

ECC Newsletter

Gich-Manidoo-Gilzis—Great Spirit Moon

January 2023

Aaniin! Greetings!



Happy New Year! We can't believe it is already January—this school year is flying by! If you don't know this by now, the Tribe has put a mask mandate in place for the month of January and possibly longer. Please make sure if you enter our building that you are wearing a mask.

We want to thank all of our families for being understanding and flexible with the school closings. It is not ideal but when we have staff out, we have to ensure that each classroom has a qualified teacher and that we are able to maintain ratio requirements. We understand that this often creates a hardship for families and we do everything we possibly can to keep from shutting down a classroom. If you are interested in becoming part of a workable solution, apply to be a sub! Being a sub has hour/day flexibilities and you don't need any educational qualifications other than be a high school graduate or have a GED or HSED. You must pass a few standard pre-employment screenings including a background check but that is it! If interested, please can contact the ECC for more information!

We also apologize for any missed calls to parents when there are closures. Often times, teachers are contacting families at night to avoid them getting a last-minute call early in the morning (We try to give as much notice as possible). Unfortunately, even though it is completely unintentional, a family may get missed. To help decrease the chances of this happening, we ask that families make sure that their phone numbers, cell phone numbers and emails are updated and correct. You can do this by either communicating with your teachers or contacting Jennifer Defoe at ext.2533. When we have to close a classroom you will receive contact from your child's teacher as well as an email/text. This will help ensure that you get at least one of the notifications.

We will also be sending out a survey for ideas to improve services here at the ECC. Please look for that survey in the third or fourth week of January. It will be an anonymous survey and if every family fills it out honestly we can look to improve our services for your family and the community.

Miigwech,

Jamie and Jenn

- | | |
|-----------|--|
| 2 | ECC/Tribe Closed: New Years' 2023 |
| 3 | ECC: Back in Session |
| 16 | ECC/Tribe Closed: MLK Day |
| 25 | Family Event TBD |

Waabooz News



Boozhoo Waabooz Families!

We hope you all had a wonderful Winter break!

For the month of January we will be working on activities and crafts that involve winter, winter animals and continuing to work on individual goals and working on different fine and gross motor skills.

We are working on sign language and Ojibwemowin and some of the commands/phrases we would like to work on are below:

Ojibwemowin/Sign Language

More—nawaj

Eat—wiisini

Please—daga

Thank you—Miigwech

Hello—boozhoo

Goodbye/See you later—gigawaabamin

Ojibwe Words of the Month:

January—Gichi-Manidoo-Giizis

Hat—wiiwakwaan

Gloves—minjikaawan

Important Dates/Reminders!

1/2: ECC/Tribe Closed

1/3: First Day Back!

1/5: Half Day (Waabooz Classroom)

1/16: ECC/Tribe Closed (MLK Day)

- Drop off is at 7:45am / Pick up is at 3:00pm.
- Please pack at least one change of clothes to keep in the classroom.

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

(715) 779-5030

Classroom ext. 2524

Office ext. 2526

Miigwech,

Miss Tiff, Miss Molly, and Miss Andrea

AMIK NEWSLETTER

**Boozhoo to all families and welcome
back!**

**We hope that all enjoyed winter
break, and are excited to start the
new year refreshed.**

This month we will be focusing on building skills to dress ourselves, and interacting with peers.

We plan to introduce our question of the month. Aaniin ezhi-ayaan? "How are you feeling?" We will be identifying different feelings in Ojibwemowin along with our question of the month.

If you have any questions, concerns, etc. Please don't hesitate to reach out.

(715) 779-5030 ext.
2525

Lulu and Kelsey

Aabita-Biboon!

"New Year!"



Just a friendly reminder to please send weather appropriate clothing for your child. We are outdoors everyday (weather permitting).

Sending extra clothes to changes are very helpful for the messy fun we have throughout our day.



JANUARY 2023

Gichi-Manidoo-Giizis

Happy New Year. We hope everyone had a warm and relaxing break. This month we are going to start focusing on the people and places around us and how they contribute to our community. We are also going to continue working on playing together, taking ownership of our classroom, and as always, expanding our English, ojibwemowin, and sign language vocabularies. If there are any changes in attendance or classroom operations, a classroom teacher or other school staff will make contact with you. Please ensure we have up to date information to reach you at in case of these, or other emergency situations.

If you have any questions or attendance messages please call us at (715) 779-5030 (our classroom is extension 2544.) Have an awesome month - Miss Judy and Miss Kayla

Makwa's Ojibwemowin Words of the month

nimaamaa - my mother
imbaabaa - my father
anoniwin - work, a job
gichigami - Lake Superior
Gichi-Manidoo-Giizis - Great
Spirit Moon (January)

Days to remember!

