June is here!! This means that it is Home Visiting Month for our families! Our performance standards require us to complete two home visits each year. Due to COVID, we will be doing visits virtually. Your child’s teacher will be contacting you soon to set up a home visit. If you have any questions, please reach out to your child’s teacher, or contact Jamie (2527) or Jenn (2561).

For this newsletter article, we wanted to take some time and discuss the Ready4k Family Engagement Curriculum. We are sure that many of you have already been receiving text messages from Ready4k. If you are not familiar with it and want to know more, here is what you can expect. Each week, parents and caregivers receive a text message with fun facts and easy tips on how to promote their children's development by building on existing family routines.

At the beginning of each week, you will receive a FACT. That FACT may say something like “children are excited to learn how to write their own name. Help your child get ready for this step by writing their name here, there and everywhere!” Then on Wednesday, you will receive a TIP. That TIP may say something like “As your child eats breakfast, write their name on a folded piece of paper. Name each letter as you write it. Set it up so they can see their awesome name!” On Friday, you will receive a GROWTH. The GROWTH may say something like “Keep writing your child’s name! Now hang up a piece of paper with their name in their bedroom. Each morning, show them their name. Say each letter too!” It is simple and easy to do and the texts should correspond with skills that are age appropriate for your child!

If you are not getting these texts, please reach out to one of us and let us know a current cell phone number and we will get you added!

Thank you all for being such great advocates for your little ones!! You are your child’s first teacher!!

-Jamie and Jenn
Boozhoo Waabooz Families,

We are happy that Niibin is upon us and warmer weather has arrived! Now is the time for spending lots of time outdoors. We can have picnics, go camping, fishing, hiking, and so many other fun things in the sun!

Niibin is also the time for lots of bugs! We will be studying all kinds of bugs in the Waabooz room in the month of Zaagibagaa-Giizis (June). We should wear our bug spray every time we go outside. Even when we just go out to play, or the mosquitos will bite us, and that can make us itchy, and even sick.

We will be going outside daily. One of our favorite things to do is to play in water, so please send extra clothes for them to change into. Sweatpants and long-sleeved clothing are a good idea because the air conditioning is on in the building, and it can get chilly.

Any questions or ideas you would like to share? Contact us at 715-779-5030 ext. 2524.

— Miss Maggie and Miss Megan
Boozhoo Amik Families!

The month of June is already here! This month we will be doing a Ball Study, as well as exploring the outdoors more, learning about bugs and the different kinds of berries that grow.

Wednesdays will still be used for deep cleaning/sanitizing, although we sanitize after each school day, we are just taking extra precautions to provide a safe environment for the children.

Reminder: With the warmer weather finally approaching, we will be trying to spend more time outside. Please make sure your child is dressed in appropriate clothing, clothing that will help keep them nice and cool. Having an extra set of clothes at school is also a great idea in case they participate in any water play while outside.

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 2525

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

- Ball Study! Learning about the different type of bugs that come out during these warmer months and the different berries that grow.
- Self help skills: cleaning up the toys after they've played with them, we are also working on dumping our plates into the buckets after meal times. The children really love knowing that they have their own "jobs" or tasks to complete.
- Culture/Language—We’ve been working on implementing more cultural and language activities incorporated into our daily lesson planning. We will add new Ojibwe words; commands, colors, numbers

Ojibwe Words:
Bikwaakwad—a ball
Ode’imin—strawberry
Manidoons—a bug, an insect, a germ, a worm.
Biinitoon—clean it
Ode’iminigiizis—June

Miigwech,
Miss Tiff & Miss Judy
Boozhoo Makwa families! This month we will be working on a ball study, exploring outdoors, experimenting with different types of bubbles and so much more.

We are still working on expressing our feelings during certain situations and using different strategies that help verbalize how we are feeling and why. We are also continuing working on self help skills.

Reminder our lives are Monday, Tuesday, Thursday & Friday 1:30-2 pm

Miigwech! Ms. Kelsey & Ms. Lulu

Ext. 2544 or 2543

Ojibwe Phrases we have been using:
Aaniin ezhi-ayaan noongom? How are you today?
Aaniin danaa? What's the matter?
Boozhoo Esiban families!!! I can’t believe it’s already June! Where has the time gone?? The month of June we will be focusing on summer theme! We will be doing lots of fun summer activities like fishing, camping and many more!

