

# Red Cliff Early Childhood Center Newsletter

Boozhoo!

GICHI-MANIDOO-GIIZIS

(GREAT SPIRIT MOON)

**JANUARY 2022**

We are so excited to start a new year! The snow is allowing us to get back to storytelling so, starting in January, the ECC will be posting stories regularly to our Facebook page and our tribal web page. We hope that everyone will be able to take some time to enjoy the stories and reflect on what they each mean in our lives today.

With the unpredictable weather, we are asking all families who utilize the bus to be prepared for changes in their child's pick up and drop off times. Times can be affected by bad roads or low numbers of children riding that day. Please be ready to put your child on the bus at least 15 minutes before their scheduled time and get your child off the bus at any time after 3:00.

We know that routine is something that all children thrive on. When a child arrives at school later in the morning, it causes confusion and at times, emotional distress. We are asking that all children be at school no later than 10:00 in the morning. We are also asking that any children who arrive at school after 9:00 be given breakfast at home unless other arrangements have been made with the classroom teachers. We appreciate your understanding and willingness to help us make the most of the time we have with our youngest learners.

We hope you enjoyed the break and were able to spend time with family and friends.

Miigwech!

Jenn and Jamie

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30	31					

**ECC/TRIBE CLOSED:**

17 MLK DAY

**UPCOMING EVENTS:**

3 CLASSES RESUME

26 FAMILY EVENT—TBD

**"Bizindamaang" By: Margaret Noodin**

Noodin ninoondaan nanagoodinong  
apli "ziizigwaa" nagamowaad zhingwag  
apli shkwandamag mawliwaad  
apli baapagishkaawaad waasechiganag.

Miidash gwekaanimad, boonaanimad nengatch piitaan-  
imad.

Noongwa jiisakinini da shkitoon weweni jiisakaanke  
miinawaa maaajigaaskanozowaad noodinong.

Gekaaajigba wiindamaa yangidwa, "bimaadizilig ezhi-  
windeyeg."

Mikojiinaang debwemigad nikananig  
glishpin bizindamaang.

**"Listen" By: Margaret Noodin**

I hear the wind sometimes  
when the pines sing "ziizigwaa"  
when the doors cry  
when the windows shake.

Then the wind shifts, lets up and slows to a new  
speed.

Now the tent shaker carefully builds his tent  
and the wordless whispers begin.

The old ones tell us, "live as you are named."

We sense the truth in our bones  
if we listen.








**HAPPY  
NEW  
YEAR**

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

**2022**

**School Hours— 7:45 am. to 3:00 pm.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day 
2	3 1st day back to ECC	4	5	6	7	8
9	10	11	12	13	14	15
16	17 MLK Day Tribe/ECC Closed Holiday	18	19	20	21	22
23	24	25	26 Family Story Telling TBD	27	28	29
30	31					

**Classes resume Jan. 3rd**

**No Head Start Classes on Friday's**

# January News

Boozhoo Waabooz room! We cannot believe it's already a new year, time flies by when we are having fun playing and learning.

This month we will continue interacting with our peers, engaging in sensory play, reading books, watching puppet plays, and so much more.

We will also be incorporating more sign language into our daily routines.

\*Reminder, if your child is not feeling well please keep them home.

Thank you, Ms. Lulu& Ms. Kelsey

Ext. 2524



**more**



**drink**



**eat**



**finish**





# January 2022

Gichi-Manidoo-Giizis (Great Spirit Moon)

## Important Dates

- January 3rd - First day back from break
- January 17th - ECC Closed for MLK Day
- January 26th - Family Event (more info to come)

## Ojibwemowin Words

- Cold Weather - gisinaa
- Snow - goon
- Sled - odaabaanaak
- Hot chocolate - gizhide
- Scarf - giizhoopizon
- Calendar - giizisoo-mazina'igan

## Happy New Year!



As we all return from break we would like to take the time to remind you all that we will be taking the kids outside every chance we are able to. If you need any assistance getting the proper winter gear for your child (snowpants, hats, mittens, boots, etc..) please let us know!

