is convenience to me? How easy is it to get cash if I need it right away?

What works for someone else may not be right for you and we know that surprises can be expensive! Ask questions so you understand the pros and cons of different financial services. The more you ask, the more you will learn about services and options.

What about prepaid debit cards?

You can have your paychecks and tax refunds directly deposited on a prepaid debit card, and also add cash to your card at local stores. The average prepaid card user spends around \$20 a month in fees, so it's important to check into the fees for services you would use the most. Ask questions like:

- Is there a charge to activate the card before I use it the first time? Many cards charge for this one time cost.
- What is the monthly fee? Many cards charge fees whether the card is used or not.
- Is there a fee to reload the card? The

average reload fee is around \$5, but some cards have no fee for direct deposits.

- Are there any fees at the store when you actually use the card? These are called point of sale purchases (POS) and can vary from card to card.
- What's the fee to get cash at an ATM? Most prepaid cards use out-of-network ATM's with fees that can really add up.
- What happens if I lose my card? Is my money protected at all?

To learn more about prepaid debit cards, go to the website bit.ly/prepaidfees before you buy.



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What about checking accounts?

A checking account costs the average person around \$1-2 a month if they are careful to use in-network ATM's and don't overdraw their account. Having a good relationship with a financial institution has other benefits such as:

- Free check cashing and other services.
- Free debit cards.
- Overdraft protection which may help you avoid costly overdraft fees.
- Mobile apps and e-banking to make it easy to check balances and make deposits.
- Loans for big purchases like a car or home.

If keeping a close eye on your checking account balance through a bank or credit union is not for you, just be careful about the costs and risks associated with other options.

How do I protect my money?

Don't give your account number or password to anyone – even if it's a "one-time" favor!

- If you share your PIN or write it on your card, you give up any bank protection and you could lose all the money in your account.
- If you lose a **prepaid debit card**, your right to get back any money taken from your prepaid card depends on how quickly you report the loss and the card issuer's policies.
- If you lose your **ATM card**, you need to report its loss to the bank right away to make sure you get your money back.

For More Information...

Contact your local UW-Extension Family Living Educator for more financial education resources. Go to www.uwex.edu/ces/cty/ to find your County office.

For help with balancing your monthly spending plan, contact a non-profit Certified Consumer Credit Counselor online at www.debtadvice.org or by calling 800.388.2227.

Mistakes Do Happen—

Save Your Money By Not LOSING It

Overdraft notices, non-sufficient funds (NSF), bounced checks – no matter what the name – it's lost money out of your pocket. Do you...

- ☐ Keep track of your balance – adding deposits and subtracting checks and debits – so you don't use more money than you have?
- ☐ Stop writing checks or using your debit card if you overdraw an account?
- ☐ Watch your electronic transactions and fees (ATM withdrawals, debit, online payments)?
- ☐ Review your monthly statement? Make sure all the checks, debit, automatic payments, and other withdrawals are ones you made.

What if I want to save money?

Finding a way and a place to save your money is important for financial security and for reaching your goals.

- Some prepaid cards allow you to set aside money as a buffer against overspending and as a tool for saving and budgeting.
- Ask about minimum balances, interest rates, fees to open the account, or fees for withdrawing your money.
- Money set aside in a savings account is safe **FOR** you and **FROM** you!

To \$um It Up:

- \$ Be sure you understand all the costs involved with using any financial services.
- \$ Keeping your accounts safe is up to you so make sure you report a lost or stolen card right away.
- \$ Look over your monthly statement to prevent a costly mistake from being made.
- \$ The best place to save money is somewhere it will be safe until you're ready to use it.

"Money Smart in Head Start" is provided by UW-Extension Family Living as part of the Head Start Financial Capability Project funded through the Annie E. Casey Foundation and reviewed by Peggy Olive, Financial Capability Specialist, UW-Madison/Extension. Authored by Nancy Vance, Family Living Educator, Clark County, University of Wisconsin. U.S. Department of Agriculture and Wisconsin counties cooperating. Copyright © 2015 by the Board of Regents of the University of Wisconsin System doing business as the division of Cooperative Extension of the University of Wisconsin-Extension. All rights reserved. An EEO/Affirmative Action employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.



FoodWise Nutrition

February 2021 Newsletter



Healthy Choices, Healthy Lives FOOD RESOURCES

WHAT IS FOODWISE?

FoodWise is federally funded statewide by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

University of Wisconsin-Madison Division of Extension Ashland, Bayfield, Iron County FoodWise Nutrition Team

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This month we are highlighting food security resources in Iron County.

MONTREAL

Iron County Food Pantry & Treasure House
72 Michigan Avenue,
Montreal, WI 54550
Phone: 715-561-4450
Email: joewal@centurytel.net
Hours: Mondays, 9:00 a.m.—4:00 p.m.

