

# RED CLIFF EARLY CHILDHOOD CENTER NEWSLETTER



Boozhoo!

We are so excited that the new school year has started, even if it is virtual. We are anxious to see everyone's smiling faces and know that the day will come soon! We appreciate all the patience and understanding all our families are showing us as we learn how to teach our youngest children virtually. The current world situation has sure shown us all how resilient we are and how creative we can be when we are faced with challenges. We are very proud to say that our ECC families have jumped right in and taken on the challenge of teaching their children from home despite some barriers.

To help with the challenge of virtual learning, the Tribal Council purchased iPads for ECC families to use while at home learning is being used. We are waiting for the second half of the order to come in and then, after some programming, we will be ready to distribute them to families. As soon as we get ready to distribute you will get notification from your child's teacher.

We hope that all families are taking advantage of the breakfast / lunch packages that Bayfield School is providing. If you are not, please contact the Bayfield School to find out how you can. The ECC is providing snacks to all our children in weekly packages and are delivering them on Mondays.

We hope to have a Fall Harvest activity this month and will put more information out as we finalize the details.

Miigwech to everyone for sticking with us through all of this and for allowing us to become/remain a part of your child's life! We are honored to be a part of your child's journey into education.

Stay safe and healthy!

Jenn and Jamie



## OCTOBER

### BINAAKWE-GIIZIS (FALLING LEAVES MOON)

S M T W T F S

		1	2	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	31

**UPCOMING EVENTS:**

22 FALL HARVEST \*TENTATIVE\*

**ECC / I RIBE CLOSED:**

12 INDIGENOUS PEOPLE DAY



**OJIBWE LANGUAGE CORNER**

BEZHIG	1	ONE	
NIIZH	2	TWO	
NISWI	3	THREE	
NIWIN	4	FOUR	
NAANAN	5	FIVE	
NINGODWAASWI	6	SIX	
NIIZHWAASWI	7	SEVEN	
ISHWAASWI	8	EIGHT	
ZHAANGASWI	9	NINE	
MIDAASWI	10	TEN	



## WAABOOZ ROOM

Boozhoo from the Waabooz Room,

I hope this finds you all well and warm with the cooler weather creeping up on us. Time to get out our warmer clothes, but don't put away the summer ones just yet! Hopefully we will still have warm weather.

We have started our virtual learning on Teaching Strategies Cloud. I have sent you all an invitation to your email. Please look for it and follow the instructions on it. When you accept it, it will show you where to look for videos I've uploaded of book readings, songs, finger plays, Ojibwe language and culture, and baby sign language that you can do with your child.

With **Daagwaagin** (Fall) upon us! It is nice to see the changing colors of the leaves. With that, I have some ojibwemowin words.

**Tree-Mitig      Leaf-Aniibiish      Red-Miskwaa**

**Yellow-Ozhaawaa      Apple-Mishiimin**

**Orange-Wezaawiminagizidinaandemagade**

Stay safe, and take care! -Miss Maggie

# **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](mailto:Alicia.DePerry@redcliff-nsn.gov) 715-209-5907

[Donna.Miller@redcliff-nsn.gov](mailto:Donna.Miller@redcliff-nsn.gov) 715-209-7606

Gerri Gordon



# Amik News

## Boozhoo Families!

While school is looking a bit different this year, we want to make sure that our students are still receiving services from us. So we have made the decision to do some virtual learning!

Judy and I have sent out an email to all parents/guardians inviting you to Teaching Strategies. Please follow the directions on that link to get set up, once you have done that you should be able to log in and see things that have been posted from us teachers. One of those things will be a Parent Friendly User Guide, hopefully that user guide should answer any questions you may have, if not, please feel free to reach us at anytime.

Miigwech,

Miss Tiff & Miss Judy

Miss Tiff: [Tiffannie.hanson@redcliff-nsn.gov](mailto:Tiffannie.hanson@redcliff-nsn.gov)

(715) 292-9920

Miss Judy: [judy.boutin@redcliff-nsn.gov](mailto:judy.boutin@redcliff-nsn.gov)

(715) 779-5647

# October News

Boozhoo! This month we will be working on fall harvest, continue our apple study and exploring the outdoors. We will be doing leaf rubbings, painting pumpkins and so much more. Please check teaching strategies daily for updated information and new activities. We are still waiting to receive our Ipad's. Please feel free to reach out to us if you have any questions.

