

# RED CLIFF EARLY CHILDHOOD CENTER

## Newsletter

"My humanity is bound to yours, for we can only be human together."  
- Desmond Tutu



Namebini-Giizis  
(Sucker Moon)

### February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				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		

1

EHS Classes in Session

12-15

Love Week

28

ECC Family Night

Howah, zaagaabide!

### February is National Dental Month!

Here is some information from the CDC on cavities and how to prevent them: Cavities (also known as caries or tooth decay) are the most common chronic disease of childhood in the United States<sup>1</sup>. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. Children who have poor oral health often *miss more school and receive lower grades than children who don't*.

More than half of children aged 6 to 8 have had a cavity in at least one of their baby (primary) teeth.<sup>2</sup>

Children aged 5 to 19 years from low-income families are twice as likely (25%) to have cavities, compared with children from higher-income households (11%).<sup>3</sup>

Children who brush daily with fluoride toothpaste will have fewer cavities. Here's how parent's and caregivers can help:  
**For Babies**

Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.

When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.

Visit the dentist by your baby's first birthday to spot signs of problems early.

Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears.



### For Children

Brush their teeth twice a day with fluoride toothpaste. Help your child brush their teeth until they have good brushing skills.

*If your child is younger than 6, watch them brush. Make sure they use a pea-sized amount of toothpaste and always spit it out rather than swallow.*

Ask your child's dentist to apply dental sealants when appropriate.

Drink tap water that contains fluoride.

### Good Dental Health Is Important When Pregnant

When you're pregnant, you may be more prone to gum disease and cavities, which can affect your baby's health. Follow these 3 steps to protect your teeth:

See a dentist (it's safe!) before you deliver.

Brush your teeth twice a day.

Floss Daily.

If you have nausea, rinse your mouth with 1 teaspoon of baking soda in a glass of water after you get sick. This helps wash stomach acid away and keep your tooth enamel safe.

At the ECC, we do circle brushing in which the child sits down at the table and brushes their teeth without water. It is a pea-sized amount of toothpaste and children brush and then throw the cup away. If you have any questions about this method, please come and see us.

**Please follow up with your child's dentist if you have any questions or concerns and remember to brush those teeth!**

Jamie & Jenn

Children's Oral Health | Basics | Children's Oral Health | Division of Oral Health | CDC



# Amik Newsletter



## Boozhoo Amik Families!

During the month of January we learned about winter animals and who hibernates. We also learned about winter activities and what we can do.

In February we will be learning about emotions/feelings, the post office and valentines day. We will continue to work on individual goals for each child.

**Ojibwemowin/**

**Sign Language:**

**More—nawaj**

**Eat— wiisini**

**Please— daga**

**Thank you— Miigwech**

**All Done— mi'iw**

**Goodbye/See you later—  
gigawaabamin**

### **Ojibwe Words of the Month:**

Hat—Wiiwikwaan

Mitten—Minjikaawan

Jacket—  
Babiinzikawaagan

Happy—Jiikendam

Sad—Gashkendam

Mad—Nishkaadizi

### **Important Dates/Reminders**

2/9: No child day

2/16 No child day

2/23: No child day

2/28: Family night!

Drop off is at 7:30 am and pick up time is 3:30

If your child will be absent for the day, please contact the front desk.

Please send at least one change of clothing to keep in the room.

As a reminder, please make sure the gate is closed behind you when coming through playground entrance.

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

(715) 779-5030 Classroom

# Makwa News Letter

Boozhoo Makwa class! Its been a busy start to our year but we have been enjoying each day we get to spend with your children.

This month we will be working on all about me, Ojibwe weather song, and exploring our school forest.

Please send appropriate outdoor clothing.



Miigwech! Ms. Judy & Ms. Kelsey



Ext. 2544

Gimiwan— Rain

Zoogipon— it snows

Noodin— Windy

# Esiban News

Boozhoo Esiban Families!

We will be working on their individual goals and working on self-help skills.

Valentines' day is the 14<sup>th</sup>  
We will be doing lots of fun activities!! Expect the kids to have paint on their clothes.... and Glitter!

Let me know if you need some paper or other craft things to make some valentines at home!!

Family night will be on the 28<sup>th</sup> from 4:30 to 6 PM.

**Miigwech!**  
**Miss Gena**  
**Miss Chandria**

Contact us at:  
(715) 779-5030  
Office Extension: **2542**  
Classroom Extension: **2541**



## Ojibwemowin

I'm keeping the same words  
for Feb.

Co ors!

White - Waabishki

Purple - Miinaande

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Birch Tree –  
Wiigwaasaatig

Squirrel - Ajidamoo

Big Snowflakes -  
Mamaangipon

*Drop off is at 7:30am*

*Pick up is at 3:30pm*

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





# EHS Home BASE



## FEBRUARY News!

Boozhoo Home Base Families,  
This school year sure seems  
to be flying by as we are  
approaching spring time  
already!

I am looking forward to  
hopefully getting outside  
with you and your families  
as the weather gets nicer!

This month I would like to  
focus on introducing  
feelings, the importance of  
play, and of course  
Valentines Day!



## OJIBWEMOWIN

Namebini giizis- February.  
Ode'e- Heart.


Gizhawenimin- I love you.  
zaagi'- Love.

Gigizhewaadiz- You are kind.

Ningizhewaadiz- I am Kind.

Wiinimoshenh- His/her  
sweetheart.

Niminwendam- I am happy.



## UPCOMING EVENTS/REMINDERS

February 2nd-

Groundhogs Day

February 14th-

Valentines Day

Home Base Social-TBD

February 28th- ECC

Family Night!