With the weather warming up, make sure you send your child with appropriate clothes!

-Ms. Jenna
ext. 2541 or 2542

*Reminder*

We will be sending forms for you to sign (if you haven’t already) for sunscreen and bug spray!
Agongos (Home Base)
Newsletter
June
(Ode’imini-giizis)

***Attention***
Corky will be moved into a classroom temporarily, until the end of the school year. Someone will be filling in for her and Corky or the sub will contact the families!

Here are some activities to do at home:
- Create a cardboard box train-get a box and decorate
- Use some shaving cream and let the kids explore
- Sticky Spiderweb-tape up doorway and throw newspapers, cotton balls or other material at the tape and see if it sticks
- Bake cookies
- Tummy time
- Water play

Ojibwe Words:
Dirt: ozaawaamig
Park: aagawajiig
Friend : niiji
Thank You : miigwech

June’s Interesting Days

3rd World Bicycle Day
8th Best Friends Day
12th Peanut Butter Cookie Day
20th Father’s Day

4th Hug your Cat Day
11th Corn on the Cob Day
15th National Smile Power Day
25th Take Your dog to work Day

Dawn “Corky” Gokee 715-779-5030 ext. 2538
Gena Mertig 715-779-5030 ext. 2537
Boozhoo gakina awiya.

It's already the month of June and the end of the year is approaching fast. If you have any paperwork that was sent home, please fill it out and return it. Our virtual WebEx meetings are at 2:00pm M-T-Th-F (No meetings on Wednesdays). We upload books and other fun activities into the Teaching Strategies Gold App. If you need help with using this app, please let us know.

We completed our bug and insect study, and the students watched our caterpillars change into butterflies.

During the month of June, we will be focusing on our bingwi and Niibin studies. These studies will encourage children to explore sand as well as doing some fun summer activities. It will allow them to gather information solve problems, imagine, and think symbolically. We will explore the different colors and textures of sand. We will investigate how sand is made, where it is found, and how it is used. This study will incorporate science, math, literacy, art, and technology. We will also be making lots of muddy things in our outdoor mud kitchens, water tables, and sand boxes and may just run through the sprinklers when it gets warm enough so please send some extra clothes to school.

We can be reached by email: nadine.cadotte@redcliff-nsn.gov, gina.lagrew@redcliff-nsn.gov, or our classroom office phone at 715-779-5030 ext. 2547.

**DATES TO REMEMBER**

- Sunday, June 20th Father's Day
- Sunday, June 20th 1st Day of Summer

**OJIBWMOWIN - THE OJIBWE LANGUAGE**

- Imbaaba - Father
- Niibin - Summer
- Bingwi - Sand
- Mitaawangaa - Sandy Beach
- Gichigami - Lake Superior
- Asin - Rock
- Gimiwan - Rain
- Ode’imin - Strawberry

Miss Nadine & Miss Gina
JUNE
ODE’IMINI GIIZIS

Boozhoo Aaniin Ma’iingan Families!

Summer is finally here! We are so excited about the warm weather. *Friendly reminder that we do go outside daily, even though it is nice outside, we can get dirty in our play. Please send weather appropriate clothing to school with your child or children.*

Ma’iingan Classroom times are at 815 am to 130pm, if there is any changes for pick up or drop off for your child or children please let us know in between those times. Miigwech for the cooperation and understanding!! We love to see the children on their schedule days, and times with us!!

We will be learning number recognition, letter sounds, counting, grouping, sorting, rhyming words, writing our names, self help skills, summer themed projects and learning our Sand Unit!

*Remember Speak as much Ojibwemowin you know with our children, they are listening! Stay safe and be well!!*

Miigwech,
Ms. Alicia and Ms. Donna
Ext. 2560 or 2545

Ojibwemowin
Flower waabigwan
Leaf Aaniblish
Stick Mitig
Ode’imin Strawberry
Wiigwaasinaagan
Birchbark basket
Niibin Summer
June Newsletter

Migizi News

Ms. Diann
Ms. Haley
715-779-5030
ext. 2540

The month of June we will focus on our Sand Unit from Teaching Strategies

Father’s Day is June 20th. HAPPY FATHERS DAY to all the father’s

Don’t underestimate the value of play. Children learn and develop:
- Cognitive skills – like math and problem solving in a pretend grocery store
- Physical abilities – like balancing blocks and running on the playground
- New vocabulary – like the words they need to play with toy dinosaurs
- Social skills – like playing together in a pretend car wash
- Literacy skills – like creating a menu for a pretend restaurant

By: Laurel Bangidima
https://www.niyaks.org/our-websites/families/15-things-every-parent-should-know

We will be outside every day playing in water or the forest. Please send extra clothes in case the children get wet or muddy.