We're so excited to see everyone back at school after winter break! We have lots of fun art projects and sensory activities planned for the upcoming weeks, please ensure your child has extra clothes at school because we are going to be getting messy! If you have any questions or concerns feel free to reach out!

Phone: (715) 779-5030 extension 2525

-Ms Kayla & Ms Shenna



# Makwa News

## Boozhoo Makwa Families!

We hope that you all enjoyed your Holiday break and had a wonderful start the New Year! We are so excited to be back at school and see what this new year will bring us. For the month of December we worked on our individual goals with the children, most are working on potty training. And we started a clothes study, working on getting ourselves dressed to go outside, talking about what we need for going outside when it's cold out, and of course we added some fun holiday crafts and activities.

For the month of January we will put a focus on Winter; clothing, winter animals, and all things snow. It should be a fun month at school!

With that being our main focus, please make sure to send your children to school with warm winter gear. Boots, jackets, snow pants, hats, and gloves/mittens. Weather permitting we do plan on spending time outside to explore and play in the snow.

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## Ojibwemowin:

gisinaa — it is cold (weather)

zaagijinaazha' — tell he/she to go outside

giizhookonaye — he/she dresses warm

Wiiwakwaan — hat

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**Miigwech,**

**Miss Tiff & Miss Judy**

**(715) 779-5030 x 2544**

# Esiban News



January 2022

Gichi-Manidoo-Giizis

(Great Spirit Moon)

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 17, 2022

**MLK Day**

**Goon: Snow**

**Mikwam: Ice**

**Noodin: Windy**

# Home Base News

# 2022

*Welcome everyone to the new year of  
January*

*2022*

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

*The ECC family hope's that you all had a great Holiday  
Break and were able to spend time with some family and  
friends.*

*For a child everyday is an adventure so please take time to go out-  
side and enjoy the snow.*

*Some Activities that can be enjoyed are,*

- *Going for a walk*
- *Sledding*
- *Making a snow fort*
- *Use food coloring with water and spray the snow*
- *Or if the weather is to cold outside bring the snow into you.*

*Important dates to remember:*

*January 17th-The ECC will be closed to observe Martin  
Luther King Jr. Day.*

*Watch for fliers on upcoming events.*

*Miigwech!*



# MASHKODE-BIZHIKI BIDAAJIMOWIN



**Gichi-Manidoo-Giizis 2022**

**(Great Spirit Moon)**

**Boozhoo gakina awiya,**

**Happy New Year from Mashkode-Bizhiki Classroom to our students, families, friends, and community. We hope everyone had lots of fun over the holiday break.**

**We are beginning the new year with our pet study! During the study we will investigate what we already know about pets and what new things we can learn about pets. We will do this by reading books, sharing ideas, doing activities, and incorporating Ojibwe culture and language into our lessons.**

**If you have a photo of your pet, you can send it with your child so we can display them in our classroom.**

**Snow, snow, snow is everywhere. 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 things get forgotten.**

**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](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.**

## **INAGINZO – DATES TO REMEMBER**

**January 3<sup>rd</sup> Classes resume at ECC  
January 17<sup>th</sup> – 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**





# Manido-Giizisoons

## What's Happening in Ma'iingan Room?

We want to say to our families and caregivers Miigwech to you all! We want to acknowledge our families in the dedication and learning we all are doing at school and home with your children. All the Caregivers and the children are AMAZING!! This month we will be learning about our Clothes Study, introducing Mat Man, winter crafts, counting, letter recognition, and learning our names. **FRIENDLY**