February 29th- In-kind

Forms Due

## EHS HOME BASE TEACHER CHELBY CAMERON

Phone: 715-779-5030 ext. 2534

Email:

chelby.cameron@redcliff-  
nsn.gov



## Gizhawenimaag Gibami'aagaansaanaanig We love our pets



Bami'aagaans(ag)-pet(s)  
nimbami'aagaans(ag)-my pet(s)  
gibami'aagaans(ag)-your pet(s)  
Inday(ag)- my dog(s) (or horse)  
Giday(ag)- your dog(s) ( or horse)  
Animosh(ag)- dog(s)  
Animoons(ag) - puppy(s)  
Gaazhagens(ag)- cat(s)  
Waabooz(oog)- rabbits(s)  
Bineshiinh- bird  
Giigoonyens wezaawizid-gold fish



Some commands  
Ambe omaa!- come here  
namadabin!- sit  
zhingishin!- lay down  
ikidon!- speak  
gizhawenimin! - I love you  
mino-animosh- good dog  
mino-gaazhaagens- good cat  
bekaa! - wait! slow down!



Giwii-odaminwaadaan ina \_\_\_\_?  
do you want to play with \_\_\_\_  
bikwaakwad - ball  
mitigoons - stick  
odaminwaagan - toy



Agindaasodaa! Lets read!  
Try to read the ojibwe on this page!

i = if  
ii = see

a = but  
aa = father  
e = say

o = go  
oo = loon





# MASHKODE-BIZHIKI

## newsletter



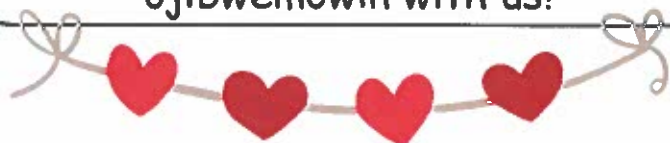
February 2024

### we are learning

During the month of February, we will continue to work hard on our pet study.

We have had so much fun learning about pets, how we care for them and making our own pet store in our classroom! We will also be incorporating our farm to table study into our lesson plans for this month.

We have been working on learning animal names in ojibwe and we absolutely love when Manidoo Makwa Ikwe visits our classroom and speaks ojibwemowin with us!



Ms. Nadine, Ms. Tatum,  
Ms. Angela & Ms. Dawn

### ojibwemowin

okaan - farm animal  
gookoosh - pig  
waabooz - rabbit  
ginebig - snake  
bebezhigooganzhii -  
horse

### contact us

nadine.cadotte@redcliff-  
nsn.gov  
tatum.hanson-  
gordon@redcliff-nsn.gov  
715-779-5030 ext. 2547

### info

We will be doing a small Valentine's Day party on Feb. 14th, If you and your child would like to bring a treat - we have 18 friends in our room and you can write "to a friend" on them.  
Miigwech!

# MA'IINGAN BIDA AJIMOWIN



**Namebini-Glizis 2024**

**(Sucker Moon)**

**Boozhoo gakina awiya**

We will be continuing to focus on our Bami'aagaan study this month. During the study we will investigate a variety of things about pets. We will find out about what pets eat. What are the characteristics of different pets? How do we care for pets and how do pets make us feel?

We will be incorporating letter recognition, and the letter of the month will be A.

Here are a few commands in Ojibwemowin that you can use with your pets. Ambe maa – come here, nabadabin – sit, zhingishin – lay down, Ikidon – speak.

We will enhance learning in our classroom by reading books, finger plays, sharing ideas, doing activities, and incorporating Ojibwe culture and language into our lessons. Ms. Haley, our cultural coordinator has added the Ojibwe language to our menu, and we are incorporating more language during meals times.

We will also have some Valentine's Day fun too. If you would like to send valentines, we have ten students in our classroom. You can make the valentine's out to a friend.

Please remember to send winter gear to school every day with your child. We do have some extra items.

Our classroom hours are from 7:30am to 3:30pm. If you need to contact us, we can be reached by email: [alicia.deperry@redcliff-nsn.gov](mailto:alicia.deperry@redcliff-nsn.gov) and [gina.lagrew@redcliff-nsn.gov](mailto:gina.lagrew@redcliff-nsn.gov) or our classroom office phone at 715-779-5030 ext. 2545.

## **INAGINZO – DATES TO REMEMBER**

**Valentine's Day – Wednesday  
February 14, 2024**

**February Family Night – Wednesday  
February 28, 2024**



## **OJIBWMOWIN - THE OJIBWE LANGUAGE**

**Inde' - Heart**

**Zaagi' – Love**

**Bami'aagaans(ag) – pet(s)**

**Bineshiinh – A Bird**

**Animosh(ag) – dog(s)**

**Gaazhagens – A Cat**

**Giigoonh – A Fish**

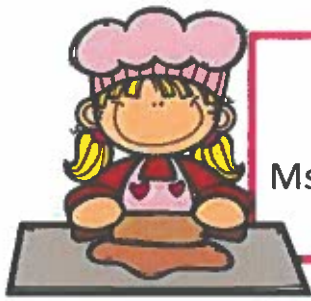
**Giigoonyens wezaawizid – gold fish**

**Waabooz(ag) – Rabbit(s)**

**Miskwaadesi – Painted Turtle**

**Ms. Alicia and Ms. Gina**





# FEBRUARY

Ms. Diann, Ms. Chandria, Ms. Melissa  
715-779-5030 ext.2540



## REMINDERS

It sure was an interesting January! The children liked being able to play outside in the warmer weather, but they are really excited about the snow! We will continue with our Pet study the month of February mostly because it is one of the children's favorite. Every day the children are acting out that they are a different type of animal. We will continue practicing the Alphabet, numbers and writing or drawing. As usual we work on feelings and social emotional interactions each day.

Ms. Diann will be out of the room from February 12<sup>th</sup> for six to eight weeks due to medical reason.

The children have grown in their self-help skills and can get dressed for the colder weather all by themselves.

## LITERACY AT HOME

**Name Scramble:** For this activity, write your name and your child's name in large letters on a piece of paper. Cut apart each letter, mix them up and lay them letter side down on the table. Take turns drawing a letter from the pile and naming the letter. If the letter is in the players first name, they get to keep it, if not they return it to the pile. Continue playing until all the letters are drawn. Next, each player puts all their letters in order to spell their name. Players then take turn naming each letter in order in their first name.

