

RED CLIFF EARLY CHILDHOOD CENTER NEWSLETTER



Boozhoo!!

We have had officially one month of virtual learning! We hope that you have all been on My Teaching Strategies Family app and would love to hear any feedback from our families to see how everything is going! We would like to thank our families and our staff for the flexibilities in this new way of learning and teaching! We know that it can be challenging at times, but we are working through it all!

During our virtual learning, teachers are still taking attendance, just in a different way. Attendance is just as important as it is when your children are attending school at the center! Each child will be given attendance status based on attending live sessions, completing activities, and uploading pictures taken of the activity into the Teaching Strategies app. Any communication between the family and the teachers will also be used for attendance purposes. Please be patient with us as we continue to learn and grow through this process. Feel free to ask questions and voice any concerns at any time.

We are patiently waiting for all our iPads to be delivered. We know this is taking a while, but we are doing the best we can. As soon as we receive all the iPads, we will get them to you as quickly as possible. Again, thank you for your patience through all these changes and unknowns.

Keep in mind, we are always looking for ways to improve and will take any suggestions to heart. Without each of you, there is no us! Your children and families are a huge priority to us, and we want everybody to be able to get through all of this, together!

If you have any questions, concerns or have any feedback that you would like to share with us, you can always contact us at 715-779-3030

Miigwech,

Jamie (ext. 2527) and Jenn (ext. 2561)

NOVEMBER

GASHKADINO-GIZIS (ICE IS FORMING MOON)

S M T W T F S

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

ICC/TRIBE CLOSED:

11 VETERANS DAY

26 THANKSGIVING DAY



OJIBWE LANGUAGE CORNER

Dibiki-giizis

Moon

Giizis

Sun; Moon; A Month

Aabitawaasige

First—and/or Last-Quarter Moon

Aabitawaabikizi

1) S/he is half (as something mineral)

2) It (the moon) is a half moon

Miziweyaabikizi

S/he is full (as something mineral)

Michaabikizi

1) S/he is big (as something mineral)

2) It is full (of the moon), there is a full moon

Mannominike-giizis

The moon of ricing occurring in August or September



Oshkagoojin

S/he is new (of a moon)




Gashkadino-Giizis (Ice is Forming Moon) November 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings 	2 WIC Pick up	3 WIC Pick up	4	5	6	7
8	9 WIC Pick up	10 WIC Pick up Policy Council Meeting 10:00 am	11 Tribal/ECC Holiday Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23 No Virtual Classes	24	25	26 Tribal/ECC Holiday Thanksgiving	27 	28
29	30					

Fall Holiday Break



Congratulations to our Newly Elected
2020-2021

ECC Policy Council

Home Base Representatives

Tasha Hanson

Lynna Martin

Early Head Start Representative

Amaris Andrews-DePerry

Head Start Representatives

Linda Christiansen

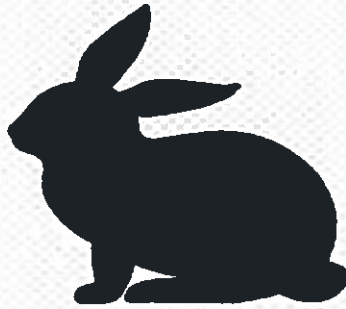
Mercie Defoe

Community Representatives

Kelly Gordon

Joanne Peterson

20202021



WAABOOZ ROOM

Boozhoo Red Cliff Families,

Here we are in November **Gashkadino-giizis (Ice is forming moon)** already! With that brings the end to daylight savings (fall back). The time when we set our clocks back an hour. This is something I don't look forward to, since it gets dark much earlier.

The Waabooz children have been growing so fast. They have been learning virtually by listening to book readings and songs and watching fingerplays on a computer or mobile device. The children are learning two sign language signs each week. They also hear ojibwemowin words and get art projects and sensory activities to do at home.

This new way of teaching and learning is working out well. I can see the growth and development of everyone already! If you have and questions or concerns, I can be reached at 715-779-5030, ext. 2524. Take care and be safe. – Miss Maggie

New Ojibwemowin words:

Chi Noodin (Big wind), **Niingwanakwad** (It's cloudy), **Waabishkaa** (White), **Ozhaawaashkwa** (Blue), **Mino Giizhigad** (Good day).

Amik News

Boozhoo Amik Families!

As the colder months move in it may be a bit harder to get outside and get that much needed fresh air. If you do go outside, remember to dress weather appropriate!

At the end of October we have also started lives, we have been singing songs and reading books. We'd love to hear some feedback from you, we hope that you and your child are enjoying it just as much as Miss Judy and I are, it's so great to see the children's smiling faces!

And if you haven't done so already, please check out the Teaching Strategies Family App. You can find that information by checking your email. Once you sign up, you will be able to share pictures of your children doing their activities that are being sent home, we would love to see their completed projects! It is also a great tool for parent to teacher communication, we check the message feeds consistently.

Always remember that we are here if you need anything, please feel free to contact us at anytime.

Miigwech,

Miss Tiff & Miss Judy

Tiffannie— tiffannie.hanson@redcliff-nsn.gov

Judy— judy.boutin@redcliff-nsn.gov

Amik Classroom—(715) 779-5030 x 2524

MAKWA NEWSLETTER

Boozhoo!!

November is already here... October seemed to fly by. This month we are going to be studying “All About Me”, and “Hibernation”.



We have certainly missed being able to interact with everyone but we have been having such an awesome time with our live sessions! This month we are going to start doing two live sessions per day. Watch for the announcement in teaching strategies for more information.

If you have any questions, concerns, or just need to chat we can be reached at (715)779-5030 ext. 2543.

Or, you can send us a direct message in teaching strategies.

**-Ms. Lulu
&
Ms. Kelsey**

**Important Dates:
Veteran's Day– Nov 11
No school**



BOOZHOO ESIBAN

We are moving right along with our uploads for our families to enjoy! We hope everyone is doing well! If you need anything, feel free to reach out to us here at ECC.