Our words for this month:
- Father-Nindede
- Sand- mitagwang
- Water-nibi
Meeting called to order by Chairwoman Linda Christiansen @ 10:59 am.

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

Staff Present: Jennifer Leask, Administrator, Jamie Goodlet-King, Head Start/4K/Early Head Start Director, Jennifer Defoe, Family Service Enrollment Specialist, Patt Kenote-Deperry, Health Manager and Cindy Garrity Family Service Manager.

Approval of Agenda
Motion by Kennedy to approve the agenda, seconded by Caitlin, all in favor, motion carried.

Approval of Minutes
Motion by Lynna to approve regular Policy Council minutes for March 18th, 2021, second by Caitlin, all in favor, motion carried.

Menu
Motion by Kennedy to table the Menu for May 2021, second by Lynna, all in favor, motion carried.

Ratify Poll Votes
Motion by Kennedy to ratify the poll votes for Goals and Objective 2020/2021, ECC will be closed for children on Friday April 2nd, 2021 for Good Friday and 2021-2022 -- 1.22% COLA WAGE INCREASE, second by Caitlin, all in favor, motion carried.

Survey Discussion
Jen informed the Policy Council that a survey has gone out to the Center base families in regards to seeking families input on what course of action to take when a teacher is out for one or several days. No action needed.

Financial Report
Still working on budget modifications due to under spent monies from open staff positions. Received $34,000.00 COVID dollars, with a short time to allocate the money. Will be looking at adding another outdoor classroom. We are looking at receiving more monies soon which will go toward the outdoor classroom and Kitchen.

Program Summary
Cindy informed the Policy Council that March numbers have been added from the Health department and the Education and Abilities updates.
Childcare update
Jen is still working on hiring people for the Child Care building and has been up their unpacking boxes.

Other
Kennedy made a motion to close on Tuesday April 13th, 2021, for children, to allow for staff to attend the funeral of Virginia Soulier, a former longtime teacher assistant for the ECC and Family Forum, second by Caitlin, all in favor, motion carried.

Executive
No action

Adjourn
Motion by Caitlin to adjourn at 11:22 am., second by Kennedy, all in favor, motion carried.

__________________________________________ (signature)
Policy Council Chairperson or delegate

__________________________________________ (Date)

Minutes taken by Cindy Garrity, Family Services Manager
We are celebrating 56 years of Head Start and 26 years of Early Head Start programs. Since then, Head Start programs have served as the building block for comprehensive early childhood education and development for children from birth to 5 and their families.

We have grown!!

*1969-1994
Family Forum, Inc. operated a Head Start delegate agency on the Red Cliff Reservation for 25 years in the old Mission school.

*1994
*Tom Frizzell, Red Cliff Tribal Planner, wrote the first grant to the Office of Head Start for Red Cliff to administrate a tribally-operated Head Start program on the reservation.
*Started as a standalone, part-day, part-year HHS program
*We moved into the old Mission school

*1999
Miigwech, mi’iw

*Little Feathers Child Care was created
*Provided full-day, full-year services for children ages 6 weeks to 12 years
*Jennifer Leask was hired as Child Care Director
*Awarded an Early Head Start grant for children ages birth to three.
*First year was a start-up planning year
*LaVonne Goslin was hired as our EHS Director

*1999
*1999 mixed into new building!
FAMILY PICNIC GRAB AND GO

The ECC will be doing the Family Picnic a little different this year. We will be doing a picnic drive thru grab and go style where families come to the center and place an order for food that will be available. We will get it ready in to go containers and hand out. Families can then go anywhere they would like to have a picnic. This event is only open to ECC enrolled families. For more information look for upcoming flyer or call Cindy Garrity at 715-779-5030 ext 2551.

A couple upcoming reminders:

- **ECC last day of school will be July 22.**
- **ECC Graduation will be July 23**<sup>rd</sup> (times tba) look for upcoming flyer.