- January 3 -- ECC resumes with children
- January 16 -- ECC and Tribal Services CLOSED
- January 19 -- Makwa's scheduled half day

Esiban News



January 2023

Gichi-Manidoo-Giizis

Boozhoo Esiban families!

Welcome back and Happy New Year!
We are so excited to be back in our classroom! This month we will be working on cleaning up and sharing.

We ask that if you are running late or will not be here that you call the front office or the classroom to let us know. Our classroom extension is 2541.

Some reminders:

- Please continue to bring extra clothes for your child to have at school, some days we get messier than others.
- As the weather gets colder, we ask that you bring warm clothes: hats, mittens, snow pants, and snow boots. We spend a lot of time outside!

- Miss Gena & Miss Shannon

Tribe/ECC Closures:

January 16, 2022

MLK Day

Goon: Snow

Mikwam: Ice

Noodin: Windy

MASHKODE-BIZHIKI BIDAAJIMOWIN



**Gichi-Manidoo-Giizis 2022
(Great Spirit Moon)**

Boozhoo gakina awiya

Happy New Year to our students, families, and community and welcome back from winter break.

We are starting the new year off with our pet study. During the study we will investigate what we already know about pets and what can we learn about pets. We incorporate Ojibwemowin and cultural teachings into our lessons. If you have a picture of your pet you can send it to school and we will display it in our classroom.

We go outside every day if the weather is above zero. Please remember to send winter gear to school every day with your child. We do have plenty of extras if you forget to send some to school with your child.

Our classroom hours are from 7:45am to 3:00pm. If you need to contact us we can be reached by email: nadine.cadotte@redcliff-nsn.gov, gina.lagrew@redcliff-nsn.gov, and tatum.hanson-gordon@redcliff-nsn.gov or our classroom office phone at 715-779-5030 ext. 2547.

INAGINZO – DATES TO REMEMBER

**January 2nd - New Year's Day Observed
– Tribal Holiday
January 3rd - Classes resume at the
Center
January 16th - Martin Luther King Day –
Tribal Holiday**

OJIBWMOWIN - THE OJIBWE LANGUAGE

**Bami'aagaans – A pet
Bineshiinh – A Bird
Animosh – A Dog
Gaazhagens – Cat
Giigoonh – A Fish
Miskwaadesi – Painted Turtle**

Miss Nadine, Miss Gina, & Miss Tatum

MA'IINGAN CLASSROOM

JANUARY 2023

Gichimanidoo-giizis (Great Spirit Moon)

Boozhoo!

Happy New Year! We are excited for the beginning of another awesome year with our Ma'iingan families! We would like to thank you for everything you have done and continue to do with your children, and your continued support of us as their teachers.

Our classroom is going to be starting our pet study. We are going to be learning about what pets are and how we take care of them. If you have a pet at home, encourage your child to play with them and assist in the caretaking of the pet. Other main focuses for this month include fine motor skills, sensory play, identifying letters and our names, and social/emotional lessons through Second Step.

We would like to remind everyone that we are reaching the coldest parts of winter. We love to get outside whenever we are able, so please make sure your child has a hat, jacket, snowpants, warm spare clothes, a pair of gloves, and boots.

If you have any questions, feel free to reach out to us! We are available by phone here at the ECC Mon-Fri from 7:45am-4:00pm, (715)779-5030 Ext 2545.

Miigwech!

Ms. Alicia & Mr. Joe

OJIBWEMOWIN WORDS AND PHRASES

Gisinaa It is Cold

Goon Snow

Mashkawadin Frozen Solid

Mikwam Ice

Oshkayi'iiwan It is New

Zoogipon Snow is Falling





JANUARY

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



REMINDERS

We hope everyone had a wonderful Christmas and New Year!

With the start of a new year, we will be switching out our Clothes Study with our Pet Study. The children really enjoy this study. If you have a picture of your pet, please send it into school with your child.

Once again, a reminder that we go outside almost every day, so the proper outside garments are needed for your child to be warm and dry.

We will continue working on feelings along with safe and unsafe touches.

ECC will be closed on January 16th for MLK day.

Please remind your child to sneeze into their arms and wash their hands. If your child does not feel well keep them home to recover .

Let's all be safe and healthy!

LITERACY AT HOME

Singing Silly Rhymes: Sing a familiar rhyming song with your child such as "Twinkle, Twinkle Little Star". When you get to a word that rhymes with another in the song, point it out (ex: "Hey, star and are! Those words rhyme!"). The next time you sing it, sing the first rhyming word, then sing and pause when you get to the next rhyming word and let your student complete the rhyme. To make it silly, replace the rhyming words in the song with different rhymes. For example, "Twinkle, twinkle little fox, how I wonder what you box. Fox, box, that's makes a silly song rhyme". Take turns coming up with rhyming words to put in the song.