Send pictures through our Teaching Strategies App so we can enjoy them. Miigwech! No school on November 11 – Veterans Day!

Here is a little at home experiment: you will be getting a water-color set in your next activity bag. Freeze a bigger container like a yogurt size with water. Have your child paint it with different water- colors. Have fun this covers Art and Science.

Your Esiban Teachers

NOVEMBER



Agongos Newsletter

November 2020



Agongos

The weather is getting colder, the days are getting darker, so let's all get prepared for what we know is coming... goon(snow). Let's all be ready for this weather to come. Dress warm and dress your children warm. It's good to have warm clothes and a small shovel in your vehicle in the event you go off the road. This time of the year we can't predict the weather at all.

We know this virtual stuff is not always easy and we are all trying to figure it out. So, if you are having trouble, give us a call. You can call our office or email us. No question is "stupid" so please share it with us.

Also, if you think something will work better for you and your child let us know. We will work with you to try and find a way to make things run smoothly.

We are working on getting our required paperwork completed and could use your help. If you still have any paperwok at your house that we sent you, please complete and return to the ECC. If you need another copy or need assistance filing it out please let us know.

Miigwech,

Corky-(715)779-5030 ext 2538 Cell(715)292-9154



MAINGAN CLASSROOM WEEKLY NEWS

WEEK: SEPTEMBER 28=OCTOBER 2, 2020

Boozhoo! Welcome back to school. First, we need to say that we miss you! We miss seeing your child and other family members on a daily basis. School is looking very different this year but we want you to know that we are working hard to make the year meaningful for both you and your child! Below you will find some information and some ideas about our plans and service delivery.

We are in the process of sending out an email with an invitation to Teaching Strategies as well as an email about how to accept the invite. There should also be a short video and a link with information about downloading the Teaching Strategies My Mobile App. If you are able to download this app on your personal device that would be great. This is where communication between us will take place. If you are unable to download the app but only have a computer, it should also work on that. Please check this out and let us know if there are glitches. Family IPADS have been ordered and are in the process of being prepared for delivery.

We are sending out ideas that can be found in Teaching Strategies messages. The activities will include short videos and activities that you can do at home.

On Monday, September 28, we will be delivering activity bags. The bag will include activities for the weeks September 29th- October 2nd and October 6th-October 9th. The activity for your child to complete will be found in the bag. We know that when we drop off activity bags children are so excited to see what is in the bag! This week with the activity bag we will also have a basket for your child that will include crayons, markers, scissors, glue and paper. The supplies in this basket

are intended for your child to create crafts on their own as well as be used for daily activities.

We are planning to do live WebEx meetings with you and your child. We do not yet have the times; we will let you know as soon as we know. It takes a lot of planning trying to make sure that each classroom is not overlapping when they are live online. This helps with families who have children in multiple classrooms. When we know the times we will be sending a invite to your email. There is a link in the email that you can click on and should get you into our live meeting, we cannot wait to see smiling faces on the screen!

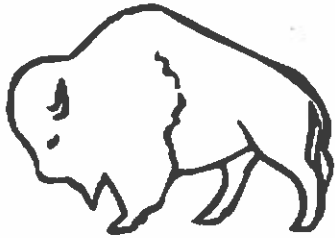
We are so excited about our new school year and working with your families virtually. It is a new experience for everyone. We look forward to working with you and so appreciate your patience. We are currently working from home. Please do not hesitate to reach out to us if you have any questions or concerns as we all navigate this together. We can be reached though Teaching Strategies Messenger, by email or our home phone numbers.

Alicia.DePerry@redcliff-nsn.gov 715-209-5907

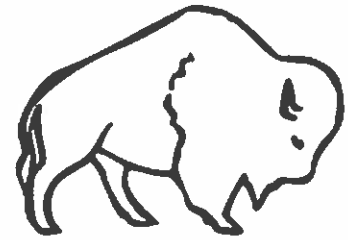
Donna.Miller@redcliff-nsn.gov 715-209-7606

Gerri Gordon





MASHKODE- BIZHIKI NEWS



November 2020

Gashkadino-Giizis (Freezing Over Moon)

Boozhooo gakina awiya (Hello everyone). We hope your dagwaagin is going great and your finding ways to celebrate National American Indian Heritage Month. We would like to say Chi-miigwech to all of you for your support, patience, flexibility, and understanding within this virtual leaning environment. During this time of social distancing we want to ensure that each of our students continue to have access to high-quality curriculum and assignments. We have been planning lessons that personalize and engage our students but more importantly support develop skills.

This month we will be focusing on Clothing and the types of clothing we need during the different seasons. We will also incorporate Our Ojibwe and language Culture within the lessons and daily activities.

As the weather turns colder and more items of clothing are needed to keep warm, we would appreciate support at home when it comes to self-help skills. The more you can encourage your child to do for themselves the easier their transition outdoors will be.

Monthly In-kind Ms. Gina will be contacting you to go over the monthly Family enrichment homework assignments In-kind form. This form was sent out with activities on (10-9). Included on this form are ways for parents/guardians, other family members, to contribute Time volunteered In-kind services from home.

Attendance matters we need your support to ensure the success of our efforts! Participating in our daily live group on WebEx, uploading pictures of your child doing an activity on Teaching Strategies Gold, Communicating with the teachers through phone call, email or an individual Web ex meeting. We are open to scheduling an individual WebEx meeting with families please contact us if this is something you would like to do.

We are now working from the Mashkode-bizhiki classroom. If you need anything you can contact us by phone (715) 779-5030 ext. 2546

Ms. Nadine, Ms. Gina, Ms. Becca

DATES TO REMEMBER

- Day light saving Nov 1 (hour behind)
- Presidential election Nov 3
- Veterans Day Nov 11
- Thanksgiving Nov 26



Miigwechiwi-
giizhigad

Thanksgiving Day

OJIBWE WORDS

- Mizise-wiiaas- Turkey
- Opin- potatoes
- Bakwezhiganaabii- Gravy
- Manoomin- Wild rice
- Okosimaan- squash
- Okosimaan-biitoosijigani-
bakweshigan- pumpkin pie

MIGIZI NEWS

Gashkadino-Giizis

(Ice Forming Moon)

As the weather changes so do our thoughts about the cold, snow and the holidays.

