



Gashkadino-Giizis Ice is Forming Moon



Red Cliff Education Division Newsletter 2018

Family Pow Wow and Feast



Thursday, November 15th, the ECC will host a family pow wow and feast celebration. Events will begin around 10:30 and last until around 11:30 when we serve lunch. This event is open to all ECC families and to community members. We send an enthusiastic invitation to anyone who would like to come dance in their regalia. If you have any questions, please contact Cindy Garrity at 715-779-5030 ext. 2551.



Parent-Teacher Conferences

ECC Fall parent-teacher Conferences will be Monday, November 19th and Tuesday, November

20th. **There will not be school these days.** Each Family will have a scheduled time with their child/children's teacher to go over how their child is doing in school. Please contact your teachers to make your appointment.



Miigwech to all families for working so hard to get their child to school every day possible. As flu and cold season approaches we encourage you to get your child a flu shot, stay hydrated, eat nutritious foods and get lots of rest each night to prevent illness. If your child is ill, please keep them home. Sick children are not comfortable being at school and we don't want their teachers or peers to get sick either.

Center Based Average	Daily Attendance
Waabooz	76%
Amik	78%
Makwa	90%
Esiban	90%
Ma'ingan	90
Mashkodebizhiki	89
Migizi	82

Inside this issue

- ECC/Community Event Calendar
- Classroom Updates
- Upcoming Events
- Health/Nutrition
- Mental Health
- Parent Resources
- Family Literacy
- Money Smart
- Adult Education
- Employment Opportunities
- Menu

SPECIAL POINTS OF INTEREST

- Home Base Socializations November 9th, 15th and the 30th
- Parent Teacher Conference November 19th and 20th
- ECC/Tribe Closed November 12th Veterans Day
- Family Pow-wow November 15
- **Fall Break November 19th thru 23rd**



Gashkadino-Giizis (Ice is Forming Moon) November 2018



School Hours-- 7:45 am. to 3:00 .

Sun	Mon	Tue	Wed	Thu	Fri	Sat
No Head Start Classes on Friday's					1 Bayfield School Early Release	3
4	5 WIC PICK UP	6 WIC PICK UP	7	8	9 EHS SCHOOL DAY Home Base Social 10-12	10
11	12 ECC/Tribe Closed Veterans Day	13 WIC PICK UP	14	15 ECC Family Pow-wow Home Base Social 10:45	16 EHS SCHOOL DAY	17
18	19 No ECC Child Day Parent Teacher Conference In-service No Bayfield	20	21 ECC Closed Fall Break	22 ECC/Tribe Closed Fall Break	23 ECC Closed Fall Break Dance at L.W. 5-8 PM	24
25	26	27	28	29	30 EHS SCHOOL DAY Home Base Social	



DENTAL SCREENS AT RED CLIFF EARLY CHILDHOOD CENTER

THE DENTAL HYGIENISTS FROM THE RED CLIFF COMMUNITY HEALTH CENTER
VISITED CHILDREN AT THE SCHOOL ON

WEDNESDAY, October 24TH and MONDAY, November 05TH 2018

TOTAL Early Head Start CHILDREN POSSIBLE TO BE SCREENED: 51

Number screened:	27
Number not screened:	23*
Number absent:	02
Number too Young:	04

*SCREENS/DENTAL VISIT MIGHT HAVE TAKEN
PLACE WITH THE CHILD'S DENTAL HOME.

TOTAL Head Start Children POSSIBLE TO BE SCREENED: 50

Number screened:	48 (that's 96%!!!)
Number not screened or absent:	02

**Miigwech PARENTS FOR ALL
YOUR SUPPORT IN HAVING
YOUR CHILD(REN) RECEIVE
DENTAL SERVICES. SCREENS
ARE NOT A DENTAL EXAM—
THEY ARE PREVENTATIVE CARE
THAT INCLUDES RECEIVING A
DENTAL VARNISH TO THE
TEETH. PLEASE FOLLOW UP
WITH YOUR DENTIST FOR YOUR
REGULAR DENTAL EXAMS.
Please contact Miss Patt or Miss
Mikayla if you have any
questions about your child's
dental screen completed at the
ECC.**

The Red Cliff Community Health Center Dental Department has a
fabulous pediatric dentist!! Please call to make your appointment
(715) 779-3707

thank
you!

Red Cliff Early Childhood Center



October 2018 Attendance

Monthly Attendance

<u>Head Start:</u> Paizley Gordon	<u>Early Head Start</u> Mavrick Penhollow
<u>Head Start: 50 Children</u>	<u>Early Head Start: 32 Children</u>
Migizi 9 children	Waabooz 3 children
Maiingan 12 children	Amik 3 children
Mashkodebizhiki 13 <u>children</u>	Makwa 7 children
<u>Great Attendance total= 34</u>	Esiban <u>6 children</u>
	<u>Great Attendance total=19</u>

Thank You Parents,
for making your child's
ATTENDANCE matter.



Waabooz newsletter

We are having so much fun learning lots of new ideas everyday ,And learning to share our teachers! Parent conference November 19th and 20th and the rest of week for Thanksgiving. Please bring extra clothes weather permitting we go out every day, and starting to eat at table. We are working on Literacy Sensory. Loving the waabooz thanks Jonie with all your help. Teresa & Kelsey



AMIK ROOM

NOVEMBER 2018



Our room has been learning about Dag-waagin. We talked about the changing weather, went on walks, and watched the trees lose their leaves. We talked about harvesting food, and what the animals are doing.

We keep the children busy doing crafts, playing outside, trying new toys, and reading books.

We will be going outside everyday, when possible. Please send warm outdoor clothes, and write names on all their clothing.

We look forward to another great month!

- Ms. Maggie and Ms. Tara

MAKWA NEWS

Boozhoo parents!

We have been working on quite a few skills during the month of October; fine motor, large motor, self-help skills and learning to use our words to express ourselves.

For the month of November we will be talking about why we are proud to be Anishinaabe, Clothes study, and Thanksgiving crafts.

And we will continue working on our different skills.

We are also glad to have Miss Laura in our room!



Mino Dibishkaa
Anthony 11/3
Cynthia 11/7

Miigwech,
Miss Tiff, Miss Laura, and Mrs.
Judy

779-5030 x 2544

ESIBAN NEWS

NOVEMBER 2018

Gashkadino-Giizis
Ice is Forming Moon



Parent-Teacher Conferences

Reminders

11/12- ECC/Tribe Closed
Veterans Day

11/15- ECC Family Pow-Wow

11/19 & 11/20- Parent Teacher
Conference

11/21-11/23- ECC Closed Fall
Break

11/22- ECC/Tribe Closed
Thanksgiving

November is here already! Where has the time gone? With the weather being the way it has been, please make sure that you are sending your children with the proper outdoor clothing.

This month we will be working on Thanksgiving, Clothes Study and Proud to be Anishinaaba.

November is also Parent Teacher Conference month. Please watch for sign-up sheet with date & time for this.

-Ms.Melissa & Ms. Amber

Ojibwemowin

Leaf: Aniibiish

ThanksgivingDay:Miigwechiwi-Giizhigad



What we are doing

Norvanah- New to our room, still exploring the environment

Maverick- Exploring the lock board

Danielle- Matching items that are the same shape and colors

Aniya- Working on self-helping skills

Isaac- Asks other peers to play with him

Javoni- Enjoys reading books

Nathaniel- Enjoys playing with the slim

Zaiden- Starting to play more with his peers



Mashkodebizhiki Room



Boozhoo. We are well into the year and are having a great time. The kids are all making new friends and learning new skills. As always, we would appreciate extra support at home when it comes to self help skills. As the winter gets closer there are more articles of clothing for children to put on and take off. . The more you can encourage your child to do for themselves the easier their day will be with less waiting and more feelings of accomplishment.

We will be starting our Clothes Study for November along with proud to be Anishinabe. With the weather getting colder please be sure to send appropriate gear to school. Jackets, light gloves, hats and boots (mud or snow) are things that make playing outside in the fall much more enjoyable. It is hard to have fun when you are cold and wet. Also, please make sure everything is labeled.

We have to keep track of 17 pair of snow pants, 17 jackets, 17 hats, 34 gloves and 34 boots. Not to mention sweat shirts, backpacks and anything else the kids bring to school. Labeling helps ensure your child ends up with their own items.



Parent / Teacher conferences are the week of November 19th Please call us to set up a time to meet. We would like to meet with everyone to talk about how the year is going and what can be done to help each child obtain his/her goals. If we do not hear from you we will be calling to set up an appointment. We hope to have 100% participation this year!

If you are dropping your child off please try to have them here as close to 8:00 as possible. We do a lot of literacy, math, movement and creative arts before breakfast. We want to make sure that no one is missing out on any learning opportunities.



Thank you again for allowing us to share in the growth and development of your children. As always, we welcome any input you may have into the daily curriculum or any other aspect of our day.

Our door is always open!

Mon. November 12th we are closed for Veterans Day

**Miigwech
Ms. J , Ms. Nadine and Ms. Becca**

Gashkadino Giizis

Ice is Forming Moon

MA'IINGAN ROOM

Boozhoo ! What's Happening in Ma'iingan Room ?

It's so hard to believe it's already November! We have been so busy getting to know routines, transitions, and how to be a good friend in school. We have been working on fall projects, waiting our turns, counting, fine/large motor development, shape recognition, letter recognition, and classroom safety.

We will be starting our bread unit and proud to be ANIISHINAABE for the month of November. To all the families and caregivers to please keep sending WARM CLOTHING. The weather is getting colder and we play outside daily weather permitting, and we have limited extra clothing. Please keep up with the GREAT communication!! This is the month for p/t conferences so be watching for notices, reminders, and we look forward to meeting with you all!!

Miigwech,

Miss Alicia, Miss Sam, and Miss Lacie

Migizi news!

This month we will be working on learning how to focus our attention, self-talk, gun, and fire safety. Please ask your child at home about what we are learning at school. You are your child's first teacher! If you have any input to our lesson plans, please let us know.

Reminders

November 12, no school Veterans Day

No school/Fall break/Parent Teacher Conferences the whole week of November 19-23

Please dress your child for winter weather (warm jacket, winter hats, gloves, snow pants, socks)

Please call if your child will not be in school 715-779-5030 ext. 2540 by 9:00 am

Miss Linda, Miss Kathy, Miss Diann



Agongos Home Base



November Newsletter

Reminder, that Parent Teacher Conferences are this month and will be scheduled at a specific time of day.

If you missed or need to reschedule your PT Conference please contact your Home Base Teacher to do so.

Miigwech

Ms. Patrice 779-5030 ext. 2537

Ms. Haley 779-5030 ext. 2536

Upcoming Events:

November 9th
Home Base Socialization
10am-Noon @ the ECC

November 15th
Family Pow-wow/Socialization
10:45am @ the ECC

November 19th & 20th
Parent Teacher Conferences
Time & Location TBD

November 30th
Home Base Socialization
10am-Noon @ the ECC





Red Cliff Early Childhood Center
Policy Council Meeting Minutes
Thursday, September 13th @ 9:00 am
Memengwaa Trailer



Meeting called to order by Joanne @ 9:08 am

Policy Council Members Present: Joanne Peterson, Rebecca (Becca) Miller, Devon Defoe, Andrea (Auna) Bresette by phone,

Policy Council Members Absent: Cheri Defoe, Melody Hanson, Shannon Johnson and Johanna Wilson

Others Present: Nicole Boyd, Head Start/Early Head Start Director; Cindy Garrity, Family Services Manager; and Pat Kenote-DePerry, Health Manager.

Approval of Agenda

Becca motion to approve the agenda, seconded by Devon, all in favor, motion carried.

Approval of Minutes

Becca motioned to approve July 10th, 2018, minutes, seconded by Devon, all in favor, motion carried.