## MATH AT HOME

**Hidden Shapes-Connect the Dots:** Gather several pieces of paper. On each paper create simple dot-to-dot patterns for basic shapes (circle, square, oval, rectangle, triangle, hexagon, and diamond). Have students look at the dots on the page and guess what shape they think it makes. Show students how to use a marker/crayon and connect-the-dots to see if their guess is correct. For a challenge try other shapes such as star, heart, and octagon. When all the shapes are revealed, have your child practice naming each one.

## TAKING CARE OF ME AT HOME

**I Can Brush My Teeth:** Children can learn to brush their own teeth as a way of taking care of themselves. To practice, get your toothbrush and toothpaste and your child's as well. Go through all of the steps of brushing teeth at the same time (Getting items out, putting on a small amount of toothpaste, brushing all teeth in tiny circle motions, spitting, rinsing and putting items away). For awhile do this task at the same time while students are learning this task. After students are completing each step without help, make a reward page and add a sticker, or draw a smile face on the page for every time they take care of their teeth!



## February Themes

Pet Study, Hand Writing without Tears, Second Step



**Red Cliff Early Childhood Center  
Policy Council Meeting Minutes  
Tuesday December 12<sup>th</sup>, 2023 @ 10:00 am  
In Person/Virtual**

**Meeting called to order by Audra Blanche @ 10:02 am.**

**Policy Council Members Present:** Audra Blanche, Jared Blanche, Nissia Basina, Kennedy Defoe, Lacie Defoe, and Vincent Bresette.

**Absent:** Linda Christiansen and Melissa Armagost

**Staff/Other Present:** Kathy Haskins, Education and Abilities Manager, Cindy Garrity Family Service Manager, Jennifer Leask, Administrator, Jamie Goodlet-King, Head Start/4K/Early Head Start Director, Julie Erickson, Launch/ Social/Emotional Support Specialist and Jennifer Defoe, Enrollment Specialist.

**Approval of Agenda**

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

**Approval of Minutes**

Motion by Nissia to approve regular minutes for November 14<sup>th</sup> with any changes as needed, second by Kennedy, all in favor, abstention, motion carried.

**Menu: January 2024**

Motion by Nissia to approve the menu for January 2024, second by Kennedy, in discussion Jenn followed up with Kitchen in regard to menu changes and concerns about the cottage cheese, she will work with Butch on looking into different kinds of cheese. Jenn will also ask the teachers what foods the kids do not care for and then work with kitchen on menu changes. Nissia called question, all in favor, abstention, motion carried.

**Financial Report**

Motion by Nissia to table the financial report, second by Kennedy all in favor, abstention, motion carried.

**Program Summary**

Update to the policy Council that the percentages were added to the health area as requested. The discussion was on hearing and vision and how it works. The board was informed that the hearing is done if the child allows it to be allowed, they are not forced to comply. When a follow up is needed or a referral the teachers/health inform the parents that they recommend they follow up with their doctor.

**Other:**

- Jenn updated the policy council that we have a new Education Division administrator- Edith Washington.
- A letter was received by the Office of Head Start in regard to the ECC being under-enrolled for both Head Start and Early Head Start. The ECC will set up a meeting with the Office of Head Start to work on a plan. Jenn and Jamie will bring back to the policy council the plan they come up with.
- Recruitment is happening and we feel we are doing everything possible to reach out to families.
- A training will be taking place in regard to the performance standard changes, and we will be inviting the policy council/tribal council and financial people to attend a meeting on the FY24 Focus Area Two Monitoring Protocol that will happen this year at the ECC. Cindy will set up a date in February to meet.
- Reminder of early release on Thursday December 14<sup>th</sup> at 12:00 pm.
- Discussion on wage increases for positions. Jenn informed the policy council that this was just done.
- Reminded the policy council board that the ECC management team are working hard on our caregivers' meetings and hoping that we can get parents to attend. The name of the committee was at one time called parent committee but because we have a lot of families that are with foster care parents and grandparents, we thought we would call the group caregivers. If this is not a good fit, then when they have a meeting, they can rename it.
- Next Policy Council meeting will be January 9th @ 10:00 am.

**Adjourn:**

Motion by Nissia to adjourn at 11:31 am., second by Kennedy all in favor, abstentions, motion carried.

\_\_\_\_\_ (signature)

Policy Council Chairperson or delegate

\_\_\_\_\_ (Date)



# Family Service News for February 2024

*Happy  
Valentine's  
Day*

## ECC Events

Friday February 2nd EHS Classrooms are open

Head Start has no Classes on Fridays.

Wednesday February 28th-ECC Family Night

### **Ojibwemowin Language Table**

Wednesdays 5:30-7:00 pm

THPO Office

36750 HEWY 13 N. Bld. #1

Red Cliff, WI 54814

For more information please call  
the THPO Office at 715-779-3701

### **Red Cliff Energy Assistance**

Call Marion Claremboux at  
715-779-3705

### **Red Cliff Warming Shelter**

November through March

Available to Red Cliff Tribal Members when temperatures and precipitation creates dangerous and life threatening outdoor conditions.

- ♦ Space is made available at the  
Legendary Waters
- ♦ For Opening Notices visit-  
[www.redcliff-nsn-gov/shelter](http://www.redcliff-nsn-gov/shelter), Red  
Cliff Tribe Facebook page or call  
715-779-3513





## NAMEBINI-GIIZIS SUCKER MOON MONTH

FEBRUARY 2024

BOOZHOO ECC FAMILIES AND HAPPY NEW YEAR TO ALL OF YOU!!!!

FOR THE MONTH OF FEBRUARY, WE ARE GOING TO TALK ABOUT THE GRANDFATHER TEACHING: THE AMIK (BEAVER)

THE AMIK CARRIES THE GIFT OF WISDOM. TO KNOW AND UNDERSTAND WISDOM IS TO KNOW THAT EVERYONE HAS SPECIAL GIFTS TO BE USED TO BUILD A PEACEFUL AND HEALTHY COMMUNITY.