We want to thank all of our families for supporting us in our new way of teaching. It has been a challenge for all of us to learn how to navigate the program, but it is very important that we as teachers and you as parents to use the Teaching Strategies app. The app makes it possible for you to send us messages and has given you the ability to upload your child doing their activities. Remember, we do our lives every day at 10:45, and we look forward to seeing our students and being able to interact with them. Seeing their faces and hearing their giggles are things that we have missed so much.

In November we will be working on being Thankful for all the things we have and what the Creator has given us. Some of the items we will focus on will be the Seven Teachings and how to live by them. There will be books read each day, activities and Ojibwemon words to learn. As always, we will be working on learning our alphabet and numbers in many ways.

With the colder weather, remind your children that they need 5 items of clothing on before going outside. 1.Snow Pants 2. Boots 3. Coat 4. Hat 5. Mittens. When the children are in school this is how they get ready for outside play and knowing this routine will help them when they return. Hopefully we will be able to return to face to face sessions before the snow has melted.

If you have a question or need more supplies, please contact us at 715-779-5030 ext.2540.

Ms. Diann, Ms. Haley, Ms. Megan

New Child Care Building



New Child Care Building Update: We're hiring Child Care Teachers!

The investment that has been put into this new daycare facility will impact economic development and improve the quality of life throughout our county. We are proud to say that our 4,000 square foot new construction childcare center will boast 40 new childcare spaces and will be located on a 1.3-acre site, located on the corner of Blueberry and Water Tower Roads. Over the past few weeks, our much needed and long-awaited facility has started to come to life. Many of you may have noticed the crew of construction workers working hard to get the ground prepared for the arrival of the building; Set up of the building is underway.

While we wait for the completion of the building, the center is still looking to grow its childcare family. If you are a person or know a person that has a passion for working with children and would love to be part of our team, please visit www.redcliff-nsn.gov for a job description and application.

New Child Care Teacher Assistants

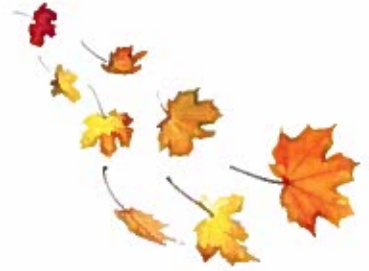


My name is Tatum Cadotte. I graduated from Bayfield High School in 2019, and I'll be working as one of the Child Care Teachers. I love traveling to new places with my family, especially my two pups. I'm super excited to start this new job.

Boozhoo aaniin Ozaawi-Makoons izhinikaaz. Gaagagay makwa indoodem. Miskwabekong onjibaa. Midaaso-biboon niizhidana ashi bezhig. Ni-zaagi ganawendaawaso.

November

Family Service News



A Family Service introduction letter was sent out to all the families at the beginning of the school year. Your Family Service Worker will be reaching out to you over the next month to talk about your family needs and what we can do to help assist you over this school year.

What we can help with;

- finding resources for you and your family within and outside our community.
- filling out paperwork for applying for a job, resume building, housing applications and schooling.
- Goal setting and assisting with reaching your goals.
- We will be hosting monthly parent committee meetings and parent trainings. **more information to come.*

To reach out to us you can call 715-779-5030
Cindy ext.2551 Jenny ext.2533 Donnie ext. 2554





Education and Abilities Newsletter.

Boozhoo from the little offices at the end of the hallway!!

Ms. Kathy and Ms. J just want to say how much we miss all of you during this time of COVID-19. We are looking very forward to when we will all be back in school together. Some things we have been working on in the education department are supporting teachers with virtual learning / planning for the future and the importance of self-care. We have taken a deeper approach to outdoor learning so when we return, we will have many outdoor places for classrooms to go. This will allow us to social distance even in the winter months (yes we have snowshoes at school 😊). Ms. Haley, Ms. J, Mr. Donnie and Mr. Tony have been making trails outside in our school forest for additional places to spend some outdoor time.

Please take time to spend part of your day outside, even if it is just for a short walk or a game of hopscotch. We are wishing you well every day! If you need anything, please don't hesitate to ask. We are here for you! Take care and until next time

Ms. J ex. 2548 Ms. Kathy ex.2530

It's that time of the year when we dress up and enjoy outdoor adventures!

Dressing our children (and ourselves) appropriately for outdoor play allows everyone to enjoy the fun longer. Wearing mittens or gloves, boots, a hat, scarf, snow suit / snow pants and a warm jacket helps us stay comfortable, making us want to stay out longer. We get so many benefits from being outside, with the number one reason being



THE FRESH AIR!!



You may wonder what fresh air does for us. Well....

It cleans your lungs of toxins

It gives you more energy and a sharper mind, which improves our concentration skills.

It makes you happier by the oxygen you breath which increases your serotonin level ...the happy hormone 😊

Being outside also increases the Vitamin D we take in from the sun.

It strengthens your immune system to help fight off and kill bacteria and germs.

With COVID-19 being the current health concern in our community, state, and country we want to keep everyone safe, especially our own family. Take advantage of the beautiful area we live in and get outside to play and explore.

“So, put those mittens, gloves, hats, scarfs, boots, warm jackets and snow pants on and...

GO OUTSIDE.... ENJOY THE FRESH AIR!!”

Ms. Patt and Ms. Mikayla





Policy Council Virtual Meeting
Monday September 28th, 2020
10:00 am



Present: Shaleena Montano, Joanne Peterson, Amaris Andrews DePerry and Anna Hanson
Absent: Kelly Gordon, Mercie Defoe and Katrina Heggie.

