

# RED CLIFF EARLY CHILDHOOD CENTER NEWSLETTER



**Boozhoo All,**

We would like to say Miigwech to all who helped us get the building ready for children to return. Also, a big thanks to everyone who made the reopening possible (Tribal Council, Policy Council, Clinic), our staff, and our families for being so patient with us as we work out the kinks! It has been a long process to get everything in place and, as we know, things are constantly changing. As we learn through the process things may change little by little each day to ensure that our families and staff are staying healthy.

This month the ECC has collaborated with the Red Cliff Farm to do sugarbush. A flyer has been posted with information. There will be no Spring Break for the students this month. Due to the students just returning to school and transitioning, we have decided that it was best for the students not to have a week long gap in services.

Our center will be having Parent/Teacher Conferences this month too! Please watch for a flyer and notification from your child's teacher. If you have any questions or concerns, please feel free to contact us at 715-779-5030.

**Miigwech,  
Jamie and Jenn**

## MARCH

ONAABANI-GIIZIS  
(HARD CRUST ON THE SNOW 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 | 29 | 30 | 31 |    |    |    |

### OJIBWE LANGUAGE CORNER

asemaake

S/he is using tobacco.

bagone'ige

S/he is drilling.

ozhiga'ige

S/he is tapping a tree.

aagoojige

S/he is hanging things.

naadoobii

S/he hauls (sap).

ziiginige

S/he is pouring/spilling things.

iskigamizige

S/he is boiling sap.

nase'ige

S/he is sugaring off.





# ACTION CALENDAR: MINDFUL MARCH 2021



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**1** Set an intention to live with awareness and kindness

**2** Notice five things that are beautiful in the world outside

**3** Start today by appreciating your body and that you're alive

**4** Notice how you speak to yourself. Try to use kind words

**5** Take three calm breaths at regular intervals during your day

**6** Bring to mind people you care about and send love to them

**7** Have a 'no plans' day and notice how that feels

**8** Eat mindfully. Appreciate the taste, texture & smell of your food

**9** Take a full breath in and out before you reply to others

**10** Get outside and notice how the weather feels on your face

**11** Stay fully present while drinking your cup of tea or coffee

**12** Listen deeply to someone and really hear what they are saying

**13** Pause to just watch the sky or clouds for a few minutes today

**14** Find ways to enjoy any chores or tasks that need doing

**15** Stop, breathe and just notice. Repeat regularly during the day

**16** Get really absorbed with an interesting or creative activity

**17** Look around and spot 3 things you find unusual or pleasant

**18** If you find yourself rushing, make an effort to slow down

**19** Cultivate a feeling of loving-kindness towards others today

**20** Celebrate the International Day of Happiness [dayofhappiness.net](http://dayofhappiness.net)

**21** Listen to a piece of music without doing anything else

**22** Walk a different route today and see what you notice

**23** Tune in to your feelings, without judging or trying to change

**24** Appreciate your hands and all the things they enable you to do

**25** Focus your attention on the good things you take for granted

**26** Notice when you're tired and take a break as soon as possible

**27** Have a device-free day and enjoy the space it offers

**28** Appreciate nature around you, wherever you are

**29** Notice what is working today and be thankful that this is so

**30** Mentally scan down your body and notice what it is feeling

**31** Notice the joy to be found in the simple things of life

**"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn**

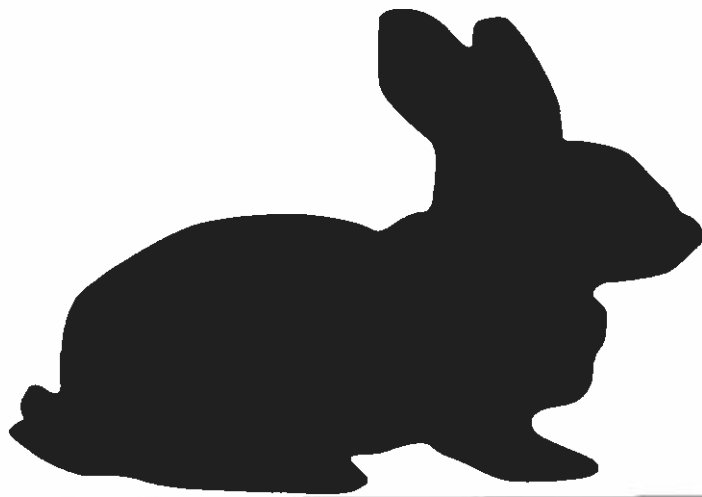


**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/mindful-march](http://www.actionforhappiness.org/mindful-march)

**Happier · Kinder · Together**



## Waabooz Room

Boozhoo Waabooz Families,

We are so happy to have students back in the building! We are excited to get to know your little ones more than we already do!!

Onaabani-giizis (March) is the Crust On the Snow Moon. Soon it will be time to set are clocks forward and the daylight will be longer. Also, it will be time to tap trees in the sugar bush!

We have Miss Megan in the baby room now. During the month of March, we will be doing a ball study. We will also be learning some Ojibwe words pertaining to the ball study.

Bikwaakwad-ball      apagidoon-throw it

indebibidoon-catch it

We look forward to seeing you all soon!

– Miss Maggie and Miss Megan

# AMIK NEWS

## AMIK NEWS & UPDATES

Boozhoo Amik Families!

We are beyond excited to get children back into the school in March!

Children are split into two groups, Group A will attend Monday and Tuesday, Group B will attend Thursday and Friday. If you are unsure as to which group your child is in please get ahold of us.

We will be doing a transition period for our children as well, making the switch back to school as smooth as possible for parents, children and teachers. We will have a unique schedule to send home for each student.

Wednesdays will be used for deep cleaning/sanitizing, although we will sanitize after each school day. But making sure all items are clean for the next group of children.

For those families that decided to remain virtual, we will be doing one live meeting Monday, Tuesday, Thursday and Friday from 1:30pm-2:00pm. (All families are welcome to attend)

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 March...

- Transitioning — this time will be used to transition the children back to school. We will be doing a "Get to know me" and "All About Me" unit, this will help us to get to know the personalities of the children as they grew and they will be able to get comfortable with being with us teachers in the classroom again.
- working on learning colors and numbers, we will also use the Ojibwe names for them.
- Culture—We've been working on Incorporating Ojibwe language and culture into the classroom. We will put a focus on sugar bush; bringing supplies into the classroom for the students to explore for a hands on experience, and we will also be sharing past sugar bush pictures.

### Ojibwe Words:

**Come indoors— Biindige**

**Thank You— Miigwech**

**Please— Daga**

**Tree— Mitig**

**Sun— Giizis**

**Spring— Ziigwan**

**Sugar Bush— iskigamizigan**

**Miigwech,**

**Miss Tiff & Miss Judy**

# Makwa News

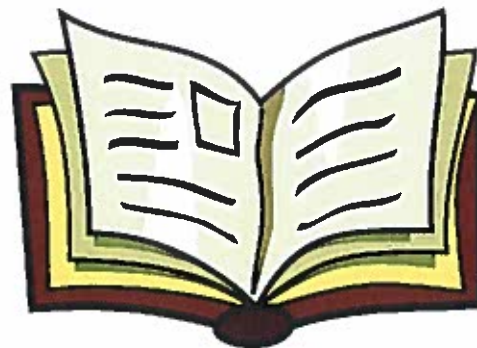
Boozhoo Makwa class! We are very excited to see you all! This month we will be working on all about me, transitioning back into school, Ojibwe weather song, exploring the school forest and sugar bush. Please be sure to send appropriate outdoor clothing; we do go outside daily. (weather permitting) This year we will also be working on an Ojibwe word of the week, which we will be using and sending home with the children as well.

Our lives have changed to Monday, Tuesday, Thursday & Friday from 1:30-2 p.m.

Miigwech! Ms. Lulu & Ms. Kelsey



**Tree-Mitig**



**Book-Mazina'igan**



**Help me— Ikidoon  
wiidookawashin**

# Esiban Class News

Boozhoo, hopefully everyone is staying warm and still enjoying the snow that we are so fortunate to have. I guess after so many winters we take for granted all the beauty and fun that snow offers us.