WE SHOULD ALL ASK THE CREATOR FOR WISDOM AND UNDERSTANDING. IT IS THE ABILITY TO USE SOUND JUDGMENT AND HAVE A GOOD SENSE WITH A POSITIVE ATTITUDE. IN THIS NEGATIVE WORLD IT'S GOOD TO HAVE A POSITIVE ATTITUDE. TO HAVE WISDOM IS TO KNOW RIGHT FROM WRONG.

WE CAN TEACH OUR CHILDREN THAT IT'S OK TO MAKE MISTAKES AND HOW WE CAN LEARN FROM THEM.

THIS WOULD BE A GREAT TIME TO GO OUT IN NATURE AND TALK ABOUT HOW THE AMIK BUILDS THEIR DAMS AND DENS AND TO TEACH OUR CHILDREN ABOUT WISDOM.

WHEN I TOOK A RIDE TO ASHLAND ON THE RIGHT-HAND SIDE OF HWY 2 I COUNTED AT LEAST 8 AMIK LODGES... YOU MIGHT BE ABLE TO DRIVE INTO PRENTICE PARK TO GET A CLOSER LOOK AT ONE.... IT WOULD BE A GREAT FAMILY FIELD TRIP.

ONCE AGAIN IF YOU HAVE ANY QUESTIONS, PLEASE CALL US AT THE CENTER.

MS KATHY EX 2530

MS. J EX. 2548



## February is National Children's Dental Health Month

Valentine's Day is one of the days that sweets are given out. We tend to overlook that too many sweets cause cavities. Cavities happen when the bacteria in your mouth metabolize (eat) sugar. The bacteria then produce acid that eats away at the hard outer surface of the teeth, which is made of enamel and dentin.

Sometimes called cavities or tooth decay, cavities affect more than 1 in 5 children aged 2 to 5 years. Cavities can lead to pain, infection, tooth loss, feelings of unhappiness, problems eating, speaking, and even learning. Cavities can lead to pain, infection, tooth loss, feelings of unhappiness – especially for teens – and problems eating, speaking, and even learning.

Cavities can lead to pain, infection, tooth loss, feelings of unhappiness – especially for teens – and problems eating, speaking, and even learning.

Here are a few simple steps to protect children's oral health:

For Babies: After each meal, gently wipe your baby's gums with a soft, clean cloth. Avoid putting your baby to bed with a bottle. Schedule your child's first dental visit by first birthday, or when their first tooth appears.

Children who brush their teeth each day with fluoride toothpaste will have fewer cavities. For children under age 2, talk to your dentist or doctor about when to begin using fluoride toothpaste.

A healthy diet is important for strong, healthy teeth. Getting plenty of calcium will help your child's teeth grow strong. Good sources of calcium include: Milk, Cheese, Yogurt (unsweetened is best), Spinach, Collard greens, and Black beans (canned).

So why not give a "Special treat for  
fresh fruit, an art project you made, crayons, markers, a book to read, color book,  
draw flowers a valentine card made by you, a big hug,



**Happy Valentine's day - The Health Office Patt and Mikayla**



# ECC ENROLLMENT CORNER

February 2024



## RECRUITMENT IS EVERYONE'S BUSINESS

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

## HAPPY NEW YEAR!

Boozhoo!

Welcome to the new 2024 year and already into the second month. Now that snow has decided to stay for the winter, here are some traveling tips for you to use to keep you and your little passengers safe while on the road. The AAA has suggested packing an emergency kit to have in your vehicle just in case of an accident or getting stuck/stranded for a period of time. This kit includes.

- First aid kit
- Flashlight with extra batteries
- Rags, paper towels or pre-moistened wipes
- Drinking water/snacks for everyone in the vehicle (including pets)
- Warm gloves, clothes, hats, and blankets
- Basic toolkit along with duct tape, warning devices such as flares or reflective triangles.
- Ice scraper/snow brush/shovel
- Jumper cables/jump pack
- Traction aids (sand/salt/non-clumping cat litter)
- Mobile phone and car charger
- Winter windshield washer fluid
- Tarp, raincoat and gloves

For the rest of the information and more please visit <https://exchange.aaa.com/safety/driving-advice/winter-driving-tips/>

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*We accept applications all year round*

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*Miigwech! Jennifer Defoe, Enrollment Specialist*

## CONTACT INFORMATION

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

You can visit the Red Cliff ECC website anytime, by scanning the QR code or visiting [www.redcliff-nsn.gov/ECC](http://www.redcliff-nsn.gov/ECC)



# Zaagichigaaazowin

HOME VISITING PROGRAM

## February 2024



### Who are we?

The Zaagichigaaazowin Home Visiting program (ZHV) has been serving the Red Cliff community in various forms for over ten years. Most recently, it has become a Wisconsin Family Foundations Home Visiting program.

ZHV uses the Parents as Teachers curriculum to provide home visits to families with children prenatal to 5 years of age, as well as monthly group connections. Our program also offers doula services to enrolled prenatal mothers. ZHV strives to weave traditional Ojibwe cultural practices and learning into our curriculum.

ZHV offers services to tribal and non-tribal families within a fifty (50) mile radius of the Red Cliff reservation. It is a voluntary program and there is no cost to participate.



### Keep an eye out!

In the near future, ZHV will be recruiting for Advisory Committee members. We will be looking for five members to serve on the committee. Meetings will happen twice a year.

Although the committee does not have governing responsibilities, it does play an important role in the shaping of our program.

✂ More details coming soon!! ✂

Boozhoo! Mitigomizhikwe indizhinikaaz. Miskwaabekaang indoonjibaa. Migizi indoodem. My English name is Amber Hanson. I am a Red Cliff tribal member. I started with ZHV in 2022 as the Data Entry/Family Support Specialist. Since then, I have move to Administrative Assistant and now Program Manager. My hope is to help ZHV continue to grow and serve our community's needs.

