



Inside this issue:

- ECC/Community
- Classroom Updates
- Upcoming Events
- Health
- Safety
- Parenting
- School Readiness
- Job opportunities
- Menu

Special points of interest:

- ECC will be closed Mon. April 6th
- Kindergarten Family Pizza night April 7th 5pm - 6:30pm @ Bayfield School
- Kindergarten Enrollment/Exploration April 15th and 16th 9am - 2:30pm @ Bayfield School
- Friday, April 24th ECC annual Health Fair 10 to 1pm @ ECC
- Bayfield School Early Release April 24th @ 12:45pm
- Bayfield Family Pow Wow April 24th 1:30 - 9 pm @ Bayfield

6th Annual ECC Health Fair



Friday, April 24, 2015 will be the annual ECC Health Fair from 9:00am to 1:00 pm at the Red Cliff Early Childhood Center. This event will bring together many different community agencies to provide resources to families and community members. This

event is open to the public and parents are encouraged to bring the whole family!!

Call Jenny Bresette (ext 257) or Cindy Garrity (ext. 253) for more details or questions @ 779- 5030

Friday, April 24, 2014
10:00 - 1:00pm
@ ECC
 *Free screenings for adults and children
 *Free information
 *Healthy snacks
 And so much more.....

What to do when your child gets sick Parent Health Training



The ECC will be providing a 'What to do when your child gets sick' Parent Health Training April 22 from 5 - 7pm @ ECC and April 30th from 10 am - Noon @ Legendary Waters. Two dates & times to choose from!! Parents will learn topics such as how to correctly take a child's temperature, administer medication, and learn health tips to reduce trips to the doctor and ER.

Parents will receive a free book, supplies and materials!!

Food, child care and too many door prizes to list will be available!!!!

Space is Limited. If you are interested in attending and want to reserve a spot please contact Ashly (ext. 255) or Jenny (ext 257) at 779-5030.

Iskigamizige-Giizis (Maple Sugar Moon) April 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED Spring Break	2 CLOSED Spring Break	3 CLOSED Spring Break	4
5 Easter 	6 ECC/TRIBE CLOSED Tribal Council mtg 4:30	7 WIC Pick up *Future Kindergarten Pizza Night 5 - 6:30pm	8	9 Dental Varnish @ ECC Language Table	10	11 *ECC Swimming 10 - Noon @ Rec Center *Dweebs Family Night 4pm - 9pm @ Bay Area Civic Center
12	13 *WIC Pick up *GED Classes @ ECC *Zumba 5-6pm @ Clinic *School Board mtg	14 WIC Pick up	15 Kindergarten Enrollment/ Exploration Housing Mtg	16 ECC Policy Council mtg 12:30 *Kindergarten Enrollment/ Exploration Language Table	17	18 ECC Swimming 10 - Noon @ Rec Center
19	20 GED Classes @ ECC Zumba 5-6pm @ Clinic	21 Tribal Council mtg 4:30	22 Earth Day  *Parent Health Training 5pm - 7pm @ ECC	23 Language Table	24 *ECC Health Fair 10am- 1pm *Bayfield Early Release @ 12:45 *Bayfield school Pow wow 1:30-9pm	25 ECC Swimming 10 - Noon @ Rec Center
26	27 GED Classes @ ECC Zumba 5-6pm @ Clinic	28 Dental Varnish	29 *Building Strong Relationships parent training 5pm-7pm @ ECC	30 *Parent Health Training 10am - Noon @ LW Language Table		

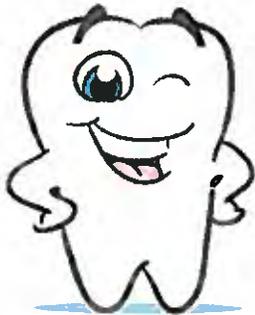
Agongos News

Home Based News

Iskigamigize-Giizis

April 2015

As always, Home Based families are welcome and encouraged to participate in our weekly Language tables at the ECC. They take place on Thursdays from 4:30-7:00 and include a pot-luck meal, so bring a dish to pass if you can! Lots of fun, and lots of knowledge! Come join us!



Dental Screens/ Fluoride Varnishes @ ECC

April 9th and April 28th

8:30—11:00

If you have any questions please call the ECC Health office at 715-779-5030 Patt- ext. 256 Ashly ext. 255

If you have any questions or concerns, feel free to contact your Home Based teacher at 715-779-5030

236- Eugena M.

237- Amber H.

238- Amaris A.

April Socializations

April 10th: 10 am—12 pm

Topic to be announced

April 24th: 10 am—1 pm

Health Fair

*all socializations will be in conjunction with the ZHV program home visitors

Mino Dibishkaan

Pamela—
4/4



UPCOMING PARENT TRAINING

A health training will be available for parents this month. There will be two dates to choose from:

April 22nd 5-7 pm @ ECC

April 30th 10-12 @ Legendary Waters

Topics include signs of serious illness, common childhood illnesses, remedies, how to use resources, how to cut back on the number of ER and doctor visits. Meal and child care will be provided

For more information and to reserve a spot please contact Jenny Bresette (ext. 257), or Ashly Gurnoe-Gould (ext. 255)

Wabooz Room April 2015

Everyone is well in the Wabooz Room!

IN OUR ROOM WE HAVE KIDS IN VARIOUS STAGES OF DEVELOPMENT:

WALKERS TAKING FIRST STEPS STANDING BY FURNITURE PRE-CRAWLERS

Brylee
Francis
Lola
Qiana

Lexia

Kylie

Bryson
Jon Jr.

The kids have been busy in our room playing with the shape sorters, doing puzzles, stacking blocks, and playing on the baby steps and ramp. They love it when we sing songs and read books to them.

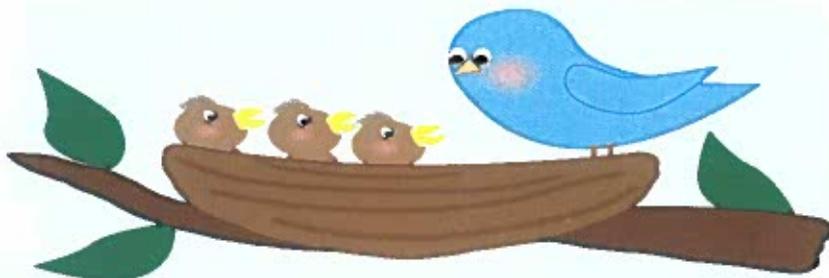
We have enjoyed a few trips outside since the weather has warmed up. We loaded all kids up in the big stroller and went for a nice walk down the road and around the parking lot. We stopped to look at some crows, and to listen to the birds singing.

The kids had fun checking out their playground for the first time this year. They can explore and access the area much better now that the snow has melted.

***We will be going outside regularly so please send your child with proper outdoor attire for the season. It can be chilly, so they still need to have mittens and warm clothes for our outdoor adventures.**

HAPPY SPRING!

Maggie and Caitlin





Amik Newsletter

Iskigamizige-Giizis

We are going to be busy.

We are so excited because when we come back from vacation we will be doing a lot of new things like we are going to be trying out the “big kid potties” along with you parents/grandparents/families at home.

So not only do we need extra clothes from that but it’s going to be a wet spring or please send them with things we can get muddy. Remember to check the clothes that you sent because some of us are growing out of them.

Other things we will be working on is more language use and talking about nature and being kind to it. I am hoping to be able to take nature walks to talk about the trees and animals we will be seeing and hearing.

Man, we are growing so fast:

Walter uses a bunch of sentences and reminds us to use our ojibwemowin words.

Samara tells stories and really likes to play outside.

Avery is learning a lot of new words and is telling us when her friends are sad or mad and tries to comfort them.

Maycee loves to sing and can do many of the actions to some of the songs.

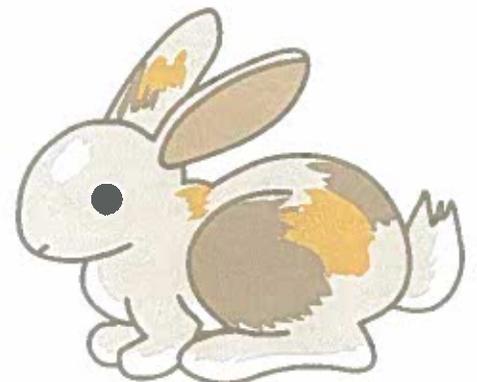
Zaylia really is beginning to express herself using her words. She loves to play outside and to play

Cece just loves school she is nothing but smiles when she comes in. Cece loves to draw and paint.

Izzy loves to play silly games that make everyone smile.

Kendall is talking more and more and loves to play in the kitchen area with her friends.

Keep up the awesome work you are doing, we see it everyday in your little ones.



Makwa Room

This month we will be focusing on the Ocean and Ocean animals. We will also be working on our days of the week in English and Ojibwe along with a helper of the day. We also will be making special Easter presents for our parents.

Ojibwe words that we will be working on this month are:

Monday: nitam-anokii-giizhigad

Tuesday: niizho-giizhigad

Wednesday: aabitoose

Thursday: niiyo-giizhigad

Parents: Please be sure to bring in extra clothes for your children. Please remember that class begins at eight o'clock and if you are going to be late to call us and let us know. Also, if your child will not be in that day please call us as soon as you know. We greatly appreciate it.