MATH AT HOME

Use Your Shoes : Gather several pairs of shoes in a pile. Show your child how to lay the shoes end to end to measure how long a piece of furniture is. Count the shoes and say how many shoes long the object was. Now have your child measure another piece of furniture with the shoes. Have them count the shoes and say how many shoes long that object was. Which item was longer? Which was shorter? Continue measuring and comparing the length of different objects around the house. For a further challenge, draw each object measured and write the number of shoes it took to measure it next to it. Then discuss which item took the most shoes to measure and which took the least.

TAKING CARE OF ME AT HOME

The Leader Says: Following directions is an important life skill for students at home, at school and in the community. To practice this skill, play the game "Leader Says". The leader says "Leader says..." and then tells the players a direction to follow. If the leader doesn't begin with "Leader says", the players must not do it. The game continues until the leader catches a player not following the direction he says. For a challenge make the directions more specific such as "clap three times" or "go get a toy that is blue and bring it back". Take turns being a leader and a player.

January Themes

Pets, Feelings, Safe and Unsafe Touches

The ECC Holiday Party was a success. Children stopped down at the Legendary Waters Event Center to see the one and only Santa Clause. Santa gave each child a small gift and a package of goodies. Happy Holidays to all!!





**Red Cliff Early Childhood Center
Policy Council Meeting Minutes
Monday, November 14th, 2022 @ 11:00 am
Virtual**



Meeting called to order by Chairwoman Linda Christiansen @ 11:00 am.

Policy Council Members Present: Lynna Martin, Linda Christiansen, Melissa Armagost, Lacie Defoe, Kennedy Defoe, and Danielle Maulson
Absent: Nicholas DePerry

Staff/Other Present: Jennifer Leask, ECC Administrator

Approval of Agenda

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

Approval of Minutes

Motion by Kennedy to approve regular Policy Council minutes for October 17th, 2022, second by Melissa, all in favor, motion carried.

Menu: December 2022

Motion by Melissa to approve the menu for December 2022, second by Melissa, in discussion, board member questioned the amount of Cottage Cheese and yogurt, on the 15th they are having yogurt 2 times. Jen will talk with the kitchen, all in favor, motion carried.

Financial Report

Jen gave update on carry over for bus, garage, and outdoor classrooms. She informed policy council about 1st quarter budget modifications.

Ratify Poll Votes

Motion by Kennedy to ratify poll votes for Up to \$2500.00 from the Parent Activity Fund for Christmas gifts/supplies and building rental and Lateral Transfer-Molly Krueger from Child Care assistant to ECC Early Head Start Teacher, second by Melissa all in favor, motion carried.

Update on the Public Hearing for Policy Council By-Laws

Jen updated them on what took place and how we followed the procedures to amend/change/update the Policy Council By-Laws. Motion by Kennedy to approve the public hearing letter presented, seconded by Melissa, all in favor, motion carried.

Discussion on Early Head Start decrease in hours

Jen shared the idea of decreasing hours in the Early Head Start. In group discussion the taking Fridays off the schedule was not a preferred discussion, discussion of other options was shared. Jenn will put together a proposition with suggestions. Jen will reach out to the T/TA to find out if we need approval or just input from Policy Council

Program Summary

Motion by Kennedy to table the Program summary for October 2022. Second by Danielle, all in favor, motion carried.

Other

Discussion on next meeting date, December 12th at 10:00 am. all agreed.

Executive

No executive needed.

Adjourn

Motion by Kennedy to adjourn at 11:55 am., second by Danielle, all in favor, motion carried.

_____(signature)
Policy Council Chairperson or delegate

_____(Date)

Minutes taken by Jennifer Leask, ECC Administrator

Family Service January

2023

Happy New Year and welcome back!

ECC Upcoming Events:

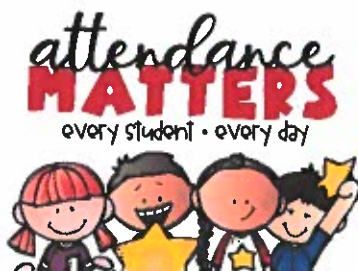
- Jan 3rd -Children return to school
- Jan 16th - ECC/Tribe Closed Martin Luther King Day
- Watch for information on upcoming family night event

Attendance Matters

DID YOU KNOW... Showing up on time every day is important to your child's success and learning from preschool forward. Missing 10% of school (1 or 2 days every few weeks) can make it harder to:

- Gain early reading and math skills.
- Build relationships.
- Develop good attendance habits. High quality preschool and kindergarten has many benefits!
- The routines your child develops will continue throughout school.
- Make the most of early grades by encouraging your child to attend every day

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!