Miigwech!



### Join our team!

✂ ZHV is currently looking for home visitors to join our team. If you enjoy children and working with families, this could be the job for you!

✂ Job requirements include (but not limited to) providing families with developmentally appropriate materials and assessments based on our evidence-based curriculum in their home and facilitating group connections.

✂ Curriculum and other trainings provided!!

✂ Full job description and applications are available online at [www.redcliff-nsn.gov](http://www.redcliff-nsn.gov)



# Crediting **Vegetables** in the **Child Nutrition Programs** Tip Sheet



Vegetables are a required component for reimbursable meals in the National School Lunch Program (NSLP) including the Preschool Lunch Meal Pattern, as well as the Child and Adult Care Food Program (CACFP) lunch and supper meals. Vegetables may be served as part of a reimbursable meal for the School Breakfast Program (SBP), and to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFSP). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

## Vegetable Requirements



- Vegetables must be fresh, frozen, canned, dried (including dried legumes), or 100% full-strength vegetable juice. Examples of creditable vegetables can be found in the *Food Buying Guide for Child Nutrition Programs (FBG)* at <https://foodbuyingguide.fns.usda.gov/>.



- Most vegetables credit as volume served; the minimum creditable serving size is  $\frac{1}{8}$  cup (exceptions are tomato paste, tomato puree, and raw leafy greens). **Note:** minimum creditable amounts do not apply to the infant meal pattern.
  - **Raw leafy greens** credit at half the volume served in Schools Meals Programs and CACFP (Example: In NSLP,  $\frac{1}{2}$  cup romaine lettuce contributes  $\frac{1}{4}$  cup toward the dark green vegetable subgroup). In SFSP and NSLP Afterschool Snack Service, raw leafy greens credit as volume served.
  - **Cooked leafy greens**, such as sautéed spinach, credit based on volume served.
  - **Tomato paste** and **tomato puree** can credit using the whole food equivalency (volume of tomatoes prior to pureeing) rather than on the actual volume served. All other vegetable purees credit based on the finished volume served.



- Beans and peas (legumes) may count toward the meats/meat alternates or vegetables component, but not as both in the same meal.



- In the School Meal Programs and CACFP, mixtures of fruits and vegetables (e.g., baked sweet potato with apples), must credit separately for the fruits and the vegetables components.



- Over the course of the week, schools must offer vegetables from specific vegetable subgroups.

More training, menu planning, and nutrition education materials can be found at [TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov).

FNS-932 • May 2022

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



Vegetable Subgroup	Examples Include
Dark Green	bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress
Red/Orange	acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice, and sweet potatoes
Beans/Peas (legumes)	black beans, garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, soy beans, split peas, and white beans
Starchy	corn, cassava, hominy, green bananas, green peas, plantains, taro, water chestnuts, and white potatoes
Other Vegetables	all other fresh, frozen, and canned vegetables, cooked or raw, such as artichokes, asparagus, avocado, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, turnips, wax beans, and zucchini

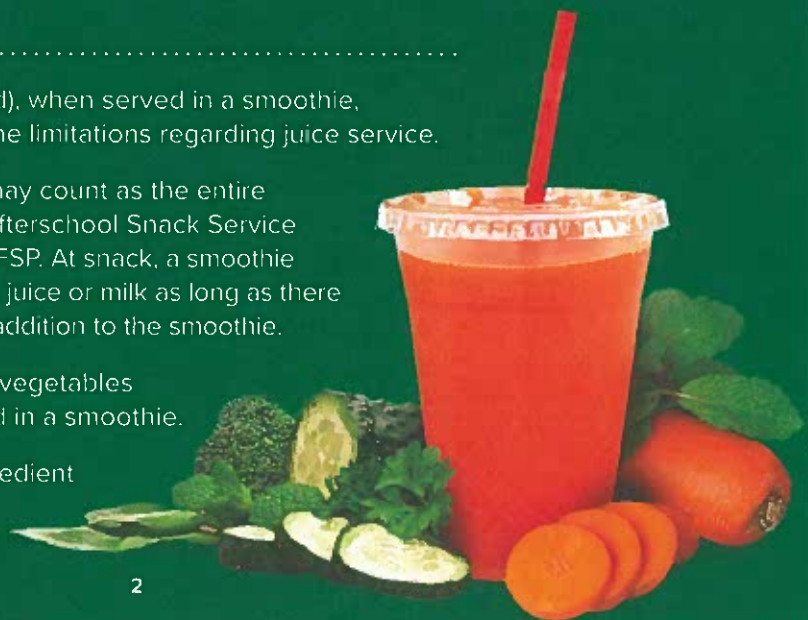
## Vegetable Juice

- In School Meal Programs, no more than  $\frac{1}{2}$  of the total weekly vegetables offered may be full-strength, 100% vegetable juice and is measured separately at lunch and breakfast.
- In CACFP or Preschool Meal Patterns, full-strength, 100% vegetable juice may be used to meet the vegetables component no more than once per day, including snack. Full-strength, 100% vegetable juice may be used as one component of a snack when the other component is not a beverage.
- In SFSP, full strength 100% vegetable or fruit juice may be counted to meet not more than  $\frac{1}{2}$  of the vegetable or fruits requirement at lunch or supper.

**Note:** Juice limit is measured by Program. For example, if a school serves lunch to preschoolers under NSLP and a snack through CACFP, the school can serve juice at both lunch and snack.

## Vegetable Smoothies

- Pureed vegetables (fresh, frozen, or canned), when served in a smoothie, credit as juice, and as such are subject to the limitations regarding juice service.
- Pureed vegetable included in a smoothie may count as the entire fruits/vegetables component in the NSLP Afterschool Snack Service and at breakfast and snack in CACFP and SFSP. At snack, a smoothie containing juice and milk can credit as either juice or milk as long as there is a separate, second component served in addition to the smoothie.
- Dry beans and peas may credit toward the vegetables component as vegetable juice when served in a smoothie.
- Juice does not credit when used as an ingredient in another food or beverage product with the exception of smoothies.