Others present: Jen Leask, Administrator, Jamie Goodlet-King, Head Start/4K/Early Head Start Director, Kathy Haskins, Education and Abilities Manager, Jenny Defoe, Family Service Enrollment Specialist, Patt Kenote-DePerry, Health Director, Stephanie Schluneger. Child Care Director, Cindy Garrity Family Service Manager.

Meeting called to order by Anna Hanson at 10:08 am.

Approval of Agenda: Motion by Joanne to approve agenda as is, second by Anna, all in favor, motion carried.

Approve Meeting Minutes for March 10th, 2020: Motion by Anna to approve minutes for March 10th, 2020, second by Joanne, all in favor, motion carried.

Finance: Jen updated the Policy Council on the financials, We are in a new fiscal year that started in July. Office of Head Start has extended the spend down money till December 2020. The financial are good right now.

Ratify Poll Votes: Motion by Joanne to ratify pole votes: 2% Cola wage increase 2020-2021, Quality Improvement funds 2020-2021, Lateral Transfer- Haley Hyde from Home Base to Head Start/4K Teacher, Transfer- Gina LaGrew from Head Start/4K Teacher to Head Start Teacher, (COVID 19) Re-Opening Plan 2020-2021, HS/Teacher/4K-Ashley Mossuto (Person declined the Position), Head Start State Grant in the amount of \$26,305.00, HS/Teacher/4K -Donna Miller, Red Cliff Early Childhood Center Bus Driver/Cultural Support-William Gilane, second by Anna, all in favor, motion carried.

Child Care update: Policy council update from Administrator. The ECC will be virtual till after the holidays. Staff that are still working at the ECC are; Jen, Jamie, Kathy, Jonia, Lori, Sarah, David, Florence, Donnie and Tony. Projects that are being worked on are: The outside play area has been developed with a new entrance way, new helmet rack has been built on Head Start Playground and a fence is being put up in the back area of the building. On the Early Head Start side a new roof was shingled for the arbor. The Red Cliff Tribal facility and maintained has helped to purchase generators and helped with upgrading our camera system. The Tribe also purchased Laptops for staff, 75 I pad for families, thermometers Teaching Strategies' Gold curriculum and WebEx for classrooms. We presently have 1 teacher hired for the Child Care. Still have the job description out on the tribal website. The Bayfield school district is providing breakfast and dinner and the ECC will provide snacks to all children.

Other: Informed Policy Council that we are working on having something for our Fall Harvest.

When we end up having snow days, because we are virtual, we can continue to have scheduled virtual day of school without having to do make up days later.

Next meeting scheduled will be Virtual on October 12th, 2020 @ 10:00 am.

Adjourn: Motion by Joanne to adjourn @ 10:45 am, second by Shaleena, 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



BEST BITES

Festive cornucopias

This Thanksgiving, let your child add healthy mini cornucopias to your holiday table. He could fill waffle cones with plain non-fat Greek yogurt and add fruit and nuts (perhaps grapes, cut-up oranges, and walnuts). He can tie a colorful ribbon around each cone—the decorations will make a perfect appetizer or dessert.



Strike a pose!

Your youngster can use her own body weight to hold poses that will build strength in her arms and legs. Challenge her to do a handstand against the wall, get into a plank position, or balance on one foot. Make it a family contest to see who holds each pose the longest.

DID YOU KNOW?

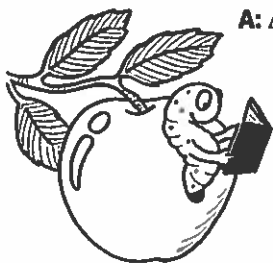
Nearly two-thirds of children drink a sugary beverage every day.

Instead of buying soda or sports drinks, fill a pitcher with water each morning, and ask your youngster to decide on a healthy add-in (cucumber slices, frozen strawberries). Refrigerate, and have him fill a water bottle, then keep it with him to drink and refill throughout the day.

Just for fun

Q: What reads and lives in an apple?

A: A bookworm.



Turn the tables on picky eating

“Mac and cheese again? You had it yesterday and the day before—and the day before that!” Sound familiar? Encourage your youngster to eat a wider variety of foods with ideas like these.



Be matter-of-fact

Your child may need to be exposed to a new food 10–20 times before she'll accept it. Keep trying! Have her put a small serving on her plate every time you serve a food. If she says she won't like it, tell her that's okay—she might change her mind later. She'll be more likely to take a bite (or two) if there's no pressure.

Appeal to her senses

“This lentil curry is delicious!” Let your youngster see you enjoying a new dish, and invite her to get to know it. Ask her to think of foods she likes that are the same color or that have a similar

smell or texture. Maybe she'll say lentil curry looks similar to Grandma's baked beans. She'll be more comfortable tasting the food if it feels a little more familiar.

Find winning combinations

Pair food your child loves with one she's not crazy about or hasn't tried. The combination of flavors may turn her into a fan. For example, top fish with sweet pineapple rings. Or offer her just about any vegetable with melted cheese, and watch her dig in. 🍷

Add learning to family walks

Turn an ordinary walk around the neighborhood into a learning adventure for your child. You'll all get exercise—and he'll explore math and science. Here's how.

Collect (free) math supplies. Your youngster can carry a bag for gathering acorns, colorful leaves, pinecones, and other natural objects from the ground. Then, he could sort, count, and graph the items.

Observe nature. Encourage your child to carry a notebook and look for animals and plants on your walk. He might sketch and jot down notes about spiders, chipmunks, pine trees, and chrysanthemums. 🍷



Aim for more whole foods

A whole food is one that's found in nature, such as a banana or a carrot. We can eat it without adding ingredients like sugar, salt, or fat. Teach your child to eat more whole foods—and fewer processed ones—with these activities.

