



RED CLIFF



EARLY CHILDHOOD CENTER

NEWSLETTER



Boozhoo!

We hope that the warmer weather is going to get better and better so we can all spend that much more time outside. We all love the sun being out longer but from an Early Childhood perspective, that can be a challenge. Often, longer days mean shorter nights for kids. Bedtimes get pushed back to make room for campfires, s'mores, evening trips to the beach and backyard campouts! Older siblings will be home from school and everyone wants to spend time together. While this is fun, it can mean tougher days at school due to children being over tired. Behaviors start to break down and learning is made difficult when children are doing everything they can to keep it together.

It is important to enjoy that special family time but just as important ensure that kids get the sleep they need nightly, especially when they have school the next day. It may also be hard to convince a child to go to bed when the sun is still out and everyone in the house is still awake and having fun. Some ways to help address the issue are to plan longer family nights on non-school nights, try using darker curtains for their bedroom and ask that the house stay quiet until the youngest family members fall asleep.

While it seems like a lot to ask, making sure your child gets enough sleep on any night, can really make a difference in what they are able to get out of their day. With our weeks already being short due to COVID, we want to make sure everyone makes the most of their time at school. If you need more tips on setting up a bedtime routine, please contact your child's teachers.

Enjoy the change of seasons!!

Jenn and Jamie

MAY

WAABIGWANI-GIIZIS (FLOWER MOON)

S M T W T F S

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
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1:CC/TRIBE CLOSED:

31 MEMORIAL DAY

OJIBWE LANGUAGE
CORNER

MATCH ME!

Amik

Rabbit

Migizi

Raccoon

Makwa

Bison/Buffalo

Esiban

Bald Eagle

Agongos

Chipmunk

Waabooz

Bear/Black Bear

Ma'iingan

Beaver

Mashkode-bizhiki

Wolf

Waabigwanii-Giizis (Flower Moon)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 <u>Home Base Socialization</u> 1:00 pm	6	7	8
9	10	11 Virtual Policy Council Meeting 11:00 am	12 <u>Home Base Socialization</u> 1:00 pm	13	14	15
16	17	18	19 <u>Home Base Socialization</u> 1:00 pm <u>What you do matters training</u> 5-7 pm	20	21	22
23	24 Tribe and ECC Closed 31	25	26 <u>Home Base Socialization</u> 1:00 pm <u>What you do matters training</u> 5-7 pm	27	28	29
30						



Waabooz Newsletter

Boozhoo Everybody,

We are happy that Zaagibagaa-giizis has arrived! With that comes a day to celebrate our Mother. The Waabooz children are growing and learning so many things. Time is going by so fast!

We will start working on using a sippy cup as a class, working on using a spoon, body parts, and working on individual goals.

We are going to be doing a Mother's Day art project among other crafts and activities.

We are playing outdoors most days (weather permitting). Please send weather appropriate clothing and footwear for your children.

Just a friendly reminder: we upload videos on Teaching Strategies Gold! Go check out the videos that we post.

If you have any questions, concerns, or ideas that you would like to share we can be reached at 715-779-5030 ext. 2524.

Miigwech!

– Miss Maggie and Miss Megan

Dates to Remember

Memorial Day is May 31,
2021. The ECC will be closed

Ojibwemowin Language

Omaamaamimaa = Mother

Zaagibagaa-giizis = May

Ziigwan = Spring

Gimiwan = Rain

AMIK NEWS

AMIK NEWS & UPDATES

Boozhoo Amik Families!

The month of May is already here! "April Showers bring May Flowers," this month we will be learning about the different kinds of flowers that are blooming! We will even be planting our own, amongst other things being planted. We will be enjoying the outdoors as often as possible, so please pack weather appropriate clothing and an extra set of clothes in case we get wet and muddy.

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

Parent /Teacher conferences were during the month of April, if we haven't been able to get yours completed we will be making contact again to get those done. Thank you for your patience!

For those families that decided to remain virtual, we will be doing one live meeting Monday, Tuesday, Thursday and Friday from 1:30pm-2:00pm. (All families are welcome to attend!)

If you have any questions or concerns, please contact us at 715-779-5030 x 2526

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

- Planting! Flowers! Spring! We will be planting flowers, beans and grass. And we will be enjoying the outdoors as often as possible.
- Self help skills: cleaning up the toys after they've played with them, we are also working on dumping our plates into the buckets after meal times. The children really love knowing that they have their own "jobs" or tasks to complete.
- Culture/Language—We've been working on implementing more cultural and language activities incorporated into our daily lesson planning. We will add new Ojibwe words; commands, colors, numbers.