For the month of March, we will be doing the 'Animal Study' from our Teaching Strategies curriculum. We will be sending home activities for you to do at home about animals and their habitats..... Please share this on the ECC iPad and upload it into the cloud for documentation. Miigwech!!!

Here are some of the Ojibwe commands to use at home that we will be using in the classroom. Please use these at home so your child can hear the language as much as possible.

Bizindawishin—Listen to Me  
Zaaga'an—Use the bathroom  
Daga Miizhishin—Please give it to me  
Daga Weweni—Please be careful

We want to welcome our new Teacher Assistant Ms. Gerri Gordon. I know many of you know Ms. Gerri already and she has reached out to you. She has been working hard with activities, cleaning, organizing and many other things to get ready for the return. We are so excited to have her in the Esiban Room.

Reminder, the parent café is every other Wednesday from 5-7pm and every other Saturday from 2-4 pm. Watch for flyers and postings in the Tribal newsletter. This is a great place to connect with other parents, grandparents, community members and providers. If you have any questions, please call Julie Erickson at the ECC 715-779-5030 ex 2548

Your Esiban Class Teachers....





# Agongos News

Onaabani Giizis 2021



Join us for our socializations  
Helps us become more aware of  
Ways to help you communicate  
And engage with your family and  
With us!

The ECC has started with children.  
Please stay safe and healthy and  
Continue to follow the protocols of  
Washing hands and wearing  
Masks. We want everybody to  
continue to be safe! Home Base  
weekly visits will remain virtual  
until the end of the school year.

If you have any suggestion or  
times that would work for us to  
contact you, please email or call  
us, or message us on Teaching  
Strategies. Stay Safe!!

Miigwech,

Gena—[gena.mertig@redcliff-nsn.gov](mailto:gena.mertig@redcliff-nsn.gov)  
(779-5030) ext. 2537

Corky—[dawn.deragon@redcliff-nsn.gov](mailto:dawn.deragon@redcliff-nsn.gov)  
(779-5030) ext. 2538

## Upcoming Events:

- Socializations—every Wed. at 1:00pm
- Parent Café w/Launch program—  
Saturday, March 6<sup>th</sup> @ 2:00pm

The days are getting longer, and it is starting  
To warm up. Hopefully, we can all get  
outside  
And enjoy the fresh air?  
We hope to see you all for our socialization!!



*Ojibwemowin....*

## shapes

*Square.... Gagakaa*

*Diamond .....Gaanoo*

*Circle....Waawiyeyaa*

*Square....Niso-bajiishkaa*

## Feelings

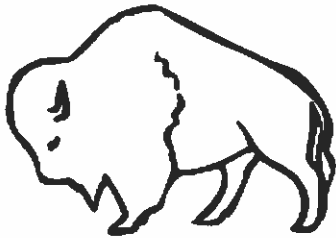
*s/he is happy ...jiikendam*

*s/he is sad.....Gashkendam*

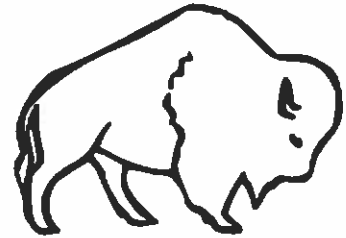
*S/he is mad.....nishkaadizi*

# MASHKODE-BIZHIKI NEWS

March 2021



Onaabani-giizis (Snowcrust Moon)



Boozhooo gakina awiya (Hello everyone).

Welcome back. We are so excited to see all the students back at the center. Our re-opening plan is a work in progress if you have any questions or concerns now that the students have returned please let us know.

We will continue our virtual WebEx meetings at 2:00pm every Monday, Tuesday, Thursday, and Friday. There will not be any meetings on Wednesdays. During the meetings we will read stories and include some activities that were implemented in our face-to-face classes. A book, song, or finger play will be uploaded each day into Teaching Strategies Gold except Wednesdays to go with our lesson plans. If you need another invite, please let us know

During the month of March, we will continue with our Music Study. If anyone has a musical talent that you would like to share with the students, please let us know and we can set up a virtual meeting.

We will be going outside daily weather permitting. Please make sure that you send your child with hats, mittens, snow pants, and boots. Feet get warm so send some shoes or slippers. They can be kept at school or sent back and forth.

Sugar Bush time is coming soon. Watch for information about what we are planning on doing this year. There will not be a spring break for the center this year and classes will continue for the entire month of March.

Please do not hesitate to reach out to us if you have any questions or concerns. We can be reached by email: [nadine.cadotte@redcliff-nsn.gov](mailto:nadine.cadotte@redcliff-nsn.gov), [gina.lagrew@redcliff-nsn.gov](mailto:gina.lagrew@redcliff-nsn.gov), or our classroom office phone at 715-779-5030 ext. 2547.

Ms. Nadine and Ms. Gina

## **DATES TO REMEMBER**

**Wednesday March 17<sup>th</sup> St.**  
**Patrick's Day.**



## **OJIBWE WORDS**

**Spring - ziigwan**  
**Green -**  
**ozhaawashkwaa**  
**Music - gidochige**  
**Sing - nagamo**  
**Dance - niimi**  
**Drum - dewe'igan**



# ONAABANI GIIZIS



Boozhoo Ma'iingan Families!

Welcome Back! We are so excited to be back to learning in person, we had so many smiling faces with our return. We will be finishing up our Music Study, first couple weeks in March, then we will onto our Tree Study. We will be learning about turn taking, self- help skills, playing together as a group, exploring the classroom, name recognition and all about trees.

Few reminders please send to school your children's extra clothes in a plastic bag, we cannot have backpacks at school. (we want to stay as safe as possible and less items from home) Please send proper outdoor gear with your child daily, we go outside when weather is nice. Miigwech for the understanding and cooperation. Donna and I will be available daily @ 715 779 5030 EXT. 2545 Monday - Friday from 745 am to 4:00 pm if there is any concerns or questions.

We send you all well wishes!! Stay safe and stay healthy!!

Miigwech,

Ms. Alicia Jane, and Ms. Donna

## MIGIZI NEWS

As March (onaabani-giizis) approaches we will notice many changes to our environments. The days will become longer, and we will be able to enjoy being outside more. The aninaatig (the sugar maple tree) will start its slow process of giving us sap as it gets warmer during the days and cold at night.

This month we will be working on our Tree Study in the classroom. We will investigate trees and find out some of their characteristics, who lives in trees, what food comes from trees, how do trees change.

We will also be using our Second Step curriculum which helps us identify our feelings. First, we will work on welcoming.

There are many ways to welcome someone new to class and show them that you care, and it helps other children feel they belong to the class.

Some words we will focus on:

Mitig-tree

Onaabani-giizis-March

Bekaa-wait.

Ambe omaa-come here.

Ozhigaabawig-line up

Ms. Diann, Ms. Haley



Red Cliff Early Childhood Center  
Policy Council Meeting Minutes  
Tuesday January 19, 2021 @ 11:00 am Virtual



**Meeting called to order by Chairwoman Linda Christiansen @ 11:02 am**

**Policy Council Members Present:** Amaris Andrews-DePerry, Linda Christiansen, Lynna Martin, Caitlin Penhollow and Kennedy Defoe. Tribal Liaison Nick DePerry  
**Absent:** Joanne Peterson 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, Stephanie Schluneger Child Care Director and Cindy Garrity Family Service Manager.

**Approval of Agenda**

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

**Approval of Minutes**

Kennedy motioned to approve December 15<sup>th</sup>, 2020 minutes, seconded by Lynna, all in favor, motion carried.

**Financial reports**

The ECC is working with Michael Christenson on how the financial office process invoices and what steps they must take. The Administrator and Director will be having the monthly meeting with Chris Livingston to go over monthly financials next week.