Financial Counseling Available. Managing finances can be stressful at any time. A crisis can make it feel even more overwhelming. Many county Extension offices, including Extension-Bayfield County, offer individual financial counseling to help.

Whether you're dealing with a drop in income, looking for information on pandemic-related assistance or need help making a budget, Extension educators can help you develop a personal plan. In Bayfield County, call 715-373-3288,

Heidi Undgrodt
Extension Bayfield County
Courthouse, PO Box 218
Washburn, WI 54891
715- 373-3288

If you are interested in being part of the ECC Policy Council Board, Please give me a call at 715-779-5030 ext. 2551

Miigwech,

Cindy Garrity –Family Service Manager

Mikayla Topping– Health/Family Service Assistant



Boozhoo ECC class families

We have been talking about our Classroom Assessment Scoring System called CLASS. The next dimension we are going to talk about under the Classroom Organization Domain is: Behavioral management. This dimension encompasses the teacher's ability to provide clear behavioral expectations and use effective methods to prevent and redirect misbehavior.

The four indicators for this domain are:

1. Clear behavioral expectations
2. Proactive
3. Redirection of misbehavior
4. Student behavior

We hope this has been helpful in understanding how we score our classrooms... We hope you have a wonderful Happy New Year....

and once again thank you so much for sharing your beautiful children with us. They are a true gift from the Creator.

Miigwech



Ms. Kathy and Ms. J

News from the Health Office

Physical activity is extremely important to the early development of children and affects many areas of their health. Higher levels of physical activity in young children are associated with important health benefits in physical, emotional, social, and cognitive development that will last throughout their entire life. Setting your child up for life long success could be as easy as getting outside to run and play!

We are very fortunate to live in an area that is full of natural playscapes and opportunities for people of all ages to explore and learn. It doesn't take long to find those opportunities and take advantage of them. Sometimes, the opportunity is right in front of us!

Some ideas for physical activities that may be *right* outside your front door this winter and spring are:

1. Climbing the hill of snow that was plowed at the end of your drive way. Let your child climb up and down, learning how to balance, problem solve and accomplish reaching the top of the "mountain". Watch them use their arms and legs to push and pull themselves around.
2. Walking on a fallen tree in the woods gives them a chance to use those big muscles to get up and down and core muscles to balance.
3. Jumping in puddles give them a chance to build leg strength, learn cause and effect and maybe bring a smile to their face!
4. Throw some snow balls! Make a pile of snow balls and watch them laugh while they build arm strength and coordination.

As always, don't be afraid to join them in their outdoor activities! It is always more fun when their grown-ups (mom, dad, grandma, grandpa, etc.) join the fun. Cold weather should not keep us indoors all winter. Suggested temperatures for outdoor play for children 2 years and younger is 20 degrees or above. Suggested temperatures for children 3 and up is 0 degrees or above.

Winter is inevitable in our region, so why not use what it has to offer to our advantage?

Ms. Patt and Ms. Mikayla



Welcome Back to Dr. Dawn Nixon, our ECC Mental Health Consultant!!

Dawn Nixon, Psy.D., L.P, IMH-E, is a licensed child psychologist and holds Infant and Early Childhood Mental Health endorsement at the clinical mentor level. Dr. Nixon was on-staff at the ECC for 16 years and is delighted to be back through an ECC partnership with Giwiidosendimin Project LAUNCH.

Dr. Nixon is a specialist in child development and autism screening, assessment, and support. She works closely with ECC staff and is always available to meet with families. If you have any questions about how your child is doing, please email Dawn at dawnnixon20@gmail.com, call Julie Erickson, ECC Social Emotional Support Specialist, at 715-779-5030 x 2548 or talk to your child's teacher. **We are all here for you!!**





HNDAC MEETING

HEALTH NUTRITION AND DISABILITIES ADVISORY COMMITTEE

Tuesday February 21st– 8:15am @ the ECC Mememgwaa Trailer

Virtually is an option too, please call Jenny D. at 715-779-5030 ext. 2533

ATTENTION: ALL PARENTS AND COMMUNITY

You are invited to attend the Health Nutrition and Disabilities Advisory Committee (HNDAC) Meeting. This Committee attempts to meet twice a year to address ways to improve the care and safety of the children, staff, our community, and visitors that enter the doors of the Red Cliff Early Childhood Center.



FOR MORE INFORMATION CALL: 715-779-5030

Patt @ ext. 2556 or Mikayla @ ext. 2555

ECC ENROLLMENT CORNER

January 2023



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!