Have a great April Everyone & Happy Easter!

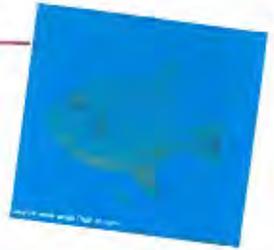
Ms. Lacie & Ms. Teresa

*No school April 6, 2015
Easter Monday Holiday.*

*April 24th ECC Health
Fair*

715-779-5030 ext. 244

*Hope everyone enjoyed
their Spring Break!!! ☺*



Esiban Abiwin

What we are doing...

For the last few months we have been working on many things.

- ` cutting
- ` dressing
- ` serving food
- ` washing hands
- ` brushing teeth
- ` sharing
- ` follow directions
- ` use the bathroom and lots more.

We hope you like the projects the children do here at school, they work very hard to achieve the goal they set.

This past month the children learned about where animals live, what they eat, how to care for them, etc. And, on top of

that, they learned about the sugar bush. Ask them questions about it and you'll be surprised what they know!!! Nadine thought we should have a quiz bowl because she was sure our class would win! :)

April 2015

Karen and Nadine

**What's up for APRIL....
Pirates and Ocean Study!**



Watch for flyers

- Health Fair
- Parent Committee Mtg.



What we like to do during Sugar Bush (our pretend time in the classroom)

- Manuel can take the sap bag and dump it into the bucket.
- Layla likes to hammer the tap into the tree.
- Nicholas wants the syrup for pancakes.
- Michael likes to add the firewood to the stove.
- Brandy knows to boil the sap.
- Adena stirs the sap in the pot.
- Kenyon helps pour the syrup the bowl.
- Robert hammers the tap into the tree.

Mashkodebizhiki Class

We are finally getting to the end of winter!! Soon the playground will be filled with mud and dirt! So please send your child to school with foot gear that can get wet and muddy. (mud/puddle boots or old tennis shoes) Since we go out in the morning to play, please send make sure that your child has a warm jacket and a hat. Spring mornings are still very chilly and it is more fun to play when everyone is comfortable.

This month we are going to be continuing to learn about trees and forest animals. We will be learning about who lives in trees; what kinds of food we can get from tree; how trees help us and the animals; what animals live in the forest, and ways that we can help the trees and forest animals.

Just a reminder to those that have children attending Kindergarten:

There are many activities taking place this month to help you and your child to get to know the teachers and the school. Please try and attend as many as possible. If you have any questions about dates or what to expect, please give us a call. If we don't have the answer, we will get you to a person that can.

Also, due to the time change, we want to remind you that the Sleep Institute for children says your little ones need at least 10-12 hours of sleep a day. Miigwech!



Ms. J and Ms. Jamie





Ma'iingan

Spring is just around the corner and the Maiingan children are eager to learn about what new life our mother earth brings us this spring, new buds, flowers, worms, birds with new babies and other baby animals, rain puddles and mud.

Teachings for this month will be learning more of the Ojibway colors, numbers, counting, animals, literacy, language, alphabets and letter recognition of their first name.

Learning about investigating what kind of trees we have in our own community area, venturing outdoors to look for nature items.

Children are on to the next step in the maple syrup process, collecting the liquid, dumping the liquid out of the bags into large buckets, pouring it into an even larger container so that it can be transferred back to the ECC site to begin the boiling to turn it into yummy syrup.

REMINDERS: 3/30/15 to 4/6/15 Spring Break

Class resumes on 3/7/15

Ms. Alicia and Ms. Patsy



Migizi News

We have really enjoyed the warmer weather and being able to go outside to play! It has been nice to go on field trips to the Sugar Bush and learn about the Sweet Water and the process it takes to make it into Maple Syrup. They are now boiling in the parking lot so we can watch and talk to them about what is happening.

This month has been full of learning about trees, animals that live in the trees, how the trees help us with oxygen, fruit that come off trees, and all the uses trees has with wood. We will be going on a field trip to the Visitor Center to have some hands on experiences with materials from trees and watch a movie about Birch Bark .,

We have been working hard about learning what to do if we get lost, recognizing our alphabet and numbers when pulled randomly from a pile, identifying if it is a letter or a number , learning our first and last names, our parents or families first and last name. There has been a lot of learning about our feelings and how to problem solve! With all the nice weather we have a lot of energy that has to be used.

Once again with the weather change comes MUD! Expect your child to be outside everyday unless there is a storm. The children love to find the mud holes and play in them. We do our best to keep them dry and clean BUT———— (We all know how that one goes)! Please have extra clothes for you child and proper outer gear for the type of day it is.

Thank-you for keeping your Parent Teacher conference meeting. It is a pleasure working with your children and being able to share their accomplishments with you!

Diann and Linda



Red Cliff Early Childhood Center

Regular Policy Council Meeting Minutes Thursday February 12, 2015

12:30 p.m. at the ECC Administration Trailer-Memengwaa

Policy Council Members Present: Elizabeth King, Kasie Gokee, Jessie Defoe, Nicole (Nicci) Newago, Shanaya Hoopman and Steven Boyd (Tribal Council Liaison), Quorum Present

Absent: Chelby Cameron, Autumn Montano

Others Present: LaVonne Goslin (Early Head Start Director), Nicole Boyd (Head Start Director), Cindy Garrity (Family Services Manager), Patt Kenote-DePerry (Health and Mental Wellness Manager), Dee Gokee-Rindal (Education Division Administrator)

Meeting called to order by Elizabeth King at 12:30pm

Newly elected Policy Council member Shanaya Hoopman introduced and welcomed.

Election of officers

Motion by Jessie to nominate Elizabeth King as Chairperson, second by Kasie, all in favor, motion carried.

Motion by Kasie to table Vice Chairperson position, second by Jessie, all in favor, motion carried.

Approval of Agenda

Motion by Jessie to approve agenda, second by Shanaya, all in favor, motion carried.

Minutes Action

Motion by Kasie to approve minutes from January 8th, 2015 with corrections, second by Jessie, all in favor, motion carried.

Financial Reports

LaVonne and Nicole provided the most recent Early and Head Start financial reports to the Policy Council along with updates, question and answer. The PC will be receiving the 2015-2016 budget in March for review, input and action.

Quarterly Reports

October-December 2014 quarterly reports from the Education Division were distributed to PC members.

Monthly Program Summary Report

The Monthly program summary report with January, 2015 data was distributed to PC members. Nicole explained the reports, data and special notes regarding the month of January, including attendance and why in January it was so low due to several children out with long-term illness. Report is also sent to the Tribal Council for review, input and discussion.

2015-2016 Training Plan

LaVonne presented the Training plan, explaining when trainings are scheduled, for how long, who needs to attend, estimated costs, learning outcomes, and how the training plan supports program goals and is developed with the data and information gathered in the ECC self-assessment and community assessment. Motion by Nicci to approve Training Plan for 2015-2016, second by Kasie, all in favor, motion carried.

Environmental Health and Safety Plan

Patt presented the Environment Health & Safety Plan and explained all the work that went in to clarify and further explain procedures, additions and changes made. The Office of Head Start Environmental Health and Safety Screener tool has been completed and added as an addendum to this plan. Motion by Jessie to approve the Environment Health & Safety Plan 2014-2015 with corrections and additions, second by Nicci, all in favor, motion carried.

Goals, Objectives and Action Plan 2015-2020

Nicole presented the short term and the long term goals and action plans through each area of development including Spiritual Wellness, Emotional Wellness, Physical Wellness and Cognitive Wellness. Discussion on how goals and objectives are determined and the process, including results of self-assessment, community assessment, staff and parent input. Jessie motioned to approve with changes, Shanaya seconded, all in favor, motion carried.

Poll Vote Ratification for Circle of Cares Project Directors Position:

Motion by Nicci to approve the Circle of Cares Project Director, second by Shanaya, all in favor, motion carried.

Executive Session

Motion by Nicci to go into executive session at 1:52pm, second by Shanaya, all in favor, motion carried.

Regular Session

Motion by Jessie to return to regular session at 2:04pm, second by Nicci, all in favor, motion carried.

Motion by Nicci to go with recommendation of the personnel selection committee for the Early Head Start Center-Based Teacher Position, second by Shanaya, all in favor, motion carried.

Other

Next Policy Council Meeting will be held on the 12th of March 2015.

Dee informed the Policy Council of a 6 week computer workshop on the 27th of February through the LCO Community College.

Adjournment

Motion by Nicci to adjourn meeting at 2:07 pm, second by Shanaya, all in favor, meeting adjourned.

Policy Council Chairperson

Date

ATTENTION PARENTS:



The Red Cliff Dental hygienist will be at the ECC to conduct dental screens and to administer a fluoride treatment (varnish) to the children's teeth on:

THURSDAY-APRIL 9TH @ 8:30-10:30AM

and

TUESDAY-APRIL 28TH @ 8:30-10:30AM

This is part of the American Academy of Pediatrics Dental Recommendations and to comply with the Head Start Program Standards.

Chi Miigwech for being so supportive in your child's health and education while attending the Early Childhood Center.

If you have any questions or do not want your child/children to receive the dental services, please contact my office so we can get the correct paperwork completed before April 8, 2015.