Financial reports-

Head Start and Early Head Start financials were provided to the policy council with updates from Nicole Boyd. The Fiscal year ended July 1. There was a moratorium on financial accounts for a short period of time. This has now been lifted and the ECC staff are looking at ordering supplies. Lori is also working with Andy's in Bayfield on orders for the kitchen. Nicole and Jamie are working on the Birth-3 grant that ended September 3rd. The 4-K program will be bringing in \$91,000.00 and with this it will help with cost for full-time Assistant Teacher for Head Start, wages for Teacher's and a full time Office Assistant. Nicole and the CFO Chris Livingston will be working on the indirect cost. The CCDF program has increased by double, Nicole is working on this with the CFO Chris Livingston. Question was asked about getting another double wide. At this time, they are checking into a few different options and possible leasing. Nicole proved an update to the policy council on the reconstruction of the ECC. She informed them that as of Monday, September 3rd she was informed that she would be Director of the Head Start and Early Head Start Programs and that they will be hiring for an Administrator.

Menu-October 2018

Lori currently is out for training. Comment was made to add NO Fridays for Head Start to the Menu. Motion by Becca to approve the Menu for October 2018, second by Devon, all in favor, motion carried.

Program Summary

Discussion on the final Program Summary of the 2017-2018 year. It showed a full year's report of all the area. Attendance for the year was good, we did have a few months like January and February that were a little low but that was due to illnesses. Our family night which will be held on Wednesday September 26th will be on Health/Dental. The Red Cliff Clinic will be having the Walking Shield for vision screening the first week in October, all our children are able to go. Question was asked about the Home Base numbers? Currently we have one Home Base Teacher out, with 14 vacancies overall. Head Start is full and Early Head Start has one vacancy which is being worked on.

2018-2019 Family Service Plan

The 2018-2019 Family Service Plan provided to the policy council. Cindy informed the policy council that there were no changes from last year and that before it came to the board this plan was presented to the staff at in-service. This was done so the staff can ask questions or make suggestion on what the family service providers do. We are currently working on a plan to have more parent trainings and times of the events here at the ECC site.

Revised Continuing Education Request

Addition to the continuing Education Request is;

I _____ understand if I receive financial assistance that I may be subject to signing a repayment of educational expenses contract committing to employment with the Red Cliff Band of Lake Superior Chippewa for a minimum of three years or repay the prorated amount of the assistance based on the length of service completed after receiving the degree.

Becca motion to approve the Revised Continuing Education Request, second by Devon, all in favor, motion carried.

Other

Nothing was presented.

Executive

Becca motion to go into executive session at 9:38 am. second by Devon, all in favor, motion carried.

Becca motion to come out of executive session at 9:43 am second by Devon, all in favor motion carried.

Adjourn

Devon motion to adjourn at 9:44 am. second by Becca, all in favor motion carried.

_____(print name)
Policy Council Chairperson or delegate

_____(signature)
Policy Council Chairperson or delegate

Date

Minutes taken by Cindy Garrity, Family Services Manager

News Release

Education Information Services ■ 125 South Webster Street ■ P.O. Box 7841 ■ Madison, WI 53707-7841 ■ (608) 266-3559

FOR IMMEDIATE RELEASE

DPI-NR 2018-70

Wednesday, July 25, 2018

Contact: Tom McCarthy, DPI Communications Director, (608) 266-3559

Annual income guidelines set for school and day care meals

MADISON — Each year, the U.S. Department of Agriculture (USDA) Food and Nutrition Service uses federal poverty information to update income eligibility guidelines for meals served at schools and day care programs.

The income guidelines began July 1 and will remain in effect until June 30, 2019. The guidelines apply to student eligibility for free and reduced-price school meals offered through the National School Lunch or School Breakfast Programs and milk offered through the Special Milk Program as well as to reimburse for meals served in day care centers and family child care homes participating in the Child and Adult Care Food Program.

The guidelines establish that students in a household with annual income that is 130 percent of the federal poverty level, or \$32,630 or less for a family of four, qualify for free meals. If that same family has yearly income that is at or below \$46,435 (185 percent of federal poverty level) children are eligible for reduced-price meals. The state's participating public and private schools and day care centers typically provide applications for free and reduced-price school meals during registration and in the beginning weeks of the school year. However, applications may be submitted at any time. Only one application is required per household.

"Food served to students contributes directly to the academics of a school or day care program," said State Superintendent Tony Evers. "Our kids can't learn when they are hungry. Wisconsin's dedicated nutrition professionals provide quality, well-balanced meals every school day through the federal school and day care meal programs, building positive relationships around food and nutrition."

(more)

Child Nutrition Income Eligibility Guidelines*		
Annual Household Income At or Below		
Household Size	Free Meals	Reduced- Price
1	\$15,782	\$22,459
2	21,398	30,451
3	27,014	38,443
4	32,630	46,435
5	38,246	54,427
6	43,862	62,419
For Each Additional Household Member, Add	5,616	7,992
* Guidelines are effective from July 1, 2018, to June 30, 2019		

Based on family circumstances, certain groups are automatically eligible to receive meal benefits, with eligibility based on program specifics. Those groups include children and adults who participate in or receive benefits from the following programs: Supplemental Nutrition Assistance Program (SNAP) or FoodShare in Wisconsin, Temporary Assistance for Needy Families (TANF) or Wisconsin Works (W-2) Cash Benefits in Wisconsin, some programs under Medicaid, and Food Distribution Program on Indian Reservations (FDPIR). Foster, homeless, migrant, or runaway children; children who are enrolled in Head Start, an At-Risk after-school center, or an emergency shelter; and adults who are Supplemental Security Income (SSI) or Medicaid participants also are eligible.

All students are eligible to eat school meals in public and private schools that participate in the National School Lunch or School Breakfast programs. To receive the meals for free or reduced-price, parents or guardians complete a form, providing the names and income from all sources for all household members. All information is kept confidential. Most day care centers and all family child care homes that participate in the Child and Adult Care Food Program provide meals to all enrolled participants without any separate charge. Reimbursement to the center or child care home for meals is based on household incomes of those enrolled for care. A list of the day care centers in Wisconsin that participate in the Child and Adult Care Food Program is available online.

The goal of both school-based and child care food programs is to improve the diets of students and young children and increase the opportunity for them to eat a variety of nutritious foods. The meals and snacks served meet nutrition standards set by the USDA.

As an agency administering USDA programs, the Wisconsin Department of Public Instruction is prohibited from discriminating on the basis of race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity. The full USDA nondiscrimination statement can be found on the department's nutrition website.

###

NOTES: Additional information is available on the department's Wisconsin Child Nutrition Programs website at <https://dpi.wi.gov/nutrition>. This news release is available electronically at <https://dpi.wi.gov/sites/default/files/news-release/dpinr2018-70.pdf>.



Red Cliff Early Childhood Center



EXCLUSION CRITERIA POLICIES

If your child has any of the following they will be excluded from attending school and school related activities.....

⇒ **Confirmed communicable disease:**

Chicken Pox
Fifth Disease
Scabies
Measles
Pink Eye
Impetigo
Mumps
Influenza
Hepatitis
Pertussis
Hand, Foot & Mouth Disease
Head Lice/Nits



- ⇒ Child maintains a fever and/ or has indications of possible contagious disease or an immediate need for medical attention.
- ⇒ Child has been vomiting or has had diarrhea within the past 24 hours.
- ⇒ Child has sore throat, frequent cough, eye inflammation, or a concerning rash.
- ⇒ If your child has received medication for fever and/or illness they must be medication free for the last 24 hours before they can return to school.

In addition to all above, HOME BASE POLICIES include.....

...if child does not feel well enough to participate in the visit please contact your home visitor to reschedule.

****Please keep and use for reference. Contact the Health office for further clarification or questions at (715) 779-5030 ext 2556 or 2555**



Monday, November 19th

And Tuesday, 20th, 2018

No Child Days at ECC due to

Parent Teacher Conferences

For further information, please contact:

(715) 779-5030



FALL BREAK

Red Cliff

Early Childhood Center

**CLOSED: November
21st, 22nd, and 23rd,
2018**



For further information,

please call:

(715) 779 - 5030



MIGWECH!



Monday,



November 12th, 2018

**Early Childhood Center
and Tribe **CLOSED**
In Honor of Veterans
Day**

Family Dance Party and Karaoke

Open to the Community

Fun for all ages

Dinner provided

Legendary Waters Convention Center

Friday, November 23rd, 2018

Time 5:00pm-8:00pm

For more information call the ECC 715-779-5030

Cindy G. ext. 2551, Jenny D. ext. 2533 or Tony G. ext. 2552





Parents as Teachers.

What to expect

Times and format:

What's included:

For more information:

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 his brain ... about his development ... or about things you can do together to help him grow and learn.

During this **six-week 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.

WEEK 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.

WEEK 2 "Movement and Motion"

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

WEEK 3 "Now Hear This!"

Language has two parts: what your child produces and what your child understands. He starts listening long before he starts talking – find out what happens in between.

WEEK 4 "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!

WEEK 5 "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.

WEEK 6 "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!



4-K Reading Night



What:

Storytime and shopping at the book fair

Where:

Bayfield School library (Behind the book fair)

When:

Nov. 8th – 4:15-7:15 pm (Books read every 15 mins)

Who:

**Bayfield School Community
Site 4K Students**



MONEY \$MART

in Head Start 

Issue 2



In This Issue

- A Spending Plan
- Track Your Spending
- How to Start a Spending Plan
- For More Information
- To \$um It Up

Spending Your Money

What does the word “budget” mean to you? Pinching your pennies or clenching your wallet? Now think about the words “spending plan.”

A Spending Plan:

- Makes it easier to put your money where you want it to go.
- Helps you think about where you can spend your money. It's more fun than thinking about all the places you can't spend it!

A spending plan is like a road map for your money. It gets you headed in the right direction for:

- Making ends meet day to day.
- Saving for future goals.
- Getting through unexpected or emergency expenses.
- Not having to depend on credit.
- Talking about money with your family.

Where you spend your money is personal. The goal is to spend money on those things most important to you and your family.

Track Your Spending

Everyone can benefit from knowing where their money goes each month. Tracking your spending can help you find spending leaks that you may have forgotten about — DVD rentals, eating out, maybe an extra tank of gas.

Try one of these ideas:

- Save receipts or write down the amount whenever you buy something in a notebook or on a calendar.
- Use your checking account register or monthly bank statement to track all the checks and withdrawals you have in a month and how the money was used.

- Try a free online budgeting program, like www.smartaboutmoney.org, which helps you sort expenses into major spending areas like food, housing, car, and kids every month.
- Download an app on your phone. Popular free apps include MINT or EXPENSIFY, an app that lets you take pictures of your receipts on the go and categorize them.

Tracking will give you a good picture of where your money is going. This will help you make future decisions about your spending and what you want your money to do for you.

How to Start a Spending Plan:

Step 1 – Figure out the Total Monthly Income for your family. This is how much money you have to work with all month. This might include:

- “Take home” pay – after taxes
- Tips or side jobs
- Unemployment compensation
- Child support
- Social Security or veteran's benefits

Step 2 – Write down your Total Monthly Expenses. This means figuring out where your money goes.

It can help to think about your monthly expenses by the types of bills:

- Fixed expenses are the same every month, such as rent or house payments, car payments, utility bills, insurance, child care, or student loans.
- Flexible expenses change from month to month, but you know you'll spend some money on them. Think about food, gas, car repairs, doctor bills, pets – well, you get the picture.
- Occasional expenses come a few times a year: things like holiday and birthday gifts, your car registration, oil changes, and back-to-school shopping.

Occasional expenses can throw monthly spending out of whack. When you can, save a few dollars each month to pay those bills. A few dollars tucked aside will help with an **unexpected bill** too!

Step 3 – Compare your monthly income and expenses.

If you have more money coming in than you're paying out, you are on your way to building savings, paying off debt, or reaching a money goal.

If your expenses are higher than your income, which of these ideas will you try?

- ☐ **Increase your income** – Can you add a part-time job? Could you make some money from a hobby or skill, like fixing cars or babysitting?
- ☐ **Reduce your spending** – Look at the flexible expenses from your list. Are there some things you would be willing to cut back on?
- ☐ **Look around your home** – Do you have things to sell for a one-time source of cash? Maybe clothes that your kids have outgrown, DVDs you never watch, or other items you no longer use. Selling stuff can help you catch up on a bill, but won't help you balance your monthly spending and income over the long run.

