



# RED CLIFF



## EARLY CHILDHOOD CENTER NEWSLETTER



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



# JUNE

## ODEMINI-GIIZIS (STRAWBERRY MOON)

S M T W T F S

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



### OJIBWE LANGUAGE CORNER



**Jiikendam**

S/he feels happy.



**Nishkaadizi**

S/he is angry; is mad.



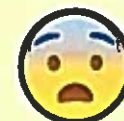
**Gashkendam**

S/he is lonesome; is lonely; is sad.



**Goshkwendam**

S/he is surprised.



**Zegizi**

S/he is afraid; is scared; is frightened.



**Ayekози**

S/he is tired.



**Bakade**

S/he is hungry.



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



# AMIK NEWS

## AMIK NEWS & UPDATES

### 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'imini-giizis—June

**Miigwech,  
Miss Tiff & Miss Judy**

# Makwa June News

**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? Whats the matter?**

# Esiban Newsletter



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

# MASHKODE-BIZHIKI BIDAAJIMOWIN



Ode'imini-Giizis 2021  
(Strawberry Moon)

**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](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.**

## **DATES TO REMEMBER**

**Sunday, June 20<sup>th</sup> Father's Day**

**Sunday, June 20<sup>th</sup> 1<sup>st</sup> Day of  
Summer**

## **OJIBWMOWIN - THE OJIBWE LANGUAGE**

**Imbaabaa - Father  
Niibin - Summer  
Bingwi - Sand  
Mitaawangaa - Sandy Beach  
Gichigami - Lake Superior  
Asin - Rock  
Gimiwan - Rain  
Ode'imini - 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!!**

**Ojibwemowin**

**Flower waabigwan**

**Leaf Aanibilsh**

**Stick Mitig**

**Ode'imin Strawberry**

**Wiigwaasinaagan  
Birchbark basket**

**Niibin Summer**

**Miigwech,**

**Ms. Alicia and Ms.Donna**

**Ext. 2560 or 2545**







# 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 20<sup>th</sup>. 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 pre-  
tend car wash  
Literacy skills – like creating a menu for a pre-  
tend restaurant

By: Laurel Bongiorno

<https://www.naeyc.org/our-work/families/10-things-every-parent-play>



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





Red Cliff Early Childhood Center  
Policy Council Meeting Minutes  
Friday April 9<sup>th</sup>, 2021 @ 11:00 am Virtual



**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 18<sup>th</sup>, 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 13<sup>th</sup>, 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

# mino-dibishkaa! Head Start



Office of Head Start 56 Years

Family Forum 25 Years

Red Cliff Early Childhood Center 27 Years



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



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



\*1994



\*1999 moved into new building!



- \*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



Miigwech, mi'iw



# Family Service Newsletter

June 2021

## **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>d</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>. Source: UW extension



## **Boozhoo From the Education and Abilities Department**

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





# SUMMER SAFETY FOR FAMILIES

## CHECK THE WEATHER OUTSIDE FOR OUTDOOR PLAY

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



-Is the Sun out? Do you need sunscreen? Most of the time we do need sunscreen, even if the sun is behind the clouds.

-Do you have enough to drink? Drinking water or other liquids is vital in preventing heat exhaustion and dehydration. This is important whether you or your children are in direct sun or in the shade. **STAY HYDRATED!**

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.<sup>1</sup> The American Academy of Pediatrics recommends the following guidelines<sup>2</sup> regarding sun safety and the selection and application of sunscreen:

- If possible, use play areas that provide some shade to help children stay cool.
- Protect infants under 6 months from direct sunlight by keeping them in a shady spot under a tree, umbrella, or stroller canopy.
- Limit children's sun exposure between 10 a.m. and 4 p.m. when UV rays are the strongest.
- Encourage families to dress children in cool clothing such as lightweight cotton pants and long-sleeved shirts. A hat will protect their face, ears, and the back of their neck.
- Apply sunscreen at least 30 minutes before going outdoors so it is absorbed into the skin. It will need to be reapplied every two hours if children are outside for more than an hour, and more frequently if they are playing in water.
- For children older than 6 months, apply sunscreen to all exposed areas, including children's ears if they are wearing a cap instead of a hat.
- For children younger than 6 months, use sunscreen on small areas of the body, such as the face and the backs of the hands if protective clothing and shade are not available. Be sure the sunblock is meant for children under 6 months.

-Enjoy the Summer from your ECC Health Staff - Mikayla and Patt





# TIPS FOR SUN SAFETY



## 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.

## 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.



## 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 leatherness 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.



\*\*\*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.