I can be reached at:

715/779-5030 ext. 256

3.23.2015



Boozhoo Parents:



The Red Cliff Early Childhood Center will be conducting Hearing Screens on the children on:

TUESDAY, APRIL 14TH

These screenings are conducted to comply with the Head Start Program Standards. Parents, you will be notified with the results of your child's Hearing Screen.

We appreciate your cooperation and support concerning your child's health and education while attending the Early Childhood Center.

If you have any questions please contact the ECC Health Office:

Patt

715/779-5030 ext. 256

Ashly

715/779-5030 ext. 255

Miigwech!

3/26/2015





Bayfield Schools Kindergarten Exploration and Enrollment

Wednesday, April 15, 2015

9:00am to 2:30pm

Thursday, April 16, 2015

9:00am to 2:30pm

Location: Bayfield School Kindergarten Rooms

- This event is for parents and their Pre-Kindergarten children including children who attend Head Start.
- Please bring your child's birth certificate and immunization records.
- School Enrollment forms will be filled out that day.
- Fun activities will be set up for the children.
- Staff from Family Forum Head Start, Red Cliff Early Childhood Center and Bayfield School District will be present.
- Your child must be 5-years old on or before September 1, 2015 for admission to kindergarten for the 2015-2016 school year.
- To schedule an appointment please call Lori Heckman at 715-779-3201 ext. 134.

SEE YOU THERE!



Welcome to Our New Bayfield Trollers 2015 – 2016 Kindergarten Students

Dear Students and Parents;

The Staff at Bayfield Elementary have scheduled several opportunities for you to come to Bayfield Elementary as you prepare for Kindergarten. Parents please mark your calendars. You will be our guests for the Pizza Night and Lunches.

***Tues., April 7, 2015** Parents and Pre-School Students Pizza Night. 5:00 -6:30 pm

***Wed., April 15, 2015** Kindergarten Enrollment and Exploration Day

***Thurs., April 16, 2015** Kindergarten Enrollment and Exploration Day
*Parents are asked to call **Lori Heckman** at **779-3201 ext. 134** to set up a screening date and time.

***Fri., May 1, 2015** Parents and Students Lunch 10:30 am – 12:00 pm in the cafeteria.

***Thurs., May 21, 2015** Students will come with the ECC and FF staff to tour the classrooms and have lunch at Bayfield Elementary.
10:30 am – 12:00 pm.

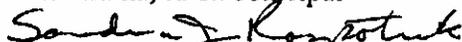
Summer Kindergarten Readiness: is three weeks in August from 8:00 am-12:00 pm
on August 3-6, August 10-13 and August 17 -20.

School Bus Transportation is provided on Red Cliff route. Please attend all three weeks!

Registration will be ready at Kindergarten Enrollment.

We look forward to seeing you at all these fun events.


Scott Stralka, K-12 Principal


Sandra J. Raspotnik, Director of Pupil Services

ECC Family Swim Days

Open to families of children 0-5

The ECC will be having family swim days at the Bayfield Recreation Center on the following dates:

Saturday, February 21st	-	10:00 to Noon
Saturday, February 28th	-	2:00pm to 4:00
Saturday, March 7th	-	10:00 to Noon
Saturday, March 14th	-	10:00 to Noon
Saturday, March 21st	-	10:00 to Noon
Saturday, April 11th	-	10:00 to Noon
Saturday, April 18th	-	10:00 to Noon
Saturday, April 25th	-	10:00 to Noon

To Reserve a spot please contact Cindy Garrity at 715-779-5030 ext. 253 or Jennifer Bresette ext. 257



Snack will be provided!

What to do when your child gets sick: Parent Training



Love and Knowledge: The Keys to Healthier Children

Please join us to:

- Learn signs of serious illness from common childhood illness.
- Be informed of normal illnesses and remedies.
- Learn how to use resources
- Make fewer trip to the doctor and ER.

MEAL & CHILD CARE WILL BE PROVIDED

*Door Prizes!!

*Free Health Book

*Games, Prizes, and one GRAND PRIZE can be won for those who participate: think big!!

Two Dates & Times to choose from:

Wednesday, April 22nd 5-7pm @ ECC

Thursday April 30th 10-12 @ LW

Please Call to Reserve a Spot!

Contact People: Cindy Garrity, Jenny Bresette, Ashly Gurnoe-Gould or
Patt Kenote-DePerry (715)779-5030

Building Strong Families



Strength in
Times of Stress

All families face stress...and all families have strengths.

Family changes, financial stressors, and even the fast pace of busy schedules can all put a strain on families. Research shows that several traits can help families stay strong and thrive in times of stress. Respect, good communication, and family traditions are just a few of these strengths.

This class is designed for parents and other adults who want to learn about their own strengths and build new ones within their families. Through discussion, activities and practical take-home ideas, we'll explore eight traits of strong resilient families.

Four Sessions: Wednesdays, April 29, May 6, May 20, May 27

5:00-7:00 pm ■ Red Cliff Early Childhood Center

Free! ■ Child Care & Meal Included

**Space is limited! Register soon by calling Jennifer Bresette or Cindy Garrity @
715-779-5030.**

Sponsored by:

Red Cliff Early Childhood Center, UW-Extension

Red Cliff Community Health Center's

Zigwan Gathering

Formerly the "Easter Event"



Spring into MOTION

Date: Friday, April 3, 2015

Time: 9am to Noon

Location: Red Cliff Youth Center

Community Sponsors:

Red Cliff TANF Program and

Red Cliff Youth Center

Food...interactive booths...raffles...fun for the whole family



Caretakers of the medicine, protectors of your health



FOR THE LOVE OF CHILDREN

YOU HAVE BEEN SELECTED TO JOIN US TO
CELEBRATE ALL YOU DO FOR YOUNG CHILDREN!

Come enjoy a delicious dinner, fun filled activities and learn about the services Northwest Connection Family Resources can offer you to help provide high quality child care.

April 8, 2015 Legendary Waters Resort 6:00 – 8:00 pm	April 13, 2015 Bad River Lodge & Casino 6:00 – 8:00 pm	April 27, 2015 LCO Convention Center 6:00 – 8:00 pm	April 30, 2015 Forest County Courthouse 6:00 – 8:00 pm	TBD Lac Du Flambeau 6:00 – 8:00 pm
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Many door prizes will be given away including a \$100 Lakeshore Early Learning Gift Certificate.

Everyone attending will leave with a prize!

TO REGISTER CALL NCFR 1 WEEK PRIOR THE EVENT (800) 733-KIDS OR (715) 634-2299

(selection criteria – YoungStar 2 star automated and non-participating providers)

DWEEBS FAMILY NIGHT

CARNIVAL AND DANCE

\$10.00 in advance
INDIVIDUAL
\$15.00 at the door

\$20.00 in advance
FAMILY
\$25.00 at the door

Proceeds go to Chequamegon Humane Association (CHA)

Children's
RAFFLE

Bay Area Civic Center

ALCOHOL FREE EVENT

Sat. April 11th

Carnival 4:00 - 6:00 p.m.

Kid's Games! Face Painting!

Pizza sponsored by Hugos!

Other Concessions available!



Adult's
RAFFLE!



6:00 P.M.
THRU
9:00 P.M.

DANCE WITH THE DWEEBS!

Tickets Available at the Ashland Chamber of Commerce & New England Store

Notice Community

Tribal Chairperson and Vice Chairman will be having after hour sessions with community members to hear your concerns, ideas or other issues you may want to discuss.

The after hours sessions will be on

March 18th and April 15th, 2015

from 4:30 p.m. until 6:30 p.m. at the Tribal Administration Office.

If you would like to schedule a time to meet with Rose & Bryan, please call:

715-779-3700 ext.: 4227 or email:

jean.gordon@redcliff-nsn.gov

We will also accommodate walk ins.

Any questions, please call Jeanne Gordon, at

715-779-3700 ext. 4227



Money Management Coach Training

A learning opportunity for agency staff, educators and community volunteers who work with (or would like to work with) consumers on personal finance topics.

Learn to help families

- Set financial goals
- Develop budgets and savings plans
- Reduce and avoid debt
- Gain financial stability

Registration required by 4/16

Registration Fee: \$12.00
Includes Lunch & Materials

**Space is Limited. To register or learn more, call
UW-Extension 715-373-6104 or 715-682-7017**

**Wednesday,
April 22, 2015**

**9:30 AM to
3:30 PM**

**Northern Great
Lakes Visitor
Center—Ashland**

ECC Health Fair

6th Annual

Friday, April 24, 2015

10:00 - 1:00pm

@ Red Cliff Early Childhood Center

***Free screenings for adults and children**

***Free information**

***Healthy snacks**

***Child Passenger safety**

And so much more.....

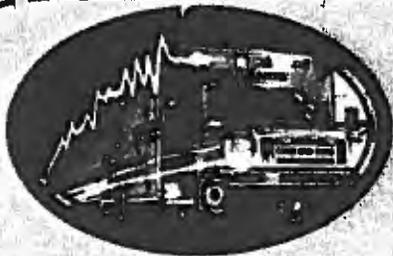
This event is open to the public and parents are encouraged to bring the whole family!

Call Jenny Bresette (ext 257) or Cindy Garrity (ext. 253) for more details or questions @ 779- 5030

RESCUE DIVAS*

EMS Summer Camp for Girls

"Rescue Divas" is a fun, hands-on residential summer camp designed to expose girls to Emergency Medical Services careers. Our exciting activities will help girls grow confidence and become stronger leaders, even during times of high stress.