For More Information...

Contact your local UW-Extension Family Living Educator for more financial education resources. Go to www.uwex.edu/ces/ctyl/ to find your County office.

For help with balancing your monthly spending plan, contact a non-profit Certified Consumer Credit Counselor online at www.debtadvice.org or by calling 800.388.2227.

To Sum It Up:

- \$ A “spending plan” is a roadmap to help you head in the right direction.
- \$ You have more control over some expenses than others.
- \$ Tracking can help you know where your money goes. This helps you make future decisions.
- \$ Bottom line — are you happy with where your money is going?

“Money Smart in Head Start” is provided by UW-Extension Family Living as part of the Head Start Financial Capability Project funded through the Annie E. Casey Foundation and reviewed by Peggy Olive, Financial Capability Specialist, UW-Madison/Extension. Authored by Ruth N. Schriefer, Family Living Agent, UW-Extension Iowa County, University of Wisconsin. U.S. Department of Agriculture and Wisconsin counties cooperating. Copyright © 2015 by the Board of Regents of the University of Wisconsin System doing business as the division of Cooperative Extension of the University of Wisconsin-Extension. All rights reserved. An EEO/Affirmative Action employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.



Dial Down Stress

Although some stress can be helpful and motivating, too much can be harmful. Severe stress has been shown to impact the brain development and long-term mental and physical health of young children. Family stress can also hurt relationships.

Stress: How much is too much?

Stress is a normal response to challenges. Our heart rate quickens bringing more blood sugar to our muscles. Our breath speeds up bringing oxygen to the brain. These changes give us alertness and energy to deal with the situation.

But stress that is intense or long-term can be toxic. Extreme stress, such as neglect or family violence, may interfere with the development, learning, and long-term emotional and physical health of children.

Even moderate stress can hurt relationships when we don't cope well. Stress interferes with our thinking. When we're stressed, we can become edgy, lose our temper, and say or do things we regret. Our own stress can also increase stress in children.

We can dial down some stressors by reducing family conflict and yelling--especially around children, by providing consistency and structure to promote a calm household and by

maintaining a schedule that includes downtime.

We can also help our children build resilience by modeling positive stress-coping strategies. Exercise, hobbies, mindful breathing, meditation, and laughing are a few ways to bring our bodies into a calmer state and reduce stress chemicals.

Supportive, nurturing relationships between children and parents or other caregivers have been shown to buffer kids against stress.

Building a strong relationship with our children is one of the best ways to help them develop a healthy response to stress.



Back page photographs by Paula Cartwright

UW-Extension Family Living Programs

"Raising Kids, Eating Right, Spending Smart, Living Well"



University of Wisconsin-Extension

[Link To References](#)

711 for Wisconsin Relay
(TDD)

For more information, please contact your county UW-Extension office:

UW-Extension Family Living Programs
Bayfield County Courthouse,
PO Box 218 ~ Washburn, WI 54891
715- 373-6104, ext. 252 ~
liz.lexau@ces.uwex.edu

Copyright © 2014 by the Board of Regents of the University of Wisconsin System doing business as the division of Cooperative Extension of the University of Wisconsin-Extension. All rights reserved.

An EEO/Affirmative Action employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.

PARENTING | THE | PRESCHOOLER

Because kids don't come with an instruction manual

Family Stress

fyi.uwex.edu/parentingthepreschooler/

Tips to Find Family Peace

- ♦ Take care of your family by taking care of yourself.
- ♦ Have realistic expectations; don't compare yourself to others and watch out for "should."
- ♦ Exercise stress away by walking, running, dancing, or anything else that moves muscles.
- ♦ Know your stressors. Be aware of how stress impacts your mood and thinking.
- ♦ Take extra care of relationships in times of stress.
- ♦ Turn up quiet. Take tech time-outs from TV and other electronics for periods of family calm.
- ♦ Reduce parental conflict and arguing, especially around children.
- ♦ Model positive stress management skills for your child.
- ♦ Minimize multi-tasking and over-scheduling.
- ♦ Practice stress reducers you can use anytime/anywhere to calm yourself (breathing exercises or brief meditations work great).
- ♦ Boost your mood by treating yourself often to happy thoughts, memories, photos, and laughter.



Photograph by Paula Cartwright

Why Reduce Family Stress?

- We can improve our parenting and other family relationships through better stress management.
- We protect our children's development by limiting exposure to intense or long-term stress.
- We make better decisions when we're not reacting out of anger, fear, and other stressful emotions.

Wellbriety Meeting is Back!

Wellbriety Meeting
Wednesdays 6pm
@ Noojimo'iwewin Center
(New Drop-in Center)
37450 Water Tower Rd
Red Cliff, WI 54814

Everyone is
welcome!!!

Any questions please call
Char @ 715-779-3805 x2451





NA Meeting

* Narcotics Anonymous is a nonprofit group of men and women for whom drugs has become a major problem. We are recovering addicts who meet weekly to help each other stay clean. The only requirement is a desire to stop using.

Saturdays at 5pm

Noojimo'iwewin Center (New Drop-in Center)

37450 Water Tower Rd.

Red Cliff WI. 54814

Any questions please call Char @ 715-779-3508 ext. 2451
or 715-209-7009.



HEALTHY EATING



NATIONAL CENTER ON
Early Childhood Health and Wellness

Tips for Families from the National Center on Early Childhood Health and Wellness

Healthy Habits Start Early



Good eating habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy eating habits. You are your child's best role model so while you help her to eat healthy, try to do the same too!

Healthy Feeding and Eating

For Your Infant

- It is important to breastfeed for at least 6 months. She will be more likely to have a healthy weight as she gets older.
- Put breast milk or formula, not cereal, in your baby's bottle. Cereal adds extra calories that she doesn't need.
- Try to wait until your baby is around 6 months to start healthy solid foods like pureed vegetables, jarred baby foods, and infant cereals. Starting solid foods too early can lead to problems with overweight and obesity later.
- Around 8 or 9 months try offering your baby small amounts of healthy finger foods like grilled chicken, cooked carrots, and cut up strawberries. This will help your baby learn to eat healthy.
- Breast milk, formula, and water are the best drink choices for your baby. Soda pop, 100% fruit juice, and sport drinks add extra calories to her diet and can harm her new teeth.



NATIONAL CENTER ON
Early Childhood Health and Wellness

For Your Toddler

- Offer your toddler healthy snacks like small cubes of cheese, sliced banana, or whole grain crackers two to three times per day. This will help him stay full in between meals and reduce hunger-related temper tantrums.
- Try to be patient with picky eaters. He may need to try a food 10 to 15 times over several months before he will eat it.
- Try giving your toddler a choice between two healthy options. He will be more likely to eat healthy food if he picks it out.
- Milk and water are the healthiest drink choices for your toddler. Soda pop, 100% fruit juice, and sport drinks add extra calories to his diet and can harm his teeth.

For Your Preschooler

- Let your child help you in making healthy meals and snacks. She will be more likely to try healthy foods if she helps out.
- Try to keep your kitchen stocked with simple, healthy snacks like carrots, sliced apples and peanut butter, or string cheese. This will help you and your preschooler eat healthy, even on busy days.
- Milk and water are the healthiest drink choices for your preschooler. Soda pop, 100% fruit juice, and sport drinks add extra calories to her diet and can harm her teeth.

For Yourself and Family

- Your child is learning healthy habits by watching you. Try to eat healthy too.
- Set playtime, mealtime, and bedtime routines to make day-to-day life less stressful.
- Talk with your child's doctor, Head Start staff, and other parents to get healthy eating tips.





TIPS: Focus on Whole Fruits

Tip Sheets:

- 10 Tips: Focus on Fruits
- 10 Tips: Kid-friendly Veggies and Fruits
- 10 Tips: Liven Up Your Meals with Vegetables and Fruits
- 10 Tips: Smart Shopping for Veggies and Fruits



In general:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping. Try pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

For the best nutritional value:

- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.
- Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, and orange juice.
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
- Vary your fruit choices. Fruits differ in nutrient content.

At meals:

- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, mix fresh fruit with plain fat-free or low-fat yogurt.
- At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include orange sections or grapes in a tossed salad.
- Make a Waldorf salad, with apples, celery, walnuts, and a low-calorie salad dressing.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mangoes.
- Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.
- For dessert, have baked apples, pears, or a fruit salad.



As snacks:

- Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, ¼ cup is equivalent to ½ cup of other fruits.
- Keep a package of dried fruit in your desk or bag. Some fruits that are available dried include apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes (dried plums), and raisins (dried grapes).
- As a snack, spread peanut butter on apple slices or top plain fat-free or low-fat yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.

Make fruit more appealing:

- Many fruits taste great with a dip or dressing. Try fat-free or low-fat yogurt as a dip for fruits like strawberries or melons.
- Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.
- Try unsweetened applesauce as a lower calorie substitute for some of the oil when baking cakes.
- Try different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
- For fresh fruit salads, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to keep them from turning brown.

Fruit tips for children:

- Set a good example for children by eating fruit every day with meals or as snacks.
- Offer children a choice of fruits for lunch.
- Depending on their age, children can help shop for, clean, peel, or cut up fruits.
- While shopping, allow children to pick out a new fruit to try later at home.
- Decorate plates or serving dishes with fruit slices.
- Top off a bowl of cereal with some berries. Or, make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
- Offer raisins or other dried fruits instead of candy.
- Make fruit kabobs using pineapple chunks, bananas, grapes, and berries.
- Pack a juice box (100% juice) in children's lunches instead of soda or other sugar-sweetened beverages.
- Look for and choose fruit options, such as sliced apples, mixed fruit cup, or 100% fruit juice in fast food restaurants.
- Offer fruit pieces and 100% fruit juice to children. There is often little fruit in "fruit-flavored" beverages or chewy fruit snacks.

Keep it safe:

- Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry with a clean cloth towel or paper towel after rinsing.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing, or storing.



BEST BITES

Brussels sprouts time!

Brussels sprouts are in season, and they're a good source of fiber, B vitamins, and potassium. Your youngster may enjoy these cute little cabbage cousins roasted in the oven. Cut 8 oz. brussels sprouts in half, then let him toss them with 1 tsp. each olive oil and lemon juice. Bake at 400° for 25 minutes, sprinkle with grated Parmesan cheese, and bake 5 minutes more.

Walk and learn

This idea combines physical activity, learning, and family bonding. Go for walks together, perhaps after dinner or on weekend mornings. While you walk, discuss books you're reading, give each other math problems to solve or words to spell, or have your child explain a science concept she's learning in school.

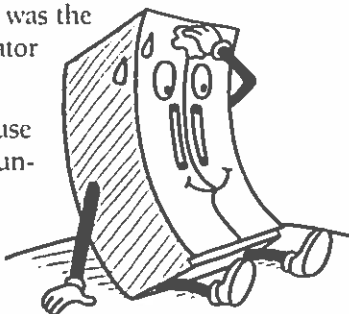
DID YOU KNOW?

November is the National PTA's Healthy Lifestyles Month. If your youngster's school is participating, make plans to attend the family activities. Or celebrate on your own by squeezing in extra fitness fun—ride bikes, roller-skate, or go bowling, for example.

Just for fun

Q: Why was the refrigerator tired?

A: Because it was running all day.



Handling fast-food temptation

Does life in the fast lane mean your family winds up in the drive-thru more often than you'd like? Try these tips to work around the temptation of fast food—and help your child learn to make healthy choices in a pinch.

Tame the habit

Consider cutting back on how often you eat fast food. If you normally get it twice a week, you might drop down to once a week. Tell your youngster ahead of time so she doesn't expect it as often. Explain that you want to eat better and that fast food is often high in fat and sodium.

Plan ahead

Let your child choose healthy snacks to keep in the car, such as nuts, rice cakes, and plain popcorn. You might also plan errands for after mealtimes, or have your youngster eat a nutritious



snack at home before you head out. You'll be less likely to stop for fast food if your family isn't hungry.