## 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.

## ECO-HEALTHY CHILD CARE®

[WWW.CEHN.ORG/EHCC](http://WWW.CEHN.ORG/EHCC)

(202) 543-4033 x 10 | Facebook: @ehcc1

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





## Restaurant by restaurant

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

### Burger

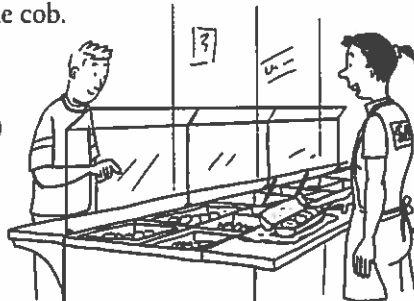
- Watch the toppings. Popular additions like bacon or fried onions have plenty of fat and almost no nutritional value. Consider leaving the cheese off, too. Lettuce, tomato, sliced avocado, or other fresh fruits and vegetables, however, make excellent toppings!
- Be picky about sauces. Choose ketchup 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. **Note:** 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  $\frac{1}{8}$  cup low-sugar raspberry jam. Add  $\frac{3}{4}$  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),  $\frac{1}{2}$  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.

*Editor’s Note:* Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

Teen  
FOOD & FITNESS



**JUNE 2021**

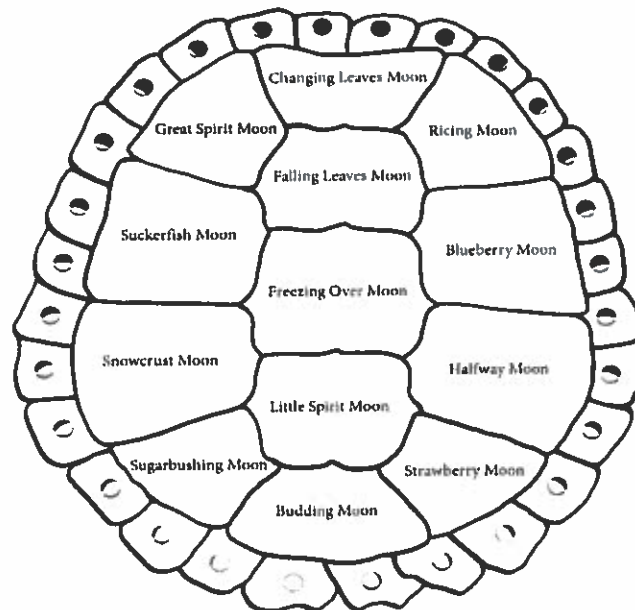
**ODE'IMINI-GIIZIS OR STRAWBERRY MOON**

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.





# Joyful June 2021

MONDAY

TUESDAY

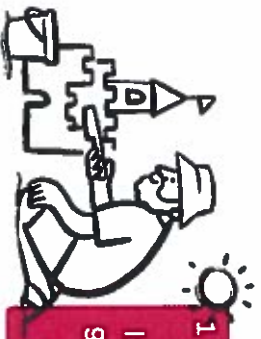
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

3 Re-frame a worry and try to find a helpful way to think about it

4 Take a photo of something that brings you joy and share it

5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

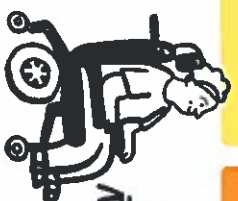
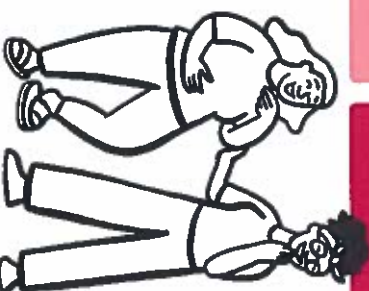
26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together



2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Great Outdoors Month	National Fresh Fruit And Vegetables Month	1 Dinosaur Day- Make your own Dinosaur puzzle! (See Activity)	2 National Running Day- Go outside and run!	3 World Bicycle Day- Take a bicycle ride together!	4 National Donut Day! Eat donuts for breakfast and make a to-do list.	5 World Environment Day!
6 National Cave Day! Read the story "In The Dark Cave" and make your own slime!	7 National Chocolate Ice Cream Day! Cool down with some chocolate ice cream for a snack!	8 National Best Friends Day- Read a book about friendship with a friend!	9 Go outside to celebrate Great Outdoors Month!	10 Go outside and use sidewalk chalk to practice drawing different shapes!	11 Make number puzzles for your child to solve!	12 Visit an Aquarium to Celebrate National Aquarium Month! What animals did you see at the Aquarium?
13 Children's Day!	14 Flag Day!	15 National Smile Power Day- Read a book that makes you smile!	16 Go on an alphabet hunt! Look for an object that starts with the letter a, then b, then c...	17 National Eat Your Vegetables Day- Eat your favorite vegetable for a snack!	18 International Picnic Day- Pack a picnic lunch	19 Juneleenth
20 Summer Begins! Father's Day!	21 National Selfie Day! Take selfies together!	22 World Rainforest Day! What animals live in the rainforest?	23 National Pink Day! Look for objects that are pink!	24 Eat your favorite fruit for a snack!	25 Happy Birthday Eric Carle! Read an Eric Carle Book!	26 Read a new summer book that has the word "sun" in it
27 National Sunglasses Day!	28 Play tennis using a balloon as the ball!	29 National Camera Day!	30 Discuss with your family what your favorite part about summer is!	National Aquarium Month		



