

# RED CLIFF EARLY CHILDHOOD CENTER

## Newsletter

"Any day spent  
with you is my  
favorite day. So,  
today is my new  
favorite day."

- A. A. Milne,  
Winnie the Pooh



Ode'imini-Giizis  
(Strawberry Moon)



### June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
5	6	7	8	9	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

7

EHS in Session

12

Family Night

19

ECC/Tribe Closed: Juneteenth

27

Family Dance at LW

## Niibin!

Can you believe that it is June! Only one more month and the school year will be over! Time sure flies when you are having fun!

This month the school will be focusing on gardening, camping and learning about insects. Take your child outside or to the local farms in the area and show them what types of things they will find in their community.

Have them explore the woods and pick up rocks, logs and other things that might have insects hiding under them.

Share and discuss the insects, flowers, and food within their community! Set up a tent either inside or outside and pretend you are camping! Your child will surely love it!!

Please make sure that you have signed a slip for your child to get bug spray and sunscreen on. We cannot apply them without a signed permission slip! Your child's teacher should be reaching out to you to set up a home visit this month. Per Head Start standards, we are required to have two home visits a school year with each family. This is a great time to hear about all the accomplishments that your child has done and what your goal will be moving forward!

Miigwech for sharing your children with us!! We look forward to seeing them each and every day!

Miigwech,

Jamie & Jenn





# Amik Newsletter



## BOOKS WE'RE READING THIS MONTH:

Mad about spiders, bugs, and other insects: by Sarah Creese

Bugs and slugs: by Terry Jennings

Diary of a fly: by Doreen Cronin

Old black fly: by Jim Aylesworth

The very hungry caterpillar: by Eric Carle



### Ojibwe words of the month:

Indede- my father

Manidoons- a bug, and insect, a worm

Enigoons- an ant

Aamoo- a bee, a wasp

Memengwaa- butterfly

Oojiins- fly

Bapakine- Grasshopper

During the month of May we learned about different things that can grow in soil. We explored outside and saw a few different kinds of flowers. We liked picking the dandelions. We made cards for our moms/guardians.

This month we will start talking more about bugs/insects and learning what is right outside in our playground. We already love playing in the dirt, what we can we find there!

We will also be making something for our fathers/guardians.

We will continue working on individual goals for each child.



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

(715) 779-5030 Classroom ext.  
2525 Office ext. 2526

Miigwech! Miss Tiff & Mrs Andrea

# June Makwa News

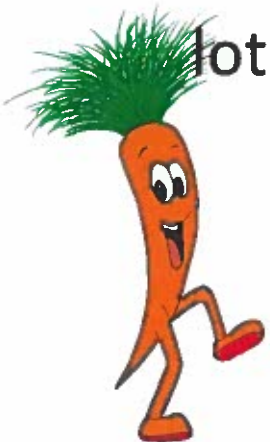
Boozhoo! It's already June and the seeds we planted have sprouted! So far our green beans, cucumber and carrots have sprouted! The children were so excited to see this.

This month we will be working on a camp study, expressing our feelings during certain situation along with different strategies to verbalize how we are feeling and why.

With the weather heating up we will be doing a lot of outdoor water play. Please send extra clothes.

Miigwech! Ms. Kelsey & Ms. Judy.

Ext. 2544

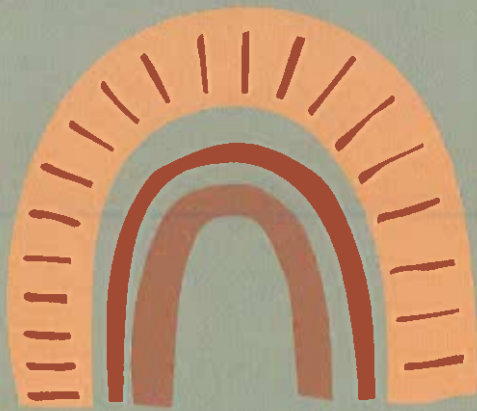


Ojibwe Phrases we have been using.

Aaniin ezhi-ayaan noongom? How are you today?

Aaniin danaa? What's the matter?





# ESIBAN NEWSLETTER

June 2024



## WHAT WE ARE LEARNING

This month we will be learning about camping and gardening. We have a bunch of fun activities and crafts planned out. We will be exploring the outdoors this month to learn more about nature.

-Miss Gena &  
Miss Shannon  
Ext. 2541 (class)  
Ext. 2542 (office)

## REMINDERS

- ✓ Please bring in extra clothes as we tend to get messy with crafts and playing outside. As the weather gets nicer we may play in the water outside.
- ✓ Remember to call if your child will be out for the day.

## OJIBWEMOWIN

Mitig - tree

Ishkode - fire

Gabeshiwin - camp

## IMPORTANT DATES

<b>June 12</b> Family Night	<b>June 21</b> No School
<b>June 14</b> No School	<b>June 27</b> ECC Dance
<b>June 19</b> ECC Closed	<b>June 28</b> No School





# EHS HOME BASE

## JUNE 2024

### THIS MONTH

**HOME BASE FAMILIES,**  
I hope you all have been enjoying some of the nice weather we have had! As it gets warmer outside I would like us to do more outdoor activities and focus on gross motor :)  
Remember our children learn best through play!

