

Red Cliff Early Childhood Center Newsletter

Throughout the pandemic certain health trends have become more and more apparent. One of those trends is childhood obesity. We have been in discussion with a pediatrician and they too are very concerned about the increase in childhood obesity within our own community. According to the CDC, 1 in 5 American children have obesity. Children who are overweight within our community.

According to the CDC, 1 in 5 American children have obesity. Children who are overweight or obese are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes and heart disease. Children with obesity are also more likely to experience bullying, social isolation, depression and lower self-esteem. While there is no simple solution, there are many ways parents and caregivers can help children reach a healthy weight. At the ECC we always want the best for the little ones that we love and care about. This month we are putting an even bigger emphasis on eating healthy and getting out and doing more activities outside to get us moving! Here are some things that you can try at home:

Eat the Rainbow: Having a health diet can help children get the nutrients they need for healthy growth and development and help them reach a healthy weight. A healthy diet rich in fruits, vegetables, whole grains, lean proteins and low fat or fat-free dairy. Make sure that half of their plate consists of fruits and vegetables!

Move More: Regular physical activity in childhood also reduces the risk of depression. Children need at least 60 minutes of physical activity every day! If you want more ideas for physical activities, please let us know and we would be more than happy to send ideas home with your child.

Slow Down on Sugar: Children under 2 should have no added sugar in their diet at all and children over the age of 2 should keep sugars to less than 10% of their daily calories. Try to avoid giving your children sugary drinks like soda, juice drinks and flavored milk. Help your children rethink their drink by offering them water or plain, low-fat milk.

Reduce Screen Time: Adults and children spend over 7 hours a day being sedentary and that doesn't include time spent sleeping! Many of these sedentary hours are spent sitting or laying down with a phone, tablet or computer; watching TV, or playing video games. Too much screen time can have negative health consequences. It is associated with poor sleep, weight gain, lower grades in school and poor mental health in youth. When you reduce screen time, you free up time for family activities!

Sleep well: Did you know that children ages 0-1 year of age should have 12-17 hours a sleep, children ages 1-2 should have 11-14 hours of sleep and children ages 3-5 should have 10-13 hours of sleep? Too little sleep is associated with obesity partly because inadequate sleep can make us eat more and be less physically active. Help your children sleep better by making sure they're active during the day, removing screens from their bedrooms and setting a consistent sleep schedule, even on week-ends.

Kids imitate the adults in their lives. Be a role model for them by adopting these healthy habits and they will too!!!

Miigwech! Jamie & Jenn

WAABIGWANII-GIIZIS

(FLOWER MOON)

MAY 2022

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	31				

ECC/TRIBE CLOSED:

30

MEMORIAL DAY

Miinikaan—A Seed

Gitigaanens—A Vegetable

What vegetables have you eaten today? In the last week?

Waabigwan—Flower

What's your favourite flower?

Gitigaan—A Garden, A Field, A Farm

If you could only grow five (5) vegetables in a garden, which ones would you choose? What recipe would you make with them?

Waabigwanii-gitigaan—A Flower Garden

Create the flower you would want in a flower garden.

What colour(s) is it? How many petals? What does it smell like?



May News Letter

Boozhoo Waabooz Room! Its Ziigwan! (Spring) and we absolutely love exploring the outdoors, whether its going for walks, exploring the playground or splashing in puddles. Please send extra clothes and shoes/boots.

This month we will also be working on more fine motor, sensory activities and growing different types of plants as well.

Miigwech, Ms. Kelsey & Ms. Chelby

Ext. 2524

AMIK IN MAY



Waabigwanii-Giizis

IN MAY WE WILL

This month we will be experimenting with activities involving different kinds of round objects, building our sign language, using more vocabulary and Ojibwe words!

We are also going to be working on strengthening our routines and independence on getting ready for our meals and outdoor times!