**Food pantry is available to Iron County residents.
Must provide proof of residency by showing current utility bill.
The Treasure House is available to anyone (no requirements).*

MERCER

Mercer Area Food Pantry
2657 Railroad Street,
Mercer, WI 54547 (Town Hall building)
Phone: 715-476-7655
Email: minisanlouise@yahoo.com
Facebook: [facebook.com/mercerc-area-food-pantry](https://www.facebook.com/mercerc-area-food-pantry)
Hours: Tuesday & Friday, 11:00—1:00

**Food pantry shopping hours available to Mercer, Springstead, Manitowish, Winchester, and Oma residents only. Must provide proof of residency. Also offers USDA, DATCP & Farm 2 Home box distributions, which is available to everyone (no requirements). Follow Mercer Area Food Pantry's Facebook page for distribution announcements.*

HURLEY

Iron County Mobile Food Pantry
606-607 3rd Ave
Hurley WI 54534 (location each month)
Phone: 715-561-2695
Email: rebecca.holm@wisc.edu
Hours: Last Monday of the month, 1:00—4:00 p.m.

**Available to Iron County residents. Call or email the contact information above to see if you qualify. Registration can be done over the phone. The next Iron County Mobile Food Pantry takes place on Monday, February 22, 2021.*



RECIPES OF THE MONTH

Wisconsin Chili Lunch

Celebrate all Wisconsin Farm to School has to offer by participating in the Wisconsin Chili Lunch on February 25th, 2021 or any day this coming February!

This event is all about increasing child and student access to nutritious foods and supporting Wisconsin farms by increasing their access to local institutions.

Join the festivities with schools, hospitals, colleges, business campuses, community organizations or as an individual or family. We've included a great chili recipe in this newsletter to get you started!



SOUL-HEALTHY CORNBREAD

Serve this sweet cornbread with your favorite savory entrée.



INGREDIENTS

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup low-fat buttermilk
- 1/2 cup applesauce, unsweetened
- 4 egg whites (1/2 cup)
- 2 tablespoons vegetable oil

DIRECTIONS

1. Preheat oven to 400 degrees. Lightly spray an 8 inch square pan with vegetable oil cooking spray.
2. Mix dry ingredients in a medium-sized mixing bowl.
3. Add the rest of the ingredients and mix well by hand.
4. Pour the batter into the sprayed pan and shake to make it level.
5. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
6. Allow to cool, then cut into 12 squares.

GARDEN CHILI

INGREDIENTS

- 3/4 pound ground beef (lean, 10% fat)
- 1/2 cup green pepper (chopped)
- 1/2 onion (large, chopped)
- 1/2 cup celery (chopped)
- 2/3 cup kidney beans (canned, drained and rinsed)
- 1/2 cup corn (sweet)
- 1 can tomato sauce (8 oz)
- 1 cup tomatoes (chopped fresh)
- 1 dash black pepper
- 1/2 teaspoon garlic powder
- 2 teaspoons chili powder



DIRECTIONS

1. Wash your hands and work area.
2. Place ground beef in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat.
3. Add green pepper, onion, and celery. Cook until softened.
4. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder.
5. Cook mixture over low heat for 20 minutes.
6. Serve hot in bowls. Or serve as a dip with baked tortilla chips or on a bun.
7. Cover and refrigerate leftovers within 2 hours.

3-CAN CHILI

With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan!



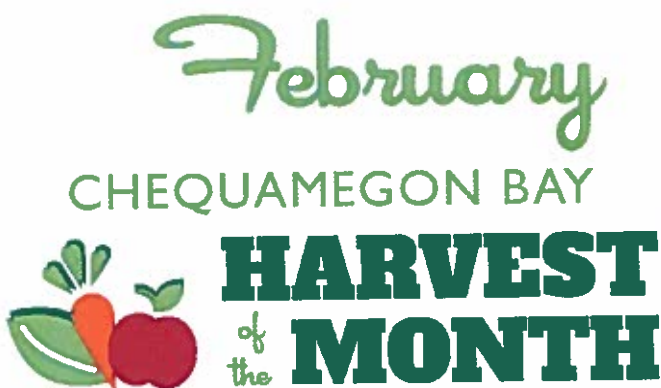
INGREDIENTS

- 1 can beans, low-sodium undrained (pinto, kidney, red, or black 15.5 ounces)
- 1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)
- 1 can crushed tomatoes, undrained (15 ounces)
- chili powder (to taste)

DIRECTIONS

1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly.
5. Refrigerate leftovers.

HARVEST OF THE MONTH



CABBAGE

Nutritional Benefits

Cabbage is high in beta-carotene, vitamin C and fiber, and may help in reducing the effects of some kinds of cancer.

How to Select

Select cabbages that are solid, heavy and unsplit -- wrapper leaves should be clean and flexible but not limp.

How to Store

Fresh cabbage can be stored up to two weeks in the refrigerator but needs to be covered loosely with a plastic bag or in a perforated bag. Cabbage should only be washed just prior to using — extra moisture in storage will accelerate deterioration.