### REMINDERS

Enrichment Forms are due on the last day of the month :)

### IMPORTANT DATES

**June 7th: EHS has class!**  
**June 12th: ECC Family Night 4:30-6PM!**  
**June 19th: ECC/Tribe Closed!**  
**June 21st: Home Base Social 10AM-12PM**  
**June 27th: ECC Dance Night 5-7PM**

### OJIBWEMOWIN

Ode'imini-Giizis= June.  
Minogiizhigan= it's a nice day.  
Gizhaate= It is sunny.  
Mino-Gigizheb= Good Morning.

### CONTACT INFO

**Phone: 715-779-5030 Ext. 2534**  
**Email: [chelby.cameron@redcliff-nsn.gov](mailto:chelby.cameron@redcliff-nsn.gov)**



# MASHKODE-BIZHIKI

## NEWSLETTER

JUNE 2024  
ODE'IMINI GIIZIS

### WE ARE LEARNING

During the month of June, we are jumping into our bugs and insect study. We are going to be identifying the types of bugs/insects we find on our playground, what they eat, where they live, and how they change. We are also starting our Nii bin (summer) study! Ask your child about the memengwaas we have growing in our classroom!

#### OJIBWEMOWIN



Ode'imīn - Strawberry  
Aamoo - Bee  
Memengwaa - Butterfly  
Enigoons - Ant  
Manudoosh - Insect  
Nii bin - Summer  
Nībī - Water



#### IMPORTANT DATES

June 12 - Family Night  
June 19 - ECC CLOSED  
June 27 - ECC DANCE

#### CONTACT US

Email:

nadine.cadotte@redoliff-nsn.gov  
tatum.hanson-gordon@redoliff-nsn.gov  
mary.newago@redoliff-nsn.gov

Office Phone:

715-779-5030 ext. 2547

MS.NADINE, MS.TATUM,  
MS.MARY & MS.ANGELA

# MA'IINGAN BIDAAJIMOWIN



**Ode'imini-Giizis 2024**

**(Strawberry Moon)**

**Boozhoo gakina awiya.**

**During the month of June, we will be focusing on our bugs and insects' study. We will be learning about where bugs and insects live, how they change, what they eat, which ones fly or crawl, and which ones live in our community. Our activities incorporate goals such as letter and number recognition and Ojibwe language and culture.**

**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 and mud boots if you have some to school.**

**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 such as health releases, 4K paperwork, ASQ's, etc.**

**Reminder: Fill out the Family Enrichment form and turn it in each month.**

**The classroom hours are 7:30am – 3:30pm Monday through Thursday. We can be reached by email: [alicia.deperry@redcliff-nsn.gov](mailto:alicia.deperry@redcliff-nsn.gov), [gina.lagrew@redcliff-nsn.gov](mailto:gina.lagrew@redcliff-nsn.gov), or our classroom office phone at 715-779-5030 ext. 2545**

## **DATES TO REMEMBER**

**Wednesday, June 12<sup>th</sup> Family Night**

**Sunday, June 16<sup>th</sup> Father's Day**

**Wednesday, June 19<sup>th</sup> Juneteenth – ECC Closed**

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

**Thursday, June 27<sup>th</sup> ECC Dance Night**

**Friday, July 19<sup>th</sup> ECC Graduation**

**Wednesday July 31<sup>st</sup> Childhood Wellness Walk**

## **OJIBWMOWIN**

**Imbaabaa – Father**

**Niibin – Summer**

**Azhashik – Mud**

**Waanzhibiiyaa – Puddle**

**Waabigwan – Flower**

**Manidoosh – Insect**

**Manidoonsikaa – Bugs**

**Asabikeshiinh – Spider**

**Enigoons – Ant**

**Oojiins – Fly**

**Moose – Worm**

**Memengwaa – Butterfly**

**Biimiskodisii – Snail**

**Ms. Alicia & Miss Gina**



# June Newsletter

## Migizi Classroom News



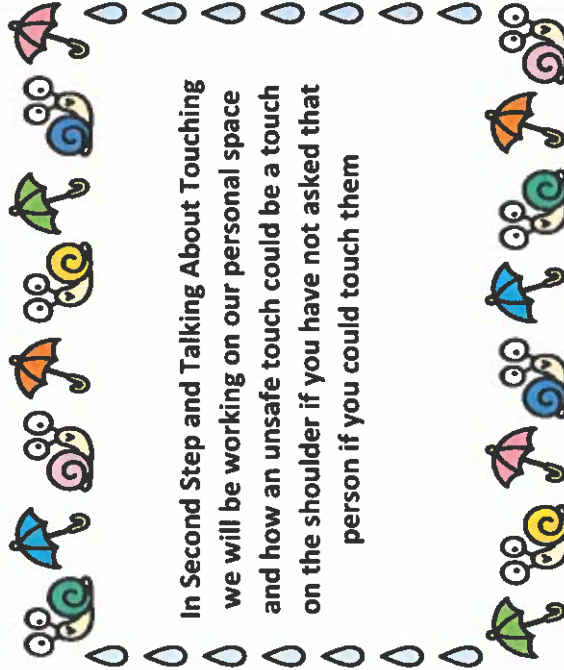
This month we will continue with the Gardening Study. We will be planting seeds in various containers. By doing this we will decide which containers are best for growing seeds.