Ojibwe Words:

Waabigwan—flower

mashkosiw—grass

Biinitoon—clean it

Zaagibagaa-giizis—May

**Miigwech,
Miss Tiff & Miss Judy**



MAKWA NEWSLETTER

Boozhoo Everybody!!

We are already in the month of May for the school year, and time is going fast! For this month themes are on planting flowers and Mother's Day.

We have been working on as a class on getting dressed by ourselves, how to take care of our dishes after mealtimes. Some suggestions of ways to work on those skills are demonstrating each step along with talking through what happens next with the task.

Also we are working on verbalizing what feelings we are feeling, even those BIG feelings we might not know what to do with. When we are experiencing those big feelings here at school, we are learning to try STAR breathing. Star breathing is taking 3 deep breaths that we inhale through our nose, then exhale breathing through our mouth. (Smell the flowers, then blow out the birthday candles.)

We are playing outdoors everyday (weather permitting). Please send weather appropriate clothing and footwear for your children.

Also, we have our live session via web-ex every Monday, Tuesday, Thursday, and Friday at 1:30-2pm. We would love to see everybody. :)

If you have any questions, concerns, or just want to chat with us, we can be reached at 715-779-5030 ext. 2544

Miigwech!

Ms. Kelsey & Ms. Lulu

ESIBAN CLASSROOM NEWS

"April showers bring may flowers"

Boozhoo,

In the classroom we have been thinking spring! We are working on our spring theme unit and have enjoyed doing art activities in the classroom. We planted bean seeds, talked about the rainy and snowy weather, and butterflies. We have also taken advantage of the weather by playing outside when the weather is nice. We set up pinwheels outside, played in sand, made sandcastles and mud pies, investigated worms, and have been enjoying walks. Please remember to send an extra set of clothes and appropriate outside clothing.

In May we are focusing on science. We plan on working and doing more sensory and art activities and learning about dinosaurs and digging up dinosaur bones, making volcanos, watching our beans grow, learning about how caterpillars turn into butterflies and tadpoles turn into frogs, and fishing.

We love working with your child in the classroom and want to thank you for bringing in your paperwork and taking the time to set up parent teacher conferences.

Miigwech,

Miss Jenna and Miss Gerri

Any questions or concerns please do not hesitate to call us at (715) 779-5030
classroom ext. 2542, Office ext. 2541





Agongo's Newsletter May 2021

Important Dates

Socialization at
1:00pm

May 5, 2021

May 12, 2021

May 19, 2021

May 26, 2021

Class News



Boozhoo, the weather warming up ~~and it~~ would be great to get your little one outside for a little while. Letting your child explore is one of the best ways for your child to learn new and/or improve on developmental skills. Putting names to things outside will help them with vocabulary and making connections in nature. Getting them outside also helps with large and small motor skills. If you have any questions, please feel free to call your child's teacher at the extensions below. We are willing to work with you to make our weekly visits easier and more accessible to your family.

Ojibwemowin

Aaniin ezhiwebak?Hows the weather?

Noodin...Its windy.

Mino-giizhigad...It's a nice day.



Miigwech to you all!

Literacy Tip: Read or look at a book each day.

Math Tip: While your talking to your child just say easy things like, "1,2,3 we are going up the steps."

Gena Mertig 715 779-5030 ext. 2537

(Corky) Dawn Gokee 715 779-5030 ext. 2538

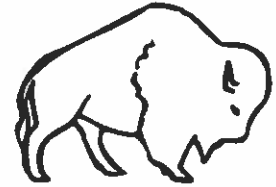


MASHKODE-BIZHIKI NEWS

May 2021



**Waabigwanii-Giizis
(Flower Moon)**



April Showers Bring May Flowers.

Boozhooo gakina awiya (Hello everyone).

Time is flying by!!! It is already the month of May which means we only have 12 weeks of school left before graduation and summer break. We will continue our virtual WebEx meetings at 2:00p every day except Wednesdays. We also upload books and other fun activities into the Teaching Strategies Gold App. If you need another invite, please let us know.

During the month of May, we will be focusing on our bugs and insect study. We will be learning about where bugs and insects live, what they eat, and which ones fly or crawl. We also have lots of fun activities planned for this study and we hope that you will enjoy doing them. Our activities incorporate goals such as letter and number recognition.

We will be going outside daily. Please sent appropriate attire to school each day such as jackets, hats, and mud boots.