DAYS TO REMEMBER

May 13 - No Child Day

May 30 - No Child Day

OJIBWEMOWIN WORDS TO KNOW

Bikwaakwaad - Ball

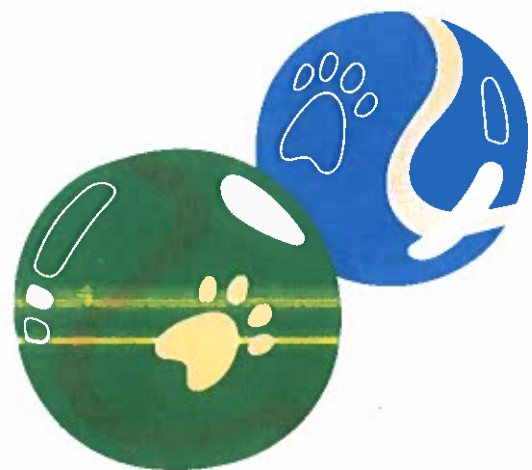
abinoojiinh - Child

abinoojiinyens - Baby

REMINDERS!!

It's starting to get warmer outside, and all of our snow is melting into fun mud and water puddles, when we go outside our shoes and outside gear may get wet or dirty, please make sure your child has a change of shoes and clothes at school if they should need them.

Please remember to call the front office or the classroom if your child will be absent or is being dropped off late or picked up early.



We hope everyone has an amazing month!

- Ms. Kayla and Ms. Lulu

EXT. 2525

Makwa News

Boozhoo Makwa Families!

We just want to thank everyone for such great attendance, we love seeing and working with the children every day!

During the month of April we worked on some fun activities: using recycled/paper materials, Easter crafts, and began working on Spring activities. For the month of May we will continue working on Spring activities and learning about the different community workers. We are going to be planting flowers, beans and learning about the different community workers. Also, with the nicer weather we've been having, we have been going outside almost daily. Sending your child to school with at least one extra set of clothes and a pair of boots would be great! There is a lot of sand and water play that happens outside, especially when it has rained on the ground is wet.

Reminders!

- If your child will be absent for the day, please call the classroom or the main office to let us know.
- Please remember to send your child to school with appropriate outdoor clothing (Jacket, boots, hat.)
- At least one pair of extra clothes to have at school as well, with the sand and water play (rain) it can get a bit messy being outside. So it'll be great to have a pair of dry clothes at school. We also participate in water play in the classroom.

Ojibwemowin Words

Mother— nimaamaa

Flower—waabigwan

Anokii- he/she works

Helper— wiidookaagewinini

Miigwech!

Miss Tiff & Miss Judy

(715) 779-5030 x 2544

Esiban News



May 2022

Waabigwanii-Giizis

(Flower Moon)

Boozhoo Esiban families!

This month will be home visiting month. We will be in contact with you to set a home visit up. We are so excited to be outside more! Depending on the day, you can find us outside on the playground at the end of the day!

Some reminders:

- Please continue to bring extra clothes for your child to have at school, some days we get messier than others.
- We ask that you bring boots and clothes for outside that are okay to get muddy and wet.
- Please try to call us or the front desk if your child won't be in for the day! Miigwech!

- Miss Gena & Miss Shannon
Ext. 2542

We will be closed

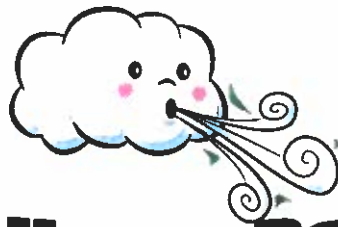
May 30, 2022 for

Memorial Day

Ziigwan: Spring

Waabigwan: Flower

Waaseyaa: It is sunny



Agongos -Home Base News

May 2022

ZAAGIBAGAA-GIIZIS



May Activities

May 27th-ECC Family Fishing Day
10-12
May 30th ECC Closed Memorial
Day



Rain- GIMIWAN
Windy-NOODIN
Flower-WAABIGWAN
Sun-GIIZIS



The sun is shining! Let's play with these activities picked just for you!

Block the sun: Take a paper plate (the kind with ribbed edges), cut it in half and then cut off the rims of the halves. Let your child color the rims using all the colors of the rainbow. Punch holes in each end of the rims and string a piece of yarn through the holes. Fit it to your child's head and tie the ends of the yarn. Your child now has a homemade visor to block the sun!

Sunny Snack: Slice an orange and let your child lay the circle slice on a plate. Let them use raisins to give their sun eyes and a smiley face and pretzel sticks to make the rays coming off of the sun. What a sunny snack for a hot summer day!