Recipe of the month: Grilled Veggie Packets

**Ingredients:**

- 2 zucchinis, small (sliced)
- 2 yellow squash, small (sliced)
- 4 red potatoes, (scrubbed and sliced)
- ½ red onion (sliced)
- ½ bell pepper (seeded and sliced)
- ¼ cup Italian salad dressing, light
- Salt and pepper (optional, to taste)

*Try different vegetables- Tomatoes, green beans, mushrooms, or your favorites.*

EMERGENCY RENTAL ASSISTANCE STILL AVAILABLE

The Emergency Rental Assistance Program is still offering help and is accepting applications. Do you have friends or family who are Red Cliff Tribal members renting anywhere in Bayfield County? There are funds available to pay up to 12 months of rent and utilities for qualifying households. It is NOT required that applicants live in tribal housing or have past due bills. To learn more and download an application visit [www.redcliff-nsn.gov/erap](http://www.redcliff-nsn.gov/erap) or pick up an application at the Red Cliff Housing Authority or Family Human Service Building.

Farmer Markets

If you want to find tasty, fresh, local produce near you this season, there are 7 farmers markets in Ashland and Bayfield Counties to choose from. From Port wing to Ashland, Cornucopia to Cable, you can find fresh, locally grown produce, meats, cheese, honey, pickled vegetables, and other delicious products. Check out the Feast by the Bay website for hours locations, and more: [http://www.feastbythebay.org/farmers-markets.html](http://www.feastbythebay.org/farmers-markets.html). Source: UW extension
Now that the weather has gotten warmer, we can do more things outside with our families. We live in an area that boasts fantastic walking trails and nature that is amazing and educational. If you have not checked out the big ravine trail under the iron bridge in Bayfield, it is a magical place for a hike and a picnic! Don’t forget Frog Bay Tribal Park too!!! You can take a beautiful hike across the bridge and down to the lake... what a great way to spend a day with your family!!! Use the time away to decompress and enjoy watching your child explore. Ask them questions about what they see, hear and feel. Let them touch the trees, climb on the rocks and pick up special treasures they find along the way. Talk about the animals that live in our area and ask questions that will have them think just a little bit harder ("Why do you think the frog likes to be in the water?" or "What do you think the squirrel eats?").

Please let us know if there is anything you need as far as supplies.... We want to honor you as your child’s first teacher.... Keep up the great work you all are truly amazing!!!!

Reminder...June is Home Visiting month!!

Ms. Kathy and Ms. J
Enjoy the summer from your ECC Health Start - W:\kyla and Pat-

- Sunblock is meant for children under 6 months. There are 500 SPF sunblock products available. Use sunblocks on all exposed areas, including children’s ears if they are.

- For children older than 6 months, apply sunblock to all exposed areas, including children’s ears if they are.

- In water:
  - Reapply sunblock every two hours if children are outside for more than an hour, and more frequently if they are playing.
  - Apply sunblock at least 30 minutes before going outdoors so it is absorbed into the skin. It will need to be reapplied every two hours.
  - Apply sunblock at least 30 minutes before going outdoors so it is absorbed into the skin. It will need to be reapplied every two hours.

- Encourage families to dress children in cool clothing such as lightweight cotton pants and long-sleeved shirts. A light-colored, loose-fitting shirt is ideal.

- Sunblock can provide some shade to help children stay cool.

- If possible, use play areas that provide some shade to help children stay cool.

- And the selection and application of sunscreen:

  According to the Centers for Disease Control and Prevention (CDC), even a few major sunburns can increase the risk of skin cancer later in life. The American Academy of Pediatrics recommends the following guidelines: 

  - Stay hydrated! Is it important whether you or your children are in direct sun or in the shade. STAY HYDRATED!

  - Do you have enough to drink? Drinking water or other fluids is vital in preventing heat exhaustion and dehydration. This is the sun only. Do you need sunscreen? Most of the time we do need sunscreen, even if the sun is behind the clouds.

  - What is the forecast? Temperature, humidity and air quality for the day?

  - Check the weather outside for outdoor play:

    *Summer Safety for Families*
TIPS FOR SUN SAFETY

DO

- Use mineral-based sunscreens such as zinc oxide or titanium dioxide.
- Use lotions and sunscreen sticks.
- Apply sunscreen 15 minutes before sun exposure and follow label instructions for the frequency of repeated applications.
- Have adults apply sunscreen to children.
- Apply sunscreen first and wait five to ten minutes before using bug spray.

