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 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 healthy 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 weekends.

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
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
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
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
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 you 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!
Waabigwanii-Gilizis 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

OJIBWMOWIN - THE OJIBWE LANGUAGE
Zigwan – Spring
Gimiiwan – Rain
Azhashik – Mud
Waanzhibiiyaa – Puddle
Waabigwan – Flower
Badakidoon – Plant – Put in the
Groundgitigaan – A garden
Nibi – Water
Wiyaagasenih – Dirt
Giiizis – Sun
Gimiiwan – Rain

Miss Nadine & Miss Gina
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 too, 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
**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 numbers 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**

II Can Take Stalp 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.
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.

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 childcare 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 17\textsuperscript{th} - 24\textsuperscript{th} and 31\textsuperscript{st}
  What you do matters presentation-
  Virtual from 5-7 pm
- May 27\textsuperscript{th} 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 715-582-9664 to schedule your ride.

Thursday May 5\textsuperscript{th} 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 23-28\textsuperscript{th} 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 the bedroom. Change up the nightly routine—snuggle up and read a book (or two) together.

Stay Healthy from the ECC Health Office

Sources from: CDC
**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
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.

Migwetch! Jennifer Defoe, Family Service Enrollment Specialist

CONTACT INFORMATION

If you have any questions, feel free to contact the enrollment office at 715-779-5930 ext. 2533.

You can visit the Red Cliff ECC website anytime, by scanning the QR code or visiting [www.redcliff.firstnet/ECC](http://www.redcliff.firstnet/ECC)
Happier, Kinder, Together

Find something meaningful or make something special to make you feel better.

Spending time with your loved ones makes the future brighter.

Other people may want things, but you've got more.

Remember, there are always new opportunities to grow.

Be grateful for the little things.

What matters the most to you?

Do something to help a friend or loved one.

Share a story or a memory from your past.

Thank someone for making your day.

Focus on what you can control.

Don't expect too much from others.

Take a step back to see the bigger picture.

Keep your anxiety under control.

Find a way to contribute to your community.

Lend a hand to someone who needs it.

Say thank you to your neighbors.

Remember to look for beauty in unexpected places.

Get outside and enjoy the fresh air.

Listen to a round of music that makes you feel good.

Send someone a photo to make their day.

Remember your roots.

Share your success with others.

Help others today.

Your goals and dreams can lead to a happy life.

Find a way to make something that matters.

Write down three things you're grateful for.

Look for moments of wonder and beauty in everyday life.

Be grateful for the little things.

Tell someone you love them.

Paraphrase: Action for Happiness

Meaningful May 2022
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)- Gashkadain
Nasty Weather- Niiskaadad
Raining- Gimiwan
Slippery- Ozhaashaa
Snowing- Zoogipon
There are Northern Lights- Waawaate
There is a tornado or whirwind- Ashibishidosh
Thundering- Animikiikaa
Warm and mild- Aabawaa
Windy- Noodin
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

**Child Care Assistant Teacher - 2 Positions**
**DEADLINE:** Open Until Filled - [Apply Online](#)

**Child Care Program Director / Teacher**
**DEADLINE:** Open Until Filled - [Apply Online](#)

**Child Care Teacher - 4 Positions**
**DEADLINE:** Open Until Filled - [Apply Online](#)

Red Cliff Tribal Job openings

Go to the Red Cliff Tribal Website [https://www.redcliffnsn.gov/how_do_i/apply_for_employment_opportunities/job_openings.php](https://www.redcliffnsn.gov/how_do_i/apply_for_employment_opportunities/job_openings.php)
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>1. Review a book you read with your child.</td>
<td>2. homeschool your child.</td>
<td>3. Read a book aloud to your child.</td>
<td>4. Make a craft and read a story together.</td>
<td>5. Take a walk together and go outside.</td>
<td>6. Read a poem from the book with your child.</td>
<td>7. Day of the week: May 1.</td>
</tr>
<tr>
<td>29. Connect the dots.</td>
<td>30. Look for objects that are yellow.</td>
<td>31. Celebrate a story book day.</td>
<td>32. Mission Together.</td>
<td>33. Plan a week of activities.</td>
<td>34. Plan a week of activities.</td>
<td>35. Plan a week of activities.</td>
</tr>
</tbody>
</table>

- **May 2022**
Hold up each planet as you read about it in the story.

Stick write the names of each planet on the bottom part of the popsicle stick (one planet per popsicle).

Glue the planets onto the top of popsicle sticks (Venus, Earth... Mercury,)

Draw, color, and cut all the planets that appear in the story.

Instructions:

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

Materials Needed:

Solar System
Race Car Treats

Ingredients Needed:
- Toothpicks - 2 Per Car
- Grapes - 4 Per Car
- Apple Slices - 1 Per Car

Directions:
1. Use a grape on each toothpick end - the 4 grapes are the wheels for the car.
2. Poke two toothpicks through the apple slice - I towards the front of the apple slice and the other towards the back of the apple slice.
3. Place a grape on each end of the toothpicks to form the wheels.
4. Place apple slice on plate with the outside of the apple facing up - the apple is the car.
5. Make as many treats as you desire and enjoy!
<table>
<thead>
<tr>
<th>Subject</th>
<th>1-2 yr Old Whole Meal</th>
<th>With Every Milk Served</th>
<th>31b Egg Combo, Ber.</th>
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<tbody>
<tr>
<td>Mango/cc</td>
<td>Vegetable pizza/milk</td>
<td>Vegetable pizza</td>
<td>168 oatmeal, apples, 168 lb oats, straw</td>
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<tr>
<td>Broccoli/hummus</td>
<td>Berry parfait</td>
<td>Cereal/fruit</td>
<td>5 oranges/yt, Rice, pea.</td>
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<td>Cheese, ch. potato, cr.</td>
<td>Cereal/fruit</td>
<td>5 orange, Rice, pea.</td>
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<td>Cheese, milk, cracker</td>
<td>Cereal/fruit</td>
<td>5 orange, Rice, pea.</td>
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<tr>
<td>Orange, cr.</td>
<td>Mango/cr.</td>
<td>Cereal/fruit</td>
<td>5 orange, Rice, pea.</td>
</tr>
</tbody>
</table>

**May 2022**