Miigwech! Ms. Kelsey & Ms. Lulu

Apple-Mishiimin

Leaf -Aniibish

Fall/autumn– Dagwaagin

Pumpkin– Okosimaan

# Esiban Newsletter

October 2020

**Boozhoo Families!**

**Esiban wants to give a huge thanks to Mrs. Jamie, Ms. Kathy, Mrs. Julie and Mrs. Jennifer for helping with our classroom while Ms. Melissa was out for a few weeks. This school year is looking a little different this year, and we are wanting to make sure that all our students are still receiving services from us. With that being said, we have made the decision to do some virtual learning!**

**Mrs. Jamie, Ms. Kathy, Mrs. Julie and Mrs. Jennifer have sent out an email to all parents/guardians inviting you to Teaching Strategies. Please follow the directions on that link to get set up, once you have done that you should be able to log in and see books, songs and other information that would be helpful for your child's development. There's a Parent Friendly User Guide, that should help answer any questions that you may have, if not please feel free to reach out to myself, or Mrs. Jamie, Ms. Kathy, Mrs. Julie and/or Mrs. Jennifer.**

**Miigwech,**

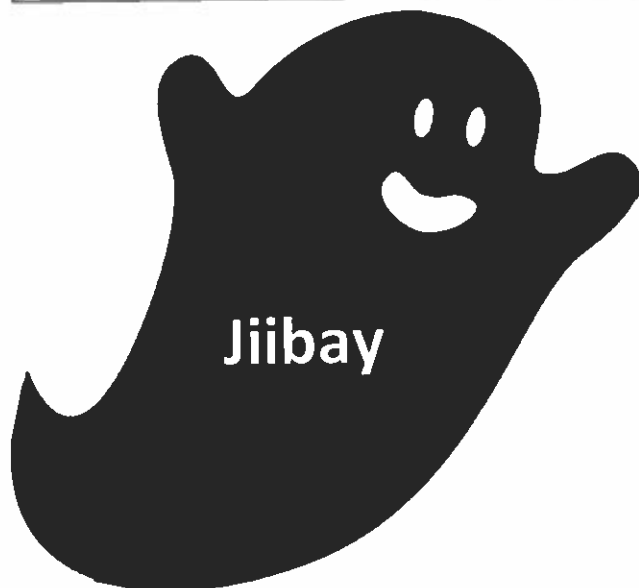
**Ms. Melissa**

# Agongos Home Base Newsletter October 2020

Happy Halloween and welcome to colder weather! We are looking forward to the leaves changes and getting to see all your smiling faces virtually!

Home Base will continue to add lesson plans and activities to Teaching Strategies and will be delivering activity bags every two weeks. Virtual visits will still be at least 30 minutes once a week. Please remember to be checking your email for updates!

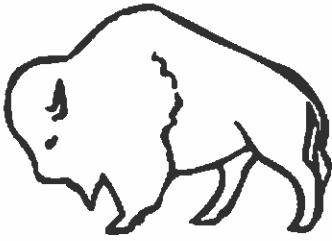
Due to COVID we will send out events as they come up. Please remember to wear a mask and wash your hands!



Patrice 715 292 9694  
Corky 715 292 2954

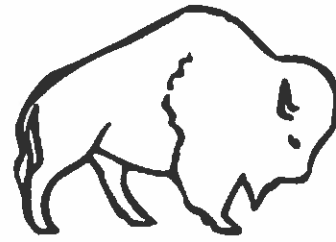


# MASHKODE-BIZHIKI



## NEWS

October 2020



Binaakwe-Giizis (Falling leaves Loon)

Boozhoo Mashkode-bizhiki classroom families! We hope all the Families received and accepted the invite for Teaching Strategies that was sent to the email you provided during home visits. Teaching Strategies will be our platform where we can communicate, upload pictures and provide lesson recordings, send documents such as activity directions and weekly newsletters. If you have not received the invite, "You're Invited to the MyTeachingStrategies™ Family Portal!" please contact us and we would be happy to resend an invite.

For the Month of October, we will be focusing on the studies "all about me" and Fall Harvest. We will also be introducing The Seven Grandfather Teachings and will incorporate these teachings throughout the school year in various activities and readings. Check out our Weekly Plan in Teaching Strategies where you can see the lesson schedule. This will include the classroom Live WebEx Meeting group time, daily recorded finger play, daily book, and daily recorded activity.