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

DATES TO REMEMBER

Sunday, May 9th Mother's Day

**Monday, May 31st – Closed for the
Memorial Day Holiday**

OJIBWMOWIN - THE OJIBWE LANGUAGE

Zigwan - Spring

Gimiwan – Rain

Azhashik – Mud

Wanzhibiiyaa - Puddle

Waabigwan - Flower

Manidoosh - Insect

Manidoonsikaa - Bugs

Asabikeshiinh - Spider

Enigoons - Ant

Oojiins -Fly

Moose – Worm

Memengwaa – Butterfly

Biimiskodisii – Snail

Aamoo – Bee

MAY

WAABIGWANI-GIIZIS

Boozhoo Maiingan Families!

This month we will be learning about bugs, insects, spring themed projects, self help skills, number recognition, be helper, letter recognition, and how to wait a turn. We please ask of caregivers to please send proper outside clothing (rain/mud boots, jackets, hats, gloves) we go out daily. Thank you for all your cooperation through this year, it's been great being back to school!

Ojibwemowin

Miskwa– Red

Ozhaawashkwaa - Blue

Black– Makwadewaa

Green– Oshkibagonginaande

Grey– Shiibingwaande

Pink– Ogniiwaande

Miigwech,

Ms. Alicia, and Ms. Donna





MAY

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

REMINDERS

This month we will focus on learning about bugs, gardening and chicken eggs hatching.

We have the eggs in an incubator now and are counting off the days till the chick's hatch. Everyone is very excited. Soon we will have butterfly larvae to watch how they turn into butterflies.

We spend a lot of our day outside whether it is raining or not. The children have been doing math by counting sticks, standing sticks up and deciding which is taller or shorter. If possible, please send water boots. The children seem to find every mud puddle!

Words for this month:

Butterfly-memengwaa

Bug-manijoosh

Spider-asabikeshi

May Themes

Insects, hatching, gardening

LITERACY AT HOME

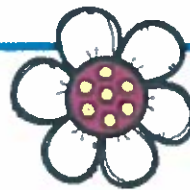
Letter Puzzles: Gather 26 index cards, write an uppercase letter on the left side of the card and the corresponding lowercase letter on the right side of the card. Use fun cuts (zig zags, waves, etc), cut the two sides apart. Lay all of the uppercase puzzle halves out on the table. Put the lowercase 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 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
Thursday March 18th, 2021 @ 9:00 am Virtual



Meeting called to order by Chairwoman Linda Christiansen @ 9:05 am

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

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

Approval of Agenda

Caitlin motion to approve the agenda with addition of the 2020-2021 Budget, seconded by Kennedy, all in favor, motion carried.

Approval of Minutes

Motion by Caitlin to approve regular Policy Council minutes for February 23th, 2021, second by Kennedy, all in favor, motion carried.

Menu

Motion by Lynna to approve April menu, second by Caitlin, all in favor, motion carried.

Grant Application:

Jen and Jamie went over all the grant application information with the Policy Council. Question was asked if declining attendance will affect our future funding. The response given was no, the office of Head Start has already made this determination due to COVID. Went through the updates and changes that were needed for the Goals and Objectives 2019-2020 school year. SR Goals 2019-2020 Fall, Winter, Spring-the board was informed that we did not have numbers for Spring check points due to school being closed during that period. Policy Council was informed why we needed a PC Memorandum for resolution. Training plan was presented and Jamie informed board how this is used for staff professional development, state requirements and yearly training. Self-Assessment was presented, and Policy Council were informed that we had no areas for non-compliance but several areas of improvements. The self-assessment is an overview of each department's roles and responsibilities. Community Assessment- Jen and Jamie informed them that this is an update of data that was collected from our community and collaborating partners.

Motion by Kennedy to approve Annual reports Goals and Objectives 2019-2020--SR Goals 2019/2020 Fall, Winter, Spring, -- PC memorandum for resolution, 2021/2022 --Training Plan, -- Self-Assessment --Community Assessment, second by Lynna, all in favor, motion carried.

2021/2022 Budget

Motion by Lynna to approve the 2021-2022 Budget, second by Kennedy, all in favor, motion carried.

Ratify Poll vote

Motion by Lynna to ratify poll vote for the lateral transfer from Child Care to EHS Center Base Teacher -Jenna Hansen on 3/15/2021. Second by Kennedy, all in favor, motion carried.

Financial Report

Jen informed the board that the EHS is under spent due to several teacher vacancies and that Head Start is right on track with 1 vacancy.

Program Summary

February's program summary was presented to the board. Patt updated them that she will have numbers for February and March added into next month's Program Summary. Due to COVID the clinics are running about 6 months behind on paperwork. Jamie informed them that the Mental Health consultant began in March. Cindy gave the number for the CACFP food part for February to the board.

Childcare update

Everything is looking good, waiting for orders to come in and still looking for a Director and teaching staff.