Sun Fun: Let your child color or paint some paper plates yellow and some clothespins yellow and orange. Then, using a marker, write letters of the alphabet about ½ inch from the edge of the plate and space them 1 inch apart all the way around the plate. Write the same letters or the matching lowercase or uppercase letters on the clothespins. Let your child clip the matching clothespins to the letters all around the plate. When completed, the sun will have its rays! You can make numerous plates and clothespins with shapes, numbers, colors, etc.

Evaporation Art: Let your child "paint" on a sidewalk or driveway on a very sunny day with water. They will quickly see that the sun will "erase" their artwork because of its heat. This process is called evaporation!

Making Raisins: Help your child rinse off some grapes and lay them on a paper towel on top of a plate. Put the plate in the sun. Tell your child to check it daily until the grapes turn into raisins!

Sunshine Wand: Cut small triangles out all around the edge of a plate to make the sun's rays. Have your child paint the plate yellow and add sequins and streamers to the plate. Finally, glue or tape a straw, ruler, or stick to the plate and your child has a wand to use to "wish" for the sun on a rainy day!



MASHKODE-BIZHIKI BIDAAJIMOWIN



Waabigwanii-Glizis 2022

(Flower Moon)

April Shower Bring May Flowers

Boozhoo gakina awiya (Hello Everyone)

During the month of May, we will begin our gardening study. This investigation gives the students opportunities to learn about gardening and helps strengthen skills in physical development, literacy, math, science, technology, and the arts. We will investigate how we care for a garden. What grows in a garden? Who and what helps a garden grow? We will enhance learning in our classroom by reading books, finger plays, sharing ideas, doing activities, and incorporating Ojibwe culture and language into our lessons.

Mud season is here, and we go outside every day. Please send an extra set of clothes for your child and if your child has mud boots send them too. We do have a few extras pairs in our classroom.

REMINDER: Turn in the Family Enrichment Homework Assignments at the end of each month.

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

INAGINZO - DATES TO REMEMBER

Wednesday May 4 – 4K Field Trip to Bayfield School
Sunday May 8 – Mother's Day
Tuesday May 24 Kindergarten teachers visit ECC
Monday May 30 – Memorial Day – Tribal Holiday – ECC Closed.

OJIBWMOWIN - THE OJIBWE LANGUAGE

Zigwan – Spring
Gimiwan – Rain
Azhashik – Mud
Waanzhibiiyaa - Puddle
Waabigwan – Flower
Badakidoon – Plant – Put in the Groundgitigaan – A garden
Nibi – Water
Wiiyagasenh – Dirt
Glizis – Sun
Gimiwan – Rain

Miss Nadine & Miss Gina



Waabigwanii-Giizis

Whats's Happening In The Ma'iingan Room?

Boozhoo !! Ziigwan Omaa!!

Our room has been very busy with all the fun learning activities we have been doing daily. We have been learning about turn-taking, Letter recognition, How to be a good friend, Number recognition, Shape identification, Ojibwemowin, and writing our names. We are enjoying have Mr. Joe in our classroom!! We have been playing outside daily when the weather is nice.

We would like to encourage parents to please send your child to school with mud boots, warm jackets, hats and mittens (on colder days) and a change of EXTRA clothes we do get messy sometimes.

The month of May we will be focusing on bugs, plants, flowers and spring themed projects. We will continue to work on all areas and encourage parents to join the learning at home to, its so important since PARENTS ARE CHILDREN'S FIRST TEACHERS. We love seeing all of our kiddos daily please send your children when we are in session school day starts at 745 to 315pm. Miigwech !!

Ms. Alicia and Mr. Joe
EXT. 2545

Ojibwe Words, Phrases, and Weather

Ziigwan- SPRING
FLOWER- WAABIGWAN
WORM- MOOSE
GIMIWAN- IT'S RAINING

Baapi—he or she laughs
Nagamo_ he or she sings



MAY

Mrs. Diann & Ms. Haley
Ext 2540

REMINDERS

The sun is finally shining, and we can at least see the playground! It is still nice to have the children dress with hat and mittens because we play outdoors everyday.