HAVE A NEW CAR SEAT? REGISTER IT

Boozhoo everyone,

Happy New Year,

As we move into a new year, with our new goals and resolutions, many changes come with a new year. When you get a new car seat, it is so important to register it. There are two ways you can do this. You can register on your car seat manufacturer's website. You'll need the model number and date of manufacture found on the label on your car seat. You can also fill out and mail the registration card that came with it. It already includes your car seat's information. No postage required. If your car seat has been recalled, make any necessary repairs according to the manufacturer's instructions, so your child can ride as safely as possible. If you want to check for recalls, you can visit the National Highway Traffic Safety Administration website at <https://www.nhtsa.gov/recalls>.

This information came from the Safe Kids Worldwide website. For more information, please visit www.safekids.org.

We accept applications all year round

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.

You can visit the Red Cliff ECC website anytime, by scanning the QR code or visiting www.redcliff-nsn.gov/ECC



GICHI- MANIDOO- GIIZIS

(GREAT SPIRIT MOON/JANUARY)

BIBOON

(IT IS WINTER)



Aadizooke (s/he tells sacred stories)

We will be having a storytelling night sometime this month. Keep an eye out for updates!



Ojibwemowin Ikidowinan

We started posting our weekly ikidowinan (words/phrases). They will be posted to the ECC Facebook page as well as the Red Cliff YouTube channel and weekly newsletter. You can use these words/phrases at school, during drop-off/pick-up, at home, and in the community!

Winter Vocabulary:

Biboon - it is winter

Zoogipon - it is snowing

Goonikaa - there is a lot of snow

Aadizookan - a legend, a spirit

Aadizooke - s/he tells legends

Dibaajimo - s/he tells a story

Giizhoopizon!

Dress warmly!



REMINDERS

*Language tables: Nitam-Anokii-Giizhigak (Monday) 5:30-7:00pm

*Ojibwemowin Story Time at Ginanda Gikendaasomin Red Cliff Library, upcoming dates:

January 5th Wenji-ozhitoowaad Endaawaad Migiziwag Imaa Gaa-ginwaakozinid Mitigoon! (Why the Eagle Build their Nests in the Tallest Trees)

Attendance Matters

**Classroom Attendance percentage
for
December 2022**

Head Start

Mashkodebizhiki Room 64%

Ma'iingan Room 72%

Migizi Room 65%

Early Head Start

Waabooz Room 70%

Amik Room 54%

Makwa Room 67%

Esiban Room 54%





Get ready for one of the biggest adventures of your child's life!

School will be starting soon. These tips can help your children look forward to attending school every day.

Did you know that missing just one or two days of preschool or kindergarten every few weeks can make it harder for children to develop reading skills, and to be prepared for kindergarten or first grade?

Adventure Time!

Take your child to visit the school to see the building

- If possible, meet their teacher and visit their classroom!
- Visit with neighbors to see who is going to the same school. It's always fun to have a buddy.
- Explore a pick-up and drop off sharing plan with neighbors, or a "Walking School Bus."
- Respond right away to outreach from your child's teacher. Ask any questions you have!



Story Time!

Tell your child positive stories from when you were a young student

- Make up silly songs about everyday routines: getting up, eating breakfast and going to school.
- Read to your child each night in your home language.
- Books can address children's concerns in playful ways and support conversations.





Get ready for one of the biggest adventures of your child's life!

Habit Time!

Set a standard bed and wake up time a few weeks in advance

- Let children choose what clothes they'd like to wear the next day.
- Routines make everyone feel in control, and that's a good feeling.



Good Health Time!

Make sure your child has the right shots to attend school

- Ask your child's teacher about health and safety procedures.
- Ask questions about any concerns you have related to Covid-19.
- Schedule non-Covid-19 medical appointments and extended trips when school is not in session.



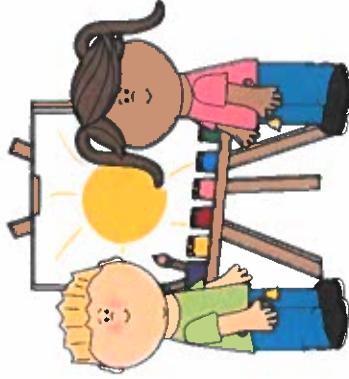
Preschool through first grade establishes the foundation for relationship building and life-long learning. Help your child gain comfort, self-confidence and delight in these milestone events.

HEAD START HEALTH SERVICES

A GUIDE TO YOUR CHILD'S HEALTH

Health services within Head Start programs are focused on preventing health problems whenever possible by carefully addressing the needs of enrolled children. Head Start programs work hard to make sure that children have an ongoing source of health care that can be accessed long after a child leaves the program. Furthermore, Head Start understands that healthy children are more successful in school.