Other

Next meeting date not discussed but they are scheduled for the second week of each month.

Cindy updated the Policy Council Board that she was given a verbal resignation from Mercie Defoe.

Executive

Motion by Caitlin to go into executive session @ 9:47am, second by Kennedy, all in favor, motion carried.

Motion by Kennedy to return to regular session @ 9:53am, second by Lynna, all in favor, motion carried.

Motion by Kennedy to approve ECC child and prenatal applications and Eligibility Criteria, second by Lynna, all in favor, motion carried.

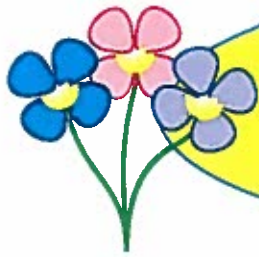
Adjourn

Motion by Kennedy to adjourn at 9:54am., second by Lynna, all in favor, motion carried.

Policy Council Chairperson or delegate

(Date)

Minutes taken by Cindy Garrity, Family Services Manager



Family Service May 2021



Up Coming Events:

Red Cliff Community Clean up!!!! --May 1st with May 2nd as a rain date. Any and all volunteers are welcome. Meet at the parking lot of the LW Casino at 10:00am. Lunch will be provided.

What your do Matters Training, May 19th, and May 26th from 5-7 pm, Please call Cindy or Jenny at the ECC 715-779-5030 to sign up.

Next Policy Council Meeting is May 11th at 11:00 am Virtual.

If you are interested in attending, please notify Cindy Garrity at 715-779-5030 ext. 2551

2021 Spring Cleanup Event—May 28th (10am-6pm) Tribal staff will be at the Transfer station to assist in offloading items. Spring Cleanup dumpsters will be made available to community beginning May 27th, 2021-(10-6) and ending May 29th, 2021, (8am-12pm)

FRESH LOCAL PRODUCE EACH WEEK: If Interested go to the Mino Bimaadiziwing link for assistance on what is happening.
<https://www.redcliff-nsn.gov/farm/csa.php>

Garden Info

May 27th and 28th annual seed give away at the Garden. Raised Garden Giveaway for Red Cliff Tribal members if interested please-Contact the Red Cliff Garden and talk with Noah at 715-779-3650 or email him at noah.saperstein@redcliff-nsn.gov

Red Cliff Tribe Resource Guide
Check out the information at:

<https://www.redcliffnsn.gov/resourceguide/>

Red Cliff Housing Authority: A tenant can fill out this form for eviction protection, valid through 9/30/2021.

https://www.cdc.gov/coronavirus/2019-ncov/downloads/EvictionDeclare_d508.pdf

For more information call the RC Housing authority at 715-779-3744

Free---Strong Body Virtual strength training class

New classes run May 4th thru June 24th

Tuesdays and Thursday 9-10:10

Register at

<https://go.wisc.edu/745199>

For more information contact your local FoodWise program.

Ashland/Bayfield Stephanie Baker at 715-682-7017 or email her at

stephanie.bakker@wisc.edu



Education Newsletter

Boozhoo ECC Families,

Spring has sprung and the children have shown how much they have grown too!!! We found an article this week about what we can say instead of "NO":

Rephrase your request in a positive way such as: instead of "Don't Run" say "Please walk inside".

Let your child know what they may do instead of telling him/her what they can't do: instead of "No you can't have a cookie now" try "you may have a cookie after we eat supper".

Ask for your child's help and thank him when he gets it right: instead of saying "No yelling" try lowering your voice and say "Thank-you for remembering to speak softly while baby is sleeping".

Explain the reason for your request and state what behavior you want to see: so instead of "Don't throw sand" say "I want you to keep the sand low in the sand-box, so it does not get in anyone's eyes".

If your child is hitting, kicking or biting, instead of saying "No hitting, kicking or biting" say "Hitting, kicking and biting hurts I won't let you hit, kick or bite me. If you want to hit/kick/bite you may hit the floor or these pillows, kick the ball or bite this teething ring.

When you take time to talk with your child in the respectful, positive ways above you are including him/her in the learning process and guiding them to become self-aware and self-regulating in their behavior.

Hope this helps!

Any questions just give us a call!

Ms. J - Social Emotional support Teacher 779-5030 ex.2548

Ms. Kathy - Education and Abilities Specialist 779-5030 ex. 2530



Boozhoo ECC families!

The health office will be starting our yearly hearing and vision screens with the children! This will take place from the end of April through the beginning of May. It is important for us to do these screens so that we can monitor the children and refer them for early intervention with the eye or ear doctor if needed. 😊 Once the screens are completed, the health office will send out the paperwork with your children's height, weight, vision and hearing screening results.