How to Eat

To prepare cabbage, cut the head into quarters. Place one of the cut edges of the cabbage on the cutting board and slice to the desired thickness. Cabbage can be used in cole slaw, stir fry, soups and stews, or fermented.

Did you know?

- ✓ Cabbage has been cultivated for centuries and dates back to Greece in 600 B.C.
- ✓ Varieties include green, red, and savoy or crumpled leaf cabbage.
- ✓ Wisconsin ranks #1 in the nation in cabbage production for sauerkraut.
- ✓ The World Record for the Heaviest Cabbage weighed in at 138.25 pounds at the 2012 Alaska State Fair.

Brought to you by the
Healthy CHANGE Coalition



HARVEST OF THE MONTH

Buy Local

Every year **Spirit Creek Farm** in Cornucopia, WI buys over **10 TONS** of cabbage from local farms for their sauerkraut and other high-quality fermented foods. Find Spirit Creek products at the following area retail locations:

- Chequamegon Food Co-op in Ashland
- Ehler's General Store in Cornucopia
- Leino's Gas Station in Washburn
- Washburn IGA
- White Winter Winery in Iron River

Learn more at www.spiritcreekfarm.com

What is Kimchi?

Kimchi is another fermented cabbage product, and is a traditional Korean side dish. Kimchi typically uses napa cabbage instead of a regular head of green cabbage.



Many people either love or hate Kimchi, as it has a very distinct and pungent taste, as does sauerkraut. Along with the cabbage, radishes, ginger, green onion are often added.



What makes Kimchi so unique is the seasonings, which consists of a mixture of gochugaru (Korean chilies), scallions, garlic, ginger, and your choice of salted seafood. Extra fish sauce, ginger, garlic, salt, pepper, and scallions are often added for personal preference. Spirit Creek Farm also makes Kimchi that is sold at the co-op!



Cooking Corner

HOMEMADE SAUERKRAUT



Ingredients

- 6 heads cabbage, shredded
- 1 quart water
- 1 cup salt
- 1 pint vinegar
- 12 quart jars and canning lids

Preparation

1. Heat water, salt, and vinegar.
2. Pack shredded cabbage into jars as tight as you can. Pour hot liquid over making sure to "burp" out any air bubbles. Wipe rim of jar and put lid on.
3. Store in a cool, dark place. It will take 6 to 8 weeks to ferment.

Created for the Healthy CHANGE COALITION by Sara Beadle, Chequamegon Food Co-op. Questions? Contact Sara at (715) 682-8251 or sarab@cheqfood.coop.



Extension

UNIVERSITY OF WISCONSIN-MADISON
BAYFIELD COUNTY



Healthy Choices, Healthy Lives



FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

The Challenge

The COVID-19 pandemic impacted the food security of **Bayfield County** residents due to income and job loss, as well as significant changes in local, regional, and national food systems. Based on increases in **Bayfield County** residents participating in FoodShare and federal Pandemic EBT benefits, we see a greater need for members of our community in accessing food that is healthy, safe, and affordable. FoodWise educators support our community by providing education on how families can stretch their food dollars in these difficult times and continue to put healthy meals on the table in their homes.

Bayfield County has seen a
16% increase in
Food Share participation
(including adults and children)
from prior to the pandemic.



Based on comparison of FoodShare participation in February 2020 and September 2020. Data from Wisconsin Department of Health & Human Services.

Community IMPACTS

In response to COVID-19, we have:



- Created a monthly FoodWise newsletter that we distribute to our partners. Each month we highlight a different local food resource story, provide some new recipes, share tips on different health and wellness topics, and include the Harvest of the Month flier that is put together by the Chequamegon Food Co-op.
- During the summer we shared weekly recipes that were healthy, budget-friendly, and seasonal on our Extension County Facebook pages.
- Published an article in local newspapers on food security and what local entities are doing to help.
- Maintained strong partnerships within our community through regular communications and resource sharing.
- Transitioned direct education programming to virtual lessons!

ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. In Bayfield County, FoodWise partners with schools, after-school programs, early childcare centers, senior meal programs, food distribution programs, and Farm-to-School to help make the healthy choice the easy choice in our communities.

Learning about Nutrition Education from Home

Like many programs and partners during COVID-19, we have had to make changes to our programs. One of those changes includes shifting our direct education programming to a mostly virtual format.

We have had a number of successful virtual events. One example of this in **Bayfield County** was with the **Bayfield School District**.

Since COVID-19 hit, Bayfield School has been having their students learn virtually from home. At the start of the school year, some teachers reached out to our program about presenting a nutrition education lesson for students while they learned remotely. Nutrition Coordinator, Stephanie Bakker, provided a lesson for all classes K-5. Topics included tips they can use to improve wellness while learning from home.

After students participated in this nutrition education event, they were more prepared to make healthy choices.