Career Exploration

June 14-18, 2015

- Search & Rescue Demo
- EMS Speakers
- Helicopter Training
- CPR Training
- LOTS of Field Trips
- WITC Tour
- Emergency Scenarios
- Journaling & Reflection
- EMS Obstacle Course

6th, 7th & 8th
grade girls
From Ashland & Bayfield Counties

*Applications available at the end of March



For more information please contact:

Carle Okey www.nwcep.org/rescuedivas
(715) 682-9141 x200 cokey@nwcep.org

WE ORH
Office of Rural Health



Summer 2015 Institute

Restoration education for community members and classroom teachers

An initiative to engage community members and teachers in ecological restoration and water stewardship rooted in Indigenous knowledge

This initiative seeks to:

- ~Bring people together interested in linking environmental and health concerns to academic achievement in science, math, social studies, language and the arts.
- ~Integrate Indigenous perspectives and experience with Earth Partnership's ecological restoration education programs in diverse watersheds and ecosystems
- ~Partner with communities to broaden participation and generate enthusiasm among Native youth for careers science and technology.
- ~Address the needs of K-20 educators for culturally accurate and authentic resources across the curriculum.



Summer 2015 Institute:

July 20-24. Legendary Waters Casino
Bayfield Wisconsin

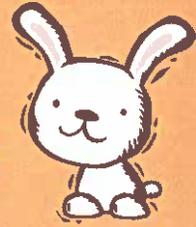
For more information and to apply, email
eshaller@wisc.edu



Arboretum
UNIVERSITY OF WISCONSIN

Kinder Kritters

Toddler Program Series



First Tuesday of the month @ 10:30 a.m. - Northern Great Lakes Visitor Center

November 11th: Ready for Winter!

The days are getting shorter and cold weather is coming! Meet animals up close to find out how they prepare for the coming winter.

December 9th: What's Buggin' You?

Explore the wonderful world of bugs! Find out what it's like to be a bug while taking a close look at insects and their cousins.

January 13th: Desert Life

Winter may be cold and snowy here, but over in the desert life is still pretty hot and dry. Meet animals that prefer it warm and discover what it takes to survive in the sand.

February 10th: Forest Life

From the treetops all the way down to the forest floor we'll explore animal life among the trees. Meet forest animals from around the world.

March 10th: Animal Care

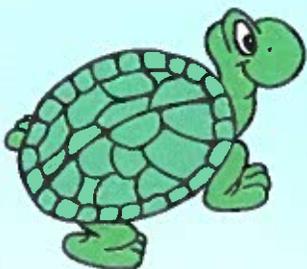
Ever wonder what it's like to be a Zookeeper? Hear animal stories, meet zoo critters, and learn what it takes to keep zoo animals healthy.

April 14th: Radical Reptiles

Make some reptilian friends as we learn about life as a cold-blooded critter.

May 12th: Movin' and Groovin'

Hop, slither, and glide along with some of the zoo's animal friends. We'll find out how and why animals move the way they do!



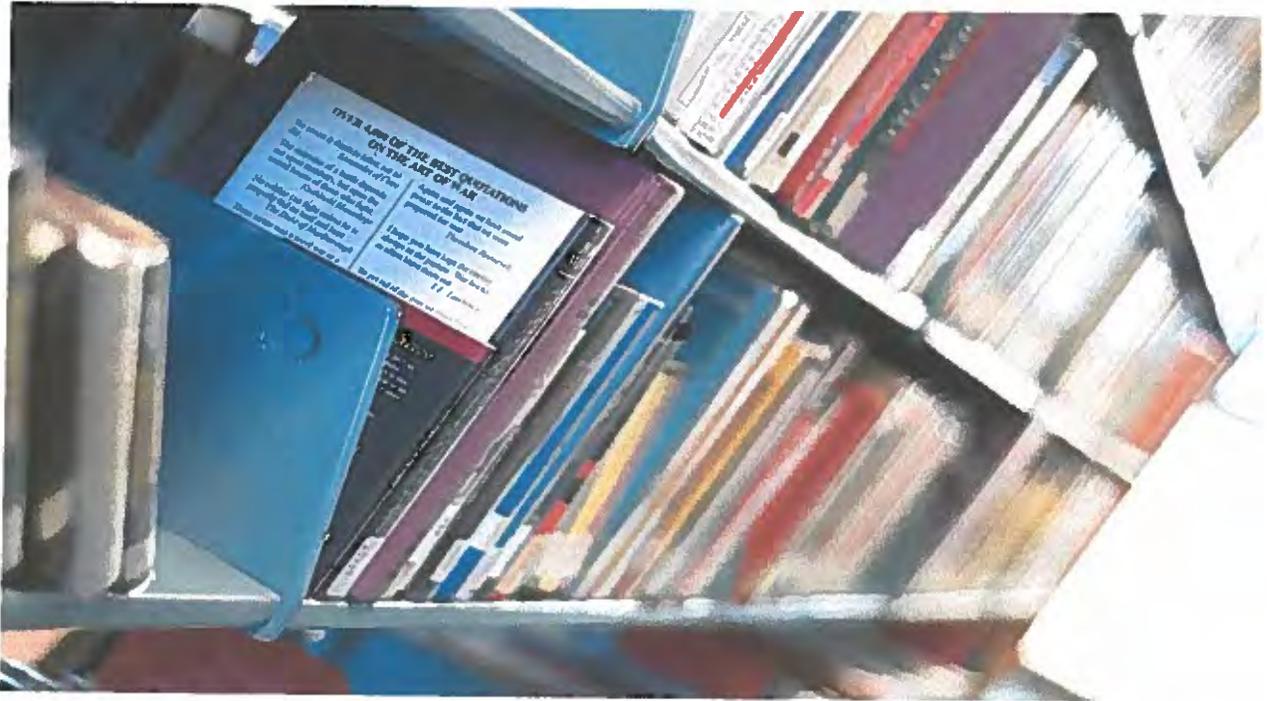
*These programs are free
due to a donation by
Lanny and Judy Neider*

www.nglvc.org



Ginanda Gikendaasomin

We Seek to Learn



Red Cliff Library

88385 Pike Road
Bayfield, WI 54814
715-779 3766
Librarian - Nancy Newago

The Library will be OPEN starting **March 31, 2015**. Days and hours will be Tuesdays, Wednesdays, and Thursdays 3:00 to 7:00pm and Saturdays 11:00 to 6:00pm. We will be open every Friday beginning April 24. Friday hours will be 3:00 to 7:00

Opening Ceremony will be on Saturday, April 18 (watch for flyers).



New Women's Open AA Meeting

“Step Sisters” 12 n 12 Discussion

**Where: Messiah Lutheran Church basement
231 West 5th Street
Washburn, Wi.**

When: Mondays, beginning 4/06/2015

Time: 5:30 PM

**Format: AA-12 Steps and 12 Traditions
with a speaker and pot-luck on the last
Monday of months with 5 weeks**

This is a children-friendly group

Elderly Events:



Month of April 2015

April 2nd – Cornucopia Food Shelf

April 3rd – Ironwood Easter Shopping Day

April 8th – Gurnoe Villa Socialization

April 16th – Cornucopia Food Shelf

April 20th – Ashland Shopping Day

Interested in any of these events

please feel free to call Elderly Nutrition Site - 715-779-3746 or

Grace Livingston - 715-779-3706 ext. 1245

For more information



ORAL HEALTH



THE NATIONAL CENTER ON
Health

Tips for Families from the Head Start National Center on Health

You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

Why Is It Important?

When Children Have a Healthy Mouth, They:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

Having a Healthy Mouth Also Means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family



Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea-size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your Head Start or Early Head Start program know if you need help or have questions about oral health.

10 tips

Nutrition
Education Series

be an active family



10 tips for becoming more active as a family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov
for more information.

DG TipSheet No. 29
April 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer

APRIL NEWSLETTER 2013



be a fit kid

10 tips for being active every day

Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.

3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.