**REMINDER TO PLEASE SEND TO SCHOOL WARM CLOTHING HATS,**

**MITTINS, BOOTS AND EXTRA CLOTHES.**

Ma'iingan teachers are available by email or phone at ECC @ 715-779-5030 ext.2545, Mon-Fri from 8:00am to 4:30pm. We ARE LEARNING ABOUT THE CLOTHING STUDY SO IF YOU SEE activities from kiddos, ask your child about clothing on clothes or what we wear in winter to stay warm we always can build vocabulary anywhere we are. we look forward to showing support to all our families as we move forward learning together, please reach out with any concerns that may come up or any questions. **FRIENDLY REMINDER WE**

**HAVE DROP BOX ATTACHED TO MEMENGWA TRAILER FOR ANY TYPE OF PAPERWORK (HEALTH FORMS, ASQ'S, UPDATES, AND ENROLLMENT PACKETS, )** WE WISH YOU ALL WELL

WISHES, TAKE CARE AND STAY SAFE!!!!

Miigwech and be well, Ms. Alicia, Ms. Donna

### OJIBWEMOWIN WORDS AND PHRASES

Bii boon Winter

Wiiwakwaan Hat

Goon Snow

Zoogipon Snow falling

Mikwam Ice

Giboodiyegwaazon Pants



# JANUARY

Migizi News  
Ms. Diann, Ms. Haley  
Ext. 2539 or 2540



## REMINDERS

Wow, it is January already and a new year! I'm sure everyone is hoping for the same thing's good health, not too cold weather, and families to be nearby.

It will be nice to get back in school and back to a normal routine which is very beneficial for your children!

This month we will be working on the Pet Study. We will be incorporating pets in all the learning areas such as Math, Literacy, social emotional. Our dramatic play area will become a vet office so the children can treat the animals. This will give us an opportune time to work on the names of animals in Ojibwe.

We will continue with our Second Step and Talking About Touching curriculum also. In Talking About Touching, we will be working on the gun safety lesson and Second Step will be Identifying Anger.

Even though the weather has been colder we still will be going outside every time it's possible. Please send all the appropriate clothing for your child so they can enjoy their time outside.

Thank-You

## 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

Culture, Pet Curriculum, Second Step, Talking About Touching



Red Cliff Early Childhood Center  
Policy Council Meeting Minutes  
Tuesday, November 16<sup>th</sup>, 2021 @ 11:00 am  
Virtual



**Election of officers:**

**Chair-** nomination by Joanne Peterson to elect Linda Christiansen as Policy Council Chair, second by Amaris Andrews DePerry, all in favor nomination excepted.

**Vice-Chair:** nomination by Linda Christiansen to elect Lynna Martin as Policy Council Vice-Chair, second by Tara Albert, all in favor, nomination excepted.

**Secretary/Treasurer:** nomination by Linda Christiansen to elect Kennedy Defoe as Policy Council Secretary/Treasurer, second by Joanne Peterson, all in favor, nomination excepted.

**Meeting called to order by Chairwoman Linda Christiansen @ 11:50 am.**

**Policy Council Members Present:** Kennedy Defoe, Amaris Andrews-DePerry, Joanne Peterson, Lynna Martin, and Linda Christiansen, Danielle Maulson, Tara Albert, and Tribal Council Liaison Nicholas DePerry.

**Staff/Other Present:** Jennifer Leask, Administrator, Patt Kenote DePerry, Health manager, Kathy Haskins Education and Abilities manager and Cindy Garrity, Family Service Manager.

**Approval of Agenda**

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

**Approval of Minutes**

Motion by Tara to approve regular Policy Council minutes for October 19<sup>th</sup>, 2021, second by Danielle, all in favor, motion carried.

**Menu: December 2021 and review changes to October menu**

In discussion about the October menu, Jen explained that we want the policy council to be aware why the changes were made to the menu that they had approved. Motion by Joanne to approve the menu for December 2021, second by Tara, all in favor, motion carried.

**Financial Report**

Jen gave an overview of where the ECC is at financially, and at this time we are doing good. We still have funding available because of staff opening in the center. We are still trying to fill these opening. We are looking at ways to spend money in our cultural area, if anyone has ideas of what they would like to see in our center, please let Jen or Jamie know.