Students learning from home were able to attend a nutrition education event hosted virtually by the Ashland/Bayfield/Iron County FoodWise program.

Great Lakes Great Apple Crunch-Bayfield School/Farm-to-School

For the past handful of years, the Ashland/Bayfield/Iron County FoodWise team has partnered with the **Bayfield School Farm-to-School program** to host a **Great Lakes Great Apple Crunch** day for its elementary students. This event celebrates National Farm-to-School month in October every year.

This past year, the Great Lakes Great Apple Crunch took place at the school garden site. Students started out by learning about some fun apple facts, played apple related games, and participated in a scavenger hunt. At the end, students and staff got to CRUNCH into locally grown apples and sip a cup of cider.

The Ashland/Bayfield/Iron County FoodWise team is engaged in a variety of policy, systems, and environment work. Partnering with Farm-to-School to provide education on local produce and making it more accessible to others is just one example of our mission.



Bayfield School students got to crunch into locally grown apples at the Great Lakes Great Apple Crunch event.



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UW-MADISON EXTENSION

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act.

Weather Chart

Materials Needed:

- Paper Plate
- Scissors
- Hole Punch
- String
- Crayons/markers/colored pencils
- Clothes Pin

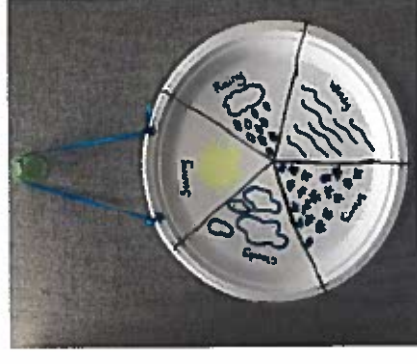


Instructions:

- Split your paper plate into five different sections
- In each section label the following weather: Sunny, Snowy, Rainy, Cloudy,

Windy

- Draw what you think the weather looks like in each section
- Using your hole punch, punch a hole in the top of the paper plate
- Tie a string through the holes, then hang up your weather chart
- Use a clothes pin as an arrow to describe the weather of the day



Banana Bread

Ingredients Needed:

- 1 Cup Mashed Bananas (about 3 Bananas)
- 1 Cup Sugar
- 1 Egg
- 1/4 Cup Butter
- 1 1/2 Cups Flour
- 1 Teaspoon Baking Soda
- 1/2 Teaspoon Salt
- Chocolate Chips



Instructions:

- Melt the 1/4 cup of butter
- Combine butter with mashed bananas, sugar and egg
- Combine flour, baking soda and salt in a separate bowl
- Stir flour mixture into banana mixture till batter is mixed (do not overmix!)
- Optional: Stir Chocolate Chips into batter
- Pour Batter into greased pan (Bread/Muffin/Cake Pan)
- Bake at 325 Degrees till bread is done (about an hour)
- Enjoy!



**Red Cliff Band of
Lake Superior Chippewa**

CURRENT OPENINGS FOR THE RED CLIFF TRIBE

Contract Manager (Paralegal)

DEADLINE: February 16, 2021 at 4:00 p.m.- Apply Online

ECC Child Care Assistant Teacher

DEADLINE: February 16, 2021 at 4:00 p.m.- Apply Online

Early Head Start Home-Based Teacher

DEADLINE: Open Until Filled - Apply Online

Head Start Assistant Teacher

DEADLINE: Open Until Filled - Apply Online

Dental Assistant PRN

DEADLINE: Applications accepted year round - Apply Online

Elderly Driver

DEADLINE: Open Until Filled - Apply Online

Project Coordinator/Family Advocacy Case Manager

DEADLINE: Open Until Filled - Apply Online

Tribal Administration Liaison

DEADLINE: Open Until Filled - Apply Online

Program Planner and Grant Writer

DEADLINE: Open Until Filled - Apply Online

Boys' and Girls' Club Youth Worker

DEADLINE: Open Until Filled - Apply Online

Clinic Nurse PRN

DEADLINE: Open Until Filled - Apply Online

Community Health Nurse

DEADLINE: Open Until Filled - Apply Online

Laboratory Technician OR Laboratory Medical Assistant

DEADLINE: Open Until Filled - Apply Online

Finance Manager

DEADLINE: Open Until Filled - Apply Online

Tribal Aging and Disability Resource Specialist

DEADLINE: Open Until Filled - Apply Online

Early Head Start Center Based Teacher - 4 Positions

DEADLINE: Open Until Filled - Apply Online

Phlebotomist

DEADLINE: Open Until Filled - Apply Online

Medical Assistant

DEADLINE: Open Until Filled - Apply Online

ECC Child Care Teacher - 4 Positions

DEADLINE: Open Until Filled - Apply Online

CURRENT OPENINGS FOR RED CLIFF CHIPPEWA HOUSING AUTHORITY

CURRENT OPENINGS FOR LEGENDARY WATERS RESORT & CASINO

OTHER TRIBAL GOVERNMENT & ORGANIZATIONS EMPLOYMENT OPPORTUNITIES

Law Enforcement Job Application
Red Cliff Community Health Center
Bad River Band of Lake Superior Chippewa
Great Lakes Inter-Tribal Council
Lac Du Flambeau Band of Lake Superior Chippewa
Lac Courte Oreilles Band of Lake Superior Chippewa
Great Lakes Indian Fish & Wildlife Commission
US Dept of Interior, Bureau of Indian Affairs (BIA)
Wisconsin Tribal Conservation Advisory Council