Everyone has been excited about starting our eggs in the incubator 10 days ago and we are expecting baby chicks around May 10th. I hope Mother Nature is good to us. Inside the classroom Ms. Haley has been doing many activities pertaining to the Ojibwe language and culture. We are now studying the Reuse-Recycle lessons from the TS. In TBT we are working with touches and hurt feelings in SS we're learning how to deal with hurt feelings.

Soon we will start planting seeds in the classroom and have the children watch their growth.

May Themes

Cont. Reuse-Recycle and then start the Gardening lessons.

LITERACY AT HOME

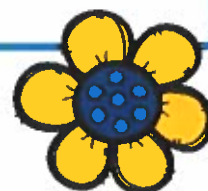
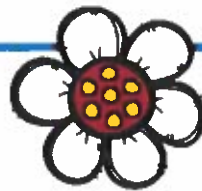
Letter Puzzles: Gather 26 index cards, write an uppercase letter on the left side of the card and the corresponding lowercase letter on the right side of the card. Use fun cuts (zig zags, waves, etc), cut the two sides apart. Lay all of the uppercase puzzle halves out on the table. Put the lowercase letters in a bag. Take turns drawing a letter out the bag, saying the letter name and putting it with the uppercase letter, completing each puzzle.

MATH AT HOME

Number Memory Match: To create the game cards you will need 20 small pieces of paper (about the size of a sticky note). Write the numbers 1-10, one number per card. Then color the corresponding dots 1-10 on the last 10 cards. To play, mix all the cards up and place them face down. Players take turns turning over two cards and seeing if the numeral and the amount of dots match. If the cards match the player keeps the match, if they do not match, the cards are turned back over. For a challenge, try working with larger numbers such as 10-20.

TAKING CARE OF ME AT HOME

I Can Take Stop and Clean Up When Asked: One way to take care of toys is to put them away after playing with them. To practice this with your child, set a timer for 3 minutes and play with some toys together. Explain that when the timer goes off, it's time to practice cleaning up.. When the timer goes off, reset the timer for 60 seconds and together clean up as many toys as you can before the timer goes off. To make it more fun, sing a clean-up song while you work. Make it the goal to have the mess cleaned up before the timer goes off. Next time, have your child play with toys, listen for the cue to clean up, and pick the toys by themselves. After you practice this, praise your child every time they stop when asked and pick up their toys.





Red Cliff Early Childhood Center
Policy Council Meeting Minutes
Tuesday, March 15th, 2022 @ 10:00 am
Virtual



Meeting called to order by Chairwoman Lynna Martin @ 10:02 am.

Policy Council Members Present: Lynna Martin, Danielle Maulson, Tara Albert, Joanne Peterson, Kennedy Defoe and Amaris Andrews-DePerry
Absent: Linda Christiansen, Nick DePerry

Staff/Other Present: Jennifer Leask, Administrator, Jamie Goodlet-King, Head Start/4K/Early Head Start Director, Patt Kenote DePerry, Health manager, Kathy Haskins Education and Abilities manager, Jennifer Defoe, Enrollment Specialist and Cindy Garrity, Family Service Manager

Approval of Agenda

Motion by Tara to approve the agenda, seconded by Danielle, all in favor, motion carried.

Approval of Minutes

Motion by Danielle to approve regular Policy Council minutes for February 8th, 2022, second by Kennedy, all in favor, motion carried.

Menu: April 2022 and review changes to February 2022 menu

Motion by Tara to approve the April menu and changes to the February menu, second by Danielle, all in favor, motion carried.

Program Summary

Patt updated the policy council in regard to health and dental and on a positive note we will have dental screenings taking place at the ECC in April.

Financial Report

We still have open positions at the center and our financials are in good standings.

Ratify Poll Votes-Head Start Assistant Teacher position

Motion by Joanne to approve Head Start Assistant Teacher position, seconded by Tara, all in favor, motion carried.

Memorandum for resolution final

Jen went through the memorandum with the policy council letting them know the changes that were made. No action needed.

Approve Training Plan for 2022-2023

Motion by Joanne to approve the Training plan for 2022-2023 as presented, seconded by Tara, all in favor, motion carried.

Approval of 2021-2022 Self-Assessment

Motion by Danielle to approve 2021-2022 Self-Assessment, second by Tara, all in favor, motion carried.