**Program Summary**

The Program Summary was shown to the policy council. Cindy walked them through the line items listed and explained what each one was for. Jamie explained to them why there is 51 enrolled in the Head Start. If a 4K student applies and even though we are full we have to accept them, but they would only be able to attend for those specific hours set up for 4K. Question was asked if we had a waiting list. Jenny explained that this is for center base only.

**Ratify Poll Votes**

Motion by Amaris to Ratify poll votes-Personnel, Lateral transfer of Eugena Mertig to the Home Base Teacher Position and the Red Cliff Early Childhood Center Infant Room Assistant Teacher-Haydn Lemerand, second by Kennedy, all in favor, motion carried.

**Child Care Update**

Jen informed the Policy Council that the New Child Care building now has heat and that they will be starting the dry walling in the building. At this time there is only 1 teacher and 2 assistant teachers.

**Other**

Staff returning tomorrow. Management will be working on updating re-opening plan and the child returning plan. We will then get it to Policy council to review and then to Tribal Council. A question was asked if we sent out a survey to the families? Jen said that we could work on one to send out.

**Menu- February 2021**

Motion by Caitlin to approve February 2021 menu presented, second by Amaris, all in favor, motion carried.

**Executive session**

Motion by Caitlin to go into executive session at 11:35 am, all in favor, motion carried.

Motion by Amaris to return to regular session at 11:55 am, all in favor, motion carried

**Adjourn**

Motion by Amaris to adjourn the meeting at 11:56 am, second by Lynna, 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





Red Cliff Early Childhood Center  
Special Policy Council Meeting Minutes  
Monday, January 25, 2021 @ 9:00 am Virtual



**Meeting called to order by Chairwoman Linda Christiansen @ 9:03 am**

**Policy Council Members Present:** Amaris Andrews-DePerry, Linda Christiansen, Lynna Martin, Caitlin Penhollow and Kennedy Defoe.

**Absent:** Joanne Peterson 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, Stephanie Schluneger Child Care Director and Cindy Garrity Family Service Manager.

**Approval of Agenda**

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

**Children returning Plan 2021**

The plan was sent to the policy council to review. Jen informed them that this plan will go to Tribal Council next. The ECC will be talking with Bayfield School for meals for virtual days. Motion by Kennedy to move forward with Children returning Plan 2021, second by Lynna, all in favor, motion carried.

**ECC reopening Plan 2021**

Jen asked the policy council if they have any question or comments regarding the times and days of classes. Question was asked if other staff outside of the teacher be allowed in classroom? The ECC will be limiting access to each classroom and only allowing other staff to enter if needed. Asking the policy council what time would they recommend for school? It was recommended that we stick with the 7:45 -1 pm allowing teachers time to clean every day, but this would mean that children will have no nap time and snacks will be sent home. Question was asked what times would the teachers be scheduled for? If we start at 7:45, then the teachers would be hear 7-3 with a working lunch. Currently working with the specialist on how their services will work with children here at the ECC. Currently they are all Virtual. It was stated that for a certain family that virtual is not working for them. The ECC will continue to work with the Bayfield school. Jamie had informed them that the office of Head Start stated that at this time toothbrushing is suspended. Motion by Catlin to approve the Children returning Plan 2021, second by Kennedy, all in favor, motion carried.

**Adjourn**

Motion by Kennedy to adjourn at 9:24 am., second by Lynna, all in favor, motion carried.

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

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

Minutes taken by Cindy Garrity, Family Services Manager



**Boozhoo ECC families!!**

**We are super excited to finally see the children coming back to school after several months of being out!! 😊**

As we are starting back up with school, the health office and surrounding clinics are still encouraging families to get their children's well child checks and dental exams done. It is important to make sure your child is healthy and up to date on their health and dental services!

😊 If you haven't already, make an appointment with your child's primary doctor and dentist to get them back up to date!

The health office is also still waiting to receive nutrition assessments from some of our families. A nutrition assessment is crucial for the ECC, especially for kitchen staff, if your child has allergies or any other special dietary needs. This helps ensure your child gets what they need to stay healthy. If your child does have special dietary needs or allergies, a doctor's note is needed. The health office will gladly assist you with getting a note from your child's doctor.

We are beyond excited to see those little smiley faces again here at the center!! 😊 We missed you all so very much!!

**Miss Patt and Miss Mikayla**





## Red Cliff Early Childhood Center

### Policy Council Information

The Red Cliff ECC Policy Council meets once a month Virtually. Currently the meetings are held on the Second Tuesday of each month starting at 11:00 am. If you are interested in attending our policy council meetings you will need to contact Jenny Defoe at 715-779-5030 ext. 2533. She will then set you up with and invite.

#### **Our Current Policy Council member are:**

Linda Christiansen-Chair

Amaris Andrews DePerry-Vice Chair

Lynna Gurnoe

Kennedy Defoe

Joanne Peterson

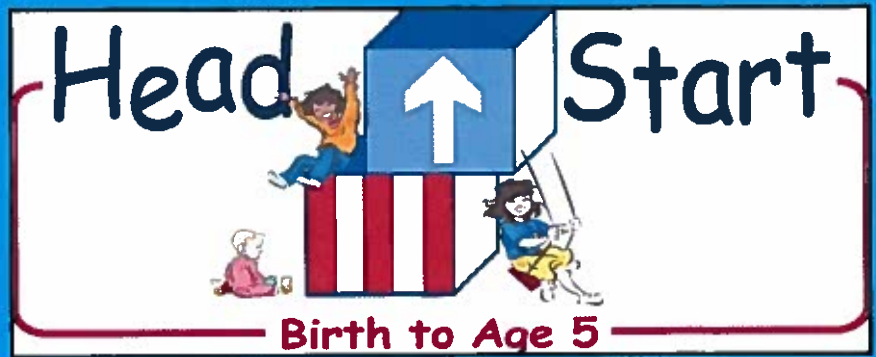
Mercie Defoe

Nick DePerry -Tribal Council Liaison

If you have any question at any time, please feel free to call Cindy Garrity at the ECC 715-779-5030 ext. 2551 or email me at [cindy.garrity@redcliff-nsn.gov](mailto:cindy.garrity@redcliff-nsn.gov)

Miigwech





The Red Cliff Early Childhood Center is accepting applications at anytime!

Head Start, 4k, Early Head Start and Home Based Services available.

Stop in and visit us anytime at 89830 Tiny Tot Road (Red Cliff)

to complete an application or

call 715-779-5030 ext. 2533 for any questions.

Visit our website at [https://www.redcliff-nsn.gov/divisions\\_\\_services/](https://www.redcliff-nsn.gov/divisions__services/education/early_childhood_center_(ecc)/index.php)

education/early\_childhood\_center\_(ecc)/index.php or check us out on Facebook.



\*If you have a concern about your child's development or your child has a special education/ health need,

please contact us to learn about resources available for your child.\*

*\*There are many changes during the COVID pandemic\**

### Head Start

Head Start is a center-based program for children ages 3-5.

The classroom settings offer a preschool experience with a curriculum that is culturally based, using assessment-based child development outcomes.

- Kindergarten Readiness
- Transition Activities
- Health & Nutrition Services
- Free Nutritious Meals
- Transportation
- Family Resource Services
- Family Nights
- Weekly Pow-wow
- Ojibwe Language Learning
- Parent-Teacher Conferences
- Accredited Curriculums
- Monthly Parent/Policy Council Meetings
- 4k Services

### Early Head Start

EHS center-based serves 32 children age 0-3. The primary emphasis of the program is to enhance infant and toddler growth through social, emotional, physical and cognitive development.

- School Readiness
- Transition Activities
- Health & Nutrition Services
- Free Nutritious Meals
- Transportation
- Family Resource Services
- Family Nights
- Weekly Pow-wow
- Ojibwe Language Learning
- Parent-Teacher Conferences
- Accredited Curriculums
- Monthly Parent/Policy Council Meetings

### Home Based

EHS home-based program serves pregnant women and children age 0-3. The programs primary emphasis is to enhance infant and toddler growth through social, emotional, physical and cognitive development.