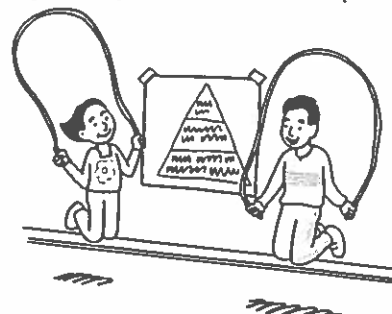
Order carefully

If you do get fast food, choose grilled chicken rather than fried, a whole-grain bun or tortilla, and fruit or vegetable sides. Suggest that your child request toppings like mustard or extra tomato slices instead of mayonnaise or bacon. *Idea:* Share "sometimes" foods. Get a small order of onion rings for the whole family. Or ask for a milkshake with extra cups, and divide it up for dessert. ●

Make an activity pyramid

Creating and hanging up this home-made poster will motivate your youngster to fill his days with fun physical activities.

1. Have him draw a large triangle and divide it into three horizontal sections.
2. In the bottom part, he can write activities to keep him moving every day. *Ideas:* Play outside with friends. Jump rope. Shoot baskets.



3. In the middle section, let your child add things that take a little more time. *Ideas:* Organize a kickball game. Go for a hike. Visit a playground.

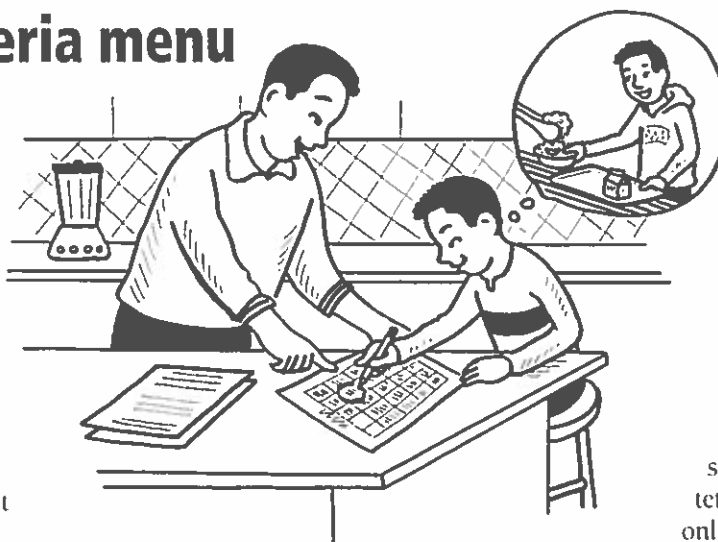
4. On top, he could list special-occasion or seasonal activities. *Ideas:* Climb a rock wall. Go sledding. Swim.

5. Suggest that he choose at least one activity from the bottom row each day, one from the middle every week, and one from the top once a month. ●

Read the cafeteria menu

"That sounds delicious—and nutritious!" Make a routine out of reading the school breakfast and lunch menus together to get your child excited about eating healthy foods in the cafeteria.

Talk about options. Encourage your youngster to spot familiar foods with healthier twists like pizza with turkey pepperoni or "zoodles"—spaghetti "noodles" made with zucchini. Discuss what



makes them better for him (turkey has less fat than pepperoni made from pork, zoodles are a green vegetable).

Try new things. Which foods sound tastiest to your child? Maybe he's excited about Monday's macaroni and cheese or Friday's fish sticks. What new foods is he excited to try? If items are unfamiliar to him, such as sloppy joes or chicken tetrazzini, help him look them up online so he'll know what to expect. After he tries them, have him tell you which ones he likes best. Then, consider making them at home. ●



PARENT TO PARENT A Thanksgiving helper

Growing up, I often joined my parents in the kitchen when they cooked, especially on holidays. I wanted my son, Chase, to be part of our Thanksgiving preparations, so last year I appointed him my kitchen helper.

I gave Chase jobs like washing fruits and vegetables, and I shared a "secret" family recipe with him. He loved hearing how my grandmother worked her magic to create delicious cranberry sauce. Together, we read her recipe, and Chase helped me make it. I even captured the moment with a photo of two smiling cooks.

At dinner, Chase was so proud when his aunt said the cranberry sauce tasted like Grandma's. This year, he's already asking if I have more secret recipes to teach him! ●



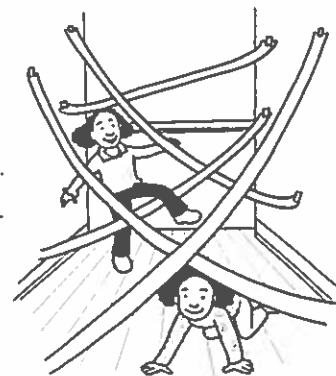
ACTIVITY CORNER

Let's build a maze

Put an active spin on your youngster's play by creating mazes together in different locations. Designate an entrance and an exit, and encourage your child to navigate her way out.

● **Hallway.** Work together to tape crisscrossing streamers or toilet paper to the walls. Your youngster can try to step over the streamers or crawl under them without breaking the "spiderweb" maze.

● **Living room.** Have your child use pillows, blankets, and furniture to make a maze. She might drape a blanket over the space between the coffee table and the couch to crawl under, for example. ●



IN THE KITCHEN

Lighter casseroles

Casseroles are a go-to staple on many dinner tables. Enjoy these healthier versions of two family favorites.

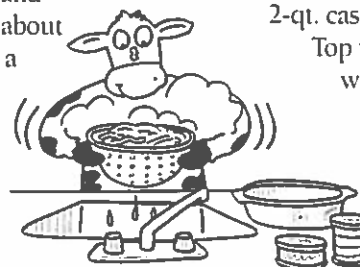
Beef and rice

Cook 2 cups brown rice according to package directions. In a large skillet, brown 1 lb. lean ground beef. Drain the fat, and return to the pan along with $\frac{1}{4}$ cup each chopped onion, carrot, and celery. Sauté the veggies until soft, about 5 minutes. Transfer the mixture to a greased 2-qt. casserole dish, and add 1 28-oz. can diced tomatoes (drained) and the rice. Sprinkle with $\frac{1}{2}$ tsp. pepper, $\frac{1}{4}$ tsp. salt, and $\frac{1}{4}$ tsp. paprika. Bake at 350° for 20 minutes.

Tuna noodle

Boil 8 oz. whole-wheat egg noodles for 8–10 minutes. Drain, and set aside. In a bowl, mix a 10.75-oz. can reduced-fat cream of mushroom soup and $\frac{1}{2}$ cup skim milk. Add a 12-oz. can tuna (packed in water, drained), 2 cups frozen peas, 6 oz. sliced fresh mushrooms, and the noodles. Pour into a greased 2-qt. casserole dish.

Top with $\frac{1}{4}$ cup soft whole-wheat bread crumbs, and bake at 350° for 30 minutes, until browned. ●



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



ANFP | WISCONSIN

Association of Nutrition & Foodservice Professionals

Publisher: *Wisconsin Association of Nutrition & Foodservice Professionals*
Issue No: 7 November 2018

Fight the Flu - Ten Foods To Eat When You Have The FLU

1-Popsicles soothe the throat, help with hydration, and may lower fever. Choose 100% fruit juice popsicles for lower sugar and better nutrition.

2-Turkey Sandwich is high in protein and increases body energy. **3-Vegetable Juice** has increased immune-boosting antioxidants and helps with hydration. Choose 100% fruit juices.



4-Chicken Soup increases hydration, is nourishing, has an anti-inflammatory effect on the body, and can improve the ability of tiny nasal hairs to protect the body from bacteria and viruses.

5-Garlic has anti-microbial and immune-stimulating properties and may give slight relief from congestion.

6-Ginger may soothe stomach upset, diarrhea, nausea and may fight inflammation. Add ginger to foods like soups and

drinks like tea.

7-Hot Tea—Green and black teas offer disease fighting antioxidants. Add honey and lemon to soothe a sore throat and increase energy!

8-Banana soothes symptoms of nausea, vomiting and diarrhea. The BRAT diet of banana, rice, applesauce and toast, is recommended by doctors for a variety of stomach upsets.

9-Toast and crackers are convenient, pair well with chicken soup and hot tea, give a satisfying crunch and take the edge off hunger.

10-Meal Replacement Drinks are recommended when appetite is returning, have high protein, low sugar, essential vitamins and nutrients and are available flavored.

WebMD/Cold&FluHealthCenter/2010

Snacks for Healthy Kids

Smart Snack Strategies

1 Plan snacks as part of daily food choices

- Provide snack choices from several food groups
- Schedule regular snack times and amounts; don't let children nibble constantly during the day (more on page 2)

2 Encourage label detectives

- Limit convenience-type snacks that are high in sugar, fat, and salt and use excessive packaging (more on page 2)

3 Create snack stations

- Package your own ready-to-go snacks
- Allow children to make their own snacks (more on page 3)

4 Provide chef-in-training opportunities

- Let youngsters help pick out fruits, vegetables, and cheeses when shopping
- Include children in snack food preparation
- Use snacks to introduce new foods (more on page 4)

Bottom line

Healthy snacks supply energy and help meet a child's daily nutrition requirement. Offer your kids snacks that help children practice independence.

Kids are experts at snacking

According to a United States Department of Agriculture study, after-school snacks provide about one-third of children's calories. Because children have smaller stomachs, they need the energy and nutrients provided by these mini-meals. However, when high fat, high sugar snack foods are combined with screen time—either TV or computer—instead of active play time, children are likely to gain more weight than they should for optimum health.

Choosing food implies having POWER

Refusing to eat certain foods or demanding to eat others is one way children practice their growing independence. They test values and decide which ones to reject, modify, and adopt. Consequently, doing what everyone else is doing may become more tempting than doing what parents have taught.

The key for parents and caregivers is to strike a balance between providing good nutrition and letting children make independent decisions. One way to do this is by offering a wide variety of foods. Provide food choices that offer a range of taste experiences, such as crunchy, soft, chewy, smooth, hot, cold, sweet, sour, bland, and spicy.

Food should never be used as a reward for good behavior, or withheld as punishment for bad behavior.

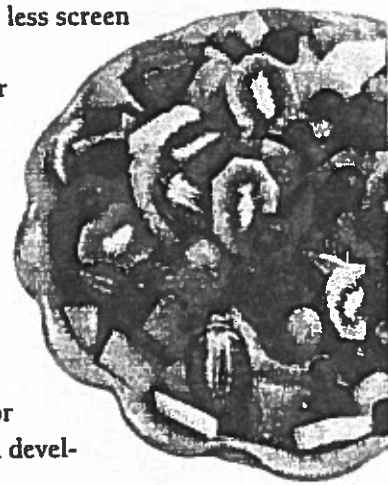
Focus on physical activity as well as food

All children benefit from physical activity—walking, riding bikes, or playing together is a great way to build family communication. If your child shows a tendency toward being overweight, encourage more physical activity and less screen

time at the television or computer. Do not cut back drastically on food intake. Children need those nutrients for growth and development.

Distinguish between food facts and myths

Current research does not support claims that sugar and food colors are linked to hyperactivity, criminal behavior, or increased anxiety. However, meal-skipping, especially breakfast, has been shown to harm children's performance in school.



IOWA STATE UNIVERSITY
Extension and Outreach

PM 1264 Revised March 2015

Create snack stations

To help children practice making snack choices, some families set up snack areas in the refrigerator and in a kitchen cupboard. Children are allowed to choose from either.

Yummy help-yourself cupboard snacks

Place these on a shelf in a cupboard that children can reach.

Fruits

100% fruit roll-ups
Apple rings, dried
Apricots, dried
Banana halves
Prunes, pitted
Raisins
Cranberries, dried
Pineapple, dried

Protein

Peanut butter
Roasted soy nuts or pumpkin seeds
Sunflower seeds

Grains

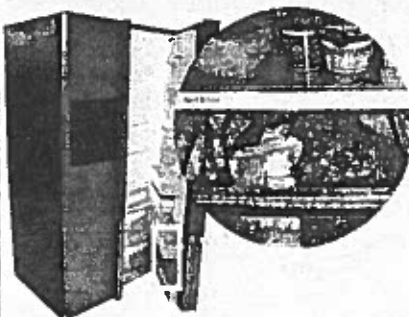
(Choose whole grain options most often; look for whole grain as the first ingredient.)