**Program Summary**

Cindy walked the Policy Council through each of the areas in the program summary. She explained what the numbers are and how and who is responsible for the data that gets entered.



Health, Family Service Enrollment Specialist, Mental Health, CACFP food count, Education and Abilities Manager and Family Service. After policy council reviews this program summary a copy is then sent to the Tribal Council.

**Ratify Poll Vote:**

Motion by Joanne to ratify poll vote that was presented by the Administrator-Jen Leask, second by Kennedy, all in favor, motion carried.

**Discussion on Focus Area One (Federal Monitoring)**

Jen updated the Policy Council that the ECC will be meeting virtually in regard to the focus area one. It will be starting December 13-17, 2021. She informed them that at this time the policy council does not have to meet with them. But when we do Focus area Two, we will be asking for the policy council to join in on the meetings.

**Other**

Policy Council will meet every 2<sup>nd</sup> Tuesday of the month at 11:00. If anyone has a problem with this time frame please let Cindy know and she will work with the whole board to come up with a good time that will work for all. Patt welcomed all the new board member and returning board member.

**Executive**

No executive needed.

**Adjourn**

Motion by Joanne to adjourn at 12:19 pm., second by Danielle, all in favor, motion carried.

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

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

Minutes taken by Cindy Garrity, Family Service Manager



**Red Cliff Early Childhood Center**  
**Policy Council Orientation**  
**Tuesday November 16, 2021, 11:00 am Virtual**  
**Memengwaa Trailer**

**Attendance:**

Present: Joanne Peterson, Amaris Andrews, Lynna Martin, Linda Christiansen, Kennedy Defoe, Danielle Maulson, Tara Albert, and Nick DePerry Tribal Council Liaison.

Jen Leask, Administrator, Kathy Haskins, Education and Abilities Manager, Patt Kenote-DePerry, Health Director, and Cindy Garrity Family Service Manager

**Human Resource Presenter: Ashley Poch**

Ashley Poch went over the Standard of conduct and the Confidentiality policy with the new board member. She sent everyone an electronic copy of all including the background check to all. This year we introduce an Oath for the Policy Council and Ashley asked them all to read it out loud and sign and send back to her.

**The ECC Binder Orientation:** All the Policy Council was presented with a binder full of information for them to read and look over, if they had any questions, they could ask them during the orientation time.

The Binder had information on;

- Policy Council Bylaw
- ECC Policies & Procedures
- HS & EHS 2020-2021 PIRs
- Service Plans
- Self-Assessment
- Community Assessment/Update
- Program Information and Informational Memorandums (PI's) (IM's)
- Calendar
- Resource guide
- Oath of office.

Meeting came to an end at 11:49 am.

\_\_\_\_\_  
(print name)  
Policy Council Chairperson or delegate

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

\_\_\_\_\_  
Date

Minutes taken by Cindy Garrity, Family Services Manager

# Family Service News

## January 2022

HAPPY★NEW★YEAR

Family Service wants to welcome all the families back from the winter break and hope everyone had a good holiday and happy new year. There are a few things that will be happening the next couple months.

We are going to start up a Parent Committee soon so look for more information to come.

Our next event will be Family Storytelling and more information about this event will come soon.

Also, as we start to get close to tax season, we want to share some free resources to help with budgeting and credit reports.

### Budgeting Resources

You can get free downloadable budgeting toolkits to help with achieving goals, budget monthly expenses and so much more. You can go to consumer Financial Protection Bureau website and under the Consumer Education tab click resources for practitioner's and find Your Money, Your Goals or visit

<https://www.consumerfinance.gov/consumer-tools/educator-tools/your-money-your-goals/>

Did you know that Federal law allows you to get a free copy of your credit report every 12 months from each credit reporting company (Equifax, Experian, and TransUnion)? Go to [www.annualcreditreport.com](http://www.annualcreditreport.com). If you have any questions contact Jenny at 715-779-5030 ext. 2533





## **Gitchi-manidoo-giizis - Great Spirit Moon**

**Boozhoo From the Education and Abilities office!**



This month we are going to focus on the importance of "Big Body Play".