The health office is still encouraging parents to keep their children up to date on well child checks and dental exams. We have been seeing a fantastic increase in numbers of children going in for both visits! Keep up the great work!! One of our biggest goals in the health office is to help keep our children healthy. 😊



With the sun coming out more and the temperatures rising throughout the weeks, remember to put sunscreen on yourself and your child to prevent sunburns and insect repellent to keep the mosquitoes away! 😊



Miss Patt and Miss Mikayla

Nutrition Nuggets

Food and Fitness for a Healthy Child

May 2021

Festus R-6 School District

Mrs. Peggy Carle, Director of Food Services



BEST BITES

Foods from my state

Washington apples, Maryland crabs, Kentucky blackberries ... what food is your state known for? Encourage your child to do research in books or online to find out, and help him use the food in a healthy recipe. Together, you might make apple-fennel coleslaw, baked crab cakes, or blackberry sorbet.

Stop and go



Help your youngster boost coordination with this fast-paced game. Kick a ball from player to

player. The kicker calls out a body part (right foot, right elbow, left knee). The receiver tries to stop the ball using that body part. If a player doesn't follow the directions, she gets a point. Lowest score wins!

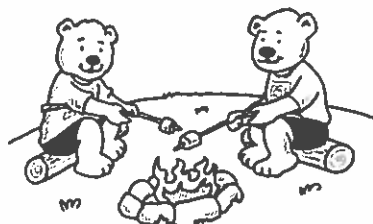
DID YOU KNOW?

If you receive SNAP benefits, you can use them to buy seeds and plants to grow food for your family. Visit fns.usda.gov/snap/retailer-locator to find participating stores. Then, let your child help you plant fresh vegetables and herbs in a garden or in windowsill pots. *Note:* Many farmers' markets accept SNAP benefits, too.

Just for fun

Q: How do you start a campfire with two sticks?

A: Make sure one is a match!



Right-size portions

It's important for your child to eat the right foods *and* to eat the right amount. Help her learn about portions with these hands-on ideas.

Measure snacks

At snack time, set out measuring cups and spoons along with snacks like dry cereal and raisins. Encourage your youngster to read the serving size on each package and measure the recommended amount onto her plate—and yours. She'll learn to use nutrition labels and discover healthy portion sizes.

Make a poster

Let your child create a chart that compares just-right portions of food to the size of everyday objects she chooses. First, share these common comparisons:

- 3 oz. chicken or fish = deck of cards
- $\frac{1}{2}$ cup cooked vegetables, pasta, or rice = lightbulb
- 1 cup raw vegetables = baseball
- 1 oz. cheese = pair of dice



Then, she can pick items that are about the same size and sketch them on poster board. She might draw a computer mouse for chicken, a mini stuffed animal for rice, her snow globe for raw veggies, and an eraser for cheese.

Divide your plate

When your youngster serves herself, suggest that she start by covering half of her plate with fruits and vegetables. For extra fun, she could divide her plate in half with asparagus spears or a spaghetti noodle! That strategy will help her take reasonable portions of protein and grains to fill the other half of her plate. ●

Playground stretches

The playground is the perfect place for your youngster to do stretches. He'll improve his flexibility, which helps to prevent sports and overuse injuries. Here's how.

Reach high. Encourage your child to stretch and jump up to catch horizontal bars or monkey bars, then count how many times he can swing.

Stretch low. Suggest that your youngster try stretches on a balance beam or a painted line on the blacktop—without stepping off. First, he can put one foot in front of the other and touch his toes on the front foot. Then, have him turn sideways, step his legs out wide, and try to touch the beam. ●



This institution is an equal opportunity provider.

Salads kids want to eat

There's a whole world of interesting greens and other salad ingredients out there! Consider these tips to help your youngster fall in love with salads.

Try different leaves. Add more nutrients by encouraging your child to eat a variety of greens. He'll enjoy learning their names and discovering their unique flavors and textures. Each time you get groceries, let him pick out a new base for his next salad, such as red bibb, soft butter lettuce, dark green baby kale, purple radicchio, scoop-shaped endive, or curly frisée.



Use creative names. Your youngster might make "mac-and-cheese salad" with lettuce, tomato, cooked whole-wheat pasta, and low-fat shredded cheddar. Or you could invent "Popeye salad" with baby spinach, strawberries, and olive oil. *Idea:* He may get a kick out of learning that *rocket* is another name for arugula. Blast off with "rocket salad"—toss rocket with peach slices, part-skim ricotta cheese, and a drizzle of balsamic vinegar.