Rank foods. Ask your youngster to pick a dozen foods from your kitchen. Then, help him line them up from least to most processed. For instance, fresh fruits and vegetables could come first. In the middle, he would put foods that have been changed a little but are still good for him (applesauce with no



might make a sandwich with last night's leftover turkey and sliced avocado. ●

added sugar, plain popcorn, and whole-wheat bread). Finally, he can add any highly processed items like chips, cookies, or sugary cereals.

Make smart swaps. Together, create closer-to-whole versions of processed foods your child enjoys. Rather than eating toaster pastries for breakfast, he could toast whole-wheat bread and top it with peach slices and cinnamon. Instead of processed deli meats and cheeses, he

PARENT TO PARENT Books about healthy eating

My son John's class is doing a nutrition unit. The teacher emailed a list of books about healthy eating, and we got a few from the library.

First, John and I read *To Market, To Market* by Nikki McClure about a boy and his mom at a farmers' market. We learned how foods like honey and goat cheese get from farm to table.



Then we read *Cora Cooks Pancit* by Dorina K. Lazo Gilmore about a girl who helps her mother make a traditional Filipino dish.

We made pancit using the recipe in the book. John discovered that he likes rice noodles, so now we have a new option for when we make noodle dishes.

Reading seems like an easy way to teach John about healthy eating—and the books are inspiring us to cook together. ●

ACTIVITY CORNER Sidewalk games

Your youngster can turn your driveway or a playground blacktop into a game board. Here are two she can choose from.



Bull's-eye

Have your child use sidewalk chalk to draw a target with five rings labeled 1–5 (5 goes in the bull's-eye). Take turns standing six feet from the target and tossing five small rocks at it. Add the numbers your rocks landed on, and pick up your rocks. The player with the highest score after five rounds wins.

Chutes and Ladders

Make a life-sized version of this classic game. Your youngster can draw a grid with boxes, number them 1–16, and add several chutes (slides) and ladders. Start by the 1. Take turns rolling a die and hopping the number of squares rolled. Land at the bottom of a ladder, and hop to the top. Land at the top of a chute, and you must hop to the bottom! Win by being first to reach the last box (by exact count). ●

IN THE KITCHEN Tasty tortilla roll-ups

Keep a package of whole-wheat tortillas on hand for healthy meals and snacks. With just a little slicing-and-dicing help from you, your child can make and roll up her own creations.

Barbecue chicken. Cover a tortilla with a thin layer of low-sodium barbecue sauce. Top with cooked chicken and shredded carrots and cabbage.

Egg salad. Stir a few drops of mustard into nonfat plain Greek

yogurt and spread on a tortilla. Add diced hard-boiled egg, chopped celery, and sliced scallions.

Southwestern. Spoon refried beans (canned, low-sodium) onto a tortilla. Add shredded low-fat pepper jack cheese, diced tomatoes, and diced green bell peppers.



Fruity breakfast. Cover a tortilla with low-fat cream cheese. Arrange frozen (thawed) blueberries and sliced strawberries on top. ●

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 • rfcustomer@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

Gashkidino giizis November
(freezing/ice forming moon)

Cedar



Beautiful Cedar is plentiful and reminds us that sometimes the things we need the most are right in front of us.

Cedar crackles when burned- it uses its voice to call attention to our ancestors so that they can see us and hear our words.

Cedar sits in the south (zhaawanong) on the medicine wheel. She cares for our mental health. Cedar helps us with her medicine she takes from us all those things that we don't need on our journey. Once we're ready to give them up, she takes them from us and makes us anew. That is why cedar is considered a cleansing medicine for body and soul.

Its restorative medicines are always used when fasting or sweating-it is consumed, bathed in, lays on the floor and crackles in fire. In their ceremonies we are reaching out to connect with the Creator and the Spirit World. Cedar's job is to help us be heard and comforted. Cedar humbles us back to birth. She is the bed that the Creator made so that we can rest.

Ojibwemowin

Gemaa- Maybe

Geget- sure, certainly, indeed

Gaye-as for, also, too, and

Gaawiin- no

Pronunciations others can be heard at: <https://ojibwe.lib.umn.edu/news/dictionary>

November

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 November is National Family Literacy Month! Read a new book together as a family every week!	2 Look For Circles Day! How many circles can you find around your house?	3 National Sandwich Day!	4 National Candy Day! Make different patterns using your halloween candy!	5 Look for objects that are brown, how many can you find?	6 Act out a story together as a family to celebrate National Family Stories Month!	7 Make Acorn Treats together! (See Activity)
8 STEM/STEAM Day! Read a STEM/STEAM book today!	9 National Young Readers Week! Read a new book this week!	10 November is Picture Book Month! Make your own Picture Book to celebrate!	11 Veterans Day- Thank a Veteran today!	12 Young Reader's Day!	13 World Kindness Day!	14 National Pickle Day!
15 I Love To Write Day! Write your own story!	16 National Button Day!	17 Take A Hike Day!	18 How many words can you come up with that rhyme with "hike"	19 Educator For A Day! Have your child teach you something today!	20 Universal Children's Day!	21 World Hello Day! How many ways can you say hello?
22 National Game and Puzzle Week!	23 Put together a Turkey Puzzle (See Activity)	24 Collect and sort a pile of leaves by color!	25 Read the story "The Night before Thanksgiving"	26 Thanksgiving Day!	27 Discuss with your family what you are thankful for!	28 Play a game together as a family!
29 Draw lines on a piece of paper and have your child cut along the lines.	30 How many words can you come up with that start with the letter "t"	National Literacy Family Month	Picture Book Month	Native American Heritage Month	National Family Stories Month	Child Safety Month



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Acorn Treats

Ingredients Needed:

- Chocolate Chips (1 per treat)
- Mini Nilla Wafers (1 per treat)
- Hershey Kisses (1 per treat)
- Chocolate Icing



Directions:

- Unwrap the desired amount of Hershey Kisses
- Spread icing on the bottom of a Nilla Wafer, then place the Nilla Wafer on the bottom of the Hershey Kiss
- Spread icing on the bottom of a chocolate chip, then place the chocolate chip on top of the wafer
- Let set in the freezer for about 5-10 minutes and enjoy!