Approval of 2021-2022 Community Assessment

Motion by Tara to approve 2021-2022 Community Assessment with changes as needed, second by Danielle, all in favor, motion carried.

Annual Report/ School Readiness Goals for 2020-2021-Fall Winter Spring Final.

Motion by Tara to approve the Annual Report, second by Joanne, all in favor, motion carried.

Goals and Objectives for 2020-2021 final and 2022-2023.

Motion by Joanne to approve the Goals and Objective for 2020-2021 final and Goals and Objectives for 2022-2023, second by Danielle, all in favor, motion carried.

Changes in Scope enrollment reduction

Jamie discussed this when she was updating them on the self-assessment discussed. Motion by Joanne to support the Changes in Scope enrollment reduction, second by Danielle, all in favor, motion carried.

New COVID Plan

Policy Council was walked through the plan and informed of what changes were made. One of the changes is to go back to family style eating and allowing the children to serve themselves. Staff shortages affecting room closures and brushing teeth were also discussed. (The Plan is attached with changes) Motion by Amaris to approve the new COVID plan with the changes, second by Joanne, all in favor, motion carried.

Discussion was talked about with the reasons for the school closing all the time. Jen explained to the policy council that the closings happen because of staffing issues/shortages, building issues and unpredictable weather.

Other

Discussion was had with the Policy Council about the increase in wages for childcare and how the teaching staff are not happy with it. They feel it is not fair for them to be paid a lower wage than childcare when ECC staff have to have degrees or be enrolled in a degree program and child care does not. Some staff want to leave the ECC to go to childcare because of the wages. This could cause closure in 2-3 rooms at the ECC.

Motion was made by Joanne to have Administrator and Director meet with Chair and Vice-Chair to discuss wages for the ECC Staff, second by Danielle, all in favor, motion carried.

HS/EHS Budget 2020-2021

Jamie went over the Budget with the policy council and explained the line items and totals.

Motion by Joanne to approve the 2020-2021 HS/EHS Budget, second by Danielle, all in favor, motion carried.

Executive

Nothing in executive.

Adjourn

Motion by Lynna to adjourn at 11:44 am., second by Danielle, all in favor, motion carried.

_____(signature)
Policy Council Chairperson or delegate

_____(Date)

Approved on _____

Minutes taken by Cindy Garrity, Family Service Manager

Family Service News May 2022



ECC/Childhood Obesity Awareness

Throughout the month of May, your child's classroom will be doing activities that promote healthy eating habits and exercise.

ECC Activities that will be happening

- May-17th -24th and 31st
What you do matters presentation-
Virtual from 5-7 pm
- May 27th Family Fishing Day at the Red
Cliff Fish Hatchery on Hwy 13. just
north of the Red Cliff Clinic from 10-1
Food and Raffles

Miskwaabikaang Transit has
increased its service hours and
will now be running bus service
from

6 AM - 8 PM

Monday through Friday,
and

8 AM - 4:30 PM on Saturday
Hours

Monday 6 AM - 8 PM

Tuesday 6 AM - 8 PM

Wednesday 6 AM - 8 PM

Thursday 6 AM - 8 PM

Friday 6 AM - 8 PM

Saturday 8 AM - 4:30 PM

Call 715-682-9664 to schedule
your ride.

Thursday May 5th is
National Day of Awareness
for Missing and Murdered
Indigenous Women and
Girls
Please wear RED to show
your support

Red Cliff Spring
Clean up week is:
May 23-28th 2022



April showers bring May flowers



Boozhoo from the Education and Abilities office,

It's been a long winter, but we are so thankful for the precipitation for our trees, ponds, Gitchigamig and soil. Now that spring is here, we are going to be planting at the ECC. Each classroom has a little, portable greenhouse where they are starting their seedlings. We are going to put tires out behind our school to start the three sisters planting of corn, beans and squash. This is a great way to teach children the Ojibwe culture and learning to garden. You can start just a small garden in a tire at home with just a few seeds. It's so fun for children to watch plants grow and harvest their own fruits of their labor. We hope you have a wonderful spring and enjoy the great outdoors!!