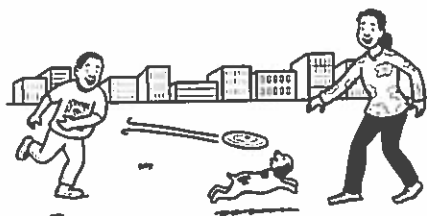
Add kid-friendly crunch. Encourage your child to crumble baked tortilla chips or his favorite whole-grain crackers onto his salad. Or he might sprinkle a salad with slivered almonds or sesame sticks. ●

PARENT TO PARENT

Overweight? Focus on health

My son Patrick is a bit overweight. His pediatrician said we could help him by focusing on healthy foods and fun activities for the whole family instead of on Patrick's weight.

So we bought fruits and vegetables that Patrick likes, including oranges and snap peas, and bypassed the cookies and chips. Also, we've switched to lean meat and fat-free milk.



Now instead of lounging in front of the TV after dinner, we take walks or go to the park. We like playing 2-on-2 basketball, and we've recently discovered disc golf. Patrick has more energy—and he looks forward to kicking off the weekend with a family bike ride. ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

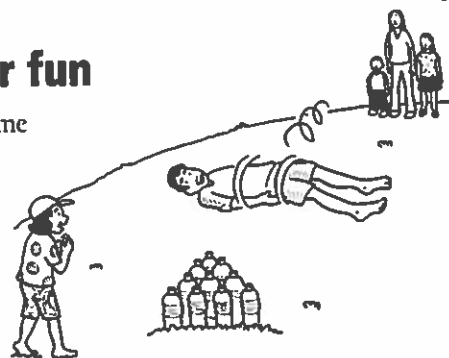
ACTIVITY CORNER

Outdoor summer fun

Longer days mean more time to play outside. Get everyone's heart pumping with these games.

Human bowling. Family members are the "bowling balls" in this game. Have your child arrange "pins" (half-full plastic water bottles) at the bottom of a grassy hill. Take turns lying at the top and rolling horizontally to topple the pins. Count how many you knock down, reset, and run back up the hill. Knock over the most pins in 10 "rolls" to win.

Ribbon run. Help your youngster set up a running course by tying ribbons to 5–10 objects outside, such as a tree, bench, or fence. Time each other running the whole course from ribbon to ribbon, making sure to touch them all. The fastest player wins. ●



IN THE KITCHEN

Create buffets at home

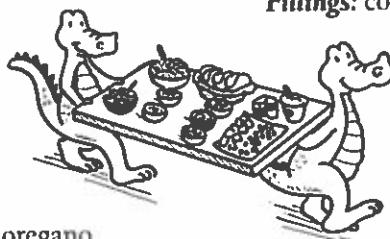
There's something for everyone at a buffet. Set out foods around themes like these, and your child can build her own meals.

Pasta extravaganza

Noodles: whole-wheat pasta, spaghetti squash, or zucchini noodles

Sauce: marinara, pesto

Toppings: cooked turkey meatballs, steamed broccoli florets, sun-dried tomatoes, grated Parmesan cheese, oregano



Yogurt station

Base: nonfat Greek yogurt

Mix-ins: blueberries, mango chunks, cinnamon, nutmeg, honey, chopped walnuts

Taco bar

Shell: soft corn or whole-wheat tortillas

Fillings: cooked lean ground beef or steamed shrimp, black beans, low-fat shredded pepper-jack cheese

Toppings: shredded lettuce, diced tomato, sliced avocado ●

TRADITIONAL ANNUAL WALLEYE (OGAA) HARVEST

Late March into the month of April, and sometimes May depending on the timing of ice melt from northern Minnesota, Michigan, and Wisconsin lakes, marks the traditional spearfishing season for Lake Superior Chippewa Tribes. Great Lakes Indian Fish & Wildlife Commission or GLIFWC member Tribes signed Treaties in 1836, 1837, 1842, 1854 with the United States government. In those Treaties they ceded (sold) land in northern Michigan, Wisconsin, and Minnesota, but retained the rights to hunt, fish and gather in the ceded territories.

Ceded Territories Map



glifwc.org

Treaty Rights Are:

- Affirmed by court decisions.
- A usufructuary right.
- A tribal right not an individual right.
- Regulated through tribal codes.

What is a usufructuary right?

Lake Superior Chippewa Bands possess usufructuary rights to the land. Usufructuary rights were the rights of the Indians to hunt, fish, and gather forest products off the land they sold to the United States. In the case of the 1837 and 1842 Ojibwe treaties, the Lake Superior Chippewa Bands sold their homelands to the United States, but they wanted provisions added to the treaties that recognized the continuance of their usufructuary rights. Thus, they no longer owned the land, but both the United States and the Ojibwe agreed that the Ojibwe could continue to use the land for hunting, fishing, and gathering. Because they retained these rights in their treaties, these are referred to as reserved rights.