Turkey Puzzle

Cut out the pieces and glue them together on a piece of construction paper to make a Turkey!



Routines

fyi.uwex.edu/parentingthepreschooler/

Patterns Children Can Count On

- Repeat actions and events every day, such as washing hands before meals or reading before bed, to add consistency to a child's day.
- Give children a sense of security and control by making a daily schedule with pictures so children can see what comes next.
- Encourage children to lead the routine, for example, by picking their own clothes ("Pick which socks you'd like to wear today.") or feeding themselves ("Grab a banana or some grapes to start your breakfast.").
- Post pictures of daily activities on a clock face so children learn what to expect at different times of day.
- Remind children of what is happening next in the routine to help them transition more easily between activities ("After breakfast, it is time to brush your teeth.")
- Establish and stick to a routine. Children will argue less when they know what to expect.



Photograph by Nancy Munoz

Why Routines?

Routines are important because they give children a sense of security and control over their environment. Children learn what to expect at different times of the day. They feel pride and satisfaction when they can participate in and perform these routines.

Routines Build Independence

Preschoolers like to be independent but sometimes they need a parent's encouragement. Teaching independence through skills like feeding, hand washing, brushing teeth, and dressing are important steps in development that can be achieved when children are taught how to do each step in each routine.

Skills children learn from routines include: self-control, positive behaviors, and social skills.



Morning Routines

A key to a smooth morning is preparing the night before—make lunches, pack backpacks, and set out clothes. Make sure you allow enough time that your child can go at their own pace.

Some parents find it helpful to create a morning routine chart with pictures and drawings that remind children what tasks need to be completed. Try to remove distractions such as television and favorite books or toys as it can distract them from what needs to get done.

Following a morning routine helps everyone be on time. It also helps children be healthier, better behaved, and perform better in school.

Bedtime Routines

Preschoolers need 11 to 13 hours of sleep each night to be healthy, behave well, and learn. Establishing a bedtime routine is one way to achieve this. If your child needs to wake up at 7 AM, they need to go to sleep between 6-8 PM.

Be consistent with bedtime routines by starting around the same time each night and going in the same order (e.g. bath, pajamas, brush teeth, read book). Give children gentle reminders before bedtime. Try to encourage calm activities before you start to get them to sleep, such as a bath, books, puzzles, or soothing music. Sometimes the bedtime routine continues after bedtime, such as checking in on a child after a certain amount of time has passed as promised.



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[Link To References](#)

<https://bayfield.extension.wisc.edu/>

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PARENTING | THE | PRESCHOOLER

Because kids don't come with an instruction manual

Responding to Scary Events

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Tips to Help Preschoolers Process Scary Events

- Watch for changes in behavior, such as tantrums, lost appetite or unusually quiet or angry behavior.
- Distracting children from feeling sad or worried won't make the feeling go away. Instead, notice children's feelings and help children find ways to feel better: "I see you are sad. I feel sad sometimes too, and it helps when I talk about it or ask for a hug."
- Help children label their feelings: "Are you *mad* that our car was broken in the accident? Are you *scared* that it might happen again? Do you want to talk about it?"
- Be truthful when talking about scary events even if it means saying, "I don't know." ("I don't know why this happened. It is scary but I love you and I'm going to care for you.")
- Avoid making the event even scarier. Limit the news reports and adult conversations children hear about scary events.
- Encourage play. Children often work through their fears when drawing or playing make believe.
- Keep your routines. Familiar environments and patterns can help children feel secure.

Calm Parent, Calm Child

What frightens children? In most cases they are scared by the tension and uncertainty they observe as their own parents and caregivers watch the news. When we turn the volume up and obsessively watch the news reports with worried brows, our children get worried too.



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Teaching Children Through Our Actions

Children look to the adults around them for cues on how to respond. If parents and other caregivers are calm, children will also respond calmly. Check your own emotional response to events to prevent stress in children.



“Look for the Helpers”

Remember that children can even be scared or emotionally overwhelmed by things we, as adults, might not find scary. For instance, commercials about the sick animals in an animal shelter or hungry children elsewhere in the world may alarm children. Fred Rogers famously said, “Look for the helpers. You will always find people helping.” You can help children reframe scary or sad situations by looking with them for the “helpers”—doctors, firefighters, veterinarians, volunteers. Looking for and talking about these helping people with children assures them that even during scary events, safe spaces and people can be found.

Learning Emotional Habits to Last a Lifetime

Emotions are a healthy response to stressful and scary situations. It is alright to cry or punch a pillow. However, every frustrating or scary event in a child’s life is also an opportunity to teach *emotional self-control* and a healthy style of coping. Think for a moment about athletes in the middle of a game. When the referee calls a foul on a player they all respond differently. One player might slam the ball down or yell mean words at the ref, while another player may shake his head in disbelief but continue to play the game in a respectful way. The first athlete responded in an immature way, while the second player responded maturely. We can show our children how to respond in a mature way to life’s challenges by teaching children healthy coping skills and modeling how to stay calm.



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Mealtimes With Toddlers Family Handout

The Foods We Offer in Child Care

Our child care site participates in the Child and Adult Care Food Program. We meet nutrition standards through this program and offer meals and snacks that help your toddler get the nutrients he or she needs for growth and development. Check out the types and amounts of foods we offer throughout the day.