Everyone is enjoying all the new sand in our playground but we sure are getting dirty and sandy!



Ms. Diann, Ms. Melissa, Ms. Chandria  
715-779-5030 ext2540



In Second Step and Talking About Touching we will be working on our personal space and how an unsafe touch could be a touch on the shoulder if you have not asked that person if you could touch them



Everyone is enjoying all the new sand in our playground but we sure are getting dirty and sandy!



Garden

Gitigaan



Seed

Miinikaan



Dirt

wiiyagaseh







Red Cliff Early Childhood Center  
Policy Council Meeting Minutes  
Monday, April 22<sup>nd</sup>, 2024 @ 10:00 am  
In Person/Virtual



**Meeting called to order by Kennedy Defoe @ 10:13 am.**

**Policy Council Members Present:** Audra Blanche, Jared Blanche, Nissia Basina, Lacie Defoe, all virtual and Vincent Bresette in person.

**Absent:** Karmen Schmitz-Topping and Linda Christiansen.

**Staff/Other Present:** Jennifer Leask, Administrator, Kathy Haskins, Education/Abilities Manager, Cindy Garrity Family Service Manager and Mikayla Topping Defoe, Health Assistant/Family Service worker.

**Approval of Agenda**

Motion by Jared to approve the agenda, seconded by Audra, all in favor, motion carried.

**Approval of Minutes**

Motion by Audra to approve regular minutes for February 13<sup>th</sup> and Sp. Meeting Minutes March 8<sup>th</sup>, 2024, second by Jared, all in favor, abstention, motion carried.

**Menu: May**

Motion by Jared to approve menu for May 2024 with changes, second by Audra, all in favor, motion carried.

**Approval the 2023-2024 Nutrition Plan**

Motion by Audra to approve the 2023-2024 Nutrition Plan, second by Jared, in discussion, Policy Council were updated on how the plan looks and any changes that may have been made, no questions, all in favor, motion carried.

**Approval of Environmental Health & Safety Plan 2023-2024**

Motion by Audra to approve the 2023-2024 Environmental Health & Safety Plan, in discussion; The policy council were updated on the changes made to the plan, no questions, all in favor, motion carried.

**Approval to Ratify Poll Vote for Early Head Start Teacher-Shannon Soulier and April Menu 2024.**

Motion by Lacie to approve the Ratification poll vote for Early Head Start Teacher Shannon Soulier and April's menu for 2024, second by Jared, all in favor, motion carried.

**School Readiness:**

Kathy asked if all the board received a copy of the school readiness hand out and if they had any questions. There were no questions at this time. They were told that this is how it works and what Jamie presented last time on school readiness was the numbers. If later they had questions they could contact her or Jamie.

**Financial Report**

Jenn had a copy of the financial report and went over it with the policy council. She stated that they are working on a spending plan. Some of the money will go towards cultural expenses such as sewing machines, cultural planting supplies, bookshelves, and working with Kati Bresette in the cultural outdoor classrooms. Jenn informed them that there was a discrepancy with some COVID funds. The fund was re-opened, and accounting is working on clearing up the discrepancy.

**Program Summary**

A correction for 4K numbers need to be flipped in enrollment and Cindy talked about the attendance being low. There were no questions asked at this time.

**Discussion on FA 2 Onsite Review**

Jenn informed them that the review team will be here the week of May 6<sup>th</sup>. Jenn is waiting on the agenda from them and when she gets the dates and times, she will inform the Policy Council. She asked that they try to keep that they mark it on their calendars.

**Other:**

- Jenn asked the Policy Council how they would like to receive the Quarterly Report that she has to generate from all departments. Would they like it before she sends it to the Tribal Council or after she has completed it. It was recommended that it be placed on the agenda of the next meeting after she has completed it.
- The Policy Council board was informed that Nissia Basina resigned her position on the board.
- Next regular policy council meeting is set for May 14<sup>th</sup> at 11:00 am.

**Executive:** No executive at this time.

**Adjourn:**

Motion by Lacie to adjourn at 10:45am., second by Jared, all in favor, motion carried.

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

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

# Family Service News

## Ode'imini-Giizis

### June-2024

Waaseyaa / Zakaate noongom – it is sunny/bright today

#### ECC Events

- June 12th ECC Family Night  
4:30-6 pm
- June 19th, ECC/Tribe  
Closed-JUNETEENTH Day
- June 27th ECC Family Dance  
at Legendary Waters Event  
Center 5-7 pm.

#### Community Wellnes Walk

July 31st 2024.

Watch for fliers to come out with more information.