What is Big Body Play? Big body play includes running, climbing, chasing, falling, tumbling, roughhousing, horseplay, banging, pushing, playfighting and anything else you do with your whole body. It's very physical play that many children love to do. Some children some crave it! This is a play style that gives children the opportunities they need for optimum development across all domains from physical to cognitive and language to social emotional. It has huge value for all areas of development. It also helps children understand spatial boundaries.

Our large motor Room here at the ECC is set up with mats, slides, balls and other items to support big body play during our winter months when it is too cold to go outside. There are times when kids are able to explore with big body play. There are other times when the activity is teacher lead. For example, when I supervise wrestling, we set rules such as no shoes and kids must stay on the mat. One child holds the waist of the other and must try to keep them on the mat. After a few minutes they get up and are calm because they gave their bodies what they needed to help keep them focused.

So, to the parents of our ECC children, we ask that you allow your child to experience some big body play while at home. You will notice after a while of doing activities that include big body play, your child will sleep better, eat better and be more focused. Give it a try during these winter months. If you have steps at home, make a game out of it. Crawling up and down the steps is huge for brain development. Your brain has to work harder when you are moving your arms and legs at the same time. On those days when your children are pushing your buttons, have them lay blankets on the floor and have a wrestling match or a big-time pillow fight. Just have fun.

There is always some risk of injury during big body play but if it is well supervised this could be kept at a minimum.

Just have fun with it. Join in and remember what it was like to just be silly! Your children are small just for a short time... like the blink of an eye it goes by so fast!

If you would like more information on this topic, please call us at the center:

Ms. J 715-779-5030 ex. 2548

Ms. Kathy 715-779-5030 ex. 2530

Some of this article was taken from the NAEYC (National Association for the Education of Young Children) Big Body Play, Why Boisterous, Vigorous, and very Physical Play is essential to Children's Development and Learning.....by Frances M. Carlson

## **FAMILY WELLNESS**

What is Wellness? The World Health Organization defines wellness as “the optimal state of health of individuals and groups” and wellness is expressed as “a positive approach to living.” Wellness has a direct influence on overall health, which is essential for living a robust, healthy and fulfilled life.

How does a family achieve wellness?

1. Physical wellness activities could be building a snow fort, building a snowman, shoveling a sidewalk or driveway for grandparents, family and friends, snowboarding or sliding. What about taking a walk to see and count all the Christmas decorations in the neighborhood?
2. Intellectual and Social wellness can include reading together as a family or by yourself, doing arts and crafts that can be given to family and friends or even baking a special treat to share with others.
3. Emotional wellness includes how we deal with stressful situations. Being aware of our feelings and using helpful hints with our children when they are feeling uncomfortable or stressed. Talk about how your children “feel” and help learn ways to manage those feelings. Try deep breathing “Smell the flower, blow out the candle” or “Breathe. You’re safe. You can handle this”. As parents, we are the first and best teachers for our children. By learning how to reduce our stress as parents, we can teach our children how to cope with and relieve stress.
4. Proper diet in our lives is important. Drinking 6-8 glasses of water a day and having a good balanced diet. A balanced meal includes fruit, vegetables, whole grains, and healthy fats and proteins. **Don’t forget that wellness also means plenty of sleep for you and your child.**

Wellness is an active process of growth and change to reach our fullest health and well-being.

**WE WISH YOUR FAMILY WELL IN THE NEW YEAR!**

**Patt and Mikayla**

## The Four Sacred Medicines

Cedar is considered the most sacred tree in Native American beliefs. It was the first tree planted by man in the Third World to save people from a flood, according to the Navajo (Dineh).