AVOID

- Sunscreens that use chemical filters like oxybenzone, octinoxate, or methythiazolinone as the active ingredient.
- Aerosol containers to prevent inhalation of the sunscreen.
- SPF's higher than 50.
- Combination bug spray-sunscreen products.
- Sunscreen on infants under 6 months of age.

www.cehn.org/ehcc
UV RADIATION EXPOSURE

There are two different types of UV radiation rays that humans come into contact with on a daily basis: UV-A and UV-B.

UV-B rays penetrate the top layer of the skin and are primarily responsible for sunburns, which is a big risk factor for skin cancer.

UV-A rays have the longest wavelength of UV radiation, so they penetrate the deepest into the skin. They are responsible for the wrinkling and leathering of skin. UV-A can increase the carcinogenic (cancer causing) effect of UV-B rays because the cells under the top layer of skin are also damaged and cannot help repair the sunburn above.

WHAT IS SUNSCREEN MADE OF?

The active ingredients in sunscreens come in two forms, mineral and chemical filters. Each uses a different mechanism for protecting skin. The most common sunscreens on the market contain chemical filters. These products typically include a combination of the following ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate. Mineral sunscreens use ingredients such as zinc oxide and/or titanium dioxide. Some “broad spectrum” products combine zinc oxide with chemical filters.

All available research shows that zinc oxide and titanium dioxide can be safely used in sunscreen lotions and that both pose a lower health hazard than most other sunscreen ingredients approved in U.S.

MORE TIPS FOR SUN SAFETY

Wear light-weight, long-sleeve shirts and pants AND always wear a hat if you plan on being outside in the sun.

Sunglasses are also a must to protect your eyes. Make sure the sun-glasses are UV protected so they are actively safeguarding your eyes from harmful UV rays. Polarized sunglasses provide even better protection from glare, especially from water, and can keep your eyes safer and healthier.

Organize outdoor activities for the early morning or late afternoon to avoid the sun’s most intense rays. Finally, if you do need to be outside in the middle of the day, find some shade to cool off and protect your skin.

***Important: The benefits of protection afforded by sunscreen use against UV radiation outweigh the concerns about some sunscreen ingredients. Always use sunscreen to protect yourself and your children.

ECO-HEALTHY CHILD CARE®

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Instagram: ecohealthychildcare
Better Eating on the Go

With tweens' and teens' busy schedules, it's no wonder they sometimes eat their meals and snacks on the go. But just because they're grabbing something quick doesn't mean the food can't be healthy, too. Review these tips with your children for finding nutritious foods in a hurry. Plus, they can make their own "fast food" at home using the handy ideas included.

What to order

Today's fast food restaurants offer at least some nutritious choices. Here are ways to pick the best options.

**Do your homework**
Encourage your teen to look over fast food nutrition facts online or at the restaurant. Work together to plan healthy meals based on what he learns. He can write down his order to carry in his wallet or make a note in his phone so he'll remember what to get.

**Drink water**
Calories, sugar, and fat will add up fast if your tween orders a soda or shake with her meal. For example, a 16-oz. "small" soda has about 140 calories and 35 grams of sugar. And shakes easily top 500 calories and 15 grams or more of fat. **Tip:** Remind your child that water is healthier and cheaper (as in free—just ask the server for a cup of water).

**Watch portions**
Recommend that your teen avoid supersizing or buying a combo meal. Instead, he can order food items individually so he gets exactly what he wants—but in reasonable portion sizes and without extra calories.

**Eat slowly**
Even though the food might come out fast, your child should take her time eating. You can explain that if she eats quickly, it's more difficult to pay attention to when she feels full. **Hint:** Suggest that she completely chew and swallow each bite before taking another.

**Skip the salt shaker**
Fast food is already known for being heavy on salt—encourage your tween not to add any more! Staying away from salty french fries and processed meat (ham, sausage) is another way to cut down on sodium. **Tip:** Sodium intake should not exceed 2,300 mg per day.

**Watch dessert choices**
If your child is in the mood for something sweet, recommend that she stick with fruit (apple slices, banana), a small ice cream rather than a sundae, or frozen yogurt with berries instead of candy on top. All of those are better choices than apple pie or cookies.