- School Readiness
- Weekly Home Visits
- Family Socializations
- Family Resource Services
- Health Service Coordination
- Transition Activities
- Family Nights
- Ojibwe Language Learning
- Monthly Parent/Policy Council Meetings
- Accredited Curriculum
- Parent-Teacher Conferences



Ready4K

## Text messages to boost your child's learning

### What is Ready4K?

Ready4K is a **research-based text messaging** program for families with kids ages 0 to 9. Each week, you'll receive 3 texts with fun facts and tips on ways to help your child learn and grow.

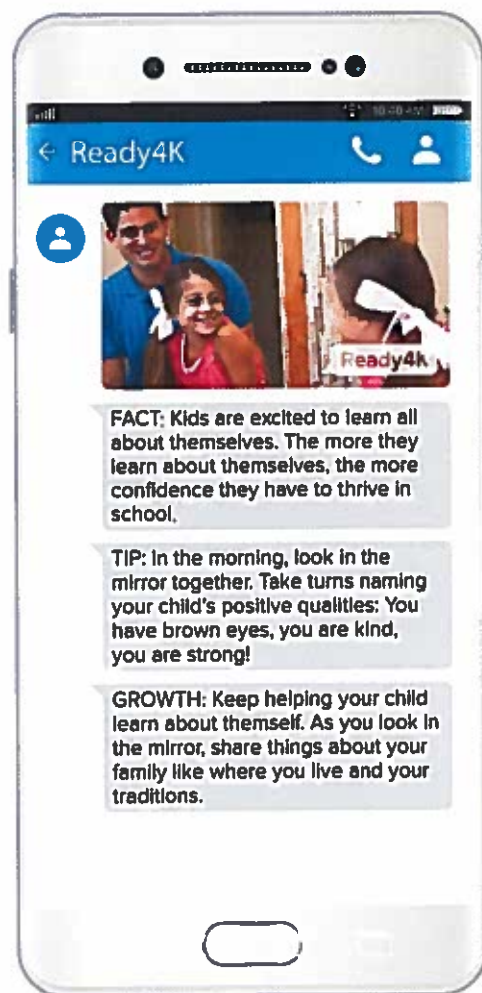
Ready4K tips **build on your daily routines**, like getting dressed, bath time, or preparing a meal. And you'll always get messages that match your child's age.

### How much does it cost?

While there is **absolutely no cost** for enrolling in Ready4K, data & message rates may apply.

### What if I want to stop receiving texts?

You can choose to stop receiving Ready4K texts at any time by **texting STOP to 70138**. If you have additional questions or need help with Ready4K, you can text HELP to 70138 or email us at [support@parentpowered.com](mailto:support@parentpowered.com).



By signing up for Ready4K (the "Program") you hereby agree to (i) enroll in the Program, (ii) the ParentPowered PBC Terms of Use available at [parentpowered.com/terms.html](http://parentpowered.com/terms.html) and Privacy Policy available at [parentpowered.com/privacy.html](http://parentpowered.com/privacy.html), and (iii) receive approximately three Ready4K text messages per week from 70138, as well as up to approximately three Ready4K community support text messages per week from 28922. By signing up, you confirm that you want ParentPowered to send you information we think may be of interest to you, which involves ParentPowered using automated dialing technology to text you at the cell phone number you provided. While there is absolutely no cost for enrolling, data & message rates may apply. You can cancel your receipt of all Ready4K text messages any time by texting STOP to 70138, or cancel your receipt of Ready4K community support text messages only by texting STOP to 28922. For help with Ready4K text HELP to 70138 or email us at [support@parentpowered.com](mailto:support@parentpowered.com).

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

March 2021

## BEST BITES

### Celebrate nutrition

It's National Nutrition Month! This year's theme, "Personalize Your Plate," recognizes there's no one-size-fits-all approach to eating right. Let each family member draw favorite healthy foods on a paper plate, making sure to include something from each food group. Compare your plates—they'll likely all be different, but all nutritious.

### Animal walks

The morning after it rains or snows, go for a brisk stroll with your youngster to look for animal tracks. Encourage her to walk in the tracks, mimicking how she thinks the animal who made them might move. For instance, maybe she'll hop like a bird or leap like a deer.



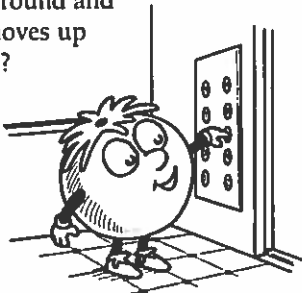
## DID YOU KNOW?

Not all high-sodium foods taste salty. Ask your child to name salty foods, and he'll probably think of pretzels and chips. But salt lurks in surprising places, like processed cheeses and dinner rolls. The bottom line? Read labels, even if you don't expect a food to be high in sodium. **Tip:** A low-sodium food has less than 140 mg sodium per serving.

### Just for fun

**Q:** What's round and red and moves up and down?

**A:** A tomato in an elevator.



## Comfortable in the kitchen

It's never too early to teach your child about choosing and cooking healthy foods. Invite her into the kitchen and enjoy making meals together. Here's how.

### Plan the menu

Baked potatoes topped with meatballs and peas? Why not! Let your youngster plan the menu sometimes. Try to go with what she wants as closely as possible, even if it's not your first choice, and mention ways to make the meals healthier. ("I'm going to buy chicken meatballs instead of beef.") Then explain why so she learns about nutrition. ("Chicken has less fat, so it's better for our hearts.")

### Learn skills

Teach your child basic cooking skills to help her get comfortable in the kitchen. For example, show her how to read abbreviations like *tblsp.* (tablespoon) and *tsp.* (teaspoon), and ask her to measure ingredients. Also, demonstrate how to



use kitchen tools (garlic press, salad spinner, potato masher), and put her in charge when it's time to use them!

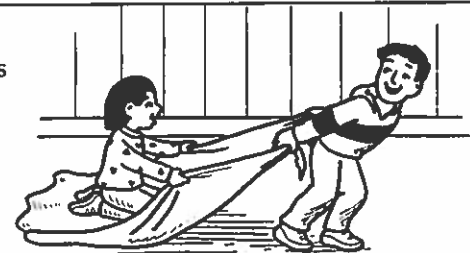
### Create a recipe file

Your youngster can take photos of finished dishes you make together. Have her draw or write a recipe for each one, making sure to mention any changes she made. For example, what size meatballs did she put on her baked potatoes? Did she use canned or frozen peas? **Tip:** Have her keep the photos and recipes in a binder to make again. ♥

## Let's pretend!

Combine make-believe with physical activity. Here are fun roles for your youngster to step into.

**Sled dog.** Take turns pulling each other around on an old bedsheet—like sled dogs pull the musher. One person sits on the sheet. The "sled dog" faces away from the sheet, grasps one corner in each hand, and pulls it behind him across the living room or basement.



**Race car driver.** Let your child use a kitchen pot lid as a pretend steering wheel and "drive" through the house. He could pick up speed as he zooms down a straight hallway or slow down as he maneuvers around furniture. ♥



## Fun with ice cubes

If you and your youngster thought ice cube trays were just for freezing water, think again! Keep healthy, fresh ingredients on hand with these ideas:

- Encourage your child to drink more water by making fruity ice cubes. He could place a blackberry or raspberry into each section of a tray and cover with water. Freeze. Then, he can use the cubes to add flavor—and fun—to water or seltzer.



- Prepare smoothie ingredients. Puree ripe fruit in a blender. Put the puree into some sections of a tray, and spoon Greek yogurt into other sections. Your youngster can combine the frozen cubes in a blender for smoothies. *Idea:* For “green smoothies,” puree and freeze cooked collard greens to blend in with the fruit cubes.