LOCAL & STATE EMPLOYMENT OPPORTUNITIES

Bayfield County
Bremer Bank - Consumer Banker 2. Bayfield, WI
City of Washburn
City of Ashland
Bayfield School District
Job Center of Wisconsin
CESA 12

OTHER EMPLOYMENT RESOURCES

Northwest WI CEP
Indeed
Craigslist
ZipRecruiter

FEBRUARY

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Discuss the importance of Dental Health with your child. Then read a book about teeth/going to the dentist.	2 Groundhog Day- Did the Groundhog see his shadow?	3 World Read Aloud Day! Read a new book out loud as a family!	4 Thank a Mail Carrier Day!	5 National Weatherperson's Day! Read "Weather" and make your own Weather Chart! (See Activity)	6 Cut out small paper hearts. Write a word on the heart and ask your child what word(s) rhyme with the word on the heart.
7 Send A Card To A Friend Day! Make a card for a friend and send it to them!	8 National Kite Flying Day! Make your own indoor kite, or fly a kite outside!	9 National Pizza Day! What is your favorite pizza?	10 National Umbrella Day!	11 Make A Friend Day! Read a book about friendship with a friend!	12 Use candy hearts to work on simple math problems with your child!	13 Read a new story together before bedtime!
14 Happy Valentine's Day!	15 President's Day!	16 Go to the Library and check out a new book for National Library Lover's Month!	17 Random Acts Of Kindness Day! Do something kind for a family member or a friend today!	18 Find objects around your house that start with the same letter as your name!	19 Read a new book that has the word "love" in it!	20 Cherry Pie Day! Make a Cherry Pie together!
21 Card Reading Day!	22 Play a new board or card game together!	23 National Banana Bread Day! Make Banana Bread! (See Recipe)	24 Go outside and practice drawing different shapes!	25 Have a scavenger hunt by looking for items that are red!	26 Tell A Fairy Tale Day! Read your favorite Fairy Tale together! Then, make your own Fairy Tale Story!	27 Polar Bear Day! Draw a picture of a Polar Bear and read a story about a Polar Bear!
28 National Floral Design Day! Draw a picture of your favorite flowers!	Black History Month	National Library Lover's Month	National Children's Dental Health Month	Bake For Family Fun Month		



www.booksbythebushel.com



FEBRUARY 2021

NAMEBINI-GIIZIS

NITAM ANOKII-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIIVO-GIIZHIGAD	NAANO-GIIZHIGAD
2B PANCAKE, BLUEBER- RIES, TRKY BACON L KIELBASA, BABY REDS MANGO, CC	3B HBOATS, BANANA, WG TOAST, PB L CHIX SANDW, FRIES, CARROTS, PEARS	4B KIX, PEACHES, MUF- FIN, YGT L HAMB WG NOODLE SP, TR FRUIT, CHEEZ SNDW	5B OATMEAL, RASPB- RIES, WG TOAST, PB L HAM SNDW, WG CHIP, CC, PINEAPPLE, BROCC- COLI	

9B WG FR TOAST STIX, PEARS, CC L RAVIOLI/SAUCE, CORN, HNYDEW,	10B LIFE, MUFFIN, OR- ANGE, YGT L HAM PT SP, WG BR STIX PEAS, PINEAPPLE	11B CORN CHEX, BANA- NA, YGT L BEEF STIR FRY, BR RICE STIR FRY, MANGO	12B EGG, WG TOAST, PB APPLE L CHIX NUGGETS, FRIES, MIX VEG, PEARS
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MENUS SUBJECT TO CHANGE

16B MALOT MEAL, BA- NANA, TRK BACON L CHIX WR SP, WG BR STIX, PEACHES, CC	17B RICE CRISPIES, AP- PLE, YGT, MUFFIN WG L HAM/SCALLOP PT, PEAS, PINEAPPLE, CC	18B CHEERIOS, STRAW- BERRIES, CC L FISH NUGGET, FRIES, SLAW, PEACHES	19B EGG CH BAGEL WG, ORANGE, YGT L PIZZA, CORN, TR FRUIT, CC
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23B HB OATS, PEARS, TRK BACON, YGT L TACOS W/FIXINGS, PINEAPPLE,	24B CHEERIOS, YGT, OR- ANGE, WG TOAST, PB L CHIX HD, CARROTS, BROCCOLI, WG PASTA	25B CHEESE OMELET, TRK BACON, WG TOAST JELLY L HAM, BABYREDS, MAN- GO, GREEN BEANS	26B LIFE, WG TOAST, PB, APPLES L BBQ's, SW POT FRY, BUN, PEARS
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Red Cliff Early Childhood Center

2020-2021
Protocol



It is a Team Effort!