6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



9 plant a garden

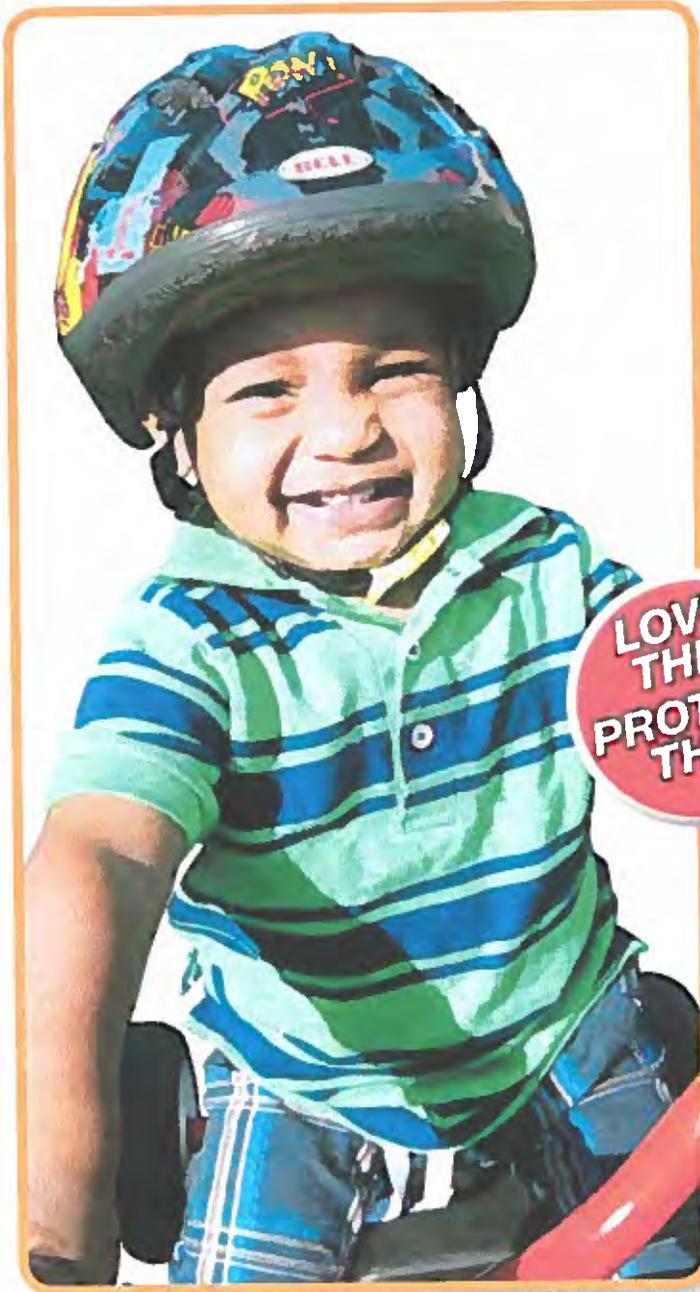
Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!



Injury Prevention Starts At Home!



You gave your children the gift of life, give them the protection they need

**LOVE THEM.
PROTECT THEM.**

Many childhood injuries are predictable and preventable!

School readiness begins with health!



**THE NATIONAL CENTER ON
Health**

You can protect yourself and your family by taking action to prevent injuries at home!

You Can Prevent Burns at Home

- Keep matches and lighters out of reach of children
- Install and maintain a smoke alarm (Remember to change the batteries)
- Cover electrical outlets
- Turn pan handles on the stove inward and use back burners when cooking
- Set the hot water heater to 120 degrees F or less (Ask a friend or your landlord if you need help)
- Test bath water temperature before putting your child in it

You Can Prevent Falls at Home

- Watch your child CONSTANTLY when they are in the bathroom
- Install window guards on upper windows
- Use stair gates at the top and bottom of stairs
- Always use the safety latch in your child's chair or strollers

You Can Prevent Poisonings at Home

- Keep all medicines and cleaning supplies in containers with safety caps and store them in a locked cabinet
- Buy and install a Carbon Monoxide (CO) detector in your home to save your child from CO Poisoning
- Act fast if you think your child has been poisoned! Call the Poison Control Centers 1-800-222-1222

School readiness begins with health!

You can protect yourself and your family by taking action to prevent injuries at home!

You Can Prevent Choking at Home

- Don't let children put small things in their mouths
- Toys, household items, and food can all be choking hazards
- Teach your child to chew his or her food fully before swallowing
- Choose the foods you feed your child carefully— for example: popcorn, hard candy, nuts, hot dogs, grapes and avoid fish with bones

You Can Prevent Drowning at Home

- Never leave your child unattended in a bathtub, bathroom, pool or even near a bucket
- Install lid locks on all toilets and keep the lid closed
- Never leave a child alone around water
- Empty buckets after each use

You Can Prevent Suffocation at Home

- Keep plastic shopping bags and trash bags away from your child
- Keep toy chests, car trunks, and washer/dryer doors closed when not in use
- Don't put pillows, blankets, bumpers, or toys in crib— these things can sometimes keep a baby from breathing
- Place babies to sleep on their backs

INJURY

The **#1** killer of children in the United States.



**Remember:
Injury Prevention
Starts At Home!**

Resource: CDC Vital Signs
http://www.cdc.gov/VitalSigns/ChildInjury/infographic.html?s_cid=bb-vitalsigns-123

School readiness begins with health!



THE NATIONAL CENTER ON
Health

Early Years

WORKING TOGETHER FOR A GREAT START

Red Cliff Band Head Start Early Childhood
Ms Delores Gokee-Rindal, Head Start Director



KID BITS

Safety first

Help your child stay safe at school with these clothing tips. Make sure she wears shoes that fit properly and either tie or have Velcro. They're less likely to cause accidents than floppy shoes like sandals or clogs. Also, avoid baggy clothes and cords or strings on clothing that can get caught in playground equipment.

Sizing things up

Take a walk around your neighborhood with your little one, and use objects you see to encourage him to compare sizes. Ask questions like "Is that mailbox taller or shorter than you?" or "Is the white rock bigger or smaller than the gray one?"

Helping hands

Trace around your child's hands on paper, and ask her to name different ways she is helpful. Maybe she takes care of her dog by feeding him and helps you by dusting. Together, write each example on a separate finger. Then, hang up her "helping hands" to remind her how helpful she can be.

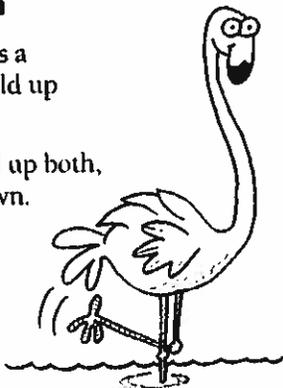
Worth quoting

"Play is the highest form of research."
Albert Einstein

Just for fun

Q: Why does a flamingo hold up one leg?

A: If he held up both, he'd fall down.



Keys to self-control

How can you teach your little one to handle big emotions like anger, frustration, and disappointment? Work on increasing his self-control with these strategies to help him think before he acts.

Talk it out

Give your child words to use when he is upset. For example, if you can't find your glasses, you might say, "I feel so frustrated! Where did I last have them?" Then, when he's aggravated (say, he misplaced his favorite book), encourage him to use similar words. ("I feel mad because I want my book. I was looking at it in the living room—maybe it's there.") He'll learn to talk through his problems and be less likely to yell or whine.

Think ahead

Prepare for situations where self-control comes in handy. You could say, "We're going to your cousin's house. Let's think about what you can do if she's playing with a toy you want." He may ask to join her, or he could ask to play



with another toy until she's finished. Having a plan can help him avoid grabbing the toy or yelling at his cousin.

Calm down

When your child begins to get upset, help him find ways to keep his cool. For instance, he might take a deep breath, count to five, or draw a picture of how he is feeling. The distraction may be enough to settle him down. And once he's used to these techniques, he'll be able to do them without a reminder from you. ♥

Family playtime

Has the grown-up world left you too tired to play? Consider these ideas that will let you connect with your youngster—and unwind after a long day:

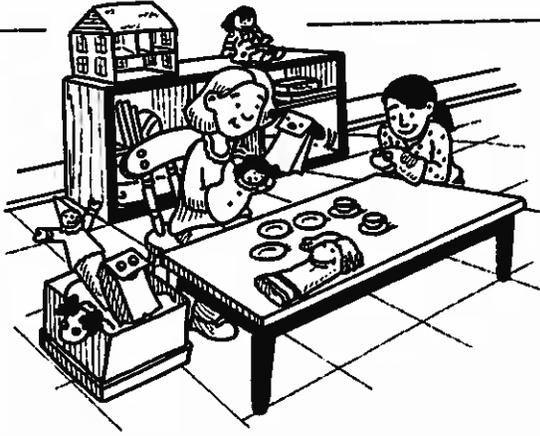
- Show her what you liked to play when you were her age. You could teach her a card game, a jump rope rhyme, or a magic trick, for instance. Next, ask her to teach you a game or an activity she enjoys.
- Step into a role. You might each pretend to be someone else (a cashier and a customer, a bird and a squirrel) while carrying on a conversation. Encourage your youngster to think about what her character would sound like and what she would say.
- At bedtime, shine a flashlight on the walls, ceiling, and floor. Have your child "chase" your beam with her own flashlight. Then, trade roles. ♥



Let me think...

When your youngster is faced with a challenge, it's fun to come up with more than one solution or possibility. Help her stretch her thinking with these activities.

Puppet problem-solving. Offer a pretend dilemma for puppets, and help your child act out the solution. You could make your puppet say, "Oh, no! I have too many dishes to carry! How can I get them to the party?" (Put them in a bag, ask a friend to take some.)



Answers and questions. Tell your youngster, "The answer is a blanket. What is the question?" Take turns coming up with as many questions as possible. ("What keeps you warm at night?" "What do we sit on at a picnic?") When you run out of ideas, let her think of a new answer to make up questions for.

What doesn't belong! Look around the room, and name any four objects (T-shirt, book, sandals, lipstick). Then, have your child decide which doesn't belong and say why. For instance, she could say that the book is the only one you can't wear. *Variation:* Name three objects, and tell her to choose a fourth and explain how it's related to the three you picked.♥

"I love my school!"

Encourage your youngster to have a positive attitude toward school with these suggestions:

- Let him hear you say good things about his teacher and his school. *Example:* "Mrs. Jackson always has such fun projects for your class to do."