Please remember to fill out the monthly In-kind form. This is a check list of activities you and your child can do at home. This is a great way for the center to get In-kind throughout the school year.

Expect a weekly phone call from one of the classroom Teachers. This is a great opportunity for parents to ask questions, give reminders on up in coming events, let the children and teachers get to know each other, fill out monthly In-kind form and update contact information.

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, WebEx Meeting, Email, or our home phone numbers.

[Nadine.Cadotte@redcliff-nsn.gov](mailto:Nadine.Cadotte@redcliff-nsn.gov) 715-779-0256

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Ms. Nadine, Ms. Gina, Ms. Becca

### OJIBWE PHRASES

Leaf- Aniibiish	Autumn-Dagwaagin
Pumpkin- okosimaan	Apple- mishiimin



# Migizi Classroom News

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## ***Binaakwe-Giizis (October)***

Boozhoo! We are excited to keep working with all of you in this new way of learning. Here are a few things to note:

We will be uploading recordings onto the Teaching Strategies platform. These recordings will include book readings, daily activities, and song/fingerplays. Please let us know if you are not able to access/view the recordings.

We will continue with our weekly contacts with families to check-in, so if there is a time that works better for you, let us know so that we can continue to collaborate and communicate throughout this time. We are still waiting on the iPads to distribute; we apologize for any inconvenience. At this time, we are not able to access the "live" portion of our virtual learning. We will continue to work on that so that we can virtually gather as a class soon!

Your feedback is very important to us since this is a new experience for all of us, so we are all learning together. Miigwech for all of your patience and positivity!

***Miigwech,***

***Miss Diann, Miss Haley, Miss Megan***





SEL

Social/Emotional Learning

Boozhoo ECC families,

During this time of uncertainty as we maneuver through this global pandemic, distant learning can be very challenging. Our families and children are going through a confusing and scary time. That is why social emotional learning is more critical than ever. We can all use activities that address social/emotional skills. There are easy ways to incorporate social skills at home. Most importantly, to be present, with your kids to help them develop these skills.

Here are a few activities you can do at home:

#1. Scavenger Hunt: some of the teachers are including a fall scavenger hunt. This will help to work on attention, focus and mindfulness. Focus on ways children can show responsibility at home.

#2. Put positive quotes around your house with sticky notes. This will help you and your child persevere and not give up when things get hard.

#3. Have a "Vision Board" I love this one. If you need a big sheet of tag board the ECC can provide this for you. Write down things you want to do in the future. Use words like tomorrow, next week, this fall etc. Cut out magazine pictures or draw on the board. You can even combine the positive quotes (of the above idea) all on one board.

The ECC is here with you through this time of un-certainty. Please feel free to reach out to any one of us. We are always here to help

Until next time, Giigawabamin!

Ms. J and Ms. Kathy.

779-5030 Ms. Kathy ex: 2530 Ms. J ex:2548

**Dear Children and Families of the ECC**

**The 2020-2021 School Year is here!**



Welcome to all of our new students and their families and welcome back to our returning students and families. The Coronavirus pandemic has brought about many changes in our lives, including changes at ECC. The health care system has many changes and these changes have affected the ECC Health Office. Some of our local clinics have changed their Release of Information Policy (ROI). These changes require that we update some of our health forms. Our Health Office here at the ECC may be contacting you to follow up on the health forms that we need for the new school year.

You will be asked to complete updated health forms and return them to the ECC. If you need assistance, please reach out to the Health Office, Family Service or your child's teacher. We can collect the paperwork by stopping at your house or you can drop the completed forms off in our new mailbox located at Memengwaa Trailer.

**IF YOU HAVE ANY QUESTIONS PLEASE CALL US**

**715-779-5030**

**Mikayla ext. 2555 or Patt ext. 2556**

**Miigwech Families for all of your support and assistance. We can't wait until we are back in the classroom until then....**

**Stay Healthy and Safe.**





## Red Cliff Early Childhood Center 2020-2021 Enrollment

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If you have a child ages 0-5 or are a pregnant woman living in the Red Cliff/Bayfield County area and are interested in being a part of our program, please complete an application or call 779-5030 ext. 2533.

If your child is already enrolled, please make sure that your child has their annual paperwork completed.