If you have any questions please contact  
Cindy Garrity at 715-779-5030 ext. 2551

#### Red Cross Baby Sitting Class

[https://www.redcross.org/take-a-class/online-safety-classes?](https://www.redcross.org/take-a-class/online-safety-classes?latitude=46.8107671&longitude=-90.81824&searchtype=class&zip=54901)

[latitude=46.8107671&longitude=-90.81824&searchtype=class&zip=54901](https://www.redcross.org/take-a-class/online-safety-classes?latitude=46.8107671&longitude=-90.81824&searchtype=class&zip=54901)

20wi

#### Babysitting Basics-online

Designed primarily for youth ages 11 and older, this online course will prepare students to be better babysitters. Topics include how to provide care for infants and children; how to stay safe; what to do in an emergency; how to choose age-appropriate activities; and how to recognize and handle a variety of behaviors. Students will also learn the basics of starting a babysitting business. The course consists of six interactive modules featuring video, activities, games and tools babysitters can use to build their knowledge and skills and manage their babysitting business. This course, which includes a final exam at the end, takes about 4 hours to complete. Students who successfully complete the course will receive a printable certificate.





## Ode'imini giizis Strawberry Moon



### Education and Abilities Newsletter for June 2024

Boozhoo ECC families,

We are going to take this opportunity to talk a little about sensory integration and sensory processing. Sensory integration and sensory processing refer to the same theory and idea. Both terms describe the process by which the input from the senses is received, organized, and interpreted to create appropriate reactions to stimuli. To put it simply this means how we experience, interpret or react (or ignore) information coming from our senses such as: touching, seeing, hearing, tasting and smelling.

Even as adults we can experience sensory processing. Like fingers on a chalkboard, some of us it intensely bothers us. Some of the activities we do at school to help children are.

#1. Moon sand and playdough. Not only is this a great sensory activity but it is two-fold where it helps with fine motor also.

#2. Thera putty or homemade goop

#3. Sandbox sand

#4. water play

#5. chew toys which help with our oral sensory needs

#6. headphones which help with our auditory sensory needs

These are just a few of the things we do at school. If you need more information about sensory integration or processing, please call us at school.

Ms. Kathy ex: 2530 and Ms. J ex:2548

# JUNE IS THE PERFECT TIME TO SEEK OUT HEALTHY ACTIVITIES THAT SURROUND US.

**CHECK OUT THE LOCAL FRUIT FARMS AND THE TRIBAL FARM.  
PICK YOUR OWN FRUITS AND VEGETABLES.**

**DON'T FORGET TO WASH THEM BEFORE YOU EAT THEM. KIDS,  
JOIN IN THE FUN AND HELP WASH THE FRUIT AND VEGETABLES.  
BE SURE TO WASH YOUR HANDS BEFORE HANDLING ANYTHING  
YOU ARE GOING TO EAT.**

**Prepare your tummy for a healthy treat.**

**Enjoy the outdoors! Being outdoors has many  
benefits. Outdoor environments encourage  
movement and provide a large space for  
children to play, move and explore.**

**Vitamin D is an important vitamin for bone  
and muscle health by helping the body absorb  
calcium and phosphate from foods.**

**Sunscreen on exposed skin will help to block a  
person's exposure to the sun while still  
encouraging the production of vitamin D.**



## Open Water Safety Checklist

### Tips for Families When Visiting Oceans, Lakes and Rivers

- **Watch kids when they are in or around water, without being distracted.** Keep young children and weak swimmers within arm's reach of an adult. Make sure older children swim with a partner every time.
- **Choose a Water Watcher.** When there are several adults present, choose one to be responsible for watching children in or near the water for a certain period of time, such as 15 minutes. After 15 minutes, select another adult to be the Water Watcher.
- **Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready – consider their age, development and how often they are around water.
- **Make sure kids learn water survival skills.** Children should be able to do these five things:

  1. Step or jump into water over their head and return to the surface.
  2. Turn around in the water and orient to safety.
  3. Float or tread water.
  4. Combine breathing with forward movement in the water.
  5. Exit the water.



- ☐ **Teach children that swimming in open water is different from swimming in a pool.** Know the hidden hazards of open water such as limited visibility, sudden drop-offs, uneven surfaces, currents and undertow.
- ☐ **Use designated swimming areas and recreational areas whenever possible.** Look for posted signs about open water hazards. Also look for signs that say when lifeguards will be present.
- ☐ **Wear a U.S. Coast Guard-approved life jacket when boating or participating in other water activities.** Choose a life jacket that is right for your child's weight and water activity. Weak swimmers and children who cannot swim should wear life jackets when they are in or near water.
- ☐ **Learn basic water rescue skills and CPR.** It is important to know how to respond in an emergency without putting yourself at risk of drowning.

# ECC ENROLLMENT CORNER



**JUNE 2024**

**SAFE KIDS' WEEK**

## **RECRUITMENT IS EVERYONE'S BUSINESS**

Do you know someone in the community that could benefit from our program? Let them know that they can reach out with a question or to fill out an application. There are so many ways to apply: ECC website, in-person and on the phone. Word of mouth still remains the best way to recruit and if everyone can help recruit, our services can be reached by so many more.

Safe Kids' Week was in May, and it is a national celebration raising awareness about child injury prevention and keeping children safe.