We are excited to be sharing our plan to return children to the ECC. This has been a long time coming and we are anxious to get everyone back to school. We have created a comprehensive plan that addresses arrival, distancing, meals, transportation and cleaning. We are excited to have our children return and get back into their educational routines and to assist families in our community. We have set forth a plan that will help us be aware of the health and safety needs of all, including the children, their families, staff and community. We want everyone to know that we are aware that changes are happening constantly, and we are continuously monitoring the situation. In the event that changes need to be made you will be notified as early as possible.

- Each EHS and HS classroom will be split into two groups. Each group will have at least two teachers. Half of the students will attend Monday and Tuesday and the other half will attend Thursday and Friday. You will receive your child's scheduled days as soon as they are determined. The ECC will schedule siblings for the same days. Wednesdays will be used as deep cleaning days. At the end of each day, each room will also be cleaned thoroughly. Every room will have a daily cleaning check list and it will be retained for documentation purposes.
- Each classroom will have a transition period regardless as to the age of the students. The length of the transition period will be at least four weeks but may be extended based on classroom needs. These times may also be extended based on an individual child's needs.
- Early Head Start classrooms will have the same start and end times. Head Start classrooms start and end times will be staggered. Two rooms will start and end ½ hour earlier than the third. This is due to how we will be transporting the children on the buses. Once the times for each classroom have been determined, your child's teacher will reach out with the times and you will also receive a letter in the mail.
- We will provide bus transportation for HS/4K. However, children will be transported in groups based on their classroom. The bus monitor will be that group's classroom teacher. Each driver will be wearing a fitted N95 mask and each monitor will be masked during the entire ride. Having split groups will require us to stagger start and end times for rooms, but all children will be at the center for equal amounts of time. Children will sit in assigned seats specific to them and the bus will be sanitized after each run. Children will be screened for COVID symptoms prior to entering the bus. The screening process will include taking the child's temperature with an infrared non-contact thermometer and

asking basic COVID screening questions (please see attached). These responses will be documented and given to the health office daily. A child with a temp over 100 degrees or with any other communicable disease or COVID symptoms will not be allowed on the bus or at school that day. The ECC will be providing each family with an infrared thermometer so that children can be monitored at home. We are asking that families do this prior to putting your child on the bus to avoid any unnecessary distress. To be clear, children who get their temp taken at home will still need to get it taken before entering the bus.

- Parents dropping their children off will be screened, along with all occupants in the vehicle, in the parking lot before they exit the vehicle. Any occupant of the vehicle over the age of 6 is required to wear a mask while on the premises. If anyone is without a mask one will be provided. This is for the health and safety of all. Staff will meet each vehicle to do the screening. It may take a few minutes for staff to get to the vehicle so please be patient. Do not leave your vehicle until you have been cleared. You will not be allowed to enter the building unless you have been screened and been given a sticker. In the event all parking stalls are full, vehicles will be held by a staff person in the driveway until one opens up. Those arriving by public transport will be screened in the front entry and then asked to use the exterior classroom doors to deliver their child to their classroom. The front entry will be sanitized after each screen.
- If any member of the vehicle (or family) is experiencing COVID symptoms that child will not be admitted to school and the family will be asked to contact the Red Cliff Community Health Center (RCCHC) or their own provider. If the family chooses to use the RCCHC, tests can be administered that morning with results in less than an hour. With a signed release, we will be able to get results back and if they are negative the child can return to the center that morning. If the screen was passed, parents will bring their child to their exterior classroom door where the teacher will greet the child. Should a parent need to enter the room they will be given further instructions by their child's teacher on how to proceed. Time in the room will be very limited. This would only be in the event that the child needs comfort by their parent prior to them leaving.
- **All children and their families are able to use the RCCHC for COVID testing. This testing is at no cost to the family. The ECC will ask all families to sign a release of**

information so that we can collaborate with the RCCHC to help ensure the safety of our staff and children. This will also allow us to notify the RCCHC that a family is coming for a test so they can get is set up and the process will go faster. If a family does not use the RCCHC as their primary provider, they will be asked to fill out a registration form to help the process move faster should they need to get tested. This is not mandatory but it is recommended to help the process for testing go smoother and faster.