**\*NEW\*** We now have a mailbox outside the ECC Trailer doors that parents/guardians can drop off paperwork.

\*If you have changes, you can update your application at any time. \*



### Ways to apply;

1. Go to the Red Cliff Tribe page [www.redcliff-nsn.gov](http://www.redcliff-nsn.gov) and find Red Cliff ECC page under the Divisions & Services tab and you can print applications.
2. You can also apply online on the Red Cliff ECC page, but this is only for families that are new to the program. If you have been in the program, please print or call for applications.
3. Call 715-779-5030 ext. 2533 and leave a message and you will get a call back.

After your application is received, you will be contacted to schedule an application interview.

If you have any questions, please contact Jennifer Defoe at 779-5030 ext. 2533

or [jennifer.defoe@redcliff-nsn.gov](mailto:jennifer.defoe@redcliff-nsn.gov) .





*The Red Cliff Early Childhood Center is seeking members  
to sit on the  
2020-2021 Policy Council*



### **Policy Council Board:**

This council is comprised of (2) Head Start parents, (2) Early Head Start Home Based Parents, (1) EHS center-based Parent, 2) Community Representatives and (1) Tribal Liaison.

### **Duties:**

- The Policy Council has important decision-making responsibilities for the overall operations of the ECC Programs such as hiring of staff, grant applications/budgets, termination of staff, parent activity fund purchases, ECC policies etc.
- The Policy Council will meet monthly.
- There are circumstances that come when special meetings are needed throughout the program year.

### **Election Voting:**

Policy Council elections are held at the first family night in September, but due to COVID 19 and the stay at home order we will be doing a virtual survey to all the ECC families.

If you are interested, please contact Cindy Garrity @ 779-5030 ex 2551 or email her at [cindy.garrity@redcliff-nsn.gov](mailto:cindy.garrity@redcliff-nsn.gov)

# ECC Family Service Team

**Boozhoo! Welcome to the 2020-2021 school year!**

Even though things look a little different as we start this school year, the Family Service team will still be working with all the families of the ECC. However, how we connect with families will be different than it was in past years.

Your family service team is Cindy Garrity, Family Service Manager; Jenny Defoe, Family Service Enrollment Specialist; and Donnie Gordon Jr., Family Service Worker.

As Family Service our job is to:

- Collaborate with families to identify interests, needs and aspirations related to the Family Outcomes Assessment.
- Help families identify and achieve Individualized Family Engagement Outcomes/Goals, and complete an Individualizing Family Outcomes Assessment agreement
- Assign staff and resources based on the urgency and intensity of identified family needs and goals.
- Provide needed resources to families and assist them in goal setting, finding resources and achieving those goals.

We will be contacting you to discuss how we can assist your family throughout the school year. This could be in person, by phone or through virtual platforms. If at any time you need some assistance finding resources, please contact:

**Contact Information:**

779-5030

**Cindy Garrity ext. 2551 --Jenny Defoe ext. 2533--Donnie Gordon ext.2554**

We look forward to assisting your family this year!

Miigwech,

*Family Service Team*





# Brush Up on Oral Health

## Healthy Bedtime Routine

Having a regular bedtime routine helps children know what to expect at the end of the day. Brushing children's teeth is an important part of the routine.

This issue of *Brush Up on Oral Health* describes the [Brush, Book, Bed](#) program, also available in [Spanish \(español\)](#), developed by the American Academy of Pediatrics. The purpose of the program is to structure children's bedtime routines. The issue includes recommendations that Head Start staff can share with parents for choosing children's books on oral health. It also offers a recipe for a healthy snack that can be made in the Head Start classroom or at home.

### Did You Know?

- Children who are put to sleep with a bottle or sippy cup with drinks containing sugar are at risk for developing tooth decay.
- Many drinks contain natural or added sugar, including infant formula, milk, fruit juices, and fruit drinks



## Helping Parents Set a Bedtime Routine

Some parents share with Head Start staff that getting their child to bed is stressful. They say their child makes excuses to delay going to bed. Some children throw tantrums, ask for a snack, or leave the bedroom.

To help parents set a bedtime routine that takes the battle out of getting children to bed, use the *Brush, Book, Bed* program. It promotes three simple and clear messages that Head Start staff can share with parents.