- Pour low-sodium chicken, beef, or vegetable broth into a tray. When the cubes freeze, your

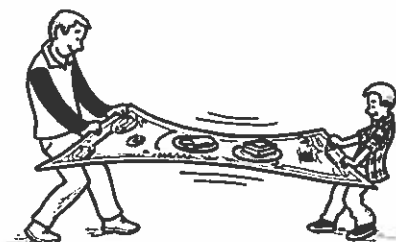
child gets to pop them out and store in a freezer bag. Use when only a small amount of broth is needed, such as for stir-frying vegetables. ●

## PARENT TO PARENT

### Tasty leftovers

After many months of limiting grocery store trips because of the pandemic, my son Marcus and I have gotten pretty creative with leftovers.

First, we discovered you can put just about anything in burritos and paninis. We've had breakfast burritos with scrambled eggs plus the jarred salsa and black beans from taco night. And we've made paninis by combining leftover baked chicken and roasted vegetables.



We've also found that leftover rice, pasta, or potatoes will make soups and stews heartier. I had a can of broccoli and cheese soup in the pantry, and I let Marcus stir in the previous day's roasted potatoes. We heated it up and enjoyed a satisfying lunch.

Now we actually look forward to leftovers—and Marcus is learning about saving money and wasting less food. ●

## OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • [rfeecustomer@wolterskluwer.com](mailto:rfeecustomer@wolterskluwer.com)  
[www.rfeonline.com](http://www.rfeonline.com)

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

## ACTIVITY CORNER

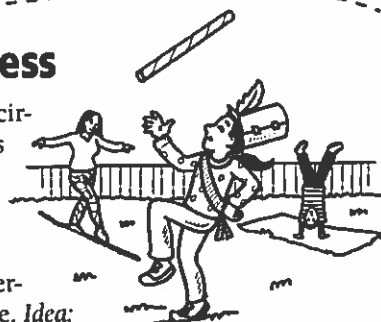
### Circus-themed fitness

Bring the fun of a three-ring circus to your living room or yard. These activities will improve your youngster's balance, coordination, and flexibility.

**Ring 1: Tightrope walking.** Have your child cut a long piece of yarn and lay it on the ground. “Performers” can walk heel-to-toe along the tightrope. *Idea:* Suggest that your youngster hold a yardstick in outstretched arms—does that make it easier to balance?

**Ring 2: Baton twirling.** Encourage your youngster to march to music while twirling a baton (or an empty cardboard tube). She could toss it in the air and try to catch it. Can she spin while it's in the air and catch it again?

**Ring 3: Acrobatics.** Let your child practice her tumbling skills. On a towel or a yoga mat, she might try forward rolls, backward rolls, cartwheels, and handstands. ●



## IN THE KITCHEN

### One-pot meals

Cooking an entire meal in just one pot means less cleanup. Try these nutritious options.

#### Pasta Florentine

Boil 16 oz. linguine according to package directions. Drain, reserving  $\frac{1}{4}$  cup water. In the same pot, heat  $\frac{1}{4}$  cup olive oil over medium heat. Mix in 1 tbsp. minced garlic until soft, and lower heat. Add pasta, 1 14-oz. can diced tomatoes (drained), reserved water, and 2 cups fresh spinach. Stir until spinach wilts.

#### Enchilada bowls

In a large pot over medium heat, brown 1 lb. lean ground turkey and reduce heat to low. Add 2 cups cooked brown rice,  $1\frac{1}{2}$  cups frozen corn, 1 14-oz. can pinto beans (drained, rinsed), and 1 tbsp. chili powder. Simmer until heated through, about 15 minutes. Spoon into bowls, and top with enchilada sauce and low-fat shredded cheddar. ●





# FoodWise Nutrition

## March 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

Stephanie Bakker, FoodWise Nutrition Coordinator  
Extension Ashland, Bayfield, Iron Counties  
Phone: 715-682-7017 (Ashland County office)  
[stephanie.bakker@wisc.edu](mailto:stephanie.bakker@wisc.edu)

Deborah Leonard, FoodWise Nutrition Educator  
Extension Ashland, Bayfield, Iron Counties  
Phone: 715-561-2695 (Iron County office)  
[deborah.leonard@wisc.edu](mailto:deborah.leonard@wisc.edu)



This month we are highlighting two Bad River food programs, FRTEP, the Federally Recognized Tribal Extension and the Bad River Food Sovereignty Program.



FRTEP, The Federally Recognized Tribal Extension, has worked to stay connected with Bad River youth through virtual education during the past year of COVID.

Joy Schelble, FRTEP Educator, has taught a number of Zoom classes and provided video instruction on plant identification, container gardening, healthy food preparation, and physical activity.

All of the FRTEP lessons include some regional and culturally relevant content as well as a chance to practice Ojibwemowin, the Ojibwe language. FRTEP has partnered with Mashkisibi Boys and Girls Club, Mashkiizibii Youth Services, Bad River Food Sovereignty, Bad River Daycare families, and Great Lakes Indian Fish and Wildlife Commission, Ashland County SPARK, Ashland County 4-H, and Ashland County FoodWise to bring this programming to kids and families in Bad River.

*Continue to page 2 for information on the Bad River Food Sovereignty program.*

#### PROGRAM HIGHLIGHT

Ashland/Bayfield/Iron/Douglas County FoodWise is just finishing up an 8-week virtual StrongBodies strength training program, which was offered to Douglas, Bayfield, Ashland and Iron County residents 18 years of age or older.



Participants learned about the benefits of strength training, such as reducing risk for chronic disease and increasing muscle mass and bone density. FoodWise hopes to offer this program again in the future.

## FOOD RESOURCES (continued)

The Bad River Food Sovereignty Program is a Tribal Initiative to expand its ability to build a sustainable food system to address the nutritional needs of the Bad River Community and to build an appreciation of the health benefits of growing our own food. The program provides training on gardening, processing the food harvested, and supplementing the tribal food economy by bartering and/or selling member excess foods at a tribal Farmer's Market. Further, the program undertakes wild harvests of traditional medicinal plants and foods.

I have been in the position of Program Coordinator for almost three years and had volunteered in the program for at least three years prior. The Food Sovereignty Program has been a learning experience and provided many opportunities to educate community members in a variety of ways that have proved enjoyable and exciting.

In 2015, the Food Sovereignty Program obtained two high tunnels each of which contain four rows of garden beds approximately 8' by 4'. Another high tunnel was donated in 2020, by the Bad River Housing Authority. It is currently under construction and will be used to increase the varieties and amount of produce: potatoes, cabbage, tomatoes, peppers, onions, garlic, celery, spinach, lettuce, carrots, beets etc.; herbs are grown on site in containers: basil, dill, marjoram, thyme, parsley, and cilantro. There are three garden areas that contain teas: Spearmint, Lemon Balm, Peppermint, Bee Balm, Calendula, Mullein and Anise Hissop. In addition to the three high tunnels there are plans for four community gardens throughout the Reservation, two of which are in current production. One of which is a garden that attempts to supplement food for the Elderly Feeding Program and another that provides teas and perspective for the Bad River Recovery House. Wild harvests of Sumac, Mullein, Blue Vervain, Dandelion Root, Wild Leeks, and other plants is one important activity for the program. Other activities include making maple syrup and annual pruning of apple trees in the small tribal orchard. Many of these activities have been done in partnership with FRTEP and other tribal programs. Ojibwemowin, the Ojibwe language is used in connection with many of Food Sovereignty activities.

In partnership with Joy Schelble of FRTEP, Food Sovereignty (Food Sov.) has been successful in organizing and holding Dine & Learns. Food Sov. arranges for a host with a food related skill who will teach and provide a demo of their work. Food Sov. serves a meal made of food grown on site or locally sourced organic food. These events have been highly informative and entertaining e.g. the first Dine & Learn was the rendering of Bear Fat for use in future events to make medicinal salves, beauty products: sugar scrubs, lip balm and for use in cooking; others include making tamales using venison, egg rolls with elk meat, wontons with lake fish and dried leeks/wild onions and so on.