# Newly Creditable Vegetables in Child Nutrition Programs

## Hominy

- Hominy may credit towards the vegetables component in a reimbursable meal or snack.
  - ¼ cup of canned, drained hominy or cooked, whole hominy (from dried hominy) credits as ¼ cup vegetable (starchy vegetable for NSLP and SBP).

## Pasta

- Pasta products made of one or more 100 percent vegetable flour(s) may credit toward the vegetables requirement in all Child Nutrition Programs. For example, ½ cup of pasta made of 100 percent vegetable flour(s) credits as ½ cup of vegetables.
- Pasta products made of flour(s) from one vegetable subgroup may credit toward the appropriate vegetable subgroup for school meals. Pasta made of legume flour (e.g., red lentil flour) may credit toward the legume vegetable subgroup or the meat alternates requirement.
- Pasta products made of a blend of 100 percent vegetable flours from multiple vegetable subgroups (e.g., lentils and cauliflower) may credit in two ways for school meals:

① With a Product Formulation Statement (PFS) from the food manufacturer detailing the actual volume of each vegetable flour per serving, the pasta product may credit toward specific vegetable subgroups; or

② If the actual volume of each vegetable flour is unknown, the pasta product may credit toward the additional vegetables to meet the overall weekly vegetables requirement.



## Products That Do Not Contribute Toward Meal Pattern Requirements

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- |  |  |
|--|--|
| ✗ Snack-type foods made from vegetables, such as potato chips  | ✗ Home-canned products (for food safety reasons) |
| ✗ Condiments such as pickle relish, jam, jelly, tomato catsup, or chili sauce (tomato paste is creditable) | ✗ Freeze-dried vegetables                        |
|  | ✗ Dehydrated vegetables used for seasoning       |



The Red Cliff Early Childhood Center  
88455 Pike Rd. 89830 Tiny Tot Dr.  
Bayfield WI 54814  
February 2024

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

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## Red Cliff Tribal Job openings









- **ECC Substitute Assistant Teacher/Substitute Kitchen Staff** POSTING  
DATE: February 21, 2023, DEADLINE: Applications accepted year round
- **Child Care Teacher** Opening Date: June 22, 2023 Deadline: Open Until Filled
- **Early Head Start Center Based Teacher** Opening Date: June 1, 2023, Deadline: Open Until Filled
- **Head Start Assistant Teacher** Opening Date: August 9, 2023, Deadline: Open Until Filled
- **Assistant Child Care Teacher** Opening Date: June 22, 2023 Deadline: Open Until Filled
- **Go to the Red Cliff Tribal Website**  
[https://www.redcliffnsn.gov/how\\_do\\_i/apply\\_for\\_obtain/employment\\_opportunities/jobopenings.php](https://www.redcliffnsn.gov/how_do_i/apply_for_obtain/employment_opportunities/jobopenings.php)
- **Bayfield Chamber-Job Opportunities**



# FEBRUARY 2024 SHOWING LOVE

## Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Character Word of the Month: Respect</b>  <b>-Caring enough to consider how words and actions impact others</b>  <b>Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant</b> <b>Calendar translated by: Manuela Rodriguez</b>				<b>1 ACTIVITY PAGE</b>  Book of the Month: <u>Happy, Sad, and Silly</u>	<b>2</b> Hide cut out hearts all over your house for this month. Keep a count of how many hearts your child finds each day!	<b>3 Weekend Wrap</b> Read some good! look for hearts an them, and get rea month full of shoi love!
<b>4 WE LOVE ART!</b>  	<b>5</b> An easy way for your child to play with paint is to pour different colors into used or new condiment bottles. Just a squeeze, and the paint comes out!	<b>6</b> Create an art box for hours of fun. Crayons, paper scrapes, glue, toilet paper rolls, stickers, yarn, cotton balls, and more!	<b>7</b> Mix 1 cup baby oil with 8 cups of flour and add in some food coloring and you have playdough! Store in used food containers with lids.	<b>8 ACTIVITY PAGE</b>  Rainbow in a Bag	<b>9</b> For easy access to paint, pour colors into the sections of an egg carton. Close the lid, and the paint stays fresh!	<b>10 Weekend Wrap</b> Read and revisit the activities that helped your fam explore the won world of art this
<b>11 HEART HEALTHY!</b>  	<b>12</b> Children need at least 60 minutes a day of physical activity. If you're stuck indoors, have a dance party!	<b>13</b> Face your child. Clasp your hands together. Rock back and forth and feel your heart beating!	<b>14</b> Have a jar of candy hearts displayed at your child's eye-level. Every time they do a kind or loving act, let them take a candy from the jar!	<b>15 ACTIVITY PAGE</b>  Kindness Kits	<b>16</b> Go old school with physical activities. Teach your child to hula hoop, play hopscotch, and jump rope. All of these can be done indoors and really get the heart pumping!	<b>17 Weekend Wrap</b> Read and revisit the activities that helped your fam your heart health kind!
<b>18 WE LOVE MUSIC!</b>  	<b>19</b> Play some music on your phone and hide it! Your child has to use their sense of hearing to find the music!	<b>20</b> Let's hear it for the kitchen band! Take out some pots and pans, spoons, sealed spice shakers, and play!	<b>21</b> Turn off the lights and add glowsticks to the kitchen band! What a fun way to keep a beat!	<b>22 ACTIVITY PAGE</b>  Song Cube	<b>23</b> Sing "If you're happy and you know it" and add in more actions like, "wave hello" or "nod your head."	<b>24 Weekend Wrap</b> Read and revisit the activities that helped your fam enjoy music this
<b>25 WE LOVE BOOKS!</b>  	<b>26</b> Be sure to take a moment to tell your child the author and illustrator of each book before you read it.	<b>27</b> Make a bookmark by punching a hole and tying on a ribbon to a paint strip from a hardware store!	<b>28</b> Popcorn and a movie? Why not pair a favorite snack with a favorite book!	<b>29</b> Celebrate this "leap year" by reading one extra book at bedtime!	<div> <div> 2022 CERTIFIED  <b>OHIO WBE</b>  <small>Women-Owned Business Enterprise</small> </div> <div>  </div> <div>  </div> </div>	