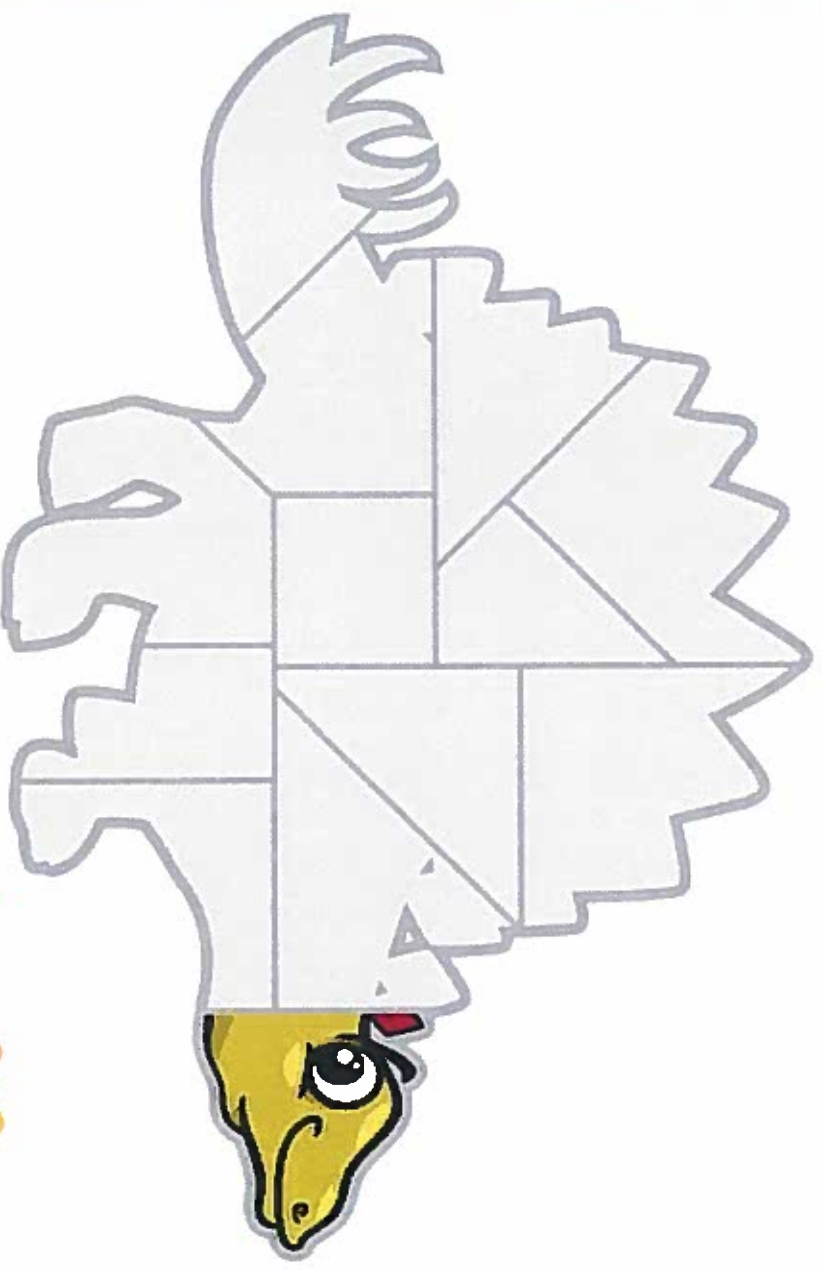
[www.booksbythebushel.com](http://www.booksbythebushel.com)





# Dinosaur

Cut and glue the pieces of the puzzle together to complete the dinosaur!



# Slime

## Ingredients:

### Glue Mixture:

- 1 Bottle of Liquid Glue
- 1/2 Cup of Water
- Desired Food Coloring

### Borax Mixture:

- 1 tsp Borax
- 1 Cup of Water

## Instructions:

### Glue Mixture:

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

### Borax Mixture:

- Measure a cup of water into a seperate container
- Then measure a teaspoon of borax
- Add the measured borax to the cup of water- stir till dissolved.
- Next you are going to add the borax mixture to the glue mixture- stir together until in turns slimy!