---

**Smart snacks at convenience stores**
Kids often make a quick stop for food at convenience stores. Help your teen bypass the candy and chips by suggesting more nutritious snacks like these:

- Low-fat string cheese
- Trail mix (individual portion)
- Fat-free yogurt
- Fresh fruit
- Unsalted nuts
- Whole-grain cereal (with less than 5 grams of sugar)
- Fresh vegetables with low-fat dip
- Raisins
- Frozen 100% fruit bars

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Restaurant by restaurant

Share this guide to help your child make smart choices in all different types of fast food places.

Burger
- Watch the toppings. Popular additions like bacon or fried onions have plenty of fat and almost no nutritional value. Consider leaving the cheese off, too. Lettuce, tomato, sliced avocado, or other fresh fruits and vegetables, however, make excellent toppings!
- Be picky about sauces. Choose ketchup or mustard instead of high-fat mayonnaise or “special sauce.”

Chicken
- Go for grilled. Fried chicken is coated in breading before being bathed in oil, turning it into a fatty, high-calorie meal. Better options are a grilled chicken wrap or grilled nuggets (go easy on, or skip, the creamy dipping sauces).
- Pick side items carefully. If your teen wants potatoes with his chicken, steer him toward a baked potato (topped with salsa rather than butter and sour cream). Or he could order fruit salad or corn on the cob.

Subs
- Select lean meats (chicken, turkey breast) on whole-wheat. Tip: Watch out for flavors like barbecue or teriyaki, which pack a lot of sodium.
- Fill up on vegetables. For better nutrition and taste, go ahead and ask for all the fresh vegetables to be added!

Tacos
- Choose soft tacos, since the hard shells are fried in oil until crisp. Hold the sour cream, ask for half the amount of cheese and just a little guacamole—it has healthy fats, but a spoonful is enough.
- Choose plain beans (black, pinto) rather than refried beans or those cooked with bacon.

Asian
- Get steamed or stir-fried dishes instead of deep-fried ones (General Tso’s chicken, for example, is typically deep-fried). Add whole grains to the meal by requesting steamed brown rice instead of fried or white rice.
- At sushi places, ask for brown rice. Skip the sushi rolls with sauces or fried items, and if you use soy sauce, make it low-sodium.

Pizza
- Pick thin crust over thick, flavored, or stuffed crust.
- Top your pie with vegetables and fruits like diced green peppers, spinach, or pineapple. Avoid pepperoni, bacon, and other fatty options.

Grab-and-go cups
One reason fast food is so popular is that it’s convenient. Your teen can create his own snack and meal cups that are also easy to take along.
- Have him fill small cups or containers with items like these, store them in the refrigerator or pantry, and add a plastic fork or spoon. He’ll have everything he needs for a healthy bite on the go.

PB & veggies
- Place peanut butter in the bottom of a cup, and stand up carrot and celery sticks in it. Tip: Substitute almond, soy, or cashew butter if your child has a peanut allergy.

Energy mix
- Combine plain popcorn with mini-pretzels, dried cranberries, and walnuts.

Raspberry cheesecake
- Spoon in ¼ cup low-sugar raspberry jam. Add ¼ cup nonfat cottage cheese, and 3 crushed low-fat vanilla wafers.

Bean mash-up
- Mash together white beans from one 15-ounce can (drained, rinsed), ⅛ tsp. olive oil, and chopped red onion, if desired. Season with pepper and a little salt. Divide into cups, and top with shredded lettuce or cabbage.
JUNE 2021

ODE’IMINI-GIIZIS OR STRAWBERRY MOON

The turtles shell has 13 central plates called scutes. The traditional Ojibwe calendar consists of a 13-moon lunar cycle. The names of each moon are influenced by the phenology of what is occurring in nature at the time. It could be animal activity, cultural practice or beliefs.

Strawberry Moon influenced by traditional berry picking season.