Fine Motor Activities to do at home:

Here are 10 fine motor skills activities and ideas for toddlers to help get you started (always supervise):

- Poke at squishy objects (i.e. food play, squish toys, etc.) with their index finger.
- Put objects inside containers (recycled plastic jars are perfect for this).
- Scribbles on paper.
- Build towers with blocks.
- Bang toys together.
- Mirror play – hands can touch and interact with a mirror on the wall.
- Picking up Cheerios or other small foods.
- Water play with small sponges.
- Practice pouring liquids for outdoor play or in bath.
- Turn pages in books.

Remember if you need any resources, let us know!

Ms. Kathy: 715-779-5030 EXT. 2530

Ms. J: 715-779-5030 EXT. 2548

Physical Activities

Running, jumping, skipping, hopping like a bunny, picking flowers, planting a garden, walking, jumping rope, pushing toys car / strollers, riding a bike or scooter, take your pet for a walk, take your family for a walk, counting how many steps it is from your room to the front door, playing tag, chasing bubbles or butterflies, dancing.



In addition to being fun for children, regular physical activity has [many health benefits](#), including: Strengthening bones, Decreasing blood pressure, Reducing stress and anxiety, Increasing self-esteem, Helping with weight management.

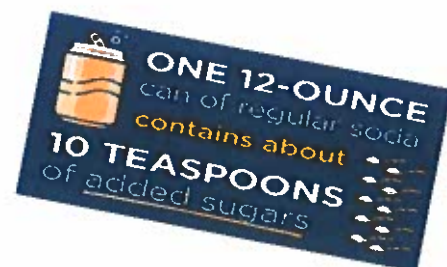
Healthy Eating

Eating vegetables (carrots, peas, broccoli, cauliflower, celery, green leafy veggies), fruits and whole grain products

Drink low-fat or non-fat milk or dairy products, including cheese and yogurt.

Drink lots of water.

The next time you go grocery shopping, read the nutrition labels on the items in your cart to see which ones have the most added sugars. You may be surprised to see that the beverages have more added sugars than the food.



Sugary drinks are the leading source of sugar in the American diet.

Adequate Sleep

Making sure kids get the recommended amount of sleep each night: For preschoolers **3-5 years**, 10–13 hours per 24 hours (including naps).

Keep television sets out of your child's bedroom. Change up the nightly routine- snuggle up and read a book (or two) together. 🌟

Stay Healthy from the ECC Health Office



CACFP
CREDITABLE

National CACFP Sponsors Association

Tools & Resources



Creditable Foods, Recipes, Menus, Education and More!

Strawberry Yogurt Parfait

Let little ones help create their parfait masterpiece. Layer the yogurt, berries, and granola for a sweet and healthy CACFP snack.

[Get the Recipe](#)



Craft + Connect: Make a Mood Monster

For children, the first step in managing emotions is learning how to identify them. Simply naming a big feeling can help them begin to understand it, and later regulate it. The resources in this bundle will give you simple activities to do together that will encourage conversations about feelings and give you plenty of opportunities to name different types of feelings and how they affect us.

[Get Crafting](#)



Virtual Nutrition Education Series

Common Threads is offering free online nutrition education and cooking classes for children and their families. These classes were designed to help both kids and adults lead healthier lives by increasing their nutrition knowledge.

[Start Learning](#)



All About Vitamin C

Vitamin C is among the many nutrients we need in order to stay healthy. Learn from International Food Information Council (IFIC) about the benefits of Vitamin C and the recommended intake for little ones.

[Vitamin C Resource](#)



Contact Us



Want to be featured in our Creditable Tools & Resources?
Check out our Partnership Opportunities!

NATIONAL CACFP ASSOCIATION  SPONSORS

ECC ENROLLMENT CORNER

May 2022



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 questions or ask how to fill out an application. There are so many ways to apply; ECC website, in – person and over the phone. Word of mouth still remains the best way to recruit and if everyone can help recruit, our services can be enjoyed by so many more.

SPRING IS HERE

As we begin spring and move into summer, the enrollment office is pushing a strong recruitment effort for the upcoming school year. Flyers and brochures are distributed throughout the community and phone calls are made to connect with families. With COVID declining, door to door connections will also start to happen. Applications are available year-round and are accepted at any time. However, springtime is when most applications come in. After the ECC receives an application, an application interview is conducted. This must be done to process the application. Doing an application interview doesn't guarantee enrollment and missing documents will delay the process.