- Attend special events as part of your family's routine. Going to class parties and on field trips helps your child see school as an important part of his life.

- Volunteer when you can. You might help with school carnivals, book fairs, and fund-raisers if you have time. If your schedule is tight, look for quick ways to show support, like saving magazines for class projects or sending in fruit for a snack.♥



PARENT TO PARENT

That's my name!

My daughter has learned to read and write her first word: "Sarah." When she started school this year, the teacher sent home a list of ideas to help her recognize her name—and the suggestions worked!

For example, I wrote her name in pencil and let her use a different-colored marker to trace each letter as she said it out loud: "S-a-r-a-h." We also made a name puzzle. She printed her name on cardboard and drew squiggly lines between the letters. I cut them apart, and she put the puzzle back together.

Her favorite activity is listening to stories about characters named Sarah. At the library, we checked out *Sarah's Story* by Bill Harley and *Sarah's Room* by Doris Orgel. She loves pointing to her name as I read.

Now Sarah is learning to read other names in our family. She made puzzles for her sisters, and she wants to find library books with their names, too.♥



Q & A

Getting enough sleep

Q: My son has a hard time falling asleep at night. How can I make it easier for him?

A: Getting enough sleep—10–12 hours a night—will help your son grow, stay healthy, and do well in school.

First, have him stick to a nightly bedtime routine.

Your son might take a bath, brush his teeth, and listen to a story, for instance. Repeating the routine each night helps him recognize

it's time for sleep. Also, research shows that watching TV or playing video games close to bedtime can get kids wound up and keep them from sleeping. If he uses electronics, have him turn them off at least an hour before bedtime.

Finally, encourage the rest of the family to read or do other quiet activities after he says good night. Your son may have an easier time going to bed—and staying there—if he doesn't feel like he's missing out on the fun ♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting

Resources for Educators
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540-636-4280 • rfeecustomer@wolterskluwer.com
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LET'S MOVE! Child Care

Set Limits for Screen Time

Here's a tip!

Choose an activity, such as building a fort, dancing, or playing hide and go seek instead of watching TV.

For children 2 and up, work to limit screen time to 30 minutes per week during child care, with no more than 1-2 hours per day of quality screen time at home. Children under the age of 2 should not have screen time. This includes TV, videos, DVDs, computers, video games, and handheld devices

The Washington State Active Bodies, Active Minds (WAABAM) program is dedicated to providing online resources and materials to help child care providers and families learn more about encouraging physical activity and limiting



screen time. The WAABAM program has a toolkit, as well posters, handouts, bookmarks and other family-friendly materials for being active as a family, reducing TV watching, family meals, and a whole lot more under their Healthy Habits section of the website. The WAABAM program has been successful with developing and using screen time education materials with child care providers and families since 2006, reaching over 1400 providers and 23,000 children and families.

Here are more tips from TXT4TOTS on limiting screen time:

- 1 As parents, try to set screen time limits for the entire family. After the time is up, play board games or work on a puzzle together.
- 2 Eating in front of the TV during meal and snack times can lead to overeating and weight gain as children get older. Try to set a goal of no TV watching while eating.
- 3 Evening routines help the family unwind from a busy day and your toddler go to bed easier. Try reading a book or listen to a favorite song together.
- 4 If you need a break and want to let your child watch TV, set a timer for 30 minutes. You can get a lot done and know how much time she watched TV.
- 5 As a child care provider, be clear with your parents about your child care program's TV rules. Talk with parents about ways to set screen time limits when their child is home.

For other ideas and resources, check out the *Let's Move!* Child Care website at www.healthykidshealthyfuture.org.

For quick tips on healthy eating and activities check out Let's Move Twitter <https://twitter.com/letsmove>.



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

[Healthy Children](#) > [Family Life](#) > [Family Dynamics](#) > The Importance of Family Routines

Family Life

Like 209

Listen

The Importance of Family Routines

Why are family routines so important to children?

Every family needs routines. They help to organize life and keep it from becoming too chaotic. Children do best when routines are regular, predictable, and consistent.

One of a family's greatest challenges is to establish comfortable, effective routines, which should achieve a happy compromise between the disorder and confusion that can occur without them and the rigidity and boredom that can come with too much structure and regimentation, where children are given no choice and little flexibility.



As a parent, review the routines in your household to ensure that they accomplish what you want.

Weekday Mornings

To make the household function well in the morning, everyone needs to know what has to be done to get ready for the day. Try the following:

- Put as many things in order as possible the night before.
- Keep wake-up routines cheerful and positive.
- Be sure your child eats breakfast, even if she is not hungry in the morning, have her get some food in her system to start the day.
- Finally, round out each morning by saying goodbye to your youngster. A simple hug and a wave as she heads out the front door or slides out of the car are extremely important. They will give her a positive feeling with which to begin the day's activities.

After School

During middle childhood, children need adult supervision. While some parents have their children return each afternoon to an empty home, these "latchkey" kids are more susceptible to misbehavior, risk-taking, and anxiety. For this age group, the American Academy of Pediatrics recommends that a child come home to a parent, other adult, or a responsible adolescent.

Evenings

Dinner should be an important time for your family. As often as possible, all family members should eat together at the dinner table, without the distraction of television or radio. During dinner the family can share the day's activities and participate in enjoyable conversation. Everyone should be encouraged to take part, and negative comments and criticism should be discouraged.

Bedtime

On school nights, children need a regular time to go to sleep. Lights can go out at different times for different children in the family, depending on how much sleep each youngster needs. Nighttime rituals can help ease a youngster to sleep. These rituals can include storytelling, reading aloud, conversation, and songs. Try to avoid exciting play and activities before

bedtime.

Weekends

Weekends are good times for family togetherness. You might go shopping as a family, visit museums and zoos, do chores that everyone participates in, go on hikes or bike rides, or attend religious services. On weekends children in the middle years can usually be allowed a later bedtime than during the week. Keep in mind that, although family time is essential, it is equally important for parents to set aside some time just for themselves.

Last Updated 10/10/2014

Source Caring for Your School-Age Child: Ages 5 to 12 (Copyright © 2004 American Academy of Pediatrics)

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[topic landing page](#)



Center for Evidence-Based Practice:
Young Children
with Challenging Behavior

www.challengingbehavior.org

Recommended Practices

Linking Social Development and Behavior to School Readiness

Barbara J. Smith, Ph.D. — University of Colorado-Denver and Health Sciences Center

“From the last two decades of research, it is unequivocally clear that children’s emotional and behavioral adjustment is important for their chances of early school success.” (Raver, 2002)

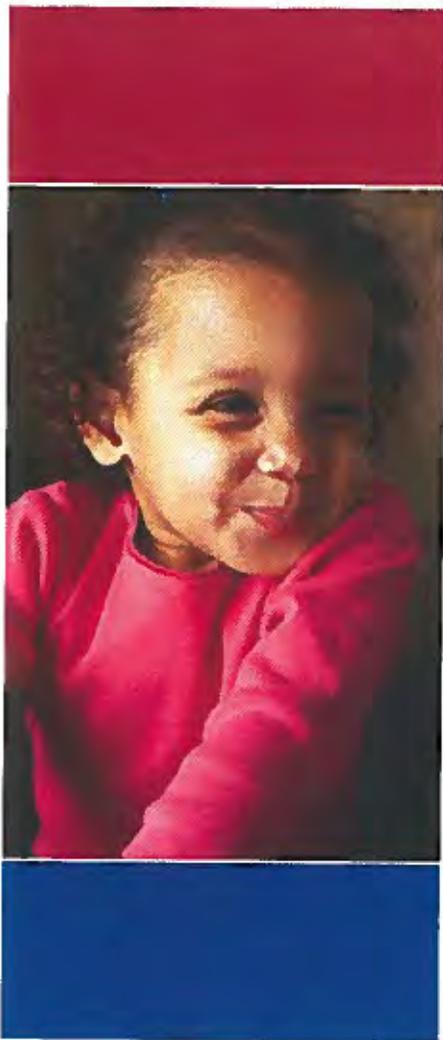
There is mounting evidence showing that young children with challenging behavior are more likely to experience early and persistent peer rejection, mostly punitive contacts with teachers, family interaction patterns that are unpleasant for all participants, and school failure (Center for Evidence-Based Practice: Young Children with Challenging Behavior, 2003). Conversely, children who are emotionally well-adjusted have a greater chance of early school success (Raver, 2002). Social and behavioral competence in young children predicts their academic performance in the first grade over and above their cognitive skills and family backgrounds (Raver & Knitzer, 2002).

Science has established a compelling link between social/emotional development and behavior and school success (Raver, 2002; Zins, Bloodworth, Weissberg, & Walberg, 2004). Indeed, longitudinal studies suggest that the link may be causal....academic achievement in the first few years of schooling appears to be built on a foundation of children’s emotional and social skills (Raver, 2002). Young children cannot learn to read if they have problems that distract them from educational activities, problems following directions, problems getting along with others and controlling negative emotions, and problems that interfere with relationships with peers, teachers, and parents. “Learning is a social process” (Zins et al., 2004).