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**

**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.redcliffnsn.gov/how\\_do\\_i/apply\\_for\\_obtain/employment\\_opportunities/job\\_openings.php](https://www.redcliffnsn.gov/how_do_i/apply_for_obtain/employment_opportunities/job_openings.php)



**Bayfield Chamber of Commerce job openings, Go to: <http://business.bayfield.org/jobs>**

# JUNE 2021

## ODE'IMINI=GIIZIS

NITAM ANOKI-GIIZHIGAD	NIIZHOOGIIZHIGAD	AABITOOSE	NIYO-GIIZHIGAD	NAANO-GIIZHIGAD
<b>SKIM MILK SERVED WITH MEALS</b> <b>1-YRS WHOLE</b>				
<b>7B</b> BOILED EGGS, BA-GEL, TRK BACON, RASP-BERRY <b>S</b> CHEESE-ITS/TR FRT <b>L</b> MONG BEEF, MANGO, STIR FRY, CC	<b>8B</b> HB OATS, PEARS, WG TOAST, PB <b>S</b> CAMPING BEARS/PEACHES <b>L</b> HAM, PEAS, PINEAPPLE, CC	<b>THIS SNACK WILL BE OP-POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK</b> <b>S</b> GOLDFISH/HONEYDOW	<b>3BOATMEAL, WG TOAST, PB, APPLES</b> <b>S</b> PRETZELS/FR CUP <b>L</b> TOMATO SOUP, GR CHEZ, PINEAPPLE, CR	<b>4B</b> KIX, ORANGES, YGT, <b>S</b> PEARS/CHEESE <b>L</b> TUNA HD, PEAS, PEACHES, CC, JELLO
<b>14B</b> EGG MUFFIN, OR-ANGES, YGT <b>S</b> CC/PEARS <b>L</b> HAMB HD, CARROTS, TR FRUIT, SALAD <b>S</b> RICE CAKE/MILK	<b>15B</b> CORN CHEX, BERRIES, CC <b>S</b> SMOOTHIE/GR CRCK <b>L</b> BK CHIX, WMELON, BEANS, PT SALAD <b>S</b> APPLES/CHEESE	<b>THIS SNACK WILL BE OP-POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK</b> <b>S</b> APPLE/CHEESE STCK	<b>10B</b> BOILED EGGS, BA-GEL, TRK BACON, RASP-BERRY <b>S</b> YGT/STRAWBERRIES <b>L</b> CHIX WGHD, BROCCOLI, PEACHES	<b>11B</b> RICE CHEX, PEARS, CC, TRK SAUSAGE <b>S</b> CAMPING BEARS/PEACHES <b>L</b> PIZZA, CANTALOUPE, IT VEGGIES
<b>21B</b> FR TOAST, SAU-SAGE, APPLESAUCE <b>S</b> VEGGIE/DIP CC <b>L</b> TACOS W/FIXINGS <b>CORN, HDEW</b>	<b>22B</b> HB OATS, BERRIES, CC <b>S</b> CHEX MIX/TR FRT <b>L</b> CHICKEN SALAD, WG PITA, GR BEANS, PEACH <b>S</b> CUKES/HUMMUS	<b>THIS SNACK WILL BE OP-POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK</b> <b>S</b> GR CRACKER/APPLESAUCE	<b>17B</b> CHEERIOS, BLUE-BERRIES, CC <b>S</b> TEDDY GR/MILK <b>L</b> BURRITOS, RICE, HDEW, CORN <b>S</b> BERRIES/CC	<b>18B</b> PANCAKES, FR COCKTAIL, YGT <b>S</b> SMOOTHIE/GR CRCK <b>L</b> PORK CHOP, KRAUT, PEAS, PEACHES, CC <b>S</b> CARROTS/DIP
<b>28B</b> MALTO MEAL, WG TOAST, PEACHES <b>S</b> BROCC/HUMMUS <b>L</b> PIZZA, SALAD, FR COCKTAIL, CC, CORN	<b>29B</b> CHEERIOS, APPLES YGT, ENG MUFFIN <b>S</b> BERRY PIZZA <b>L</b> M OJCHIX, M OJ, PEAS, RICE	<b>THIS SNACK WILL BE OP-POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK</b> <b>S</b> CC/PEARS	<b>24B</b> KIX, PEARS, CC <b>S</b> NILLA WAFERS/MILK <b>L</b> CHICKEN RICE SOUP, PB SADN, CANTALOUPE <b>SALAD</b> <b>S</b> CRACKERS/CHEESE	<b>25B</b> QUICHE' SAUSAGE, CANTALOUPE <b>S</b> FR CUP/GR CRACKER <b>L</b> CHZ/BROC SP, HAM SAND, PINEAPPLE

**MENU**  
**SUBJECT**  
**TO**  
**CHANGE**