## **Happy, Sad, and Silly**

Your child has so many feelings, or emotions, and they may not know exactly what to call them. After reading Happy, Sad, and Silly, look back over the pictures and ask your child to make the same face as the person on each page. Take a picture of your child making each “feelings face” on your phone or with a camera. You can keep the photos on your phone to scroll through or have the photos printed, no larger than 3x5. Glue the photos onto a large piece of paper. Hang this poster somewhere in your home that is eye-level for your child. The next time they are having a big emotion- excited, sad, scared or any others- and they can’t seem to explain how they are feeling, ask your child to point to the picture on the poster that shows how they are feeling. This will help you help them identify their emotions! From this exercise, your child will become aware of what actions or events make them feel a certain way and then learn how to handle that feeling in a healthy way!





## Rainbow in a Bag

Here's an easy way to paint a rainbow without the mess. First, cut a piece of white paper to fit any size Ziploc bag you have on hand. Then, you draw the arches of a rainbow on that sheet of paper- blue, red, yellow, orange, green. Show your child this rainbow and then have them help you slide the paper into the bag. It is fine if the paint smears some when it is going in the bag. Once it is in the bag, seal it shut and you may want to put tape around the seal to ensure it stays shut. Once the rainbow is in the bag, your child can use their fingertips to press on the bag and mix all of the colors, create shapes, practice writing letters, or whatever they want to do! You can repeat this activity with any rainbow of colors!





## Kindness Kits

There are many people in communities all over the world who do not have many of the basic items that others may take for granted. Show your child how to show some kindness by helping them make some kindness kits. Next time you are at the grocery store, purchase any of the following items: large Ziploc bags, bottled water, granola bars, packs of crackers, gum or mints, small apples or oranges, and any other individually packed items you may see. Once you get home, put these items out on a table and help your child put one of each item in a Ziploc bag. Your child can even draw a heart on a small piece of paper to place inside of the bag. Keep these bags in your car or bring one with you during a walk, bike, or bus ride. When you and your child see someone less fortunate, hand that person a Kindness Kit. It will hopefully put a smile on their face and will certainly put one on the faces of you and your child!



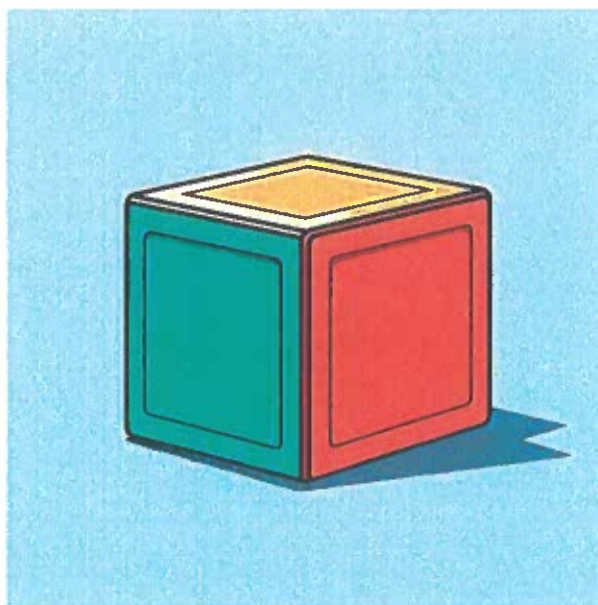
Created exclusively for Books By The Bushel, LLC by Pamela B Connor, Ed.D





## Song Cube

Your child probably has a great number of favorite songs from “Wheels on the Bus” to “Baby Shark” to “Let it Go”. By creating a song cube, you can take the guess work (and maybe the arguing if you have more than one child) when it comes to deciding which song to sing or listen to. Take a cube-shaped tissue box and cover it with a solid color wrapping paper. Then, write the name of one of your child’s favorite songs on each side of the cube. You can even draw a small picture to go with the title so your child can identify the song!



# CHILD CARE CAREER FAIR



**RAFFLES**

## JOIN US:

**WHEN:**  
Tuesday, February 6, 2024

**TIME:**  
3:30 p.m. - 6:30 p.m.

**WHERE:**  
Ginanda Gikendaasomin Library  
37650 Hwy 13N Bldg #2,  
Red Cliff, WI.

**Do you enjoy working  
with children?**

**... if you said yes,  
we're looking for you!**

**LIGHT  
REFRESHMENTS**

## WE ARE SEEKING:

ZHV Home Visitors

Child Care Teacher  
Child Care Assistant Teacher

Early Head Start Teachers  
Head Start Assistant Teacher

## HELP AVAILABLE:

Computers on-site for you  
to fill out applications!

Resume' writing  
assistance!