Federal and state standards require that all children receive health screenings within 30 days and dental exams within 90 days of starting school. When concerning conditions are found, they are addressed quickly with the help of competent health care partners. If families need help, staff will provide the resources and guidance to get them on the right track. Programs support medical and dental professional services for Head Start children and their families and believe that together, they can improve their lives. Contact your teacher or Health office with questions.



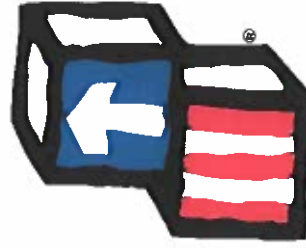
Your health office can be reached at:

Patt Kenote-DePerry

715-779-5030 Ext. 2556

Mikayla Topping-Defoe

715-779-5030 Ext. 2555



I plan to do the following things to complete a "HEALTHY PORTRAIT" of my child:

I plan to:

1. _____
2. _____
3. _____

by this date:

date: _____
date: _____
date: _____

Name: _____

PAINT BY NUMBERS

CREATE A PORTRAIT OF YOUR HEALTHY CHILD

MEDICAL & DENTAL HOMES

WHAT

Medical and dental homes are medical providers that families trust for regular health care and services.

WHEN

If you don't currently have a medical or dental home, the health office can help you find one within 30 days of enrollment.

WHY

As health care providers and families get to know each other through repeated visits, children receive personalized care in familiar environments, for a better overall experience. Medical and dental homes allow doctors, dentists and families to develop relationships and work together for their child's health.

Dental Exam

WHAT

A dental exam looks at lips, gums, tongue, teeth and the roof of the mouth; bite alignment; and signs of tooth decay and infections.

WHEN

Once the first tooth comes in (between 6 and 12 months), children should visit a dentist every six months, but not less than once per year. Head Start is required to have a record of the dental exam by the 90th day of enrollment.

WHY

Regular dental care prevents tooth decay and disease, and improves food chewing, nutrient retention, language skills and overall health.

WHAT

A physical exam looks at the child's progress in growth, learning and behavior. It includes height and weight, heart rate, blood tests for anemia and lead poisoning, and necessary immunizations.

WHEN

Infant and toddler exams should occur at birth, 2, 4, 6, 9, 12, 15, 18, 24, 30 months, followed by annual physicals. This is also called a "well child" exam. A copy of this exam is required to be in the child's file at the center by the 30th day of enrollment.

WHY

Regular physical exams encourage lifelong healthy habits, prevent illnesses, catch concerns early, and provide necessary treatment

Screenings

WHAT

Screenings provide valuable information about each child's interests, strengths, and needs. By giving a snapshot of whether the child's development is on track, Staff and parent observations help identify developmental or behavioral concerns that may require follow-up care.

WHEN

Hearing and vision screenings are either conducted by your family doctor during annually physical exams, or by Head Start staff within 45 days after enrollment.

WHY

Screenings help identify areas where professional support could improve your Child's ability to learn and be successful in school.

Health Insurance

WHAT

Health insurance helps families pay for doctor and dentist visits as well as prescription medications. Ask your Health office about the different insurance options available to your family.

WHEN

If you don't already have health insurance, they can assist you with referrals and locating resources for coverage.

WHY

Health insurance provides access to quality preventative care that can identify health issues before they become serious.

Physical Exam

4

5

2

1

2

4

3

3

5

Happier January 2023



SUNDAY

1

Find three things to look forward to this year

8

Say positive things to the people you meet today

15

Get outside and notice five things that are beautiful

22

Plan something fun and invite others to join you

29

Say hello to a neighbour and get to know them better

MONDAY

2

Make time today to do something kind for yourself

9

Get moving. Do something active (ideally outdoors)

16

Contribute positively to your local community

23

Put away digital devices and focus on being in the moment

30

See how many people you can smile at today

TUESDAY

3

Do a kind act for someone else to help brighten their day

10

Thank someone you're grateful to and tell them why

17

Be gentle with yourself when you make mistakes

24

Take a small step towards an important goal

31

Write down your hopes or plans for the future

WEDNESDAY

4

Write a list of things you feel grateful for and why

11

Switch off all your tech at least an hour before bedtime

18

Get back in contact with an old friend

25

Decide to lift people up rather than put them down



THURSDAY

5

Look for the good in others and notice their strengths

12

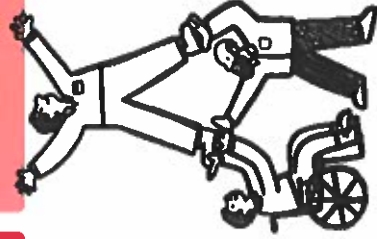
Connect with someone near you - share a smile or chat