Tobacco is the first plant that the Creator gave to Native people. It is the primary activator of all the plant spirits. Three other plants, sage, cedar, and sweetgrass, follow tobacco, and together they are referred to as the four sacred medicines.

The four sacred medicines are used in everyday life and ceremonies. All of them can be used to smudge with, though sage, cedar, and sweetgrass also have many other purposes. It is said that tobacco sits in the eastern door, sweetgrass in the southern door, sage in the West and cedar in the north. Elders say that the spirits like the aroma produced when we burn tobacco and the other sacred medicines.





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

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

### **Infant Room Assistant Teacher**

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

### **Early Head Start Center Based Teacher - 2 Positions**

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

### **Early Head Start Home-Based Teacher-2 Positions**

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

### **Head Start Bus Driver & Family Service Worker**

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

### **Custodian - ECC**

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

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## **Current opening for the Red Cliff Child Care**

### **Child Care Program Director / Teacher**

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

### **Child Care Assistant Teacher -3 Positions**

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

### **Child Care Teacher - 4 Positions**

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

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## **Red Cliff Tribal Job openings**

**Go to the Red Cliff Tribal Website**

**[https://www.redcliffnsn.gov/how\\_to\\_apply\\_for\\_obtain\\_employment\\_opportunities/job\\_openings.php](https://www.redcliffnsn.gov/how_to_apply_for_obtain_employment_opportunities/job_openings.php)**

# Happier January 2022

SATURDAY

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

SUNDAY

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

MONDAY

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

TUESDAY

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

31

Write down your hopes or plans for the future

WEDNESDAY

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

THURSDAY

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

FRIDAY

7

Learn something new and share it with others

14

Eat healthy food which really nourishes you today

21

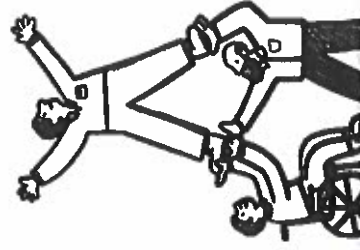
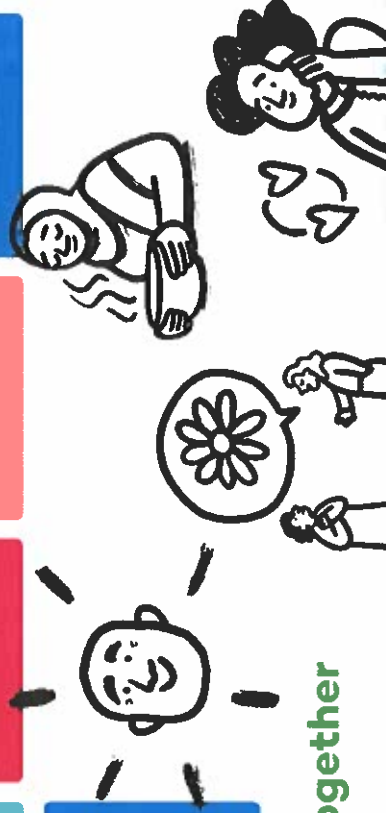
Try out something new to get out of your comfort zone