- **Brush.** Brush the child's teeth or supervise the child's brushing. For children under age 3, use a smear of fluoride toothpaste to brush teeth. For children ages 3 to 6, use a pea-size amount of fluoride toothpaste. For more information about fluoride toothpaste amounts, see the *Healthy Habits for Happy Smiles* handout, [Brushing Your Child's Teeth](#), also available in [Spanish \(español\)](#). After brushing, do not give the child anything to eat or drink before bed.
- **Book.** After brushing, let the child pick one or two books. Read the books aloud to the child in a comfortable spot.
- **Bed.** After reading, put the child to sleep in his or her bed. Sleep is important for children's health and well-being.



It is important to stress to parents that consistency is the key to this approach. It may take some time to establish the routine. Once the routine is set, bedtime will become more pleasant for the parents and the child.

## Helping Parents Choose Books

Head Start staff can help parents understand that spending 15 minutes reading aloud every day can improve a child's language development. It also promotes positive social and emotional development by creating a strong parent-child bond. Reading books about oral health is a good way to do both of these things and teach children about oral health at the same time.



A wide variety of children's books about oral health can be found in public libraries, bookstores, and discount stores. Books can be used to teach children about teeth and what they do, healthy foods and drinks, brushing teeth, visiting a dental office, and dentists' and dental hygienists' jobs.

Head Start staff can help parents choose books about oral health for their child by suggesting titles or encouraging parents to read books that meet the following recommendations:

- **Information in the book is correct.** If you are not sure the oral health information in the book is accurate, check Head Start's [oral health webpage](#), also available in [Spanish \(español\)](#). You can also ask your [state dental hygienist liaison](#) (DHL). For information about state DHLs, see the [September 2018](#) issue of *Brush Up on Oral Health*, also available in [Spanish \(español\)](#).
- **The book says positive things about oral health.** Find a book that is positive. For example, a book about a dentist, dental hygienist, or dental office receptionist who is friendly can help a child feel good about dental visits. A book about a dentist or dental hygienist that praises a child for not having tooth decay is better than one about having a cavity filled.
- **The book does not use words that might make a child afraid of dental visits.** Look for words like shot, hurt, needle, pain, and other words that might scare a child. Do not read books with these words to a child because it might make the child afraid of dental visits.
- **The book uses words that a child can understand.** Make sure the book has short sentences and simple words. Check that the meanings of oral health terms are explained so a child can understand them.

Head Start programs can also keep books on oral health in the classroom. Parents can read the books to their child on site. If the Head Start program has a lending library, parents can check the books out.

## Cook's Corner: Veggie, Egg, and Cheese Faces

Here is a delicious and healthy snack that children can make in a Head Start classroom or at home with their families.

### Ingredients

- 4 pieces small whole wheat tortillas, pitas, or round flatbreads
- Fresh vegetables, such as sliced green and red bell peppers, cherry tomatoes, and cucumbers and alfalfa sprouts
- 1 hard-boiled egg, sliced
- 1 cup shredded low-fat cheese, such as cheddar, mozzarella, Colby, or Colby-Jack

### Directions

1. Place bread on plate or paper towel.
2. Add vegetables, egg, and cheese to create a face on the bread.

### Makes 4 servings

**Safety tip:** An adult should slice the ingredients.



## Contact Us

The National Center on Early Childhood Health and Wellness welcomes your feedback on this issue, as well as your suggestions for topics for future issues. Please forward your comments to [health@ecetta.info](mailto:health@ecetta.info) or call 866-763-6481.

Subscribe or view all issues of [Brush Up on Oral Health](#) on the Early Childhood Learning and Knowledge Center (ECLKC).

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***School readiness begins with health!***



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



NATIONAL CENTER ON  
Early Childhood Health and Wellness

August 2020

# Nutrition Nuggets™

Food and Fitness for a Healthy Child October 2020

## BEST BITES

### Explore herbs and spices

Cilantro, rosemary, turmeric ... herbs and spices add flavor to food without adding fat or sodium. Help your child create a snack tray to sample natural seasonings. She might include fat-free Greek yogurt flavored with cinnamon, halved grape tomatoes sprinkled with dill, and popcorn tossed with paprika.



### Night games

It may be getting dark earlier, but you and your youngster can still fit in some active family time after dinner. Use flashlights for a game of tag. Or play "moonball" with him—a game of catch with a glow-in-the-dark ball (buy one at the dollar store, or put glow-in-the-dark stickers on a regular ball).