19

Focus on what's good, even if today feels tough

26

Choose one of your strengths and find a way to use it today



FRIDAY

6

Take five minutes to sit still and just breathe

13

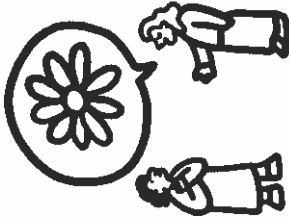
Take a different route today and see what you notice

20

Go to bed in good time and allow yourself to recharge

27

Challenge your negative thoughts and look for the upside



SATURDAY

7

Learn something new and share it with others

14

Eat healthy food which really nourishes you today

21

Try out something new to get out of your comfort zone

28

Ask other people about things they've enjoyed recently



ACTION FOR HAPPINESS

Happier • Kinder • Together

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day Celebrate by making your very own party hat.	2 National Science Fiction Day! - make your own space rocket out of toilet paper rolls and construction paper	3 January is the month of tangerines - take two glasses of water and two tangerines; peel one, leave the other whole. Place in water and see which floats	4 National Spaghetti Day - Celebrate by making a plate of spaghetti with construction paper, paint and yarn. Don't forget the meatballs!	5 National Bird Day - make a paper plate bird! Fold the plate in half, add a beak, eyes and paper feathers!	6 January is the month of raisins - STEM activity! In a clear glass, pour half full of new bottle of Sprite, drop the raisins in and watch the raisins dance
7 Time to read a good book! - Find a Science Fiction book to enjoy	8 January is the Month of the carnation flower - STEM activity! Take a white flower place the stem in a glass of water with a few drops of food coloring and see what happens!	9 Law Enforcement Appreciation day - Create a card for your local law enforcement.	10 Take your appreciation card to your local law enforcement and get a selfie with them!	11 National Milk Day Celebrate by making a dairy cow mask. Also dipping your favorite cookie in milk is good too!	12 Enjoy a good bowl of soup for National Soup Month!	13 Create a polar bear face! - Dip a plastic fork in white paint and press onto construction paper. Cut out ears, eyes and mouth and glue onto your art!
14 Happy Birthday to Lewis Carroll! - Alice in Wonderland- celebrate by making a Cheshire cat grin out of paper. Add a popsicle stick to hold the grin up to your face	15 Martin Luther King's Birthday - Read a book such as "Who Was Martin Luther King, Jr.?"	16 Martin Luther King Jr. Day Appreciate A Dragon Day by writing a story on having your own dragon.	17 Make a paper plate snowflake with yarn. Punch holes in a paper plate the shape of a snowflake. String colorful yarn through the holes and hang up!	18 Winnie the Pooh Day- Pooh's favorite thing is honey. Read a book about where honey comes from	19 National Popcorn Day- did you know popcorn is over 5000 years old? it's true! Practice some "popcorn" words today (Sight Words)	20 National Cheese Lovers Day - How many foods can you think of with the word "cheese" in it?
21 National Squirrel Appreciation Day - create a squirrel hand puppet out of a brown paper sack and construction paper.	22 Chinese New Year! Year of the Rabbit. Draw a rabbit the best you can! OR read a good rabbit book!	23 National Pie Day Make a paper pie and cut it into slices. Practice counting how many slices can make a pie whole! (2/4/8/16)	24 National Peanut Butter Day- make edible peanut butter with 1/2 C honey/ 1 C of peanut butter and 2 1/4 C powdered sugar	25 Opposite Day - have an opposite scavenger hunt! Find something hot/cold, tall/short, soft/hard, wet/dry, wide/narrow,	26 National Green Juice Day- make a list of items you think would be good in green juice! Then try it!	27 Create a Lego head suncatcher- draw the head and cut out of black paper, stick to a piece of press and seal, tear up yellow tissue paper and stick. Glue on eyes and hang up
28 National Lego Day! Time to get out those legos and create something fun!	29 Time to read again! Grab your favorite winter book and a blanket!	30 Bubble Wrap Appreciation Day - make a jelly fish with a paper plate and bubble wrap for the long tentacles.	31 National Backward Day - try to say the alphabet backward!			

JANUARY 2023

ACTIVITY CALENDAR

www.booksbythebushel.com

CERTIFIED NABOC WOMAN OWNED BUSINESS

NOTES:

Books by the Bushel LLC

ideas by the Bushel



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

Current Opening for the Red Cliff Early Childhood Center/

- **Early Head Start Center Based Teacher** Opening Date: October 28, 2022 Deadline: Open Until Filled
 - **Custodian / Maintenance** Opening Date: September 22, 2022 Deadline: Open Until Filled
 - **Head Start Bus Driver** Opening Date: September 2, 2022 Deadline: Open Until Filled
 - **Head Start/4k Teacher** Opening Date: August 17, 2022 Deadline: Open Until Filled
 - **Early Head Start Home Based Teacher** Opening Date: August 17, 2022 Deadline: Open Until Filled
 - **Child Care Teacher – (4 Positions available)** Opening Date: March 28, 2022 Deadline: Open Until Filled
-