The National Education Goals Panel (1996) recognized that a young child must be ready to learn, e.g., possess the pre-requisite skills for learning in order to meet the vision and accountability mandates of academic achievement and school success. Academic readiness includes the prosocial skills that are essential to school success. Research has demonstrated the link between social competence and positive intellectual outcomes as well as the link between antisocial conduct and poor academic performance (Zins et al., 2004). Programs that have a focus on social skills have been shown to have improved outcomes related to drop out and attendance, grade retention, and special education referrals. They also have improved grades, test scores, and reading, math, and writing skills (Zins et al., 2004).

Social skills that have been identified as essential for academic success include:

- ⊗ getting along with others (parents, teachers, and peers),
- ⊗ following directions,
- ⊗ identifying and regulating one’s emotions and behavior,
- ⊗ thinking of appropriate solutions to conflict,
- ⊗ persisting on task,





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On the web

- www.challengingbehavior.org
Center for Evidence-Based Practice: Young Children with Challenging Behavior
- www.csefel.uiuc.edu
Center on the Social and Emotional Foundations for Early Learning
- www.zerotothree.org
ZERO TO THREE

- ⊗ engaging in social conversation and cooperative play,
- ⊗ correctly interpreting other's behavior and emotions,
- ⊗ feeling good about oneself and others.

And yet, many children are entering kindergarten and first grade without the social, emotional, and behavioral skills that are necessary for learning and success in school. One survey of over 3000 kindergarten teachers found that 30% claimed at least half of the children in their classes lacked academic skills, had difficulty following directions and working as part of a group; and 20% reported that at least half of the class had problems in social skills (Rimm-Kaufman, Pianta, & Cox, 2000).

Research indicates that children who display disruptive behavior in school receive less positive feedback from teachers, spend less time on tasks, and receive less instruction. They lose opportunities to learn from their classmates in group-learning activities and receive less encouragement from their peers. Finally, children who are disliked by their teachers and peers grow to dislike school and eventually have lower school attendance (Raver, 2002).

What can we do to increase school readiness in young children?

- ⊗ **Policy** – Federal and state policies need to reflect the importance of these foundational skills by removing barriers and providing incentives and resources to communities and programs: (1) to improve the overall quality of early care settings; (2) to support families so that they are able to promote positive relationships and social competence in their infants and young children; (3) to prevent problem behavior by addressing social and educational factors that put children at risk for challenging behavior; and (4) to provide effective services and interventions to address social/emotional problems and challenging behavior when they occur.
- ⊗ **Public Awareness** – Federal, state, and local governments and community agencies need to raise the visibility of importance of social competence in school success.
- ⊗ **Knowledge and Skills** – Early care and education professionals need training and on-site technical assistance in evidence-based practices for: (1) promoting social skills (e.g., identifying and regulating emotions, playing cooperatively, following directions, getting along with others, persisting with tasks, problem solving, etc.); (2) preventing problem behavior (through classroom arrangements, individualizing to children's interests and abilities, etc.); and (3) providing effective intervention strategies when needed (e.g. positive behavior support, peer mediated strategies, etc.) (Fox et al., 2003). Early childhood education professionals need to know how to integrate social/emotional learning with literacy, language, and other curricular areas. Professionals need to know how to provide parents with information and support around parenting practices that prevent problems and effectively address challenging behavior.
- ⊗ **Research** – Studies are needed on specific promotion, prevention, and intervention strategies to establish their efficacy for specific groups of children in particular settings. Research is also needed on policy and programmatic features that result in more effective services for children and families related to social development.

"The emotional, social, and behavioral competence of young children is a strong predictor of academic performance in early elementary school." (Zero to Three, 2003)

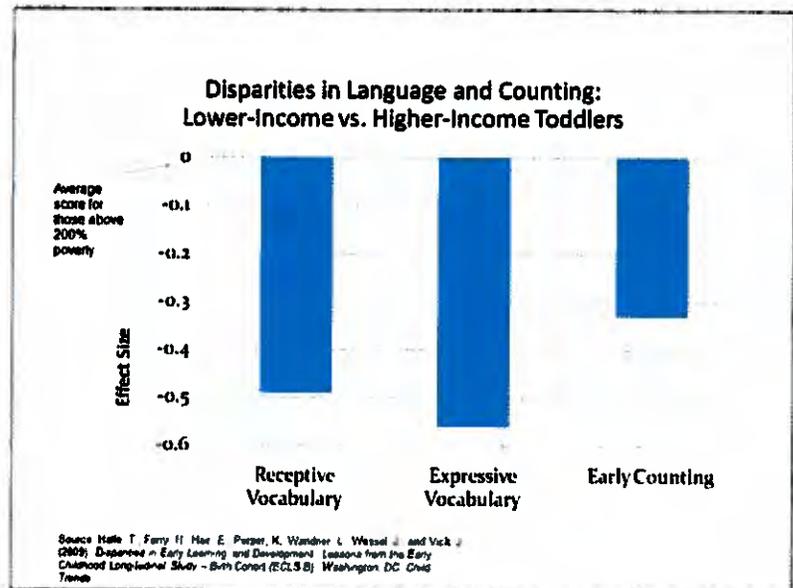
The reproduction of this document is encouraged.

What is School Readiness?

School readiness is a measure of how prepared a child is to succeed in school, cognitively, socially and emotionally. Just as there is an achievement gap in school performance, there is a school readiness gap that separates disadvantaged children from their more affluent peers. As early as 18 months, low-income children begin to fall behind in vocabulary development and other skills critical for school success. Parents play an enormous role in closing this gap, as do daycare providers, pediatricians and preschools programs.

Why Does it Matter?

Students who are unprepared to start school often fall behind in reading, leaving them unable to read well by the end of 3rd grade. To reach these children, we need to engage parents, promote preschool programs and invest in good quality child care. Research shows that learning begins long before a child enters kindergarten. Children, even infants soak up words, rhymes, songs and images. At age 9 months, researchers found little difference between low-income kids and their more affluent peers. But by 24 months, the lower-income children were losing ground in five key cognitive and language skills, including the words they understood and spoke, their listening and comprehension abilities, their discrimination skills and early counting.



Vocabulary development is particularly important, with studies showing that vocabulary differences at age 3 predicted scores on language assessments at age 9. Researchers found that vocabulary development among infants whose parents were from welfare, working class, and college-educated backgrounds were about the same until 18 months, at which point they began to diverge significantly, with children of the college-educated learning far more words by age 3. One study put the gap at 30 million words. By age 5, a typical middle class child recognizes 22 letters of the alphabet, compare to 9 for a low-income child. And 61 percent of low-income children have no children's books at home.

A child's health, and the timely recognition of developmental delays, is another critical aspect of school readiness. Doctors, care providers and preschool teachers play a key role. Also, preschools need to align their work with the early elementary grades.

What are Communities Doing?

Encouraging parent engagement—Parents are their children’s first teachers, but don’t always know the best ways to get them ready to start school. Schools are setting up parents’ academy to teach them how to provide the verbal interaction and build the routines their children need to succeed. These parents often become leaders when their children get to elementary school.

Adopting cradle-to-career approaches: The Harlem Children’s Zone is the most famous example of this and has become the model for the U.S. Department of Education’s Promise Neighborhood Initiative. But there are other good examples; PS 5 in Manhattan is a community school that begins helps parents find prenatal care, offers health outreach for young children and provides prekindergarten classes that transition smoothly into kindergarten.

Setting early education

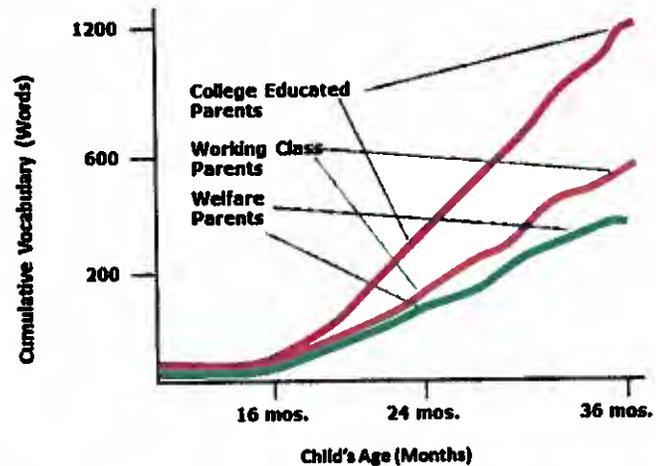
milestones: Many states are extending the standards movement to guidelines for the early years. In Georgia, educators and social service providers have created a set of milestones for different stages of development—and then tracking student progress through the primary grades. The Georgia Early Education Alliance for Ready Students includes civic and business leaders.

Visiting low-income families at home: Communities across the country use visiting nurse programs to check on the health and development of children with little access to health care. Springfield, Mass is launching a program that will bring public school teachers to two public housing complexes to help parents build their children’s literacy skills and encourage other steps to improve school readiness.

Aligning preschool programs with the primary grades: New Jersey is building a system that brings low-income children to prekindergarten as early as age 3 and ensures that what they learn there aligns with the kindergarten through 3rd grade curriculum in the public schools.

Launching early literacy campaigns: New Britain, Conn., introduced its Campaign for Grade-Level Reading last fall with state, local and philanthropic support. The campaign aims to engage parents, community services and educators to ensure children are reading well by the end of 3rd grade.