- Staff will be required to wear protective face coverings and children over 2 will be encouraged but not required. Families will be informed of this before starting school so they can make the best decision possible for their child and family. No child will lose their spot in HS/EHS if they choose to keep their child home due to COVID-19.
- Service options will be:
 - Face to face 2 days a week and virtual 2 days a week **OR**
 - 4 days a week virtual.
 - Home Base services will be completely virtual through the end of the 2020-2021 school year.
 - Switching Service options: **If a family wants to switch from virtual to face to face, a 2-week written notice is required and must be given to the Center Director. If a family wants to switch from face to face to virtual, a written notice is required, but services can be effective immediately.**
- Meals (lunch, breakfast, and a snack) will be provided to all center base children. On days there is no face to face learning for a child or if a child is strictly virtual, meals will be able to be picked up or delivered. Families must specify how they want to receive their meals. If a family does not want meals, they can decline at any time. Meals in the classroom will be served by teachers (no family style).
- Backpacks and other items from home will not be allowed at the center.
- We are dividing the playgrounds/outdoor spaces into smaller sections to allow more than one room outside at a time. It will be encouraged to spend as much time as possible outside.

- Limited support staff will be allowed in classrooms as needed. If support staff need to enter room, they will follow COVID protocol. This will include mask wearing and frequent handwashing.
- Handheld misters are in each room, common areas and buses and will be used frequently. Each room will be sanitized at the end of each day. Toys will be washed daily. Each classroom will be deep cleaned each Wednesday and Friday afternoon.
- Should a child or staff person test positive for COVID the following will take place –
 - The center will be shut down as soon as possible so that affected areas can be fogged. Parents will be notified to pick their children up or they will be driven home on the bus (HS) in their appropriate groups.
 - Facilities and Maintenance will be contacted to bring foggers to the ECC and affected areas and buses will be fogged.
 - Areas and classrooms that do not need to be fogged will be able to be open as soon as the fogging process is complete (within 1-2 days). Areas or classrooms that need to be fogged will be reopened after they have been cleared by the Red Cliff Community Health Center.
 - Notification will go out to all families that someone tested positive for COVID but no other information will be given. This will also be posted on the ECC and tribal webpage and throughout the building.
 - Children and staff in the classroom or area where the positive case was identified will be required to be tested and quarantine if appropriate prior to returning to the center. The test can be administered by the Red Cliff Health Center or by a family's primary care provider. Tests given at the Red Cliff Health Center will be a rapid test with results in an hour. Release will need to be signed in order for the ECC Health Office to receive test results.
 - If a teacher tests positive, the whole class must get tested and be quarantined for 14 days. Class will be held virtually for those days and the whole class will need to be tested again to ensure a negative test upon return.
 - If a student tests positive, the group of students they are assigned to and the teachers will need to be tested and quarantined for 14 days. Class will be held

virtually for those days and that group will need to be tested again to ensure a negative test upon return.

- If a bus driver tests positive, transportation services from that bus will be on hold for 14 days. Students and monitors who ride that bus will need to be tested, quarantined and have a negative test upon return.
- In the event that a child cannot be tested due to provider recommendation (Presumptive Positive), that child will not be allowed at the center for 14 days.
- If a family chooses not to have their child tested, that child will not be able to attend face to face services for 14 days.
- We are aware that family decisions to return their child to the center after a positive case may be different so we will plan for an increase in virtual learners.
- Staff PPE (Personal Protective Equipment) - All staff will be required to wear a mask while working unless in a non-shared space. The ECC will provide masks, gloves, and other required PPE to all staff. Staff are required to follow the Tribe's COVID plan/policy.
- Child PPE - Facemasks are not recommended for children under two or for children with a compromised respiratory system. While at the ECC, facemask use on children will be left to the parent's discretion. If a parent decides to have a child wear a facemask, they must understand:
 - ECC will provide facemasks for children. Families are also able to provide their own facemasks. Please be sure your child's name is clearly marked. All ECC masks will be labeled with the child's name or classroom number.
 - If a child takes off their facemask, ECC staff will ask the child if they would like to put the mask back on. If the child refuses, staff will put the facemask in a paper bag in the child's cubby.
 - Facemasks will be available on the bus if needed.
 - Facemasks will be removed at rest time, as these can be a strangulation and breathing hazard.
 - Facemasks will be washed at the ECC daily. Soiled facemasks will be replaced as needed.
 - There will be other children in our program not using facemasks.