Save the date!



Parents as Teachers.

What to expect

Times and format:

Day 1: Wednesday, May 19, 2021

Day 2: Wednesday, May 26, 2021

Times: 5pm-7pm Via WebEx

Registration is required, deadline to sign up is May 14th.

What's included:

After you register, a packet of materials will be dropped off. To get the best experience, please sign up for both days. Incentives/drawings will be done at the end of each day.



For more information and to register call or email:

Cindy Garrity, Family Service Manager 779-5030 ext. 2551

Jennifer Defoe, Family Service Enrollment Specialist 779-5030 ext. 2533

What You Do Matters

You know more about your child than anyone! But there may still be times when you have questions ... about what's going on in their brain ... about their development ... or about things you can do together to help them grow and learn.

During this 2-day series, you'll learn how play and everyday interactions help your child's development. There will be time to share your own experiences, ask questions, and try out activities you can do together at home.

Day 1 "Your Child's Brain and Its Amazing Potential"

All children grow at their own pace, but we'll explore the overall patterns in their head-to-toe development. You'll see videos and do activities that show how our brains work.

Day 1 "Movement and Motion"

Your child's body is made to move! As they rolls, runs, or eats with fingers, they're also taking in information through all of their body's parts. Find out how all the input and output comes together through your child's brain.

Day 1 "Now Hear This!"

Language has two parts: what your child produces and what your child understands. They start listening long before they start talking – find out what happens in between.

Day 2 "Feelings"

Babies use emotions and social interactions to help them figure out what's going on in their world. Over time, they learn to understand and control their own emotional responses – but it's not always easy, even for their parents!

Day 2 "What Do You Think?"

Your child's thinking abilities – to remember, imagine, and figure things out – are making huge leaps during these early years! There's so much you can do to help, and play is a big part of it.

Day 2 "Making It a Routine"

Think about how what you do at home has changed because of what you learned about your child's development. How can you keep building on this in the future? What are some ways you can share this information with your child's other caregivers and teachers? What they do matters too!



Scan and visit the Red Cliff Early Childhood Website

MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Get Caught Reading Month	National Bike Month	National Photograph Month				1 National Play Outside Day! What is your favorite outdoor activity?
2 Brothers And Sisters Day! Draw a picture of your family!	3 Children's Book Week! Read a new book today!	4 Star Wars Day! May! The Fourth Be With You!	5 Get Caught Reading a new book each week to celebrate Get Caught Reading Month!	6 Go outside and use sidewalk chalk to practice writing your name!	7 National Space Day! Make your own space rocket! (See Activity)	8 National Train Day! Where would you take a train to?
9 Mother's Day!	10 Clean Up Your Room Day! Clean your room and sort your toys by color!	11 Reading Is Fun Week! Read your favorite book this week!	12 Make your own hopscotch court and play hopscotch together!	13 National Frog Jumping Day! Read "Cows Can't Jump" and make your own cow bookmark!	14 Dance Like A Chicken Day! Have a dance party today!	15 National Chocolate Chip Day! Use Chocolate Chips to help you solve math problems!
16 National Do Something Good For Your Neighbor Day!	17 Go outside and blow bubbles together!	18 National Visit Your Relatives Day! Draw a picture and write a letter to a relative!	19 Bake your favorite treat together!	20 National Pick Strawberries Day! Eat your favorite fruit as a snack!	21 Take a picture together to celebrate National Photograph Month!	22 National Vanilla Pudding Day!
23 World Turtle Day! Read a book that has a turtle in it!	24 National Scavenger Hunt Day! Create your own scavenger hunt for your child to do!	25 National Sing Out Day- Sing and dance together to your favorite song!	26 Grab a blanket and read a story outside!	27 Take a walk together and see how many bugs you can count!	28 Read a new book that has the word "flower" in it!	29 Take a bike ride together to celebrate National Bike Month!
30 Water A Flower Day! Plant your favorite flower together- don't forget to water it!	31 Memorial Day!					