Bagel
Banana bread
Breadstick
Bread, whole grain or enriched
Cereal pieces, low sugar (such as Cheerios®, Chex®, Crispix®)
Cookies
Cornbread
Crackers (animal, graham, oyster, whole grain)
English muffin
Granola, low fat
Muffins, low fat
Pita bread
Popcorn*
Pumpkin bread
Pretzel, soft
Raisin bread
Vanilla wafers
Whole wheat tortillas



Chilly help-yourself refrigerator snacks

Place these snacks in a storage bin or on a shelf in the lower part of the refrigerator so that children can reach them. Also, be sure children have access to water in a cup or bottle.



Vegetables

Baby carrots*
Cauliflowerettes, slightly cooked, chilled
Celery sticks*
Celery stuffed with peanut butter or cheese*
Green or red pepper pieces*
Vegetable juices
Cherry tomatoes*
Zucchini pieces*
Ranch Dip (See page 4)

Fruits

Apple wedges*
Apple wedges, peeled
Applesauce
Apricots, fresh or canned
Banana chunks
Fruit slushes
Fruitsicles, frozen
Grapes, seedless*
100% juice boxes
Kiwi halves
Melon pieces
Nectarine, fresh
Orange sections
Tangerine segments
Peach or pear pieces, fresh or canned in juice
Pineapple chunks
Plums, fresh or canned
Strawberries

Dairy

(Choose low-fat milk options most often.)

Cheese cubes or slices
String cheese
Fruit yogurt
Milk, plain or flavored
Pudding cups
Cottage cheese

Protein

Hard-cooked egg

Super snacks in seconds

Here are some examples of how you and your child could combine foods from the two snack stations for a nutritious snack:

Oatmeal cookies and milk
Raw vegetables and cheese dip
Cheese and crackers
Cottage cheese and fresh fruit
Raisin bread toast and fruit juice

Pears or apples, cheese, and milk
Hard-cooked egg and cherry tomatoes
Fresh fruit with yogurt dip
Kabobs made with fruit and cheese
String cheese and fruit juice
Celery with peanut butter and fruit juice
Sliced apple with peanut butter dip and fruit juice

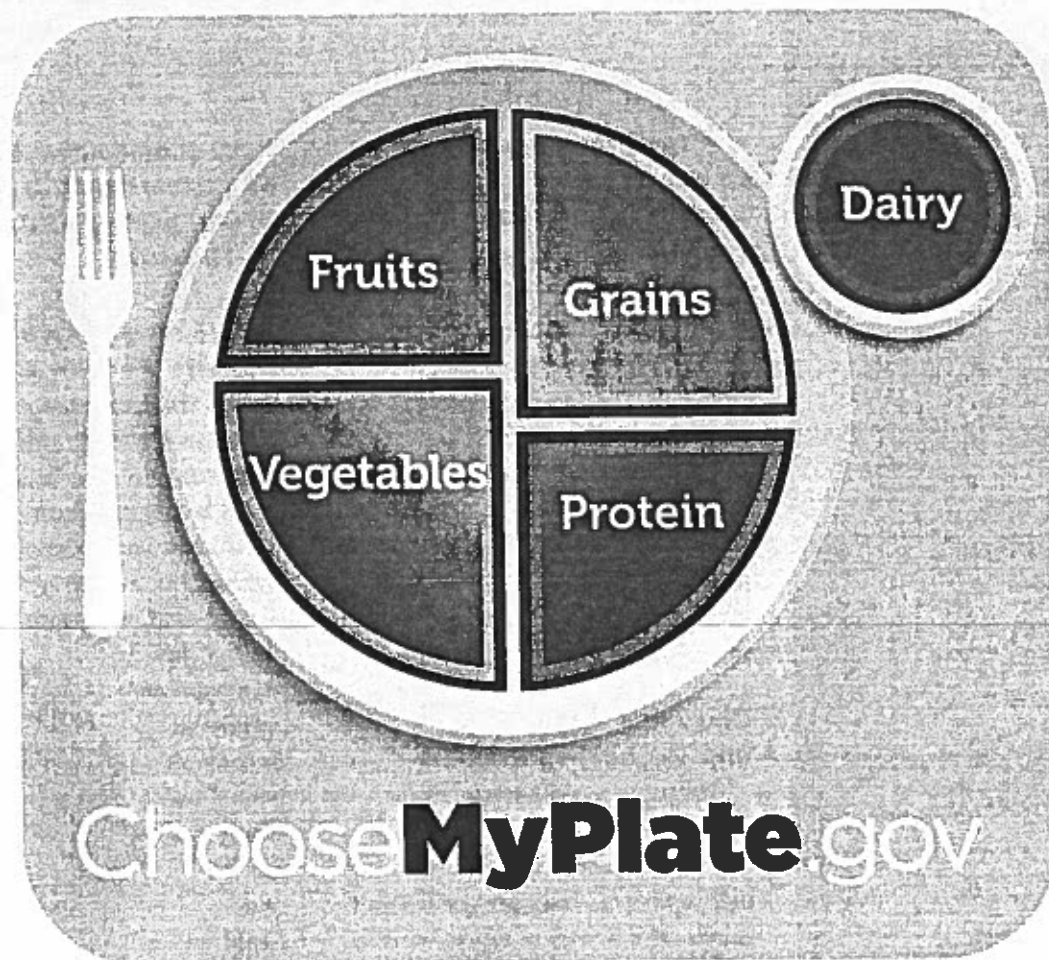


***Caution: These foods may cause choking in children under the age of 5.**

Money saving tip: Make your own ready-to-go snacks by portioning them into small plastic bags or reusable plastic containers.

1 Plan snack choices

Offer snacks that fulfill part of the daily recommendation for these food groups:



	Grains	Veggies	Fruits	Oil	Dairy	Protein
2-6 years	5 oz. equivalent	1½ cups	1½ cups	4 tsp.	2 cups	4 oz. equivalent
7-13 years	6 oz. equivalent	2½ cups	1½-2 cups	5-6 tsp.	3 cups	5-5½ oz. equivalent
14-18 years*	6-9 oz. equivalent	2½-3½ cups	2 cups	6-8 tsp.	3 cups	5½-6½ oz. equivalent

Recommended food intake is based on children who get 30 to 60 minutes of moderate activity, such as walking briskly or biking.

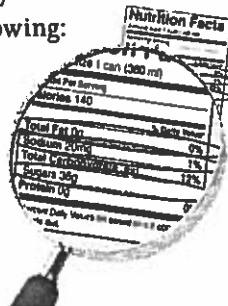
*Lower end of range represents the moderately active female while the upper end of the range represents the moderately active male.

2 Encourage label detectives

For snacks that do not fit in the MyPlate groups, examine the sugar, fat, and sodium content on the label.

Choose more snacks that have:

- 2 or more grams of fiber
- 10% of the Daily Value for one of the following:
 - Vitamin A
 - Vitamin C
 - Calcium
 - Iron



Choose fewer snacks that have:

- 10% or more of the Daily Value for total fat
- 10% or more of the Daily Value for sodium
- More than 10 to 15 grams of sugar
 - Remember that every 4 grams equal 1 teaspoon of sugar.

Healthy snacks taste even better when kids create them with their own hands.

Banana Smoothie

Make up your own variations using other fruits and juices.

1 small frozen banana, cut in chunks
1/2 cup plain low-fat yogurt
1/4 cup orange juice

Put all ingredients in blender and whirl until smooth. These are fairly thick. Add more liquid if you want them thinner.

Makes two 1/2-cup servings.

Per serving: 125 calories, 7 grams protein, 213 mg calcium, 10 mg vitamin C, 160 mg sodium.

Raisin Banana Mini Muffins**

2 very ripe, medium bananas, peeled
1 egg, beaten
1/3 cup vegetable oil
1 1/2 cups all-purpose flour
1 cup sugar
6 tablespoons unsweetened
cocoa powder
1 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon baking powder
1/2 cup raisins

Spray muffin pan with cooking spray. Preheat oven to 350° F.

Put bananas into food processor or blender. Secure lid and blend until smooth. Add egg and oil; cover and blend. In mixing bowl, combine flour, sugar, cocoa, baking soda, salt, and baking powder. Add banana mixture, and stir until moistened. Stir in raisins.

Spoon about 1 tablespoon of batter into each muffin pan cup. Bake for 12 to 15 minutes. Cool muffins slightly before removing from pan.

Makes 36 mini-muffins.

Per muffin: 55 calories, 1 gram protein, 2 grams fat, 9 grams carbohydrate, 43 mg sodium, 3 mg cholesterol

Adapted from: Better Food for Kids,
Saab, J. and Kalnins, D. Robert Rose Inc.
Toronto, Ontario 2002

Reprinted with Permission of
Dole Food Company, Inc.

Ranch Dip for Veggies*

2/3 cup light sour cream
1/3 cup light mayonnaise
1 tablespoon cider vinegar
1 teaspoon dried dill
1 teaspoon Dijon mustard
Pinch of salt
Pinch of freshly ground black pepper

In a small bowl, whisk together sour cream, mayonnaise, and vinegar until smooth. Add dill, mustard, salt, and pepper. Whisk to blend. Cover and refrigerate up to one week.

Makes four 1/4-cup servings.

Per serving: 104 calories, 1 gram protein,
9 grams fat, 5 grams carbohydrate,
128 mg sodium, 21 mg cholesterol

Mild Salsa Cheese Dip[®]

1/2 cup mild salsa
1 cup shredded light cheddar cheese
4 ounces light cream cheese
1 to 2 tablespoons ketchup

In a small microwaveable bowl, combine salsa, cheddar cheese, and cream cheese. Microwave on medium for 1 minute or until cheeses are melted. Stir in ketchup until mixture is smooth. Cover and refrigerate up to one week, reheating when served. Good with veggies and crackers.

Makes four 1/4-cup servings.

Per serving: 128 calories, 10 grams protein,
6 grams fat, 6 grams carbohydrate,
615 mg sodium, 19 mg cholesterol

Fruity Parfait 果実

Create your own variations by using other fruits as desired.

2 cups chopped fresh pineapple or
canned pineapple tidbits
1 cup frozen raspberries, thawed
1 cup low-fat vanilla yogurt
1 firm, medium banana,
peeled and sliced
1/3 cup chopped dates
1/4 cup sliced almonds

In four glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds.

Makes four servings.

Per parfait: 258 calories, 6 grams protein, 5 grams fat, 47 grams carbohydrate, 43 mg sodium, 3 mg cholesterol

Check these resources

Center for Science in the
Public Interest

www.cspinet.org/healthysnacks

Fruits & Veggies—More Matters™

www.fruitsandveggiesmorematters.org

Fruit & Veggie Color Champions™
(for kids)

www.foodchamps.org

Iowa State University Extension and Outreach Nutrition and Wellness
www.extension.iastate.edu/humansciences/child-nutrition-families

Iowa State University
Extension Publications
store.extension.iastate.edu

Live Healthy Iowa
www.livehealthyiowa.org

Michigan State University
Team Nutrition Booklist and
Preschool Booklist
[www.michigan.gov/documents/mde/
UpdatedMichiganTeamNutritionBook-
list_290287-7.pdf](http://www.michigan.gov/documents/mde/UpdatedMichiganTeamNutritionBooklist_290287-7.pdf)

MyPlate for Kids
www.ChooseMyPlate.gov

Revised by Ruth Litchfield, Ph.D., R.D.,
L.D., extension nutritionist. Originally
published as "Simple Snacks for Kids"
by Elizabeth Sanger, Ph.D., and Carol
Kline, R.D., Ph.D., former extension
nutritionists, and Nicholas K. Freidley,
former extension assistant.