28

Ask other people about things they've enjoyed recently

ACTION FOR HAPPINESS

Happier · Kinder · Together



# JANUARY 2022

## GICHI-MANIDOO-GIIZISOONS

NITAM ANOKII-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIYO-GIIZHIGAD	NAAANO-GIIZHIGAD
<b>3B</b> EGGS, WG TOAST, PB, ORANGES <b>S</b> TEDDY GR/MILK <b>L</b> TACO HD, MANGO, GR BEANS <b>S</b> HUMMUS/CARROTS	<b>4B</b> CHEERIOS, PEARS, CC, TRK SAUSAGE <b>S</b> NILLA WAFERS/MILK <b>L</b> CHIX, W RICE, CORN, STRAWBERRIES, YGT <b>S</b> PEACHES/GR CRCK	<b>5B</b> OATMEAL, BLUEBERRIES, WG MUFFIN <b>S</b> CRACKER/CHEESE <b>L</b> KIELBASA, MAC/CHEZ PEAS, TR FRUIT <b>S</b> BROCCOLI/CC	<b>6B</b> RICE CHEX, BANANA, YGT, <b>S</b> CHEESE IT/FR CUP <b>L</b> BEEF VEG SP, WG BR STIX, APPLE, YGT <b>S</b> PRETZEL/JUICE	
<b>10B</b> PANCAKES, AP- PLESAUCE, TRK BACON <b>S</b> NILLA WAFER/MILK <b>L</b> CHIX HD, PEACHES, CC, PEAS <b>S</b> APPLES/YOGURT	<b>11B</b> LIFE, ORANGES, YGT, OATMEAL RND <b>S</b> NUTRA BAR/MILK <b>L</b> HAMB, FRIES, CAR- ROTS, PEARS <b>S</b> CUCUMBERS/HUMMUS	<b>12B</b> FR TOAST WG, BLUE- BERRIES, CC <b>S</b> CRACKER/CHEESE <b>L</b> HAM/POTATO SP, PINE- APPLE, PB SNDW <b>S</b> FRUIT PIZZA	<b>13B</b> CORN CHEX, BANA- NA, MUFFIN <b>S</b> CHEESE-IT/MILK <b>L</b> PIZZA, GR BEAN, MAN- GO, CC <b>S</b> CAULIFLOWER/HUMMS	
<b>17B</b> <b>MKL DAY</b> <b>TRIBE/ECC</b> <b>CLOSED</b>	<b>18B</b> RICE CRISPIES, OR- ANGES, YGT <b>S</b> GR CRACKER/MILK <b>L</b> PORK CHOP, WG BUN, APPLESauce, GR BEAN <b>S</b> BROCCOLI/CC	<b>19B</b> HB OATS, BANANA, YGT, WG TOAST <b>S</b> WAFFLE/PB <b>L</b> HAMB HD, CORN, HON- EYDEW, CC <b>S</b> PEACHES/GR CRCKR	<b>20B</b> WAFFLES, BLUEBER- RIES, CC <b>S</b> NILLA WF/MILK <b>L</b> CHIX, CARROTS, YGT, APPLES <b>S</b> CUCUMBERS/GR CRCK	
<b>24B</b> EGG COMBO, YGT, CANTALOUPE <b>S</b> GOLDFISH/MILK <b>L</b> CHIX SP, PEAS, <b>L</b> PEAR, WG BR STIX <b>S</b> CARROT/HUMMUS	<b>25B</b> CHEERIOS, YGT, OR- ANGES <b>S</b> PUDDING/NILLA WF <b>L</b> KIELBASA, FRIES, <b>L</b> BROCCOLI, PINEAPPLE <b>S</b> FR CUP/TEDDY GR	<b>26B</b> PANCAKE, BLUE- BERRIES, CC, TRK BACON <b>S</b> NUTRA BAR/MILK <b>L</b> BURRITO, MANGO, CC., GR BEAN <b>S</b> CAULIFLOWER/CC	<b>27B</b> RICE CHEX, BANA- NA, YGT <b>S</b> CRACKER/PB <b>L</b> BEEF STIR FRY, STIR FRY, RICE, PINEAPPLE <b>S</b> PEARS/CC	<b>MILK SERVED</b> <b>WITH EVERY</b> <b>MEAL</b> <b>1-2 YR OLD</b> <b>WHOLE</b>
<b>31B</b> WAFFLE, ORANG- ES, YGT <b>S</b> GR CRACKER/MILK <b>L</b> PIZZA, APPLES, <b>L</b> YGT,CARROTS <b>S</b> CUCUMBERS/GR CRCK				<b>MENU</b> <b>SUBJECT</b> <b>TO</b> <b>CHANGE</b>