Safekids.org website highlighted the "My High Five Child Safety Checklist", and it included the following five topics:

- Bike Safety (properly fitted helmet, equipment check, rules of the road, being seen, and riding in the same direction as traffic)
- Child Passenger Safety (right car seat, rear-facing seats as long as possible (until the child has outgrown the seat), buckle up every ride- every car- every time, and proper installation according to directions)
- Home Safety (smoke alarms on every level, test alarms, home fire escape plan, carbon monoxide (CO) alarms, install window guards and safety gates, and save the Poison Help Number 1-800-222-1222)
- Water Safety (watch around water, keep young children within arm's reach, survival swim lessons, learn CPR, install 4-sided fences around home pools, teaching difference between pools and open water, and wearing life jackets)
- Sleep Safety (always place babies on their backs, firm mattress and fitted sheet for cribs, removing everything from the sleep environment except the fitted sheet, dress baby in a wearable blanket, onesie, or similar clothing to keep them warm, and share your room, not your bed, for the first year of life.)

This information came from the Safe Kids website, for more details, please use the following URL

<https://www.safekids.org/safe-kids-week>

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*We accept applications all year round*

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## **CONTACT INFORMATION**

If you have any questions, feel free to contact the enrollment office at 715-779-5030 ext. 2533 or email

[jennifer.defoe@redcliff-nsn.gov](mailto:jennifer.defoe@redcliff-nsn.gov).

You can visit the Red Cliff ECC website anytime, by scanning the QR code or visiting [www.redcliff-nsn.gov/ECC](http://www.redcliff-nsn.gov/ECC)





# Frozen Broccoli Five Ways



## Cream of Broccoli Soup

- + Frozen broccoli
- + Chicken broth
- + Milk (non-fat)
- + Onion
- + Thyme
- + Bay leaves
- + Margarine
- + Flour
- + Salt
- + Pepper
- + Garlic powder



## Brag About it Bread Bake

- + Frozen broccoli
- + Eggs
- + Egg whites
- + Milk (non-fat)
- + Cheddar cheese (low-fat)
- + Onion
- + Bread
- + Chicken



## Magic Crust Quiche

- + Frozen broccoli
- + Onion
- + Cauliflower
- + Cheddar cheese (low-fat)
- + Eggs
- + Milk (low-fat)
- + Vegetable oil



## Broccoli and Corn Bake

- + Frozen broccoli
- + Cream-style corn
- + Egg
- + Margarine
- + Saltine crackers



## Macaroni and Cheese with Broccoli

- + Frozen broccoli
- + Elbow macaroni
- + Flour
- + Milk (low-fat)
- + Cheddar cheese (low-fat)
- + Pepper



Find these broccoli recipes here:  
<https://choosemyplate.gov/5-ways-recipes>

What's?  
Cooking  
with Kids





# Niin Eta Nindizhaa!

1



**Ningii-zhiishiig,  
ningii-mizii gaye**

2



## Ningii-giziindime'odiz

3



## Ningii-naazhibidoon























# Ningii-gizibiigininjii



# Ingii-doodam!



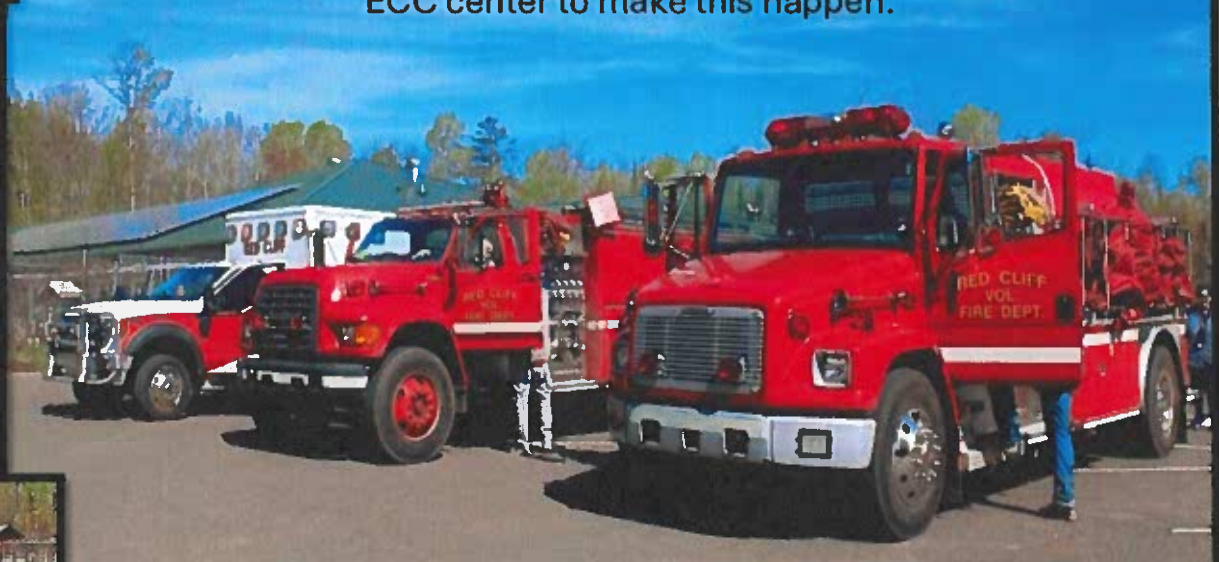




The Red Cliff EMS and Fire Department came to the ECC on Tuesday  
May 14<sup>th</sup>, 2024.