### DID YOU KNOW?

It's easier than ever to find alternatives to peanut butter. Healthy options include spreads made from cashews, sunflower seeds, soy nuts, almonds, and even chickpeas. Coconut butter, on the other hand, tends to have more saturated fat. *Tip:* Look for varieties with no added sugar.

### Just for fun

**Dad:** Why did you ride your bike twice?

**Ben:** I was re-cycling.



## Tips for healthier takeout

Whether it's a busy school night or a special occasion, your family may decide to order food from a restaurant. Teach your youngster to make healthier choices with this advice.

### Find the winners

Help your child recognize nutritious options with an awards ceremony. Read restaurant menus and vote on awards like "Best selection of vegetables," "Most whole-grain options," and "Healthiest overall." Your youngster can announce winners—and choose one the next time you order takeout.



### Play to-go bingo

Motivate your child to make good selections with this game. Let him create a bingo card with columns for different types of restaurants (pizza, Chinese). In each box, he can write a healthy choice (whole-wheat crust and side salad under pizza, steamed vegetable dumplings and brown rice under Chinese). Each time he tries a food on his card, he may cross it out. Five in a row = to-go bingo!

### Design "kids' meals"

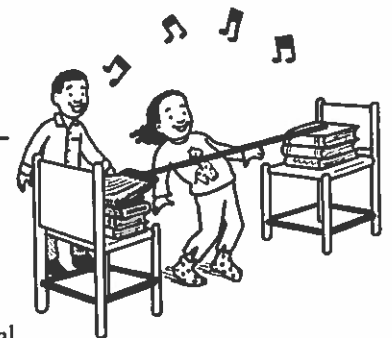
Encourage your youngster to be creative with his order. Instead of looking at the kids' menu—which is typically filled with fried foods like chicken nuggets and french fries—have him put together a meal of healthy appetizers and sides. Maybe he'd like a turkey burger slider and steamed broccoli. Or perhaps he'll create a combo of grilled chicken strips and fresh fruit. ●

### Living room limbo

Play this favorite party game indoors to improve your child's flexibility—and enjoy active family fun.

**Set up:** Place a broom across the tops of two chairs. Then, stack books on the seat of each chair. The stacks should be about equal in height and come nearly to the tops of the seat backs.

**Play:** Turn on music as family members take turns walking under the stick while bending backward. If anyone touches the stick with any part of her body, or touches the floor with anything but her feet, she's out. Now lower the stick onto the top books and limbo again. For each round, remove a book from each stack. The last player still in wins. ●

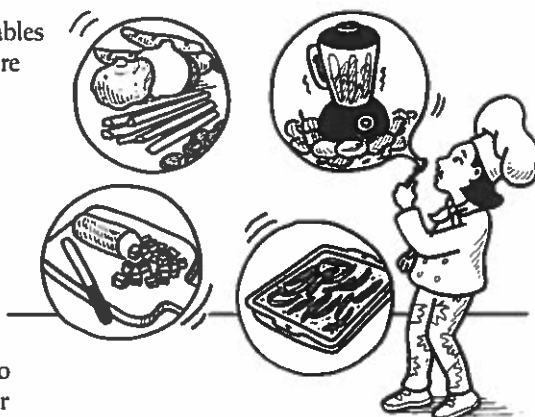


# Change up vegetables

Children need 1½–2 cups of vegetables every day, so how can you squeeze more into your youngster's diet? Try these variations to find her new favorites!

**1. Change the shape.** Cut cooked carrots or jicama into sticks or coins. Also, try shredding brussels sprouts or cabbage into salads or paninis.

**2. Change the texture.** Your child might enjoy tender or pureed veggies. Have her stir spinach or kale into her favorite soup and watch it wilt. Or



use pureed potatoes or cauliflower instead of heavy cream or flour to thicken sauces.

**3. Change the size.** Small bites of vegetables may be easier for your youngster to accept. Dice cooked zucchini or sweet potatoes into tiny pieces, and let her add them to casseroles or top her tacos with them.

**4. Change the cooking method.** One night you could steam parsnips or okra, and another time you might roast or sauté them. Or turn asparagus spears or green beans into “fries.” Help

your child dunk them into a beaten egg and roll them in whole-wheat breadcrumbs. Bake at 400° until browned and crispy, about 15 minutes. ●

## ACTIVITY CORNER

### An autumn “playground”

As temperatures drop and the air feels crisp, head outside with your child for playful fitness fun. Here are some ideas.