What is in a Breakfast? 	<ul style="list-style-type: none"> • Milk (4 fl oz or ½ cup) • Vegetables, Fruit, or Both (¼ cup) • Grains (½ oz eq) • Sometimes we serve a meat/meat alternate (such as eggs, yogurt, or other foods) in place of the grains at breakfast.
What is in a Lunch or Supper? 	<ul style="list-style-type: none"> • Milk (4 fl oz or ½ cup) • Meats/Meat Alternates (1 oz eq) • Vegetables (⅓ cup) • Fruit (⅓ cup) • Grains (½ oz eq)
What is in a Snack? We Pick 2: 	<ul style="list-style-type: none"> • Milk (4 fl oz or ½ cup) • Meats/Meat Alternates (½ oz eq) • Vegetables (½ cup) • Fruit (½ cup) • Grains (½ oz eq)

fl oz = fluid ounces oz = ounces oz eq = ounce equivalent
 Ounce equivalents are a way to measure amounts of food.

What does your child drink in child care?

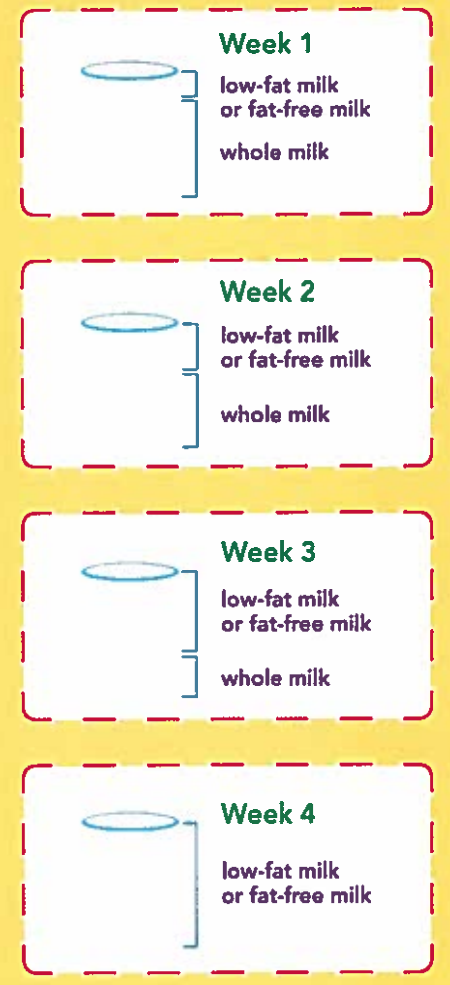
- | | |
|--|---|
| <p>For 1 year olds:</p> <ul style="list-style-type: none"> ■ Breastmilk you provide and/or unflavored whole milk. ■ We offer and make water available throughout the day. | <p>For 2 year olds:</p> <ul style="list-style-type: none"> ■ Breastmilk you provide, unflavored low-fat (1%) milk, and/or unflavored fat-free (skim) milk. ■ We offer and make water available throughout the day. |
|--|---|

Did you know?

Two year olds need less saturated fat in their diets than 1 year olds. Switching from whole milk to low-fat (1%) milk or fat-free (skim) milk can help cut down on some of the saturated fat they consume.

Help your child get used to low-fat or fat-free milk when they turn 2 years old by gradually increasing the amount of low-fat or fat-free milk in their cup.

Example:



 **Does your child have an intolerance or allergy to milk?**
Let us know!

Feeding Tips for Toddlers

Does your child like a food at one meal, but not at the next? We notice this too in child care. Toddlers are busy learning new things, and may not be interested in a food at a meal or snack. But, they may not be as “picky” as we think. Here are some things we’ve learned and tips that may help!



What did your child do at this meal?

Grabbed a spoon from you.



He or she is learning and wants to practice using his or her fingers, spoons, and forks every chance he or she gets.

Try this! Give your child bite-size pieces of soft food to pick up with his or her fingers. Also, provide a child-sized spoon. To help with clean up, place a mat or towel under the high chair to catch any food that may fall on the floor.

Did not eat a lot.



Children have small stomachs. He or she may not be hungry or may be distracted at mealtime.

Try this! Offer your child meals and snacks around the same time each day. Let your child decide how much he or she wants to eat. He or she does not have to finish all of the food on the plate to grow healthy and strong.

Refused to eat a food he or she has tried before.



Your child is learning to express his or her independence, even at mealtimes. This means he or she may refuse to eat a certain food at a meal—that’s okay!

Try this! Keep offering the food. Your child may decide to eat it at another meal or snack.

Did not want a certain texture of food.



Your child is learning through all senses—touch, taste, smell, and sight.

Try this! Cook a food a different way to give it a different taste and texture. For example, if your child does not seem to like a steamed vegetable, then try roasting it in the oven.

Stared at you and didn’t eat the food.



Your child is learning from you! If you make a funny face at a food, then your child may be less likely to try that food.

Try this! Eat the same foods your child is eating. Eat them enthusiastically and talk about how much you like them.



[TeamNutrition.USDA.gov](https://www.teamnutrition.usda.gov)

FNS-878A September 2020
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Top 5 Questions Parents Have About Cybersecurity

1. What are the biggest security threats to kids?

Children and teens can be caught by the same kinds of security problems that affect adults (drive-by downloads, links to malicious sites, viruses and malware, etc.). But there are some special ways criminals get to kids, such as links to "fan sites" that contain malicious links or "free stuff," messages that look like they're from friends, offers of free music or movies or ring tones or anything else that a child might be tempted to download.

2. How do I talk with my child about security?

Actually security is one of those topics that are pretty easy to talk with kids about, because, just like adults, they don't want to be exploited, tricked or ripped off either. Just talk with them about how there are some people who try to take advantage of others by stealing their money or their information. Explain that not everything is what it appears to be – why it's important to think before we connect. Don't make it a one-time conversation; revisit it from time to time. Ask them what they think and if they've gotten anything suspicious lately. Your kids might know more about cybersecurity than you think.

3. How do we protect our family's computers?

It's important to use up-to-date security software and make sure that your operating system and the software you use are up-to-date. Software companies sometimes find and then fix security flaws via updates. Follow the rest of the advice in this guide – such as being careful about the websites you and your kids visit and links you and they click on – and always make sure you have strong passwords.