The program is further expanding its efforts to bring more nutritional food to the community by growing produce at an offsite farm about 20 miles from the reservation. This farm land measures almost 20 acres and was previously donated by a sheep farmer. One field will be mowed, tilled, planted, food harvested and processed in the spring/summer/fall of 2021.

It is the vision for the program that a significant number of tribal members decide to take on the humbling task of growing their own food in their own garden or a community garden; that they engage in the harvest of wild plants to obtain the benefit(s) of the medicines in the plants; that they reap of benefits of better health from the food grown themselves and the work involved therein.

Lastly, the Food Sovereignty Program has been the recipient of myriad donations including organically raised pigs that have been processed and distributed to community members, other programs that purchase kitchen supplies and equipment such as meat grinders, and funds from private individuals to purchase supplies and equipment that otherwise could not be obtained. The Food Sovereignty Program is deeply indebted to all those individuals whose kindness and support motivate them to attend our events; volunteer their labor; and provide spiritual support and much needed guidance.

Food Sovereignty Director  
Loretta Livingston



## FOOD FACTS-TIPS TO AVOID FOOD WASTE

Food waste is a major concern. Wasted food is a huge challenge to our natural resources, our environment, and our pocketbooks. 30 to 40 percent of food in the United States goes uneaten—as much as 20 pounds of food per person a month. That means Americans are throwing away the equivalent of \$165 billion in food each year. Below are some tips to help your family avoid food waste.

- Be aware of how much food you throw away.
- Don't buy more food than can be used before it spoils.
- Plan meals and use shopping lists.
- Avoid impulse and bulk purchases, especially produce and dairy that have a limited shelf life.
- While eating out, be more of a mindful eater by eating a smaller portion and bringing your leftovers home.
- Check the temperature settings of your fridge. Make sure your refrigerator thermometer is at 40° F or below to keep foods safe. Your freezer should be

0° F or below.

- Avoid overpacking your refrigerator to allow air to circulate, which keeps your food properly chilled.
- Wipe spills immediately, which reduces growth of bacteria and helps prevent cross contamination.
- Refrigerate peeled or cut veggies for freshness and to keep them from going bad.
- Use your freezer! Freezing is a great way to store most foods to keep them from going bad until you are ready to eat them.
- Check your fridge often to keep track of what you have and what needs to be used. Eat or freeze items before you need to throw them away.
- To keep foods safe while entertaining, remember the 2-Hour Rule: don't leave perishable foods out at room temperature for more than two hours, unless you're keeping hot foods hot and cold foods cold. If you're eating outdoors and the temperature is above 90° F, perishable foods shouldn't be left out for more than one hour.

If you would like to read more about this topic, visit: <https://www.fda.gov/media/101389/download>

## RECIPES OF THE MONTH

Quiches and soups are a great way to reduce food waste by using up foods in the fridge, throw any extra vegetables or protein that you have left over into recipes. Check out this month's recipes below!

### BASIC QUICHE

#### INGREDIENTS

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped broccoli, zucchini, or mushrooms)
- 1/2 cup cheese (shredded)
- 3 eggs (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder



#### DIRECTIONS

1. Preheat oven to 375 degrees.
2. Chop vegetables until you have 1 cup of chopped vegetables.
3. Cook the vegetables until they are cooked, but still crisp.
4. Add vegetables and shredded cheese into a pie shell.
5. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
6. Pour the egg mix over the cheese and vegetables.
7. Bake 30-40 minutes or until knife inserted near the center comes clean.
8. Let quiche cool for 5 minutes before serving.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/basic-quiche>

### GARDEN VEGETABLE SOUP

#### INGREDIENTS

- Non-stick cooking spray
- 2 carrots, sliced
- 1 small onion, chopped
- 1/4 teaspoon garlic powder (or 1/2 garlic clove, minced)
- 3 cups broth (beef, chicken or vegetable)
- 1 cup chopped green cabbage
- 1 can green beans, undrained (14 ounces)
- 1 can diced tomatoes, undrained (14 ounces)
- 1/2 teaspoon Italian seasoning
- 1 zucchini, chopped



#### DIRECTIONS

1. In large saucepan sprayed with non-stick cooking spray, sauté carrots, onion, garlic over low heat for 5 minutes.
2. Add broth, cabbage, green beans, tomatoes, and Italian seasoning; bring to a boil.
3. Cover, lower heat. Simmer about 15 minutes or until carrots are tender.
4. Stir in zucchini and heat for 3-4 minutes. Serve hot.
5. Refrigerate leftovers.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/garden-vegetable-soup>

## HARVEST OF THE MONTH

# March

CHEQUAMEGON BAY



**HARVEST**  
of  
the **MONTH**



# KOLRABI & TURNIPS

### Nutritional Benefits

Kohlrabi and turnips are high in fiber and an excellent sources of Vitamin C.

### How to Select

When purchasing kohlrabi, look for small bulbs with fresh tops and thin rinds. Turnips should be unblemished and smooth. Larger bulbs of either vegetable have a tendency to be woody and tough.

### How to Store

For best results, store kohlrabi and turnips in the refrigerator to keep them cool and moist. Produce bags can keep kohlrabi and turnips fresh for over a month. It is not recommended to freeze these vegetables, as it changes their texture.

### How to Eat

The main edible part of kohlrabi is the rounded, enlarged stem section. Kohlrabi taste best peeled and it can be boiled, baked, steamed, fried or eaten raw. The large bulb is the most commonly eaten part of the turnip, although the greens can be steamed too. Turnips can be prepared just like kohlrabi but oven roasted might be the most delicious.

### Did you know?

- ✓ Kohlrabi is a German word meaning "cabbage turnip."
- ✓ In Ireland, before pumpkins were introduced, Jack o Lanterns were carved from turnips for Halloween.
- ✓ Kohlrabi and Turnips are members of the brassica family and are related to broccoli, cabbage, kale, cauliflower, brussel sprouts and rutabagas, which are also known as swedes.

Brought to you by the  
Healthy CHANGE Coalition

**RAYFIELD**  
COMMUNITY

  
CHEQUAMEGON  
FOOD CO-OP

  
Northlakes  
COMMUNITY CLINIC

  
RAYFIELD  
and its partners

  
Memorial  
Medical Center  
Right here in Sault Ste. Marie



## HARVEST OF THE MONTH

### On the Garden

It's never too early to start planning your garden.

Kohlrabi and turnips grow well in cool climates, which means they are perfect vegetables for the Chequamegon Bay!

Sow seeds directly in the ground in early spring as soon as the soil is workable. For an earlier harvest, seeds can be started indoors 4-6 weeks before transplanting outdoors. For a continuous supply of fresh vegetables throughout the harvest season make small plantings every 2-3 weeks. Plants are cold-tolerant and will survive in the garden long after frost.

Place seeds ¼-½" deep and thin the seedlings to 2-5" apart (or more if you are growing one of the huge varieties). Abundant moisture will prevent them from becoming tough and woody.

Harvest kohlrabi when the bulb is a diameter of two to four inches in size. You do not want the bulb to become too large, because then it becomes woody and less desirable in taste.

### Play With Your Food

Draw a funny face on all of the vegetables that are part of the brassica family

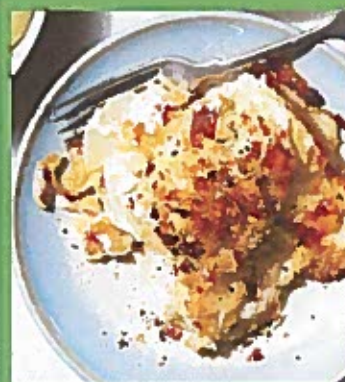


Answer: Kohlrabi, Cauliflower, Green and Red Cabbage, Brussels Sprouts, Kale, Broccoli, and Turnips are all in the brassica family



### Cooking Corner

#### Kohlrabi Au Gratin



#### Ingredients

- 4 small kohlrabi, thinly sliced
- ½ cup thinly sliced kohlrabi leaves
- 2 tbsp finely chopped onion
- ½ cup shredded Parmesan
- ½ cup heavy cream
- ¼ tsp salt
- ¼ tsp pepper
- 3 Tbsp seasoned bread crumbs

#### Preparation

1. Layer half the slices on the bottom of a buttered shallow 1 qt casserole dish, then half the onions, 3 Tbsp cheese, half the kohlrabi leaves, half the salt, and half the pepper.
2. Repeat and top with the remaining cheese and bread crumbs.
3. Bake covered for 30 minutes and uncovered for 15 minutes at 300 F.