Red Cliff Tribal Job openings



- **Go to the Red Cliff Tribal Website**
[https://www.redcliffnsn.gov/how do i/apply for obtain/employment opportunities/jobopenings.php](https://www.redcliffnsn.gov/how_do_i/apply_for_obtain/employment_opportunities/jobopenings.php)
- **Bayfield Chamber-Job Opportunities**

JANUARY 2023

GICHI-MANIDOO-GIIZISOONS

NITAM ANOKII-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIYO-GIIZHIGAD	NAANO-GIIZHIGAD
2	3B EGGS, WG TOAST, PB, APPLES, S CRACKER/MILK L PIZZA, CORN, TR FRUIT, CC S CHEX MIX/JIUCE	4B HB OATS, STRAWBERRIES, YGT, WG MUFFIN S PRETZEL/FRUIT CUP L BEEF VEG SP/WG BR ST, MANGO, GR BEAN S CUCUMBERS/HUMMUS	5B WG WAFFLE, AP- PLESAUCE, TR SAUSAGE S NUTRA BAR/MILK L PORK CHOP, PINEAPPLE, CC, PEAS S TR FRUIT/ TEDDY GR	6B CORN CHEX, BANANA, YGT, ENG MUFFIN S M ORANGES/ CRACKR LCHICK HD, BROCCOLI, PEARS, CC S APPLE/ST CHEEZ
2	TRIBAL HOLI- DAY ECC/TRIBE CLOSED			
9B OATMEAL, WG TOAST, PB, STRAWBERR S CC/MANGO L HAM/POT SP, WG BR STICK, PEAS, TR FRUIT S CARROTS/HUMMUS	10B LIFE,, BLUEBERRIES, YGT S STR CHEEZ/CRACKER L HAMBURGERS, FRIES, BROCCOLI, PEARS S PEACHES/CC	11B EGG COMBO, CC, TR FRUIT S CHEX MIX/MILK L PORK CHOP, PEAS, BR RICE, APPLESAUCE S FRUIT PIZZA	12B KIX, BANANA, YGT, WG MUFFIN S PRETZEL/PB L BEEF STIR FRY, STIR FRY, MANGO, CC S BROCCOLI/HUMMUS	13B MALTO MEAL, TRK SAUSAGE, BLUEBERRIE S NUTRA BAR/MILK L KIELBASA, GR BEAN, W RICE, PINEAPPLE S APPLESAUCE/PREZ
16	17BWG WAFFLE, AP- PLESAUCE, TRK BACON S CRACKER/MILK L BURRITO, M ORANGES CORN, YGT S WG GOLDFISH/PEAR	18B EGGS, WG TOAST, CC, RASPBERRIES S OATMEAL RND/MILK L TACOS, TR FRUIT, CAR- ROTS, CC S ANTS ON THE LOG	19B RICE CHEX, BANANA, YGT S CRACKER/PB L CHIX SP, WG BR STIX, PEACHES, CC S PEARS/CHEESE-IT	20B EGGS, WG TOAST, PINEAPPLE, CC S GR CRCK/MILK L HAM, PEAS, MANGO, CC S CARROT/HUMMUS
23B MALTO MEAL, MUF- FIN WG, RASPBERRIES S NUTRA BAR/MILK L CHIX, CORN, PEARS, CC, S STR CHEZ/APPLES	24B LIFE, ENG MUFFIN, ORANGES, YGT S PRETZEL/PB L SALISBURY ST, M POT, PEAS, TR FRUIT S BROCCOLI/CC	25B WG WAFFLE, BLUE- BERRIES, CC S GR CRACKR/MILK L KIELBASA, GR BEAN, PEACHES S BERRY PARFAIT	26B HB OATS, BANANA, WG MUFFIN, YGT S GOLDFISH/MILK L TOMATO SP, GR SHEEZ, PINEAPPLE, CC S CARROTS/HUMMUS	27B OATMEAL, BANANA, YGT S NUTRA BAR/MILK L HB HD, CORN, PEACH- ES, CC S RASPBERRY/CC
30B HARD BOILED EGG ORANGES, WG MUFFIN S GR CRCK/MILK L PIZZA, CC, PEARS, GR BEAN, S CARROTS/MILK	31B CORN CHEX, RASP- BERRIES, YGT S CHEESE IT/MILK L BEEF VEG SP, PBJ, PEACHES, CC S MANGO/YGT			
MILK SERVED WITH EVERY MEAL 1-2 YR OLD WHOLE				MENU SUBJECT To CHANGE