Save the date! ECC Enrollment Week will be at the end of July. Look for more information soon.

Miigwech! Jennifer Defoe, Family Service Enrollment Specialist

CONTACT INFORMATION

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

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



Meaningful May 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 Do something kind for someone you really care about

2 Focus on what you can do rather than what you can't do

3 Take a step towards an important goal, however small

4 Send your friend a photo from a time you enjoyed together

5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why



8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future

32

33

34

35



ACTION FOR HAPPINESS

Happier · Kinder · Together

Weather Words in Anishinaabemowin

It is...

A cool wind- Dakaasin

A nice day- Mino Giizhigad

Clear- Mizhakwad

Cloudy- Ningwaanakwad

Cold- Gisinaa

Foggy- Awan

Hot- Gizhaate

It Freezes Over(lake)- Gashkadin

Nasty Weather- Niiskaadad

Raining- Gimiwan

Slippery- Ozhaashaa

Snowing- Zoogipon

There are Northern Lights- Waawaate

There is a tornado or whilrwind- Ashibishidosh

Thundering- Animikiikaa

Warm and mild- Aabawaa

Windy- Noodin





The Red Cliff Early Childhood Center
88455 Pike Rd. 89830 Tiny Tot Dr.
Bayfield WI 54814
March 2022

Current Opening for the Red Cliff Early Childhood Center

[Head Start/4k Teacher](#)

DEADLINE: March 2, 2022 @ 4:00 pm - [Apply Online](#)

[Head Start Bus Driver/part time up to full time](#)

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

[Early Head Start Center Based Teacher - 2 Positions](#)

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

[Early Head Start Home-Based Teacher-2 Positions](#)

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

[Head Start Bus Driver & Family Service Worker](#)

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

Current opening for the Red Cliff Child Care

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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)



MAY

2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 May Day! How many words can you and your child think of that rhyme with May?	2 Children's Book Week- Read your favorite childhood story to your child before bedtime!	3 Teachers' Day!	4 Star Wars Day! May the Fourth Be With You! Read a Star Wars book!	5 Go outside and use chalk to practice writing the ABC's	6 National Space Day! Make your own Solar System! (See Activity)	7 National Play Outside Day! Play outside together!
8 Mother's Day!	9 National Lost Sock Awareness Day!	10 National Clean Up Your Room Day! Help your child clean their room and sort their shoes by color!	11 Take a bike ride together to celebrate National Bike Month!	12 Read a new book together that has bugs in it!	13 National Frog Jumping Day! Go outside and play hopscotch!	14 National Dance Like A Chicken Day! Put some music on and have your child freeze when you stop the music!
15 National Chocolate Chip Day! Use chocolate chips to solve addition/subtraction problems, then eat them as a snack!	16 Happy Birthday Margaret Rey! Read a Curious George Book to celebrate!	17 Bake your favorite dessert together and have your child help you read the ingredients!	18 Museum Day! Visit a local museum together!	19 Take a walk together and count how many flowers you see!	20 NASCAR Day! Make your own Race Car Treats (See Recipe)	21 Go outside and blow bubbles together!
22 Make dot-to-dot outlines of different shapes, and have your child connect the dots!	23 World Turtle Day! Read a book that has a turtle in it!	24 National Scavenger Hunt Day! Make a Back Yard Scavenger Hunt List for your child to do!	25 National Sing Out Day! Sing your favorite songs together!	26 National Paper Airplane Day! Make a Paper Airplane!	27 How many words can you and your child come up with that start with the letter "m"?	28 Read a new book to celebrate Get Caught Reading Month!
29 Look for objects that are pink in and around your house!	30 Memorial Day!	31 National Smile Day! Read a book that makes you smile!	Get Caught Reading Month	National Photograph Month	National Bike Month	



www.booksbythebushel.com



Solar System

Materials Needed:

- Construction Paper
- Markers/Crayons/Colored Pencils
- Popsicle Sticks
- Glue
- Scissors

Instructions:

- Draw, color, and cut all the planets that appear in the story (Mercury, Venus, Earth...)
- Glue the planets onto the top of popsicle sticks (one planet per popsicle stick)
- Write the names of each planet on the bottom part of the popsicle stick
- Hold up each planet as you read about it in the story!