U.S. Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA) and National Institute of Environmental Health Sciences (NIEHS) have announced a new research program to study the health effects of pesticides. The program is part of the National Toxicology Program (NTP) and is funded by the U.S. Environmental Protection Agency (EPA). The program will focus on the health effects of pesticides on humans and the environment. The program will be led by the NIEHS and will involve the NIFA and the EPA. The program will be a multi-disciplinary effort involving scientists from different fields. The program will be a long-term effort that will continue for several years. The program will be a major effort to understand the health effects of pesticides and to develop strategies to reduce the risk of exposure to pesticides.

the 1990s, the number of people in the world who are undernourished has declined from 760 million to 600 million. The number of people who are malnourished has declined from 1.1 billion to 800 million. The number of people who are obese has increased from 100 million to 300 million. The number of people who are overweight has increased from 100 million to 300 million. The number of people who are obese and overweight has increased from 100 million to 300 million. The number of people who are obese and overweight has increased from 100 million to 300 million.



Books by the Bushel

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Native American Heritage Month Peanut Butter Lovers Month				1 Sort your halloween candy by type.	2 Look For Circles Day How many circles can you find in your house?	3 Book Lovers Day! Go to the library and check out your favorite book!
4 Daylight Savings Time Ends Sing Leaves Are Twirling- <i>see activity</i>	5 Have your child count how many steps it takes to get from one side of their bedroom to the other.	6 General Election Day. Take your child with you when you vote today!	7 Sing a favorite song in an opera voice.	8 Clap your hands slowly, then quickly	9 Hop on one foot 10 times	10 Make sock puppets and put on a play!
11 Veterans Day Thank a Veteran Today	12 Have your child write the numbers 1-5 and then circle their age	13 National Indian Pudding Day- <i>see recipe</i>	14 Count how many things are on your dinner plate.	15 America Recycles Day- <i>see activity</i>	16 Button Day Use buttons to help your child solve simple addition and subtraction problems	17 Take a Hike Day Go outside and take a hike
18 Have your child trace their hand and use it to make a turkey drawing to decorate the house	19 Name all the people in your extended family	20 Universal Children's Day	21 World Hello Day-say hello at #SayHello	22 Thanksgiving Day Read a book about being thankful	23 Make up a story about cats and mice	24 Name one thing you did in the morning, afternoon and evening.
25 Have your child go around the house finding objects that rhyme, such as sock and block.	26 Read a book about different shapes.	27 What rhymes with FROG?	28 French Toast Day Have your child help make French Toast for breakfast	29 Sing Ten Little Fingers- <i>see activity</i>	30 How many words can you think of that rhyme with HOT?	



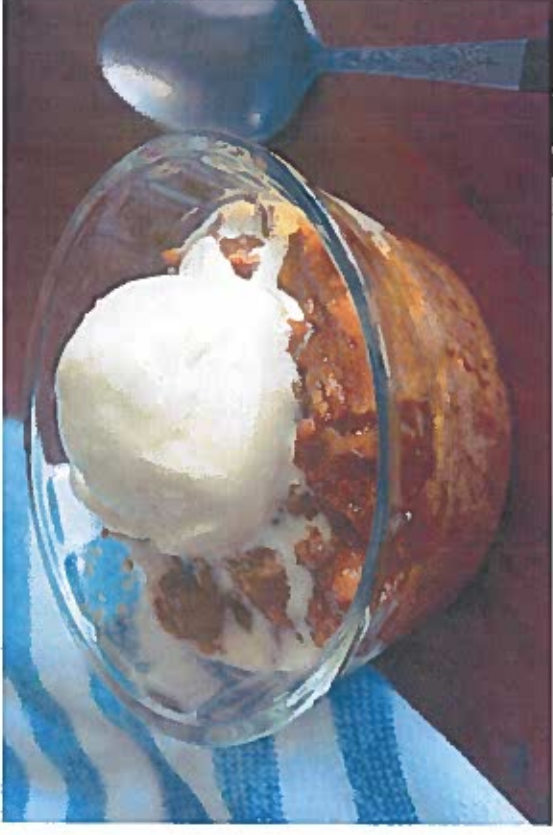
Slow Cooker Indian Pudding

Ingredients:

- 3 cups whole milk
- 1/2 cup cornmeal
- 1/2 teaspoon salt
- 2 tablespoons unsalted butter, plus extra for greasing the cooker
- 2 large eggs
- 1/2 cup molasses
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 cup dried cranberries (optional)
- Garnish: ice cream or whipped cream

Instructions

- Grease the inside of your slow cooker with butter and preheat on high 15 minutes.
- In a large, heavy-bottomed pot, whisk together milk, cornmeal, and salt, and bring to a boil. Continue whisking another 5 minutes; then cover and simmer on low 10 minutes. Remove from the burner and add butter.
- In a medium-sized bowl, combine eggs, molasses, and spices. Add some of the hot cornmeal mixture to the egg mixture to temper the eggs; then transfer egg mixture into the pot. Stir in cranberries, if you like.
- Scrape batter into the slow cooker (5-6 quarts) and cook on high 2 to 3 hours or on low 6 to 8 hours. The center will be not quite set.
- Serve warm topped with ice cream, whipped cream, or light cream.



ELDERLY HUNT DAY

WEDNESDAY, NOVEMBER 07, 2018



IMPORTANT NOTE: ALL DEER DONATED
MUST BE REGISTERED IN PERSON AT THE
RED CLIFF REGISTRATION STATION AND
BE ISSUED A **REGISTRATION TAG** PRIOR
TO DROP OFF. **PLEASE NO PHONE
REGISTRATIONS.**

PROCESSING WILL START IN THE MORNING ON THE NEXT
DAY, THURSDAY, NOV. 8TH. AT THE HATCHERY AND WILL
CONTINUE UNTIL COMPLETED. COMMUNITY HELP WITH
PROCESSING IS WELCOME.

QUESTIONS: CONTACT THE RED CLIFF WARDENS OFFICE
AT 715-779-3732









November

Gashkadiño-Giizis
(Freezing Over Moon)

2018



BOYS & GIRLS CLUB
Of Gitchigami

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Activities subject to change please call ahead 715-779-3722 Miigwech BGC Staff			
4	5 BFI 4-6p 	6 Cultural Night Arts and crafts: Dream Catchers Youth Language Table 5-6p	7 Power Hour 3:30-5p Hoop dance 4-6p Teen Hour/ Open 7-8p	8 Power Hour 3:30-5p RC Junior Officer 5-6p Ping Pong 6-7p Teen Hour/ Open 7-8p	9 Game Night 4-6p Smart Girls 6-7p Photography Club 4-5p Teen Hour/ Open 7-8p	10 Powwow Ashland 12-430p Movie at Club 6-8p Teen Hour/ Open 7-8p
11	12 BFI 4-6p  Veterans Day	13 Closed	14 BFI 4-6p Hoop dance 4-6p Bayfield Pool 630-730 Teen Hour/ Open 7-8p	15 Power Hour 3:30-5p Rock your Mocs @ Clinic 5-6p Marvin Defoe/THPO 6-7 Teen Hour/ Open 7-8p	16 Game Night 4-5p Smart Girls 6-7p Teen Hour/ Open 7-8p	17 Hike around Frog Bay 2-5p 18 Bayfield pool 530-7p Teen Hour/ Open 7-8p
18	19 BFI 4-6p 	20 Cultural Night Wrapped Medicine Wheel Tribal Council Meet with Youth 6-8 Youth Language Table 5-6p	21 BFI 4-6p Power Hour 3:30-5p Hoop dance 4-6p Teen Hour/ Open 7-8p	22 Closed 	23 Smart Girls 6-7p Pouch Necklaces and Hand Drums 4-6p Teen Hour/ Open 7-8p	24 Passport to Manhood 5-6p Movie at Club 6-8p Native Game Day 1-4p Teen Hour/ Open 7-8p
25	26 BFI 4-6p 	27 Cultural Night Arts and crafts: Children Pendants Youth Language Table 5-6p	28 BFI 4-6p Power Hour 3:30-5p Hoop dance 4-6p Native Movie (s) 6-8p Teen Hour/ Open 7-8p	29 Power Hour 3:30-5p RC Junior Officer 5-6p Teen Hour/ Open 7-8p	30 Native Community Day 430-6 Teen Hour/ Open 7-8p	

Native Heritage Month, stop by and see our activities that are not on the calendar

How to make a RECYCLED bird feeder

Learn about recycling and help our feathered friends as the weather cools down

You will need:

- An empty milk carton
- Scissors
- dowel, chopstick or stick
- Ribbon, twine or string
- Birdseed

How to make:

Cut and opening in the milk carton. You will want to start about an inch from the bottom

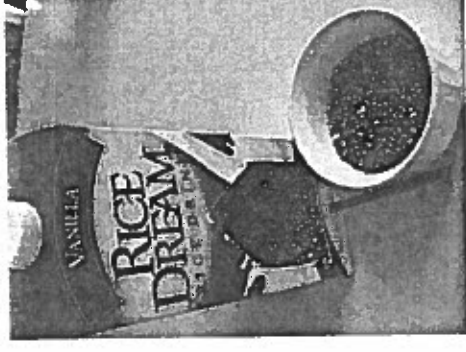
Poke a hole under the opening for the dowel/chopstick/stick and poke a hole on the opposite side of the carton

Poke the dowel/chopstick/stick through the holes

Poke a hole in the top of the carton for the ribbon that will be used to hang the feeder. Thread the ribbon through and knot it, you can use twine or string too.

Fill with bird seed

Hang it outside and wait for the birds!



Ten Little Fingers

1 little, 2 little, 3 little fingers.
4 little, 5 little, 6 little fingers.
7 little, 8 little, 9 little fingers.
One more finger makes 10.

2 little hands, 10 little fingers.
2 little hands, 10 little fingers.
2 little hands, 10 little fingers.
Come and sing with me!

Leaves are Twirling

(to the tune of "Frere Jacques")

Leaves are twirling,

Leaves are twirling,

All around,

All around.

They are falling softly,

Very, very softly,

To the ground,

To the ground.



MOCCASIN MAKING

2 Credit Micro-Certificate

Where: LCOOCC - Red Cliff Cabin

When: Tuesday's and Thursday's starting

Nov. 13th, 2018-Dec 11th, 2018

Time: 10am-2pm

Supplies Provided



Space is Limited
Pre-Registration is Required
Call 715-634-4790 Ext 121
Or email ext@lco.edu.

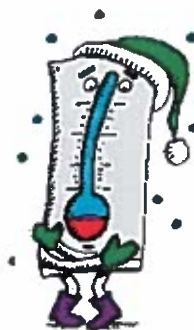
*Join instructor,
Jim Pete, and get
ready to
Rock your Mocs!*



Red Cliff Water & Sewer



88455 Pike Rd. Bayfield WI 54814 Phone:
(715)779-5228 Fax: (715)779-9789



November 5, 2018

Attention Red Cliff Water and Sewer Customers: **Below Zero Temperatures**

With the cold weather coming upon us quickly we are aware of the need to protect the water pipes within your homes.

Common practice is to let your water trickle as the bitter cold bites.

During the coldest time of the year the Utilities Commission for the Water and Sewer Department has made the decision to not charge usage for this practice, the same as last year. Your bill will remain \$70.00/ month from **December 1st until the last day of March.**

Please remember this does not mean let your faucets run full blast, a pencil size or less- TRICKLE is more than effective.

- Make sure heat tape is plugged in and working
- Cover any exposed water pipe with a insulating material

- Remove outdoor hoses and close outdoor supply hose bibs
- Open kitchen and bathroom cabinet doors to allow warm air to circulate around plumbing
- If you will be away from home for an extended time, make sure you heat is set no lower than 55 degrees.

Thank you for your questions and concerns on this subject, if you need additional information, please feel free to stop by, or call 715-779-5228.



From the Water and Sewer Department Staff

(Our department is not responsible for damages to pipes)

Current Employment Opportunities

Ashland Housing Authority - Housing Project Specialist

DEADLINE: October 19th, 2018

Project Coordinator/Evaluator-Family Tree Project

DEADLINE: October 30, 2018 @ 4:00 p.m.