All the Children were able to explore both the Fire Trucks and the  
Ambulance.

A Big Chi-Miigwech goes out to the volunteers that came up to the  
ECC center to make this happen.







Red Cliff ECC

# CARNIVAL

Family Night  
June 12th, 2024  
4:30-6:00



- FOOD • FUN • RAFFLES •
- DOORS OPEN AT 4:30 PM
- HEAD START PLAYGROUND •

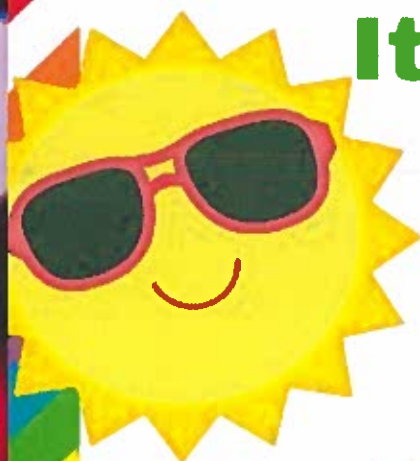


For more information contact  
Cindy Garrity at 715-779-5030 ext. 2551



4K





**It's a celebration**

**ECC**



**FAMILY DANCE!**

*Please join us at the  
Legendary Waters Event Center  
for an evening of Dancing*

**Thursday, JUNE 27TH**

**5-7 PM**



Reminder: This is a family event and all children must be accompanied by an adult.

For more information  
contact  
Cindy Garrity at  
715-779-5030 ext. 2551





**Program Starts June 10, 2024**

**Sites for lunches and snacks ....**

**Red Cliff Food Distribution**

**New Housing Park**

**Hill Side Park**

**Birch Bark Trail Park**

**Lunches and snacks served from 11-12**

**Lunches and snacks are available for children  
under the age of 18**

**For more information call**

**The Food Distribution**

**715-779-3740**





# Work it, baby!

## Get your heart pumping!

**Aerobic exercise** is an activity, like **swimming**, **dancing**, or **jumping**, that requires continuous physical effort and gets your **heart pumping faster**.



More oxygen going to the brain means **new brain cells**!



Your **heart rate** is the number of **times per minute** that your **heart beats**.

An **active body** needs more **oxygen-filled blood**. So the **heart works harder** and **pumps faster** to produce the **oxygen-rich blood** the body needs.

### How to check your heart rate

- 1 Place two fingers either **under your jawline** next to your esophagus or on the **inside of your wrist**.



- 2 **Count** the beats for **15 seconds** and then **multiply that number by 4**.

Check your heart rate while sitting then after jumping in place for 30 seconds.

How much did it change?

\_\_\_ X 4 = **BEATS PER MINUTE (BPM)**





The Red Cliff Early Childhood Center  
88455 Pike Rd. 89830 Tiny Tot Dr.  
Bayfield WI 54814  
June 2024



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## **Current Opening for the Red Cliff Early Childhood Center/and Childcare**

- **ECC Substitute Assistant Teacher/Substitute Kitchen Staff** POSTING  
DATE: February 21, 2023, DEADLINE: Applications accepted year-round.
- **Childcare Teacher** Opening Date: June 22, 2023, Deadline: Open Until Filled
- **Assistant Childcare Teacher** Opening Date: March 6, 2024, Deadline: Open Until Filled
- **Early Head Start Center Based Teacher** Opening Date: April 9, 2024, Deadline: Open Until Filled

## **Red Cliff Tribal Job openings**

- **Go to the Red Cliff Tribal Website**  
[https://www.redcliffnsn.gov/how\\_do\\_i/apply\\_for\\_obtain/employment\\_opportunities/jobopenings.php](https://www.redcliffnsn.gov/how_do_i/apply_for_obtain/employment_opportunities/jobopenings.php)

- 
- **Bayfield Chamber-Job Opportunities**



# Joyful June 2024

MONDAY

TUESDAY

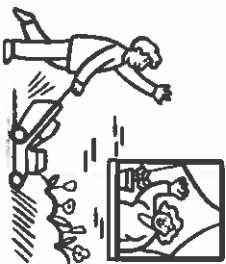
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



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

# June

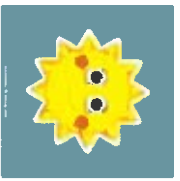
## Welcoming Summer

### Activity Calendar

Character Word: Generosity- being kind and giving  
 Calendar created by: Dr. Pamela Connor, Educational Trainer and Consultant  
 Calendar translated by: Manuela Rodriguez