- **School days/hours** - The school day will be staggered during the week to allow for smaller group sizes. Drop off will be at 7:45 for two Head Start classrooms and all Early Head Start classrooms and pick-up will be at 1:00. The third Head Start classroom's drop off will be at 8:15 and pick-up will be at 1:30. (These times are subject to change). Hours have been decreased from original hours to allow ample time for daily cleaning and sanitizing. There will be no children on Wednesdays, this will allow for deep cleaning and disinfecting the center between each group. Deep cleaning will also take place on Friday afternoons. Each classroom will have at least two teachers.
- **Children and will be monitored for COVID symptoms throughout the day.** Temperatures will be taken throughout the day without disrupting learning/play time. If a child's temperature reads 100 or higher the child will be asked to sit and relax for 10-15 minutes and the temperature will be retaken. If the second reading is below 100 the child may stay at school, if it is still higher than 100 the child will be sent home. Teachers will also self-monitor throughout the day.
- **Toothbrushing** - Office of Head Start has suspended toothbrushing in classrooms due to the COVID pandemic. The ECC will discontinue toothbrushing with all child until it is reinstated by Office of Head Start. Toothbrushes, toothpaste and educational materials will be provided to all children so we can continue to support parents in promoting good oral health habits at home.
- **Rest Time** - Classroom staff will need to ensure their classroom setup can accommodate rest areas that are 6 feet apart. Teachers will ensure that children are resting head to toe (i.e. children's heads are not near each other, but a child's head is next to another's feet). Cribs are to be cleaned and disinfected at the end of each day. Sheets and blankets for the infant room will be laundered at the end of each group's cycle. Mats and blankets in all other rooms will be stored in a bag that will be placed in the child's cubby. Rest time items will be laundered at a minimum weekly.
- **Ventilation** - Classroom windows will be open as often as possible and when appropriate to increase ventilation in the room.
- **Child Storage/Cubbies** - Parents will be asked to provide an extra outfit to keep at the center. Extra clothes for each child will be contained in a separate container or bag. Children will not be allowed to bring a backpack or other items from home.

- Meals in the classroom - Prior to all meals, children and staff must wash hands. The kitchen staff will provide meals to each classroom, leaving the cart at the classroom door. Teachers will plate and serve food to all children. Children and staff will observe social distancing guidelines while eating. Teachers will remove their masks to eat but will replace them as soon as they are finished.
- Instructional time - Teachers will make every effort to keep children socially distanced and in small groups. This will be done by intentional lesson and activity planning. Each child will have their own pencil box full of school supplies. This will be provided by the ECC. Classroom will have limited toys and equipment to help decrease the spread of germs.
- Outside learning - Outdoor spaces will be divided to allow each classroom to have their own space. Each class will rotate appropriate play spaces to allow all children the chance to utilize each space.
- Arrival/Departure –
 - Please see guidelines above for arrival/drop off plan.
 - Child Departure: When a child is getting picked up, the adult picking up the child will be screened in their vehicle before they can go through the playground gate to gather their child at the classroom's exterior door.
 - Late drop off/early pickup/unexpected pickup: Parent will be required to call the front office and let staff know of any scheduling changes to ensure that staff are available to screen families upon arrival. Families may have to wait until a staff person is available to conduct the screen before they can exit their vehicle to gather their child.
- In the event that COVID cases are on the rise in the center or in the community, the ECC will collaborate with the Red Cliff Community Health Center to determine when and if the ECC should close to ensure the health and safety of children and staff. If this happens, children will go back to virtual learning.

We also understand that things are changing constantly with COVID and we will do our very best to be responsive to the needs of the community, families and the recommendations of the Tribe and State of Wisconsin. We will shut the center down in the event that cases rise, and the risk outweighs the benefit of children being at school.

****The Red Cliff Early Childhood Center follows the Red Cliff Tribal COVID-19 testing policy. If you have any questions, please reach out to the Center Director or Administrator.***

To help your family prepare for each school day, we are asking that you screen your child for the following symptoms. These, along with any symptoms on the ECC Exclusion list, will prevent your child from entering the building. We are also asking that you evaluate if any of the members of your household have any of these symptoms as this will also prevent your child from entering the building. You will be asked these questions upon arrival at the ECC and prior to putting your child on the bus. By screening at home beforehand, you will be able to prepare your child if they cannot attend class that day. Please use the provided thermometer to monitor temperatures each morning as well. Please understand that the temperatures that register on your thermometer at home and the ones the ECC will be using may be different. We must go with the temperature that the ECC receives during its screen.

SYMPTOMS TO SCREEN FOR-

<u>CHILLS</u>	<u>COUGH</u>	<u>DIFFICULTY BREATHING</u>
<u>FATIGUE/TIRED</u>	<u>FEVER IN THE PAST 24 HOURS</u> (temp of 100 degrees F or above)	
<u>MUSCLE PAIN</u>	<u>NAUSEA OR VOMITING</u>	<u>NEW LOSS OF TASTE OR SMELL</u>
<u>REPEATED SHAKING WITH/CHILLS</u>		<u>SHORTNESS OF BREATH</u>
<u>SORE THROAT</u>	<u>USED A FEVER REDUCER</u> (in the past 24 hours)	<u>HEADACHE</u>

Has your child or anyone in your house been in contact with or around a person who had COVID-19 or symptoms of COVID-19 in the past 14 days?

If you answered yes to any of the questions above your child may not attend face to face services that day. The ECC asks that you call the Red Cliff Community Health Center or your physician to get further guidance. The ECC will need something from that provider saying that your child is safe to attend class (negative COVID-19 test or other documentation that they are cleared to be at school). They can return as soon as that documentation (or phone call) is received.

If you have any questions, please contact the ECC at 715-779-5030.