4. How do we protect our mobile devices?

There are security apps for mobile devices, but the best way to protect mobile devices is to use a PIN (personal identification number or password), to be careful about what apps you use and to have a way of wiping your data if your phone is lost or stolen. Visit ConnectSafely's security center at connectsafely.org/security to find out about apps that will remotely wipe or lock your phone and help you find it if it's missing.

5. Why do we always hear "Never share your passwords"?

Because it can be tempting to share passwords with friends, and it's not sound cybersecurity. The more widely passwords are shared, the more your data, identity and property are out of your control. Sometimes friends become ex-friends or are just careless with all that's behind your password, so it's important that passwords are kept private, easy to remember and hard to guess. Talk with your kids about why it isn't a good idea to share their passwords – except possibly with you. But if you want to model *not* sharing passwords, you can check your kids' accounts *with* them rather than knowing and using their passwords when they're unaware you're in their accounts. For more on this, visit passwords.connectsafely.org.

Job Openings

Here you can view our current job openings and apply for positions online. You'll also find links to various employment listings for the surrounding area and tribes.

Please note all jobs with the Red Cliff Tribe require:

1. Completed Tribal Application (online or in person); available next to each posting or on the left-hand side of this page.
2. Completed Tribal Background Investigation Disclosure; available next to each posting or on the left-hand side of this page.
3. Cover letter and resume (you will be asked to upload during the online application).
4. Post-secondary transcripts or certifications; if applicable (you will be able to upload during online application).

The Red Cliff Tribal Council has a Drug Free Work Place Policy and adheres to the intent of the Drug Free Work Place Act.

CURRENT OPENINGS FOR THE RED CLIFF TRIBE

Dental Assistant Trainee

DEADLINE: November 12, 2020 at 4 PM - [Apply Online](#)

Substance Abuse and/or Mental Health Counselor

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

Tribal Administration Liaison

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

Program Planner and Grant Writer

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

Certified Social Worker OR Victim Specialist

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

Boys' and Girls' Club Youth Worker

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

Clinic Nurse PRN

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

Water and Sewer Operator and Maintenance Worker

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

Community Health Nurse

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

Laboratory Technician OR Laboratory Medical Assistant

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

Tribal Aging and Disability Resource Specialist

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

Early Head Start Center Based Teacher

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

Phlebotomist

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

Medical Assistant

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

ECC Child Care Teacher - 4 Positions

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

[Custodian/Maintenance](#)

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

[Finance Manager](#)

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

CURRENT OPENINGS FOR RED CLIFF CHIPPEWA HOUSING AUTHORITY

CURRENT OPENINGS FOR LEGENDARY WATERS RESORT & CASINO

OTHER TRIBAL GOVERNMENT & ORGANIZATIONS EMPLOYMENT OPPORTUNITIES

[Law Enforcement Job Application](#)

[Red Cliff Community Health Center](#)

[Bad River Band of Lake Superior Chippewa](#)

[Great Lakes Inter-Tribal Council](#)

[Lac Du Flambeau Band of Lake Superior Chippewa](#)

[Lac Courte Oreilles Band of Lake Superior Chippewa](#)

[Great Lakes Indian Fish & Wildlife Commission](#)

[US Dept of Interior, Bureau of Indian Affairs \(BIA\)](#)

[Wisconsin Tribal Conservation Advisory Council](#)

LOCAL & STATE EMPLOYMENT OPPORTUNITIES

[Bayfield County](#)

[Bremer Bank - Consumer Banker 2. Bayfield, WI](#)

[City of Washburn](#)

[City of Ashland](#)

[Bayfield School District](#)

[Job Center of Wisconsin](#)

[CESA 12](#)

OTHER EMPLOYMENT RESOURCES

[Northwest WI CEP](#)

[Indeed](#)

[Craigslis](#)

[ZipRecruiter](#)

NOVEMBER 2020

GASHKADINO-GIIZIS

NITAM ANOKI-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIYO-GIIZHIGAD	NAANO-GIIZHIGAD
3B OATMEAL, WG TOAST, BLUEBERRIES L PORK CHOP, PEAS, PINEAPPLE, BUN S RICE CAKES/TR FR	4B KIX, YGT, APPLES, MUFFIN L BEEF BARLEY SP, CHEESE SND, CARROTS, HDEW S ANTS ON A LOG	5B CHEERIOS, BANANA, YGT, BAGEL L SWEET/SOUR CHIX, BR RICE, PEARS S BROCCOLI/HUMMUS	6B HAM CHEEZ EGG ON ENG MUFFIN, ORANGES L PIZZA, SALAD, CC, MANGO S TEDDY GR/APPLES	
10B FR TOAST STIX, RASPBERRIES, YGT L HAMBURGER, SW PT FRIES, BROCCOLI, PEARS S CHEESEITS/PEACHES	11 VETERAN'S DAY CLOSED	12B LIFE, MUFFIN, AP- PLE, YGT L HAM, WRICE, PINEAP- PLE, CORN S GOLDFISH GR/ BLUEBERRIES	13B PANCAKES, TRKY BACON, APPLESAUCE L TOMATO SP, GR CHEEZ, GRAPES, CAR- ROTS S CELERY/PB	
17B SCR EGG, WG TOAST, PB, ORANGES L PORK CHOP, PEAS, AP- PLESAUCE, BUN S CARROTS/HUMMUS	18B CORN CHEX, CC, PEACHES L SPAGHETTI, WG BR STIX, CORN, PEARS S PUMPKIN SMOOTHIE	19B KIX, BANANA, YGT, MUFFIN L CHIX WRICE SP, HAM SND, CARROTS, MANGOS S CC/PINEAPPLE	20B BOILED EGG, WG TOAST, PB, ORANG JUICE L BURRITO, APPLES, GR BEAN, YGT S BROCCOLI/CC	
24 ECC CLOSED PARENT/TEACHER TEACHER CONFERENCES	25 ECC CLOSED FALL BREAK	26 HOLIDAY ECC CLOSED	27 ECC CLOSED FALL BREAK	