Disparities in Early Vocabulary Growth



Source: Hart & Risley (1995)

PRIMARY
TRIBAL ELECTION
CANDIDACY DEADLINE



If you are interested in running for the Tribal Chair or Treasurer Position, you must submit your name in writing to Laura J. Gordon, Tribal Secretary by Wednesday April 8, 2015 by 6:00 p.m.

*Polls are open 8:00 a.m. to 8:00 pm.
at Legendary Waters Resort and Casino*

*Primary Election
Friday May 8, 2015*

*If you have any questions, please feel free to contact: Laura J. Gordon at
715-779-3700 ext. 4228 (Work) or 715-779-5518 (home)*

2015 Election Timeframes

Monday April 6, 2015	Regular Council Meeting, appoint Election Board (No later than 30 days prior to election, RCCL 32.2.3)
Wednesday April 8, 2015	Deadline for candidates for Tribal Chair and Treasurer (30 days prior to Primary Election, Art. IV, Sec 2)
Tuesday April 21, 2015	Certification of candidates for Primary Election at regularly scheduled Special Council Meeting. (See note 1.)
Wednesday April 28, 2015	Posting for Primary Election Officer Candidates. (10 days prior to Primary Election, Art. IV, Sec 2)
Friday May 8, 2015	Primary Elections. (60 days prior to General Election, Art. III, Sec 3)
Monday June 22, 2015	Deadline for At-Large candidates to announce candidacy. (3 seats open) (15 days prior to General Election, Art. IV, Sec 2)
Tuesday June 23, 2015	Certification of candidates for General Election at Special Council Meeting. (See note 1)
Friday June 27, 2015	Posting of candidates for General Election. (10 days prior to General Election, Art. IV, Sec 2)
Tuesday July 7, 2015	General Election (1st Tuesday after the 1st Monday in July, Art. IV, Sec 1)

Note 1: There is no time requirement for certification of candidates prior to primary or general election contained within the Tribe's Constitution. As a result, this simply should be done sometime prior to the posting requirement (10 days before the election).

RED CLIFF BAND

of Lake Superior Chippewa

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:: Job Openings ::

Current Openings

Job Center of Wisconsin displays open job orders maintained by the Job Center of Wisconsin.
[Link to Job Center of Wisconsin](#)

Current Openings for the Red Cliff Tribe

[LaMP Coordinator / Water Resources Assistant](#)

DEADLINE: March 17, 2015

[Maintenance Custodian](#)

DEADLINE: March 17, 2015

[Transfer Station Manager](#)

DEADLINE: March 25, 2015 @ 4:00 p.m.

[Water Resource Technician](#)

DEADLINE: March 25, 2015 @ 4:00 p.m.

[CST/Brighter Futures Coordinator](#)

DEADLINE: April 1, 2015 @ 4:00 p.m.

[Tribal Courthouse Receptionist/Secretary](#)

DEADLINE: April 3, 2015 @ 4:00 p.m.

[Substitute Librarian](#)

DEADLINE: Open until adequate pool of substitutes become available.

[Chief Judge / Court Administrator](#)

DEADLINE: Open Until Filled

[Dentist](#)

DEADLINE: Open Until Filled

[Planning Administrator/Policy Analyst](#)

DEADLINE: Open Until Filled.

[Medical Assistant \(3 POSITIONS\)](#)

DEADLINE: Open Until Filled.

[Certified Nursing Assistant \(C.N.A\)- 3 positions available](#)

DEADLINE: Open Until Filled.

[Dental Assistant Fill-In](#)

DEADLINE: Open Until Filled

[Relief Manager \(1-3 Positions\)](#)

DEADLINE: Open Until Filled

[Director of Compliance](#)

DEADLINE: Open Until Filled

[General Manager](#)

DEADLINE: Open Until Filled

[RCECC Subs needed flyer 2014](#)

DEADLINE: Open



[REQUEST FOR PROPOSAL\(S\) FOR Fatherhood RFP 2014-2015 \(Posting Date 3/11/15\)](#)
[Deadline 3/31/15 at 4:00PM.](#)

Current Openings for Legendary Waters Resort & Casino

[Legendary Waters Resort & Casino - Night Auditor](#)
DEADLINE: March 30, 2015

[Legendary Waters Resort & Casino - Laundry Attendant](#)
DEADLINE: March 30, 2015

[Legendary Waters Resort & Casino - Groundskeeper](#)
DEADLINE: March 30, 2015

[Legendary Waters Resort & Casino - Hotel Housekeeping](#)
DEADLINE: March 30, 2015

[Legendary Waters Resort & Casino - Facilities Worker.htm](#)
DEADLINE: March 30, 2015

[Legendary Waters Resort & Casino - Security Officer](#)
DEADLINE: March 30, 2015

[Legendary Waters Resort & Casino - Bartender](#)
DEADLINE: March 31, 2015

[Legendary Waters Resort & Casino - Bar Manager](#)
DEADLINE: Open Until Filled

[Legendary Waters Resort & Casino - Marketing Director](#)
DEADLINE: Open until filled

[Legendary Waters Resort & Casino - Restaurant Manager / Executive Chef](#)
DEADLINE: Open until filled

[Legendary Waters Resort & Casino - Controller](#)
DEADLINE: Open until filled

Current Openings for School District of Bayfield, WI

[Click here for Available Job Vacancies at Bayfield School](#)

Current Openings for Bay Area Home Health

[Bay Area Home Health - Personal Care Workers / Supportive Home Care Workers / Certified Nursing Assistants](#)

Current Openings for UW Extension

[Current Opportunities for UW Extension](#)



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**LEGENDARY WATERS
RESORT & CASINO**

3 Miles N of Bayfield WI
37600 Onigaming Drive
Red Cliff, WI 54814
1-800-226-8478



🏠 > Employment



Open Positions:

Accepting applications for all positions

Bar Manager

Bartender

Campground/Marina Attendant

Controller

Dishwasher

Facilities Worker

Gift Shop

Grounds Keeper

Hotel Front Desk Clerk

Hotel Housekeeping

Host/Hostess

Laundry Attendant

Line Cook

Marketing Director

Night Auditor

Restaurant Manager

Security Officer

Snack Bar

Wait Staff

JOB APPLICATION

The Red Cliff Tribal Council has a drug free work place policy and adheres to the intent of the drug free work place act.

All new hires are subject to a drug test prior to starting.



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37600 Onigamiing Drive Red Cliff, WI 54814

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APRIL 2015

ISKIGAMIZIGE-GIIZIS

NITAM ANOKII-GIIZHIGAD NIIZHOO-GIIZHIGAD AABITOOSE NIYO-GIIZHIGAD NAANO-GIIZHIGAD

7B MALTO MEAL, BA-
NANAS, TOAST, PB
L CHIX NUGGET, FRY,
CORN, ORANGES, RICE
S GRAHAM/MILK

8B KIX, BERRIES, MUF-
FIN, YGT
L HAMB HD, TR FRUIT,
CARROTS, CC
S BIRD NEST/MILK

9B RICE CHEX, HONEY-
DEW, CC, TOAST, JELLY
L PORK CHOP, MAC/
CHEEZ, PEAS, SALAD,
APPLESAUCE
S NUTRIA BAR/MILK

**MENU
SUBJECT
TO
CHANGE**

13B PANCAKES, AP-
PLES, YGT, TRKY BA-
CON
L TOMATO SOUP, GR
CHEEZ, CORN, PEARS
S PBJ/MILK

14B CORNFLAKES,
STRAWBERRIES, TOAST
YGT
L STEW, CC, PEAS, OR-
ANGES, BISCUIT
S CRACKER/CHZ

15B CHEERIOS, BA-
NANA, TOAST, PB
L CRABBY PATTIES, FRY,
SALAD, CARROTS, CAN-
TALOUPE
S ANTS ON A LOG

16B HB OATS, BLUEBER-
RIES, YGT, BAGEL,
L KEILBASA, KRAUT,
BABY REDS, BISCUIT,
DEW
S PINEAPPLE/CC

**MILK SERVED
WITH
ALL
MEALS**

20B OMELET, TOAST,
PB, TROP FRUIT
L HAMB GRAVY, BUN,
CARROTS, PEARS, CC
S PIZZA ROLLS

21B RICE CRISPIES, OR-
ANGES, YGT, MUFFIN
L CHIX SOUP, GR BEAN,
BR STIX, SALAD, PEACH
S CHEX MIX/JUICE

22B CORNCHEX, TOAST,
PB, BANANA
L HAM/POT, CORN, BUN,
PINEAPPLE, CC
S PICKLE ROLLUP

23B KIX, CANTALOUPE,
YGT, BAGEL, JELLY
L QUESADILLA, MANGO,
CC, VEG/DIP
S MUFFIN/MILK

27B TOAST STIX, BLUE-
BERRIES, CC
L FISH NUGG, CORN,
FR COCKTAIL, CC
S CRACKRS/CHZ

28B RICE CHEX, MUF-
FIN, YGT, TR FRUIT,
L SPAGHETTI, GR
BEANS, HDEW, CC
S VEGGIE /DIP

29B HB OAT, STRAWBER-
RIE, CC, TOAST, JELLY
L PORK CHOP, CARROTS,
ASAUCE, BUN, YGT
S CHUBBY CHICK

30B CORNFLAKES, BA-
NANA, ENG MUFFIN, PB
L CHIX HD, VEG/DIP,
CANTALOUPE, CC
S HUMMUS/PITA