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

## **March The Sweetest Season of the Ojibwe: Onaabani Giizis**

### **Ojibwe Sugarbush Iskigamizigan**

#### **Sugar Maple**



**Ininaatig** – The Ojibwe word for maple tree.

Sugar maple trees, also known as rock/hard maple, are usually the best producers of sap with the highest sugar content.

Very soon people will begin to tap maple trees to collect sap to boil down for maple syrup. One of most anticipated times of the year for the Ojibwe that go into the sugar bush annually to make maple syrup. Some of the people that collect sap will tap up to 500 plus trees per season. It usually takes about 40 gallons of sap to make one gallon of maple syrup. This is a cultural practice of the Ojibwe culture for centuries.

This year as usual the ECC will be collecting sap from the maple trees at Little Sand Bay Town Russell campground park.

#### **Ojibwemowin**

We're going to the sugar bush - Niwii-izhaamin iskigamiziganing

Maple Tree – Ininaatig

Maple Sap – Wishkobaaboo

Maple Taffy – Bigiwizigan

Sugar Bush – Iskiwamizigan

# MONEY \$MART

in Head Start 

Issue 6



## In This Issue

- Use credit to your advantage
- Credit history, report, & score
- The path to a good credit score
- Your free credit report
- To \$um It Up

## Using Credit Wisely

Good credit, bad credit, or no credit? Using credit wisely allows you to pay off big expenses over time without becoming buried in debt. Having good credit can help when applying for a loan, apartment, job, or car insurance. The better your credit, the less you pay on loan interest. Almost all of us use credit at some point in our lives.

### Should I be nervous about using credit?

Although credit can be very useful, it also has disadvantages.

- It's easier to **overspend** and buy on impulse.
- You could **lose track** of your total debt or miss payments.
- There is a cost to spend money you don't have. Interest and fees mean you **pay more** for the things you buy.
- If your **income drops**, you might not have enough money to afford your payments.

When you get something now that you pay for later, that's credit. Examples include a loan for a car, home, or education, a doctor's bill, or items purchased with a credit card. Understanding credit helps you to build good credit and avoid pitfalls. You can have a good credit history when you limit your credit use to things that you can afford.

## Use Credit to Your Advantage

A good credit history makes it easier to get a loan on a big item, like a home or car. To get or keep good credit, follow these rules:

- Pay all of your bills on time.
- Pay off the credit card balance by the statement due date. If you can't pay the whole balance, try to pay a little more than the minimum payment.
- If your credit card is lost or stolen, most credit cards limit your loss to \$50 or less. (Getting money back from a lost *debit* or *prepaid* card depends on the card.)
- Shopping for a credit card or loan to build credit? Ask about fees and be sure they report to one of the credit reporting bureaus.
- If you have no credit history or past credit trouble, consider a secured credit card that reports to a credit reporting bureau. It requires a deposit that becomes the amount you can use. Example: put \$500 cash in the account, and you can charge up to \$500.
- If you find a mistake on your credit report, write the credit bureau and explain the issue. By law, they have 30 days to respond and must remove wrong information.



Extension  
UNIVERSITY OF WISCONSIN-MADISON

## Know the Difference: Credit History, Credit Report, & Credit Score

- ☐ Your *credit history* is your previous use of credit, including loans you've received and how you've paid them.
- ☐ There are 3 main bureaus that compile this information into *credit reports* (Equifax, Experian, and Transunion). When you apply for a loan, the lender checks out your reports to see if you qualify for a loan and what your interest rate will be.
- ☐ Your *credit score* is a number calculated using a complex (and secret) formula based on the information in the reports. Lenders use different types of credit scores, such as FICO or Vantage.

## The path to a good credit score

- Get payments in before they are due.
- If you miss a payment, get it in within 30 days of the missed due date.
- If you have a credit card, use less than half of your credit limit.
- Have a mix of different types of credit like a car loan and a credit card.
- Have a long credit history by establishing credit now and keeping accounts open, even if you no longer use the accounts.

### For More Information...

Contact your local Human Development and Relationship Extension Educator, UW-Madison Division Extension, for more financial education resources. Go to <https://counties.extension.wisc.edu/> 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](http://www.debtadvice.org) or by calling 800.388.2227.

## Your free credit report

It's important to check your credit report for mistakes at least once a year since so much depends on good credit. Federal law lets you order a FREE credit report from each of the 3 credit reporting bureaus every 12 months. The website [annualcreditreport.com](http://annualcreditreport.com) is the *only* truly free service. Other sites may ask for your credit card and sign you up for costly credit monitoring, so don't enter a credit card number if asked for it. The credit bureaus must provide a free credit report, but expect to pay a fee if you want to get your credit score from that bureau.

You can order your free report from the 3 credit bureaus in the following ways:

- Order online at: [www.annualcreditreport.com](http://www.annualcreditreport.com)
- Call 1-877-322-8228
- Print a form to mail in at: <https://www.annualcreditreport.com/gettingReports.action>

---

*For help understanding your credit report and score, visit:*

<http://fyi.uwex.edu/creditreport>

---

## To \$um It Up:

- \$ Credit is a tool, and like any tool it can be very helpful, but harmful if not used in the right way.
- \$ Get your *real* free credit report from [annualcreditreport.com](http://annualcreditreport.com) to know your history.
- \$ Smart use of credit in the short run can help you get—and save—on those big ticket items in the long run.

"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 Chelsea Wunnicke, Family Living Agent, Richland 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.





# Self Control

[fyi.uwex.edu/parentingthepreschooler/](http://fyi.uwex.edu/parentingthepreschooler/)

## Tips for Raising a Calm Child

- Model staying calm when you are upset; children will handle anger and frustration the way they see you handling anger and frustration.
- Verbally walk through the steps you take to remain calm with your child. For instance, if you are in the car with your child and someone cuts you off while driving, you could say, "It makes me angry when people don't use their turn signal! I'm going to take some deep breaths, like this, to help me calm down."
- Teach children to recognize and label their feelings; for example, read books together about feelings and emotions.
- Recognize when your child remains calm. For example you could say, "I noticed you stayed calm when your brother took your toy. You asked him to give it back with a calm voice. Instead of getting mad you stayed in control. Way to go!"



Photograph by Paula Cartwright

**Teach when your child is calm; children are unable take on new information when they are upset.**







Photograph by Paula Cartwright

## Cool and Collected: The Benefits of Calming Down

Children can handle anger, frustration, and other “big” emotions more constructively when they are taught how to calm themselves. Being composed in difficult situations is best learned early in life. When children can recognize their feelings, they can begin to understand that anger and frustration are normal.

### Why teach calming strategies?

- ◊ It helps children make and keep friends.
- ◊ Children who learn to cope with their emotions constructively have an easier time with disappointments, aggravation, and hurt feelings.
- ◊ It helps children be successful in school.
- ◊ It helps children develop the skills needed to be successful employees someday.
- ◊ Children can learn to handle disappointment before a potentially disappointing incident occurs.

### Everyone gets mad sometimes!

- ◊ When children get angry, they sometimes use aggression, like biting or hitting. This does not mean they are bad; it just means they are upset and do not have the words to tell us.
- ◊ We are not born with the ability to control our emotions, we have to be taught. This is a long process that is not easy and happens little by little.
- ◊ Children get scared when they are so upset that they become out of control.
- ◊ Children can learn self-control through everyday experiences.