Thirteen sections on a turtle shell.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Go out into nature. Bring Joy.</td>
<td>You can make a positive impact on others by being kind.</td>
<td>Share a photo that makes you happy.</td>
<td>Do something with others to find a helpful way to worry and try Re-frame a worry.</td>
<td>Take a photo of something you are grateful for.</td>
<td>Share a letter to thank someone.</td>
<td>Feel the joy that the green space and quiet time brings.</td>
</tr>
<tr>
<td>Notice how it works.</td>
<td>Bring to mind a new idea or insight.</td>
<td>Recently the happy things others do made you feel happy.</td>
<td>Eat good food. Think about it.</td>
<td>Write a gratitude letter.</td>
<td>Really savour it.</td>
<td>Feel the joy that the green space and quiet time brings.</td>
</tr>
<tr>
<td>Note to you.</td>
<td>Look for something to notice things.</td>
<td>Where you are now.</td>
<td>Look for something to notice things.</td>
<td>Write a gratitude letter.</td>
<td>Choose to see the funny side.</td>
<td>Get out into nature. Bring Joy.</td>
</tr>
<tr>
<td>Join a friend.</td>
<td>Something that you think is difficult to do.</td>
<td>Person you need to thank.</td>
<td>Find joy in this month. Good every day.</td>
<td>Make a photo. Think of 3.</td>
<td>Choose to see the funny side.</td>
<td>Get out into nature. Bring Joy.</td>
</tr>
<tr>
<td>Date</td>
<td>Activity</td>
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<tr>
<td>30</td>
<td>National Camera Day: Play tennis inside a ball</td>
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<td>29</td>
<td>National Sunglasses Day:</td>
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<td>28</td>
<td>Summer Begins!</td>
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<td>27</td>
<td>Pool Day!</td>
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<td>25</td>
<td>Read a new summer book</td>
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<td>24</td>
<td>Happy Birthday, Bruce</td>
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<td>23</td>
<td>Eat your favorite fruit</td>
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<td>22</td>
<td>National Finch Day: Look up a finch</td>
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<td>21</td>
<td>World Handicap Day: Take a picture of something that shows how big you</td>
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<td>Fireworks Day!</td>
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<td>19</td>
<td>July 4th, 4th of July</td>
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<td>18</td>
<td>International Peace Day: Make a peace sign</td>
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<td>17</td>
<td>Peace Day!</td>
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<td>National Smile Power Day:</td>
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<td>Children's Day:</td>
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<td>Children's Day:</td>
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<td>13</td>
<td>Crema Outdoor Buffet</td>
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<td>National Chocolate Ice Day:</td>
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<td>National Best Friends Day:</td>
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<td>Go outside to celebrate</td>
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<td>Go outside to celebrate</td>
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<td>Make a food puzzle</td>
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<td>Visit an aquarium in Cd.</td>
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<td>June 19th: Read about animals and plants</td>
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<td>June 20th: Read about animals and plants</td>
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<td>21</td>
<td>June 21st: Take a picture of someone with a friend</td>
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<td>Jimmie's Day: Gems</td>
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<td>June 6th: Read a book about an animal</td>
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<td>June 30th: Read a book about an animal</td>
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<td>31</td>
<td>July 1st: Read a book about an animal</td>
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**Weekdays:**
- **Monday:** National Fresh Fruit and Vegetable Month
- **Tuesday:** National Freshman Day
- **Wednesday:** National Running Day
- **Thursday:** International Peace Day
- **Friday:** National Finch Day

**Weekends:**
- **Saturday:** Crema Outdoor Buffet
- **Sunday:** National Chocolate Ice Day

**2021**
Cut and glue the pieces together to complete the dinosaur!

Dinosaur
Slime

**Ingredients:**
- 1 Cup of Water
- 1 tsp Borax

**Borax Mixture:**
Desired Food Coloring
- 1/2 Cup of Water
- 1 Bottle of Liquid Glue

**Glue Mixture:**
- Next, you’re going to add the borax mixture to the glue.
- Mix the measured borax into the cup of water, stir until dissolved.
- Then measure a teaspoon of borax.
- Measure a cup of water into a separate container.

**Borax Mixture:**
- Add desired food coloring into glue mixture.
- Add the bottle of liquid glue to the 1/2 cup water, stir together.
- Measure 1/2 cup of water into a bowl.

**Instructions:**
- Mix the ingredients until in turns slimy.
Current Opening for the Red Cliff Early Childhood Center

Child Care Assistant Teacher - 2 Positions
DEADLINE: Open Until Filled - Apply Online

Child Care Teacher - 4 Positions
DEADLINE: Open Until Filled - Apply Online

Early Head Start Center Based Teacher - 3 Positions
DEADLINE: Open Until Filled - Apply Online

Early Head Start Home-Based Teacher
DEADLINE: Open Until Filled - Apply Online

Head Start Assistant Teacher LTE - 2 Positions
DEADLINE: Open Until Filled - Apply Online

Head Start Assistant Teacher
DEADLINE: Open Until Filled - Apply Online

Head Start Bus Driver & Family Service Worker
DEADLINE: Open Until Filled - Apply Online

If you are interested go to the Red Cliff Tribal Website.