Space Rocket

Materials Needed:

- Paper Roll (Toilet paper roll or paper towel roll)
- Construction Paper
- Tissue Paper
- Glue



Instructions:

- Glue your choice of construction paper around the paper roll
- Cut a circle from a piece of construction paper and shape it into a cone
- Glue the cone to the top of your paper roll
- Cut out two triangles and glue a triangle to each side of you paper roll
- Cut tissue paper into small strips
- Glue the tissue paper strips to the bottom of your paper roll
- Draw designs on your paper roll to make it look like a space rocket

Cow Bookmark

Materials Needed:

- Envelope
- Pink Construction Paper
- Black Construction Paper
- Scissors
- Glue
- Crayons, Markers, Colored Pencils

Instructions:

- Cut your envelope in half, then cut out the end of your envelope that is open to give the edge a shape
- Using crayons/markers/colored pencils decorate the bookmark to look like a cow
- Cut out a nose from pink construction paper and glue the nose to the front of the envelope
- When the bookmark is decorated and all dry, you can use it by slipping it over the corner of the page in the book you are reading!





The Red Cliff Early Childhood Center

88455 Pike Rd. 89830 Tiny Tot Dr.

Bayfield WI 54814

Current Opening for the Red Cliff Early Childhood Center

Child Care Assistant Teacher -2 Positions

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

Child Care Teacher - 4 Positions

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

Early Head Start Center Based Teacher - 3 Positions

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

Early Head Start Home-Based Teacher

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

Head Start Assistant Teacher LTE - 2 Positions

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

Head Start Assistant Teacher

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

Head Start Bus Driver & Family Service Worker

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

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



Red Cliff Tribal Job openings

Go to the Red Cliff Tribal Website

<https://www.redcliffnsn.gov/how-do-i-apply-for-obtain/employment-opportunities/job-openings.php>



Bayfield Chamber of Commerce job opening.

Go to: <http://business.bayfield.org/jobs>

MAY 2021

WAABIGWANI-GIIZIS

NITAM ANOKII-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIIVO-GIIZHIGAD	NAANO-GIIZHIGAD
3B EGG OMELET, TRK BACON, WG TOAST, PEAR S GOLDFISH GR/TR FR L PIZZA, PINEAPPLE, GR BEAN, YGT	4B RICE CRISPIES, BANANA, OATMEAL RND S BIRDS NEST/PEACH L CHIX, W RICE, MANGO, PEAS	THIS SNACK WILL BE OP- POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK S GOLDFISH/HONEYDW	7B COMBO, WG TOAST, CC, CANTALOUPE S TEDDY GR/APPLES L BURRITO, BR RICE, MAN ORANGES, YGT	8B CORN CHEX, APPLES, YGT S BIRDS NEST/PEACH L HAM SND, CHIPS, IT VEG, PEARS
10B MALTO MEAL, BERRIES, WG TOAST S FRUIT CUP/TEDDY GRAHAM L TACO, YGT, PEAS, STAWBERRIES	11B RICE CHEX, BAGEL, BANANA, PB S ANTS ON A LOG L CHIX VEG SOUP, PEACHES, BR STIX	THIS SNACK WILL BE OP- POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK S APPLE/CHEESE STICK	13B CHEERIOS, BB, ENGLISH MUFFIN, PB S FRUIT CUP/GRAHAMN CRK L PIZZA, CORN, CC, SALAD	14B OATMEAL, MANGOS, CC S ANTS ON A LOG L TUNA HD, GR BEANS, MORANGES,
17B WAFFLES, APPLES, MUFFIN S PEARS/CHEESE STIX L PIZZA, GRN BEANS, CC	18B CHEERIOS, CC, WG TOAST, HONEYDEW S PEACHES/ YGT L BURRITOS, RICE, GRN BEAN, MANGO	THIS SNACK WILL BE OP- POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK S MAN ORANGES/CHEESE ITS	20B PANCAKES, STRAWBERRIES, YGT S FRUIT CUP/ TEDDY GRAHAM L PORK CHOP, PEAS, APPLESAUCE,	21B RICE CHEX, BANANA, WG TOAST, PB S PEACHES/ YGT L PIZZA, GRN BEANS, CC
24B EGG COMBO, ORANGES, YGT S PINEAPPLE/CC L BBQ, FRIES, GRN BEAN, HONEYDEW	25B OATMEAL, WG TOAST, PB S BERRY PIZZA L BURRITO, CORN, MANGO, CC	THIS SNACK WILL BE OP- POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK S GR CRACKER/	27B FR TOAST, BLUEBERRIES, YGT S CHEEZIT/FRUIT CUP L HAMB HOTDISH, CORN, PEACHES	28B KIX, BERRIES, WG TOAST, CC S BERRY/PIZZA L KIELBASA, PEAS, WG ROLL, PINEAPPLE
31B EGGS, TRK BACON, MUFFIN, YGT S CARROTS/HUMMUS L CHICKEN PATTIES, CORN, MANGO, CC	THIS SNACK WILL BE OP- POSITE FOR TUESDAY AND WEDNESDAY HANDS ON SNACK S CC/PEARS			