### UW-Extension Family Living Programs

"Raising Kids, Eating Right, Spending Smart, Living Well"

#### [Link To References](#)

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

711 for Wisconsin Relay(TDD)

For more information, please contact your county UW-Extension office:

Extension Bayfield County  
Bayfield County Courthouse,  
PO Box 218 ~ Washburn, WI 54891  
715-395-1426 ~ [tracy.henegar@wisc.edu](mailto:tracy.henegar@wisc.edu)

Copyright © 2014 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.



**CURRENT OPENINGS AT THE RED CLIFF EARLY CHILDHOOD CENTER**

**ECC Child Care Assistant Teacher**

**DEADLINE: Open Until Filled - Apply Online**

**Early Head Start Home-Based Teacher**

**DEADLINE: Open Until Filled - Apply Online**

**Head Start Assistant Teacher**

**DEADLINE: Open Until Filled - Apply Online**

**ECC Child Care Teacher - 4 Positions**

**DEADLINE: Open Until Filled - Apply Online**

**Please go to the Red Cliff Tribes Website**

# MARCH 2021

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|---|--|---|---|---|--|---|
| National Woman's History Month  | 1<br>National Pig Day! What sound does a pig make? Read a book that has a pig in it!                                 | 2<br>Happy Birthday Dr. Seuss! Read Across America Day!                   | 3<br>I Want You To Be Happy Day! Read "If you Are Happy And You Know It" and make your own happy cube. (See Activity) | 4<br>Marching Music Day- March and sing your favorite song!                             | 5<br>Discuss the importance of nutrition with your child for National Nutrition Month! | 6<br>National Dentist's Day- Read a book about going to the dentist!  |
| 7<br>National Cereal Day! Use your favorite cereal to practice addition/subtraction problems! | 8<br>Read a new spring book that has the word "flower"   | 9<br>Make a craft together as a family to celebrate National Craft Month! | 10<br>Go outside and practice writing letters with sidewalk chalk   | 11<br>Popcorn Lover's Day! Eat popcorn for a snack!                                     | 12<br>Plant A Flower Day! Plant your favorite flower!                                  | 13<br>Use play dough to mix two different colors together and have your child guess the color you are making. |
| 14<br>Day Light Savings Time Begins!  | 15<br>This week is National Bubble Week! Go outside and blow some bubbles!   | 16<br>Tea For Two Tuesday!  | 17<br>Saint Patrick's Day! Look for objects around your house that are green!   | 18<br>Absolutely Incredible Kid Day!  | 19<br>National Let's Laugh Day! Read a book that makes you laugh!                      | 20<br>Spring Begins!  |
| 21<br>Discuss with your family what your favorite part of spring is!                          | 22<br>Fill a container with water, then have your child grab different objects and guess if they will sink or float! | 23<br>National Puppy Day! Read a book that has a puppy in it!             | 24<br>Sing your favorite songs together in the car!   | 25<br>Make dot-to-dot outlines of different shapes and have your child connect the dots | 26<br>Make Up Your Own Holiday Day!  | 27<br>Sort your toys by size, then sort them by color!  |
| 28<br>Read and sing along to the story "The Ants Go Marching!"                                | 29<br>Read your favorite childhood book to your own child before bedtime!  | 30<br>Take A Walk In The Park Day!  | 31<br>National Crayon Day! Make your own scratch art board! (See Activity)  | Music In Our Schools Month  | National Craft Month   | National Nutrition Month  |



[www.booksbythebushel.com](http://www.booksbythebushel.com)



# If You Are Happy Cube

## Materials Needed:

- 1 Sheet of Poster Board or Construction Paper
- Ruler
- Scissors
- Markers, Crayons, Colored Pencils
- Tape



## Instructions:

- Using your construction paper and ruler, measure 6 squares that are 8 by 8 centimeters each. Cut these squares out.
- On each square, write an action phrase that follows the song “If you are happy and you know it...”
- Examples: Clap your hands, Stomp your feet, Pat your head, etc.
- Draw a picture on each square to show the action phrase that is written

## How to put the cube together:

- Using four of the squares, lay them side by side in a line and then tape them together. Then, tape the first and last square together, to make the 4 squares form a cube.
- Tape another square on top, and then the last square to the bottom of the cube.
- Use the cube to play a game where you roll the cube and do the action that is face up!



# Crayon Scratch Art

## Materials Needed:

- Your choice of Crayons
- Black Crayon
- Cardboard
- Scissors
- Toothpick



## Instructions:

- Cut the piece of cardboard to the size of board you would like to use
- Cover the cardboard's whole surface with your choice of different colors of crayons
- Color over the surface and crayon with a black crayon
- Use a toothpick to make designs to uncover the colors underneath!



# MARCH 2021

## ONAABANI-GIIZIS

| NITAM ANOKI-GIIZHIGAD  | NIIZHOO-GIIZHIGAD  | AABITOOSE | NIYO-GIIZHIGAD  | NAAANO-GIIZHIGAD  |
|--|--|-----------|---|---|
| <b>1B</b> PANCAKES, TKY BA-<br>CON, BLUEBERRIES, CC<br><b>S</b> STRBER CUP/CRCKR<br><b>L</b> KIELBASA, PEAS, WG<br>ROLL, PINEAPPLE | <b>2B</b> WG LIFE, ORANGES,<br>YGT, OT RND<br><b>S</b> BANANA TREE/MILK<br><b>L</b> SPAGHETTI, WG NOO-<br>DLES, CORN, HNYDEW |           | <b>4B</b> EGGS, WG TOAST, PB,<br>BERRIES<br><b>S</b> CARROTS/CC DIP<br><b>L</b> PIZZA, SALAD, IT VEG,<br>APPLES, YGT            | <b>5B</b> FR TOAST STIX, OR-<br>ANGES, YGT<br><b>S</b> BANANA TREE/MILK<br><b>L</b> HAMB HD, CORN, HON-<br>EYDEW,   |
| <b>8B</b> OATMEAL, WG<br>TOAST, PB, BERRIES<br><b>S</b> CUCUMBERS/CRK<br><b>L</b> BBQ, FRIES, GR BEAN<br>CANTALOUPE                | <b>9B</b> CORN CHEX, ORANG-<br>ES, YGT, OTMRND<br><b>S</b> ANTS ON A LOG<br><b>L</b> HAMB VEG SP, SALAD,<br>PBJ SND, MANGO   |           | <b>11B</b> FR TOAST STIX, AP-<br>PLESAUCE, TRK BACON<br><b>S</b> FR CUP/GR CRACKER<br><b>L</b> CHIX HD, GR BEAN,<br>PEACHES, CC | <b>12B</b> MALTO MEAL, BER-<br>RIES, TOAST WG, PB<br><b>S</b> ANTS ON A LOG<br><b>L</b> BURRITO, MANGO,<br>CORN, CC |
| <b>15B</b> EGG COMBO, OR-<br>ANGES, YGT<br><b>S</b> PINEAPPLE/CC<br><b>L</b> HMB GRVY, POTATO,<br>CORN, PEARS                      | <b>16B</b> KIX, BERRIES, CC,<br>WG TOAST<br><b>S</b> BERRY PIZZA/MILK<br><b>L</b> CORN BEEF CABBAGE<br>SP,CARROTS, PEACHES   |           | <b>18B</b> OATMEAL, WG<br>TOAST, PB<br><b>S</b> CARROTS/CC DIP<br><b>L</b> BEEF STIR FRY, MANGO,<br>STIR FRY, CC, BR RICE       | <b>19B</b> EGGS, TRK BACON,<br>MUFFIN, YGT<br><b>S</b> BERRY PIZZA/MILK<br><b>L</b> PIZZA, PEARS, CC, GR<br>BEANS   |
| <b>NO ECC</b><br><b>NO BAYFIELD</b><br><b>SCHOOL</b>   | <b>NO ECC</b><br><b>NO BAYFIELD</b><br><b>SCHOOL</b>   |           | <b>NO ECC</b><br><b>NO BAYFIELD</b><br><b>SCHOOL</b>  | <b>NO ECC</b><br><b>NO BAYFIELD</b><br><b>SCHOOL</b>  |