Anishinaabe Language/Culture Coordinator

DEADLINE: October 31, 2018 @ 4:00 p.m.

Food Distribution Warehouse Assistant/Certifier/Aide

DEADLINE: October 31, 2018 @ 4:00 p.m.

Housing Counselor

DEADLINE: November 16, 2018

[Housing Job Application \(Fillable\)](#)

[Housing Background Check](#)

Certified Occupational Therapy Assistant (COTA) at CESA #12

DEADLINE: Open Until Filled

Family Forum 4K Teacher

DEADLINE: Open Until Filled

Parent Peer Specialist

DEADLINE: Open Until Filled

Security Officer

DEADLINE: Open Until Filled

DWD - Wisconsin Youth Apprenticeship

DEADLINE: Open Until Filled

Elderly Nutrition On Call Assistant Cook

DEADLINE: Applications Accepted Year Round

Current Openings for the Red Cliff Early Childhood Center

Early Head Start Home Based Teacher

DEADLINE: October 30, 2018 @ 4:00 p.m.

ECC Substitute Assistant Teacher/Support-Staff

DEADLINE: Applications Accepted Year Round

FOR FURTHER INFORMATION CONTACT:

Red Cliff Band of Lake Superior Chippewa

Human Resources Department 88455 Pike Road Bayfield, WI 54814

www.redcliff-nsn.gov ashley.poch@redcliff-nsn.gov

(715) 779-3700 ext. 4268



Current Openings for the Red Cliff Tribe

Early Head Start Home Based Teacher

DEADLINE: October 30, 2018 @ 4:00 p.m.

Project Coordinator/Evaluator-Family Tree Project

DEADLINE: October 30, 2018 @ 4:00 p.m.

Anishinaabe Language/Culture Coordinator

DEADLINE: October 31, 2018 @ 4:00 p.m.

Food Distribution Warehouse Assistant/Certifier/Aide

DEADLINE: October 31, 2018 @ 4:00 p.m.

Parent Peer Specialist

DEADLINE: Open Until Filled

Elderly Nutrition On Call Assistant Cook

DEADLINE: Applications accepted all year

ECC Substitute Assistant Teacher/Support-Staff

DEADLINE: Applications Accepted Year Round

*** * * Current Openings for Legendary Waters Resort & Casino**

[Click Here to view Current Legendary Waters Resort & Casino Job Openings](#)

Security Officer Deadline: Open Until Filled

*** * * Current Openings for Red Cliff Housing Authority**

Housing Counselor

DEADLINE: November 16, 2018

Housing Job Application (Fillable)

Housing Background Check

*** * * Current Openings for State of Wisconsin DWD**

DWD - Wisconsin Youth Apprenticeship

*** * * Current Openings for CESA**

Employment Opportunities at CESA #12

Certified Occupational Therapy Assistant (COTA) at CESA #12

*** * * Current Openings for Milwaukee Indian Community School**

Current openings for Indian Community School of Milwaukee

*** * * Current Openings for GLITC**

Great Lakes Inter Tribal Council Job Postings

*** * * Current Openings for GLIFWC**

[GLIFWC Website with Current Job Openings](#)

* * * Current Openings for School District of Bayfield, WI

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

* * * Current Openings for Family Forum

[Family Forum Job Openings](#)

[Family Forum Head Start Bus Driver](#)

* * * Current Openings for Bay Area Home Health

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

* * * Current Openings for the National Park Service

[National Park Service](#)

* * * Current Openings for the BIA.gov

[BIA Fire & Forestry Job Openings](#)

* * * Current Openings for the University of Wisconsin-Extension

[Current Opportunities for UW Extension](#)

* * * Current Openings for the UMOS Job Openings

[Current Opportunities for UMOS](#)

* * * Current Openings for the BAY MILLS INDIAN COMMUNITY

[Bay Mills Job Listings](#)

* * * Current Openings for the Lac du Flambeau Band of Lake Superior Chippewa Indians

[Lac du Flambeau Band of Lake Superior Chippewa Indians Job Openings](#)

* * * Current Openings for the Trierweiler Construction Co.

[Trierweiler - Construction Co.](#)

* * * Current Openings for the Ashland Housing Authority

[Ashland Housing Authority - Housing Project Specialist \(Deadline October 19, 2018\)](#)

Madeline Island School of Arts – Hospitality Services

The Bayfield Inn – Hospitality Services

Solstice Outdoors – Sales Associate



Red Cliff Band of Lake Superior Chippewa Indians

88455 Pike Road

Bayfield, WI 54814

Phone: 715-779-3700 Fax: 715-779-3704

Email: redcliff@redcliff-nsn.gov

JOB DESCRIPTION

POSITION: Early Head Start Home Based Teacher

LOCATION: Red Cliff Early Childhood Center

PROGRAM: Early Head Start

WAGE: \$10.00 to \$14.00 per hour depending on qualifications and experience

THIS IS A REGULAR FULL-TIME NON-EXEMPT POSITION

SUPERVISOR: Head Start-Early Head Start Director

JOB SUMMARY: Primary responsibility is to provide weekly high quality, educational home-based services to a maximum of 12 Early Head Start families, which includes infants and toddlers 0 – 3 and pregnant women. Home visits are provided primarily during weekday and daytime hours, with occasional late afternoon or early evening home visits if necessary. Job duties require planning and implementation of home-based option which reflects best practices while incorporating Ojibwe language and culture into curriculum.

DUTIES AND RESPONSIBILITIES:

1. Must satisfactorily complete *New Home Base Teacher Training* checklist during first 75 days of employment.
2. Conduct minimum of 1½ hour weekly home visits for each Early Head Start home-based family as well as each prenatal woman as stated in Federal Performance Standards, with minimum requirement of 46 home visits per family per program year.
3. Plan and implement home-based activities which are age appropriate and that enhance infant and toddlers' social/emotional, physical, cognitive development, overall child development, and parenting/prenatal education for pregnant women.
4. All EHS Home Based teachers will collaborate together to provide up to 22 group socializations per year for Early Head Start children and their parents to allow for age-appropriate peer group interaction with parent involvement. This could include play groups, group meetings, parent-child interactions which are held during the day or early evening.
5. Responsible for working with each family to develop a Family Partnership Agreement in

"The Hub of the Chippewa Nation"

accordance with Head Start Federal Performance Standards.

6. Must attend two annually Coordinated Service Team meetings scheduled for your 12 families
7. Must complete weekly lesson plans, weekly observations and child assessments throughout school year.
8. Responsible for recordkeeping on Child Plus, Teaching Strategies' Gold, and maintenance of weekly *Creative Curriculum* home-based files, and documenting resource or referral for delivery of other services as needed.
9. Mandatory depression screen training to screen prenatal and postpartum mothers.
10. Mandatory first aid and CPR certification training within six (6) months from date of employment. Program will cover costs.
11. Provide program statistics annually for the Head Start Program Information Report (PIR) and other reports.
12. Work with tribal, community, and county service providers in order to provide necessary services to the EHS home based child, their parents and any pregnant women enrolled in the program.
13. Documentation of all home visits and contacts with families as well as other required program information.
14. Develop and maintain a professional relationship with families enrolled in Early Head Start as well as must maintain confidentiality of all child/family information and records.
15. Collaborate with other home based staff, parents, and community resources to incorporate Ojibwe language and culture into home-based activities and curriculum.
16. Reinforce positive self-image, pride, and cultural identity with both the parents and the infants/toddlers during all activities.
17. Must attend and participate in home base staff meetings, all staff meetings and ECC Policy Council meetings if requested as well as participate in job related training as required.
18. Any program equipment, cameras, IPADS, or any other supplies purchased or obtained by the EHS program must remain within the EHS Home Based offices, and cannot be used outside of the Early Childhood Center unless you have *prior express permission* by the Director to use outside of the center. Violations of this policy can result in disciplinary action.
19. Adhere to all EHS/ECC policies and procedures and ensure that Head Start Federal Performance Standards are being met.
20. The above duties and responsibilities are not an all-inclusive list but rather a general representation of the duties and responsibilities associated with this position. The duties and responsibilities will be subject to change based on organizational needs and/or as deemed necessary by the supervisor.

SUPERVISORY AUTHORITY: None

KNOWLEDGE: Knowledge of Ojibwe language and culture preferred. Knowledge of the uniqueness of the Red Cliff Community preferred.

QUALIFICATIONS:

EDUCATIONAL QUALIFICATIONS

1. High school diploma, HSED or GED required
2. Can have a minimum of a home-based Child Development Associate (CDA) credential or

"The Hub of the Chippewa Nation"

- equivalent coursework as part of an associate's or bachelor's degree
3. Associate Degree in Early Childhood Education or related degree preferred
 4. Applicants may be considered if currently enrolled in an early childhood education or related field degree program or has completed any early childhood education coursework previously and is willing to enroll in a degree program within probationary period.

OTHER QUALIFICATIONS:

1. Prior experience in home visitation services, counseling/guidance, or family service/human service field preferred.
2. Demonstrate competency to plan and implement home-based learning experiences that ensure effective implementation of the home visiting curriculum and promote children's progress across the standards described in the Head Start Early Learning Outcomes Framework: Ages Birth to Five, including for children with disabilities and dual language learners, as appropriate, and to build respectful, culturally responsive, and trusting relationships with families.
3. Excellent oral and written communication skills and knowledge of local community resources.
4. Cultural sensitivity to Ojibwe culture, Native American beliefs, values, community mores.
5. Must be able to work some nights if needed for ECC Family nights or home based socializations or late afternoon home visits if requested.
6. Must have a valid driver's license, vehicle and appropriate vehicle coverage and maintain driver's eligibility as a condition of employment. Be eligible to be put on the tribe's vehicle insurance policy.

PERSONAL CONTACTS: Students and their family members, ECC staff, Community Members.

SPECIAL REQUIREMENTS: Also required are: five year health exam, initial TB test and annual TB questionnaire, immunizations including Hepatitis B (or sign waiver), mumps vaccine (or waiver or proof of immunization) and required trainings such as confidentiality, CPR, Shaken Baby Syndrome, Sudden Infant Death (SIDS), etc.

PHYSICAL REQUIREMENTS: The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions as long as the staff disability does not create an undue risk of injury to any enrolled children in the home based option.

Must be physically able to work with young children and must be able to regularly lift and/or move up to **forty pounds**; occasional lifting of fifty pounds is required. Required to stand, walk, climb or balance, stoop, kneel, crouch or crawl when working with small children and parents in the home. Required to use hands to finger, handle or feel objects, keyboards, tools or controls, reach with hands and arms, speak and hear, and ability to operate keyboard (computer).

WORK ENVIRONMENT: Red Cliff Early Childhood Center facility. Student homes for home visits. All Tribal buildings are smoke free.

"The Hub of the Chippewa Nation"

TRAVEL REQUIREMENTS: The ability to travel and attend meetings and trainings; overnight and out of town, both locally & nationally.

BEHAVIOR AND ATTITUDE: The vision, goals and objectives of the Red Cliff Band of Lake Superior Chippewa requires that the employee performs in both a professional and personable manner. The manner in which the employee relates to fellow employees, customers and visitors is considered parallel in importance to technical knowledge and ability. Respect and consideration given to the dignity of each customer, visitor and fellow employee is a requisite of successful job performance. Any Behavior or Attitude that tarnishes the Image or Name of the Red Cliff Band of Lake Superior Chippewa will be subject to immediate disciplinary action up to and including termination.

Indian preference will be applied in the case of equally qualified applicants, but all applicants will be considered.

This job description is subject to change at employer's discretion, after consultation with the employee.

APPLICATION SUBMITTAL REQUIREMENTS: The following items are required for this position:

1. Completed tribal application, to include work history and references; available on the tribal website.
2. Tribal Background Investigation Disclosure; available on the tribal website.
3. Cover letter and resume.
4. Post-secondary transcripts or certifications; if applicable.