Race Car Treats

Ingredients Needed:

- Apple Slices- 1 Per Car
- Grapes- 4 Per Car
- Toothpicks- 2 Per Car



Directions:

- Place apple slice on plate with the outside of the apple facing up- the apple is the car
- Poke two toothpicks through the apple slice- 1 towards the front of the apple slice and the other towards the back of the apple slice
- Place a grape on each toothpick end- the 4 grapes are the wheels for the car
- Make as many treats as you desire and enjoy!

MAY 2022

WAABIGWANII-GIIZISOONS

NITAM ANOKII-GIIZHIGAD	NIIZHOOGIIZHIGAD	AABITOOSE	NIYO-GIIZHIGAD	NAANO-GIIZHIGAD
2B EGG COMBOS, ORANGES, YGT S PB/CRACKER L PIZZA, SALAD, CORN, PEARS S BERRIES/CCC	3B KIX,BANANA, YGT S CC/PEACHES L CHIX, W RICE, PEAS, MANGO S CUCUMBER/HUMMUS	4B OATMEAL SQUARES, PEARS, CC S PB/CRACKER L CHILI, CORNBREAD, CORN, HONEYDEW S SMOOTHIE/PRETZELS	5B EGG, TRK SAUSAGE, ORANGES, TOAST, PB S MILK/GR CRACKR L TACOS, HONEYDEW, CARROTS, CC S CELERY/PB	
9B FR TOAST STIX, AP- PLESAUCE, CC S YGT/BLUEBERRIES L PORK CHOP, W RICE, M ORNGES, PEAS S CHEESE-IT/BROCC	10B CORN CHEX, MUF-FIN, PEARS S CHEESE/CRACKER L BBQ'S, FRY, GR BEAN, CANTALOUPE, CC S PEACHES/TEDDY GR	11B RICE CRISPIES, BA-NANA, YGT S MILK/NUTRA BAR L CHIX SP, PB&J, CAR-ROTS, HONEYDEW S BERRY PIZZA	12B MALTO-MEAL, RASP-BERRIES, WG MUFFIN S GOLDFISH/MILK L KIELBASA, PEAS, MAC/CHEESE, TR FRUIT S CUCUMBERS/PB	
16B WAFFLE HAM/CHEEZE, CC S GR CRK/MILK L BROCCOLI SP, BR STIX C ANTALOUPE, SALAD S APPLE/PB	17B HB OATS, STRAW-BERRIES, YGT S YGT/PB BALLS L PIZZA, HONEYDEW, YGT, CARROTS S CELERY/HUMMUS	18B LIFE, YGT, ORANGES S GR CRACKER/MILK L SPAGHETTI, GR STIX, CORN, SALAD, TR FRUIT S VEGGIE PIZZA/MILK	19B OATMEAL, APPLES, TOAST, PB S NILLA WAFER/MILK L HAM, POTATO, GR BEAN, FR COCKTAIL S MANGO/CC	
23B EGG, TOAST, PB, TRK SAUSAGE, APPLES S WAFFLE/PUDDING L CHIX CHOW MIEN, BR RICE, PINEAPPLE, BROCC S ORANGES/YGT	24B RICE CHEX, PEARS, YGT, BFK BAR S NUTRA BAR/MILK L CH BRG, FRIES, CAULI-FLOWER, TR FRUIT S CELERY/PB	25B CORNFLAKES, BA-NANA, YGT S CRCK/PEACHES L HAM PT SP, BR STIX, APPLES,PB SALAD S BERRY PARFAIT	26B FR STIX, BLUEBER-RIES, CC S CHEESE/CRCK L CHIX WGHD, CARROTS, HONEYDEW, YGT S BROCC/HUMMUS	MILK SERVED WITH EVERY MEAL 1-2 YR OLD WHOLE
30 MEMORIAL DAY TRIBE/ECC CLOSED	31B EGG COMBO, BER-RIES, YGT S TRAIL MIX/ PINEAPPLE L TOMATO SP, GR CHEEZ S SALAD, HONEYDEW S MANGO/CC			MENU SUBJECT TO CHANGE