Books in the Bushel



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Look over this calendar and gather supplies and materials for all of the activities planned to help welcome Summer!						
 <b>Fun in the Sun</b>	3 On a sunny day, trace your child's shadow on concrete using sidewalk chalk. Trace other shadows as well- siblings, pets, favorite toys- and have your child color in all of the details to create a summer shadow scene!	4 Let your child paint or color a paper plate yellow and wooden clothespins orange and shake on some glitter! When they are a good listener, let them add a ray to their sun until the sun is shining bright!	5 Sunflowers always face the sun. Play "Sunlight, Sunlight" When you hold up your paper plate sun, your child runs towards it. When the sun goes down, your child stops!	<b>ACTIVITY PAGE</b> <u>My Summer</u>	7 Place random items like small toys, a cube of ice, a piece of candy, a crayon, etc. in the sections of a muffin tin. Place the tin outside and let your child guess and then watch which items melt!	<b>8 Weekend Wrap-Up</b> Read and repeat any of the activities you did this week to learn ways to have fun in the sun!
<b>Fun in the Sand</b>	10 Fill a small container or a baby pool with sand. Hide objects in the sand- dinosaurs, seashells, plastic insects, etc. and let your child uncover them using shovels and sifters!	11 Scoop sand into plastic bags. Drop in about 10 drops of different colors of food coloring into each bag. Shake until coated, and then pour sand out on trays to dry. Rainbow sand for all!	12 Mix 3 cups of sand, 3 cups of flour, and 1 cup of vegetable oil in a plastic bin. Your child can mix this with their hands. When mixed, this is the best sand to make sandcastles at home!	<b>ACTIVITY PAGE</b> "Sand/Mud Kitchen"	14 Drop small plastic letters, or jewels, or colored beads into empty water bottles. Pour colored sand into each bottle and glue the lids back on. Have your child shake the bottles and try and find all of the items inside!	<b>15 Weekend Wrap-Up</b> Read and repeat any of the activities you did this week that helped you learn how to have fun in the sand!
<b>Fun in the Water</b>	17 A baby pool can be used as a sensory bin all summer. Change the color of the water, add plastic animals such as rubber ducks and fish, add sponges and bubble bath! Change it every day!	18 Moving water from one place to another is fun for children! Simply fill up different bins, containers, buckets, and buckets with water. Have cups, spoons, bowls, etc., for your child to move water from place to place.	19 Pour different colors of washable paint into ice cube trays. Place popsicle sticks into each section, it is okay that they tilt sideways. This is a fun way for children to paint outdoors!	<b>ACTIVITY PAGE</b> "Puddle Jumping"	21 Grab some large sponges, like the kind you would use to wash a car. Soak them in water and create an outdoor trail for your child to step from sponge to sponge and squeeze out the water with their feet!	<b>22 Weekend Wrap-Up</b> Read and repeat any of the activities you did this week that helped you learn how to have fun in the water!
<b>3 Summer Treats</b>	24 Slice an orange into flat circles. Place an orange slice on a plate, add raisins for eyes and a smile, and place pretzel rods coming out from all sides to be the rays of sunshine!	25 Add summer colors of food coloring to instant vanilla pudding. Plastic spatulas make great paintbrushes, and your child's artwork is pretty and edible!	26 Cut the top of a tube of yogurt and squeeze small dots onto wax paper on a cookie sheet. Freeze for 4 hours and enjoy little pops of yogurt for a snack!	<b>ACTIVITY PAGE</b> "Pizza Garden"	28 Put some grapes in water and then roll them in dry Jello powder, different flavors. Freeze on pan for 1-2 hours. A cold, flavorful little pop of a treat for a hot summer day!	<b>29 Weekend Wrap-Up</b> Read and repeat any of the activities you did this week that helped give you some ideas for some yummy summer treats!



## **My Summer**

This book introduces your child to countless community helpers using pictures of real people doing real jobs! Read the book with your child and then keep it with you when you are out running errands, attending events, or going to medical appointments. Attach a sheet of fun stickers to the back of the book using a paperclip. Let your child look through the book while you are out and about and anytime, they see one of the community helpers in the book, they put a sticker on the picture of that community helper! At the end of each day, go through the pages and see how many community helpers they saw and talk about the job they were doing when your child saw them. This will be a fun way for them to recognize community helpers right where they live!



Created exclusively for Books By The Bushel, LLC by Pamela B Connor, Ed.D



## **Sand/Mud Kitchen**

Children love to play in the sand but they might even enjoy playing in the mud even more! Set up a space outdoors that can serve as a mud kitchen. Use large, overturned boxes, benches, pieces of wood, whatever you may have available. Add some old pots, pans, muffin tins, bowls, cooking utensils, etc. Finally, make sure dirt or sand is available whether it is naturally in the area where you are creating the “mud kitchen” or bring some in from other places. You will need a hose or different containers of water available to mix with the sand and dirt. Once you have set up the kitchen, your work is over! This play space will offer hours of creative and yummy fun for your child for hours!







## **Puddle Jumping**

Whether there are real puddles leftover from a summer rain or puddles you made yourself using a hose or sprinkler, let your child jump in the puddles! Bring out a fun raincoat, some rainboots, and even an umbrella and let them jump, splash, and if rain is coming down from the sky or from a sprinkler, have your child cover their head with an umbrella. If you do this in a grassy area, your child will enjoy jumping in the soft grass and messy, muddy places! If you create puddles on a concrete area, such as a driveway, add in some sidewalk chalk to draw rainbows, flowers, and maybe even some duckies that can waddle through the puddles too!