This Career fair is in collaboration of the Zaagichigaazowin Program;  
Red Cliff Early Head Start & Headstart Programs; Red Cliff Child Care Center;  
Lac Courte Oreilles Ojibwe University; Red Cliff EDU Dept & Ginanda Gikendaasomin Library



For more info: [kathy.barri@redcliff-nsn.gov](mailto:kathy.barri@redcliff-nsn.gov)

# Friendly February 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Send a message to let someone know you're thinking of them

2 Ask a friend how they have been feeling recently

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

4 Invite a friend over for a 'tea break' (in person or virtual)

5 Make time to have a friendly chat with a neighbour

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

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

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 good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

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

17 Appreciate the good qualities of someone in your life

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

19 Share something you find inspiring, helpful or amusing

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

21 Really 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 the strengths that you see in them

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

26 Make uninterrupted time for your loved ones

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

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it



ACTION FOR HAPPINESS

Happier · Kinder · Together

# FEBRUARY-2024










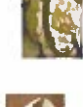












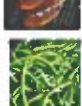






## NAMEBINI-GIZIS

NITAM ANOKI-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIITO-GIIZHIGAD	NAANO-GIIZHIGAD
MILK SERVED WITH EVERY MEAL 1-2 YR OLD WHOLE				
5B EGG COMBO, YGT, APPLES S GR CRACKER/MILK L LASAGNA HD, CORN, PEARS S ORANGES/RITZ	6B CORNFLAKES, BLUE- BERRIES, CC S BFK BAR/MILK L CRABBY PATTY, FRIES, PEAS, YGT, PEACHES S CARROTS/HUMMUS	7B WAFFLES, AP- PLESAUCE. TRK BACON S FR CUP/TEDDY GR L TOMATO SP, GR CHEZ, GR BEAN, SALAD S BERRY PARFAIT	8B RICE CHEX, BERRIES, YGT S RITZ/PB L CHIX, BR RICE, PEAS, SALAD, TR FRUIT S CUCUMBERS/MILK	1B LIFE, M ORANGES, TRK SAUSAGE S PRETZEL/PB L CHIX, W RICE, AP- PLESAUCE, GR BEAN S BERRIES/YOGURT  2B PANCAKES, CC, PINE- APPLE S RITZ/MILK L BURRITO, BR RICE, CARROTS, TR FRUIT S HUMMUS/BROCCOLI
12B PANCAKES, CC, PINEAPPLE S NUTRA BAR/MILK L TACOS, PEARS, GR BEAN, BR RICE S CARROTS/RITZ	13B HB OATS, BLUEBER- RIES, YGT S TEDDY GR/MILK L CHIX W RICE SP, PBJ, SALAD, MANGO S APPLES/ST CHEEZ	14B MALTO MEAL, WG MUFFIN, ORANGES S CRACKER/CHEEZE L HAM, TR FRUIT, CC, PEAS S ANTS ON A LOG	15B RICE CRISPIES, BA- NANA, YGT S GR CRACKER/PB L SPAGHETTI, CORN, SAL- AD, RASPBERRIES S PEARS/CC	
19B WAFFLES, BLUE- BERRIES, CC S BFK BAR/MILK L BURRITOS, BR RICE, MANGO, GR BEAN S FR CUP/CHEESE ITS	20B CORNFLAKES, OR- ANGES, YGT S CRACKER/PB L PORK CHOP, AP- PLESAUCE, PEAS, BUN S BROCC/HUMMUS	21B EGG OMELET, WG TOAST, JELLY, CC, BERRY S YGT/FR CUP L BEEF VEG SP, PBJ, CORN, PEACHES S BERRY PIZZA	22B RICE CRISPIES, BA- NANA, YGT S RITZ/MILK L CHIX WG HD, PEAS, PEARS, CC S CUCUMBERS/MILK	
26B EGGS, APPLES, PB, WG TOAST S FR CUP/GOLDFISH L TOMATO SP, GR CHEZ, PINEAPPLE, CORN S PEARS/CC	27B LIFE, PEACHES, WG MUFFIN S CHEESE/APPLE L BEEF STEW, BISCUIT, CARROTS, MANGO S CHEX MIX/JUICE	28B WAFFLES, AP- PLESAUCE, TRK SAUSAG S BFK BAR/MILK L CHIX NUGGET, FRIES, BROCC, TR FRUIT S VEGGIE PIZZA	29B CORN CHEX, PEARS, CC S TEDDY GR/MILK L HAM, W RICE, PINEAP- PLE, PEAS S M ORANGES/CHEESEIT	MENU SUBJECT TO CHANGE



# GICHI-MANIDOO-GILZIS 2024

Awegonen waa-miijyang iwidi gikinoo'amaadiwigamigong?

NITAM ANOKII-GILZHIGAD	NIIZHOO-GILZHIGAD	AABITOOSE	NIITO-GILZHIGAD	NAANO-GILZHIGAD
<b>22B</b> NABAGADA'IGAN, WIISHKOBI- BAKWEZHIGAANS WG, MISKOMINAG	<b>23B</b> GAAPANJIGAN, BAKWEZHIGAN, WEZAAWIMINAGIZID, CHI-DOODOOSHAABOO	<b>24B</b> MAZINI- GWEKIWEBINIGAN, MIINAN, CHI-DOODOOSHAABOO	<b>25B</b> GAAPANJIGAN, AKANDAMOO, WIISHKOBI- BAKWEZHIGAANS, CHI-DOODOOSHAABOO	<b>26</b> GIBAKWA'IGAA- DE O'OW GIKINOO'AMAADIING
  	     	   	 	
<b>\$</b> BAKWEZHIGAANS / DOODOOSHAABOO	<b>\$</b> GAAPANJIGAANS / BAGANAG BIMIDE	<b>\$</b> BAKWEZHIGAANSAG / DOODOOSHAABOO	<b>\$</b> BAKWEZHIGAANSAG / DOODOOSHAABOO	
<b>L</b> BAKA'AAWE- WIITYAAS, MANDAMIN, BOOKODOONH, CHI-DOODOOSHAABOO	<b>L</b> BIZHIKIWI-WIITYAAS, OPINIIG, ANIJIMINAN, EDITEGIN	<b>L</b> ONAGIZHIINS, MASHKODESIMINAN, EDITEGIN	<b>L</b> OGINIWAABOO, CHI-DOODOOSHAABOO- NAABONIGAN, EDITEGIN, CHI-DOODOOSHAABOO	
             				
<b>\$</b> CHI- DOODOOSHAABOO / MISHIIMIN	<b>\$</b> MITGOONS / CHI- DOODOOSHAABOO	<b>\$</b> ANOOJ EDITEGIN & CHI -DOODOOSHAABOO	<b>\$</b> OKAADAAK / ANIJIMINI -BAASHKIMINSASIGAN	