Red Cliff Tribal Job openings
Go to the Red Cliff Tribal Website

https://www.redcliffturtle.net/how_do_i/apply_for_employment_opportunities/job_opportunities.php

Bayfield Chamber of Commerce job openings, Go to: http://business.bayfield.org/jobs
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<tr>
<td><strong>SKIM MILK SERVED WITH MEALS 1-3 YRS WHOLE</strong></td>
<td>1B HB OATS, STRAWBERRIES, YGT, MUFFIN S ORANGES, CRACKERS L KIELBASA, PES, MANGO, WGBUN</td>
<td>This snack will be opposite for Tuesday and Wednesday hands on snack S goldfish/honeydew</td>
<td>3B OATMEAL, WG TOAST, PB, APPLES S PRETZELS/FR CUP L TOMATO SOUP, GR CHEZ, PINEAPPLE, CR</td>
<td>4B KIX, ORANGES, YGT, S PEARS/ CHEESE L TUNA HD, PEAS, PEACHES, CC, JELLO</td>
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<td><strong>7B BOILED EGGS, BAGEL, TRK BACON, RASPBERRY S CHEESE-ITS/TR FRT L MONG BEEF, MANGO, STIR FRY, CC</strong></td>
<td>8B HB OATS, PEARS, WG TOAST, PB S CAMPING BEARS/PEACHES L HAM, PEAS, PINEAPPLE, CC</td>
<td>This snack will be opposite for Tuesday and Wednesday hands on snack S apple/cheese stck</td>
<td>10B BOILED EGGS, BAGEL, TRK BACON, RASPBERRY S YGT/STRAWBERRIES L CHIX WGHGD, BROCCOLI, PEACHES</td>
<td>11B RICE CHEX, PEARS, CC, TRK SAUSAGE S CAMPING BEARS/PEACHES L PIZZA, CANTALOupe, IT VEGGIES</td>
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<td><strong>14B EGG MUFFIN, ORANGES, YGT S CC/PEARS L HAMB HD, CARROTS, TR FRUIT, SALAD S RICE CAKE/MILK</strong></td>
<td>15B CORN CHEX, BERRIES, CC S SMOOTHIE/GR CRCK L BK CHIX, WMELON, BEANS, PT SALAD S APPLES/CHEESE</td>
<td>This snack will be opposite for Tuesday and Wednesday hands on snack S MAN ORANGES/CHEESE ITs</td>
<td>17B CHEERIOS, BLUEBERRIES, CC S TEDDY GR/MILK L BURRITOS, RICE, HDEW, CORN S BERRIES/CC</td>
<td>18B PANCAKES, FR COCKTAIL, YGT S SMOOTHIE/GR CRCK L PORK CHOP, KRAUT, PEAS, PEACHES, CC S CARROTS/DIP</td>
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<tr>
<td><strong>21B FR TOAST, SAUSAGE, APPLESauce S VEGGIE/DIP CC L TACOS W/FIXINGS CORN, HDEW</strong></td>
<td>22B HB OATS, BERRIES, CC S CHEX MIX/TR FRT L CHICKEN SALAD, WG PITA, GR BEANS, PEACH S CUKES/HUMMUS</td>
<td>This snack will be opposite for Tuesday and Wednesday hands on snack S CRacker/APPLESauce</td>
<td>24B KIX, PEARS, CC S NILLA WAFERS/MILK L CHICKEN RICE SOUP, PB SADN, CANTALOupe SALAD S CRACKERS/CHEESE</td>
<td><strong>25B QUICHE', SAUSAGE, CANTALOupe S FR CUP/GR CRACKER L CHZ/BROC SP, HAM SAND, PINEAPPLE</strong></td>
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<td><strong>28B MALTO MEAL, WG TOAST, PEACHES S BROC/HUMMUS L PIZZA, SALAD, FR COCKTAIL, CC, CORN</strong></td>
<td>29B CHEERIOS, APPLES YGT, ENG MUFFIN S BERRY PIZZA L M OJCHIX, M OJ, PEAS, RICE</td>
<td>This snack will be opposite for Tuesday and Wednesday hands on snack S CC/PEARS</td>
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