## Grow a pizza garden!

You and your child can grow all of the ingredients you need (except for the dough and cheese) to make a delicious pizza! You can create your garden in the ground or you can use containers. Consider the following plants for your pizza garden: tomatoes (you will need a stake to hold upright); onions, bell peppers, and spinach. You can also plant these herbs: oregano, basil, and garlic. Your child can help you prepare the soil, plant the herbs and vegetables, water the plants, and clean out any weeds. Once it is time to gather the ingredients, purchase any type of premade pizza dough and some of your favorite cheeses and you have all the makings for a tasty summer dinner! Enjoy!



ODE'IMINI-GIZISOONS  
2024

June

NITAM ANOKI-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIITO-GIIZHIGAD	NAANO-GIIZHIGAD
<b>3B</b> QUICHE', HONEY-DEW, YGT, TRK SAUSAG <b>S</b> NUTRA BAR/MILK <b>L</b> SPAGHETTI, WG BRSTIX, CORN, MANGO <b>S</b> CAULIFLOWER/HUMS	<b>4B</b> KIX, STRAWBERRIES, YGT, ENG MUFFIN, JELLY <b>S</b> GOLDFISH/MILK <b>L</b> PORK CHOP, SALAD, APPLESAUCE, CARROTS <b>S</b> YGT/RASPBERRIES	<b>5B</b> CORNFLAKES, BANANA, YGT <b>S</b> MUFFIN/MILK <b>L</b> HAM POTATO SP, PBJ, PEAS, CANTALOUPE <b>S</b> ANTS ON A LOG	<b>6B</b> FR TOAST, BLUEBERRIES, CC, TRK SAUSAGE <b>S</b> OATMEAL RND/MILK <b>L</b> CHIX, BABY REDS, SALAD, M ORANGES, GRBEAN <b>S</b> CC/PEARS	<b>1B</b> OATMEAL SQUARES, PEARS, CC, MUFFIN <b>S</b> PB/CRACKER <b>L</b> CHEZ BRG WG HD, TRFRUIT, BROCCOLI, CC <b>S</b> SMOOTHIE/PRETZEL
	<b>9B</b> OATMEAL, BLUEBERRIES, TOAST, PB <b>S</b> TEDDY GR/MILK <b>L</b> CHIX W RICE SP, WG BRSTIX,CARROT,PEACH <b>S</b> APPLES/PB	<b>10B</b> RICE CHEX, ORANGES, YGT <b>S</b> GOLDFISH/MILK <b>L</b> BEEF STIR FRY, RICE, STIR FRY, MANGO, CC <b>S</b> CELERY/HUMMUS	<b>11B</b> CHEERIOS, BANANA, YGT, TOAST, JELLY <b>S</b> CRACKER/PB <b>L</b> TACOS, TR FRUIT, CARROTS <b>S</b> YOGURT PARFAIT	<b>12B</b> MALTO MEAL, ORANGES, MUFFIN <b>S</b> NUTRA BAR/MILK <b>L</b> PORK CHOP, RICE, APPLES, YGT, GR BEANS <b>S</b> BROCCOLI/CC
<b>17B</b> WAFFLE HAM CHEZ, APPLES, PB <b>S</b> CHEESE-ITS/MILK <b>L</b> CHIX, W RICE, CARROTS, BLUEBERRIES <b>S</b> M ORANGES/CHEX M	<b>18B</b> WAFFLES WG, STRAWBERRIES, YGT <b>S</b> GR CRACKER/PB <b>L</b> PIZZA, SALAD, PINEAPPLE, CARROTS <b>S</b> PEPPERS/HUMMUS	<b>TRIBE CLOSED HOLIDAY</b>	<b>20B</b> RICE CRISPEIS, BANANA, YGT, <b>S</b> FRUIT CUP/CRACKER <b>L</b> TOMATO SP, GR CH, SALAD, HONEYDEW,YGT <b>S</b> VEGGIE TACO	<b>MILK SERVED WITH EVERY MEAL. 1-2 YR OLD WHOLE</b>
<b>24B</b> PANCAKE, STRAWBERRIES, TRK SAUSAGE <b>S</b> OATMEAL RND/MILK <b>L</b> HAMB SP, CHEZ SND, GR BEAN, SALAD, CANTALOUPE <b>S</b> PEARS/CC	<b>25B</b> LIFE, ORANGES, WG TOAST, JELLY <b>S</b> NUTRA BAR/MILK <b>L</b> CHIX WG HD, PEAS, TRFRUIT, CC <b>S</b> CUCUMBER/HUMMUS	<b>26B</b> KIX, BANANAS, YGT <b>S</b> CRACKER/PB <b>L</b> MONGOLIAN BEEF, STIR FRY, MANGO, RICE CC <b>S</b> BERRY PIZZA	<b>27B</b> FR TOAST, BLUEBERRIES, CC, TRK SAUSAGE <b>S</b> MUFFIN/MILK <b>L</b> HAM, SALAD, CARROT, W RICE, PINEAPPLE,CC <b>S</b> TORTILLA CH/SALSA	<b>MENU SUBJECT TO CHANGE</b>