POSTING DATE: October 16, 2018

DEADLINE: October 30, 2018 @ 4:00 pm

FOR FURTHER INFORMATION CONTACT:

Red Cliff Band of Lake Superior Chippewas

Human Resources Department

88455 Pike Road

Bayfield, WI 54814

www.redcliff-nsn.gov

ashley.poch@redcliff-nsn.gov

(715) 779-3700, Ext. 4268

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.

All applicants for employment with the Red Cliff Tribe will be subject to the background investigation and other requirements of RCCL Chapter 43, and are under a continuing obligation to supplement this application for employment with information concerning any

"The Hub of the Chippewa Nation"

convictions that occur after commencement of employment with the Tribe.

All Early Childhood Center employees must submit mandatory criminal background check information to Human Resources Department with application. Per WI Department of Children & Families (DCF) Bureau of Early Care Regulation (BECR), all licensed child care center employees must complete a fingerprint-based background check. Every year thereafter, a name-based background check must be conducted annually or following any conviction occurring after commencement of employment.

The Red Cliff Early Head Start has a Drug Free/Smoke Free environmental policy and follows the intent of the Drug Free Work Place Act.

Tribal preference will be applied in case of equally qualified applicants, but all qualified applicants will be considered.

(45) CFR Part 1302.90 (b)(6) A program must consider current and former program parents for employment vacancies for which such parents apply and are qualified.

EMPLOYEE BENEFITS PACKAGE

THE EMPLOYEE BENEFITS PACKAGE INCLUDES THE FOLLOWING:

1. A Health Insurance Plan which is through the Federal Employee Health Benefits (FEHB). FEHB is offered for both single and family coverage. Employees considered to be full time status will be required to pay 12% of the premium for the plan selected.
2. The Dental package is through Delta Dental. This benefit is offered at no cost to the employees with single or family medical coverage.
3. Short Term Disability is offered to all employees at no cost and pays 60 % of weekly pay for a maximum of 90 days if you get sick or injured off the job.
4. Life insurance of \$15,000 is included at no cost to all employees. Spouses are covered at \$7,500.00 and children are prorated. Employees can purchase additional life insurance from the plan provider at their own cost.
5. Profit Sharing Plan with a 401(k) component is offered to employees after one year of work, with a minimum of 1000 hours. The Tribe puts 3% of employee's wages into the Profit Sharing Plan.
6. The Tribe also offers General Leave to Full time employees. Employees will accrue 16 hours of General Leave per month and can accumulate up to 192 hours per year. After 5 years of employment, General Leave goes up to 20 hours per month with a maximum of 240 hours.
7. The Tribe observes a total of 11 paid holidays.



Red Cliff Band of Lake Superior Chippewa Indians

88455 Pike Road

Bayfield, WI 54814

Phone: 715-779-3700 Fax: 715-779-3704

Email: redcliff@redcliff-nsn.gov

Red Cliff Tribal Council

JOB DESCRIPTION

POSITION: ECC Substitute Assistant Teacher/Support Staff

LOCATION: Red Cliff Early Childhood Center

WAGE: \$9.00 - \$10.00 depending on qualifications

SUPERVISOR: Program Director

THIS IS AN ON-CALL POSITION

JOB SUMMARY: Replacement for ECC teacher or support staff and provide a safe, healthy, friendly, caring and nurturing environment for children ages 0-5.

RESPONSIBILITIES:

1. Must attend confidentiality training and must maintain confidentiality of children/classroom each day.
2. Must follow ECC and Red Cliff Tribal policies and procedures as introduced during orientation.
3. Assist teacher or ECC staff member with daily supervision and interaction with children; supervision during meals/snacks/naps; follow ECC Policies & Procedures for best practices with children; praise and reinforce positive behavior.
4. Assist teachers with facilitation of classroom activities and support children's self-direction during individual, small and large groups.
5. Reinforce positive self-image and promote positive self-esteem of all children.
6. Engage children in interactive experiences per teacher lesson plan.
7. Assist teacher in encouraging independence and self-help skills such as set-up and clean-up at meals, snacks and play time throughout the day.
8. Eat meals with children and encourage mealtime in a family setting. Food is never used as a punishment or reward.
9. Must maintain safety and health practices and regulations when working in kitchen.
10. The above duties and responsibilities are not an all-inclusive list but rather a general representation of the duties and responsibilities associated with this position. The duties and responsibilities will be subject to change based on organizational needs and/or deemed necessary by the supervisor.

SUPERVISORY AUTHORITY: None

"The Hub of the Chippewa Nation"



Red Cliff Band of Lake Superior Chippewa Indians

88455 Pike Road

Bayfield, WI 54814

Phone: 715-779-3700 Fax: 715-779-3704

Email: redcliff@redcliff-nsn.gov

Red Cliff Tribal Council

KNOWLEDGE: Knowledge of Ojibwe language and culture highly desirable; cultural sensitivity required.

QUALIFICATIONS:

1. Must be 18 years of age or older.
2. Minimum of high school diploma, HSED or GED required.
3. Complete a minimum of 15 paid *shadow* hours in the classroom and 8 paid *shadow* hours in the kitchen prior to actual subbing at ECC.
4. Preference for an associate's degree in Early Childhood Education/related field *but not required*.
5. Ability to work cooperatively with staff, parents, community members, and other child support systems in the best interest of children is required.
6. Must pass health examination, obtain required immunizations/vaccines including TB test, Hep B (or waiver); mumps vaccine (or waiver or proof of immunity).
7. Must be physically able to work with young children, including lifting a minimum of 40 pounds; occasional lifting of fifty pounds is required.
8. Must adhere to Early Childhood Center standards of conduct, serving as a positive role model in the community.

PERSONAL CONTACTS:

Collaboration with local, state, and national collaborating partners, with particular emphasis on networking with parents, extended families, and the Red Cliff community

PHYSICAL AND SPECIAL REQUIREMENTS: Must be physically able to work with young children, initial health exam, TB test, immunizations including Hepatitis B (or sign waiver), and required trainings such as confidentiality, CPR, etc.

WORK ENVIRONMENT: Primary work environment: classrooms, outdoor play spaces, kitchen. All Tribal Buildings are smoke free.

TRAVEL REQUIREMENTS: The ability to travel and attend meetings and trainings; overnight and out of town, both locally & nationally.

BEHAVIOR AND ATTITUDE: The vision, goals and objectives of the Red Cliff Band of Lake Superior Chippewa requires that the employee performs in both a professional and personable manner. The manner in which the employee relates to fellow employees, customers and visitors is considered parallel in importance to technical knowledge and ability. Respect and consideration given to the dignity of each customer, visitor and fellow employee is a requisite of

"The Hub of the Chippewa Nation"



Red Cliff Band of Lake Superior Chippewa Indians

88455 Pike Road

Bayfield, WI 54814

Phone: 715-779-3700 Fax: 715-779-3704

Email: redcliff@redcliff-nsn.gov

Red Cliff Tribal Council

successful job performance. Any Behavior or Attitude that tarnishes the Image or Name of the Red Cliff Band of Lake Superior Chippewa will be subject to immediate disciplinary action up to and including termination.

Indian preference will be applied in the case of equally qualified applicants, but all qualified applicants will be considered.

APPLICATION SUBMITTAL REQUIREMENTS: The following items are required for this position:

1. Completed Tribal Application, available on the Tribal website.
2. Signed Tribal Background Investigation Disclosure; available on the Tribal website.

This job description is subject to change at employer's discretion, after consultation with the employee.

POSTING DATE: December 6, 2017

DEADLINE: Applications accepted year round

FOR FURTHER INFORMATION CONTACT:

Red Cliff Band of Lake Superior Chippewa

Human Resources Department

88455 Pike Road

Bayfield, WI 54814

www.redcliff-nsn.gov

ashlev.poch@redcliff-nsn.gov

(715) 779-3700 ext. 4268

The Red Cliff Tribe has a Drug-Free Work Place Policy and follows the intent of the Drug-Free Work Place Act. All new employees will be tested prior to starting employment.

All applicants for employment with the Red Cliff Tribe will be subject to the background investigation and other requirements of RCCL Chapter 43, and are under a continuing obligation to supplement the application for employment with information concerning any convictions that occur after commencement of employment with the Tribe.

"The Hub of the Chippewa Nation"



Red Cliff Band of Lake Superior Chippewa Indians

88455 Pike Road

Bayfield, WI 54814

Phone: 715-779-3700 Fax: 715-779-3704

Email: redcliff@redcliff-nsn.gov

Red Cliff Tribal Council

All Early Childhood Center employees must submit mandatory criminal background check information to Human Resources Department with application. Per WI Department of Children & Families (DCF) Bureau of Early Care (BECR) Memo 2014-03, as of 12-31-16 all licensed child care center employees must complete a one-time fingerprint-based background check on all employees. Every year thereafter, a name-based background check through the Department of Justice (DOJ) must be conducted annually or following any conviction occurring after commencement of employment.

45 CFR 1301.31 requires preference be given to qualified current or former parents of Head Start/Early Head Start children as position vacancies occur.

"The Hub of the Chippewa Nation"

NOVEMBER 2018

GASHKADINO GIIZIS

NITAM ANOKII-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIYYO-GIIZHIGAD	NAANO-GIIZHIGAD
SKIM MILK SERVED WITH MEALS 1- YRS WHOLE				
MENU SUBJECT TO CHANGE				
5B FR TOAST STIX, BLUEBERRIES, YGT S NILLA WFF/MILK L BBQ'S, FRIES, WG BUN , CARROTS, TR FR S VEG/CC DIP	6B HB OATS, STRAW- BERRIES, YGT S GOLDFISH/MILK L GREEK CHIX SP, CUKE MANGOS , CHEZ SND S PEACHE/CC	7B OMELET, HONEYDEW, YGT, MUFFIN S PRETZEL/APPLSAUCE L BEEF FAJITAS HD, PINE- APPLES, CORN S PBJ ROLLUP	8B RICE CHEX, BANANAS WG TOAST, PB S RICE CAKES/MILK L PORK CHOP, PEAS, KRAUT, MANGOS S M ORANGES/CRACKER	9B OATMEAL, BERRIES, WG ENG MUFFIN, JELLY S NUTRA BAR/MILK L TORTELLINI, PEARS, CORN, YGT S PEARS/CC
12B ECC CLOSED VETERANS DAY	13B EGGS, WG TOAST, JELLY, APPLES YGT S M RICE CAKES/MILK L TACOS, GR BEANS, MANGO, S PRETZEL/ JUICE	14B CORN CHEX, OR- ANGES, BAGEL, PB S FR CUP/GR CRACKR L FISH NUGGETS, FRIES, CANTALOUPE, PEAS S MAKE A TURKEY/MILK	15B LIFE, BANANA, YGT MUFFIN S TEDDY GR/MILK L TURKEY DINNER W/ FIXINGS S BERRIES/CC	16B WAFFLES, STRAW- BERRIES, YGT S PUDDING/NILLA WAFF L PIZZA, VEG /DIP, PINE- APPLE,CC S PBJ/MILK
19 ECC NO SCHOOL PARENT TEACHER CONFERENCES	20 ECC NO SCHOOL PARENT TEACHER CONFERENCES	21 ECC NO SCHOOL FALL BREAK	22 ECC NO SCHOOL FALL BREAK	23 ECC NO SCHOOL FALL BREAK
26B EGGS, TRK BACON WG TOAST, ORANGES S NUTRA BAR/MILK L SPAGHETTI, CORN, HONEYDEW, CC S CARROTS/HUMMUS	27B CHEERIOS, RASP- BERRIS, YGT S CRACKERS/CHEESE L HAM, SQUASH, PEAS, PINEAPPLE S FR CUP/TEDDY GR	28B MALTO MEAL, AP- PLES, YGT, S M RICE CAKES/MILK L BBQ CHIX, GR BEANS, M POT, MANGOS S MAKE YOUR OWN PIZZA	29B HB OATS, BERRIES, CC S WAFFLES/PUDDING L BEEF STIR FRY, STIR FRY, ORANGES S BROCC/CC DIP	30B EGG COMBO, CC, PEARS S GR CRACKER/MILK L CHIX ALFREDO, PEAS, M ORANGES, S APPLE CHIPS/ MILK