● **Leaf path.** For a game of Follow the Leader, let your youngster line up fallen leaves with a few feet between each. Take turns leading everyone along the path, moving in a different way (hop, skip, gallop) from one leaf to the next.

● **Pumpkin weights.** Have your child hold a mini pumpkin in each hand.



Now play Simon Says.

You might say, “Simon says lift your arms out to your sides.” “Do backward arm circles.”

● **Apple relay.** Split into teams and take turns running—with an apple—from a start line to a finish line, then back again until everyone has had a turn. The twist? Each player on a team has to hold his apple in a different way (behind your back, on your head). ●



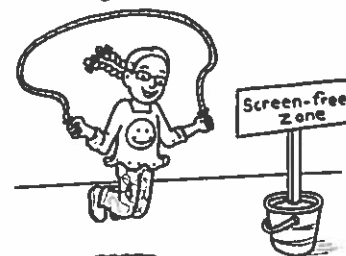
## Q&A Unplug for physical activity

**Q:** How can I get my daughter to spend less time on screens and more time being active?

**A:** Encourage your child to keep track of her screen time for one week. Together, brainstorm ways to cut back. If she spent 10 hours watching TV and playing video games last week, you might limit her to 8 hours total this week.

To help, perhaps you'll designate screen-free zones like her bedroom and the kitchen table. Also, help her set a goal to be active at least 1 hour per day.

Then, why not have your daughter use her screen time to find ways to be active? She could search for kid-friendly workout videos on YouTube—some are based on moves from video-game characters and superheroes. She might even look up “active games for kids” and teach your family to play new ones. ●



## IN THE KITCHEN

### Pasta perfection

October is National Pasta Month. Celebrate with these healthy versions of kid favorites. *Note:* For each recipe, cook 16 oz. whole-wheat pasta according to package directions.

**Macaroni and cheese.** In a large pot, melt 3 tbsp. butter, and whisk in 3 tbsp. flour until smooth. Stir in 2½ cups nonfat milk and simmer until thickened. Reduce heat, and stir in 2½ cups low-fat shredded cheddar cheese until

melted. Whisk in ½ cup plain Greek yogurt. Toss with pasta, 1 cup cooked peas, and 1 diced tomato.

**Chicken parmesan.** Sprinkle 1 tsp. Italian seasoning over 1 lb. boneless chicken breasts. Bake at 375° for 30 minutes, or until cooked through. Pour 1 24-oz. jar low-sodium marinara sauce over chicken. Top with 1 cup low-fat shredded mozzarella cheese, and broil 5 minutes, or until cheese melts. Serve over spaghetti. ●



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

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## Binaakwe-giizis (Falling Leaves Moon)

This is an excerpt from the Ojibwe.net

Three billion years ago as liquid turned to ash, water became clouds, layers of land and life were spinning in space during a period of freezing, thawing and flooding. After a time, glaciers receded and in a dimple of limestone, sandstone, shale, halite and gypsum a water system of connected aquifers, rivers and lakes was conceived. The cycle of water and weather created a rhythm connected to, but unlike any other place on earth. Today this distinct ecosystem, known as the Great Lakes Watershed of North America, includes many forms of life and spans the boundaries of the United States and Canada. Together these lakes are the largest freshwater system on the globe.

For several thousand years the interlocking lakes were simply referred to as the vast sea, Michigami, in the Anishinaabemowin language which is used by Odawa, Ojibwe and Potawatomi people in the region. The morphemes of the name Anishinaabe – *onizhishin* (it is good), *naabe* (human being), *nisaa* (to lower) and *abi* (to be seated) – can be understood to imply galactic origins of matter, energy and biologic beginnings. The term for the land is “*aki*” and the space beyond the shores of Michigami is often referred to as “Anishinaabewakiing,” which can reference either indigenous land in general or the particular network of individuals and communities located in and around Michigami.

Citation: <https://ojibwe.net/projects/inawe-mazinaigan-map-project/>

### Dagwaagin

it is fall, is autumn

### Biboon

it is winter

### zhaawanong

in, to, from the south

### giiwedin

the north wind; north

### waabanong

To the east

### ningaabii'anong

To the west



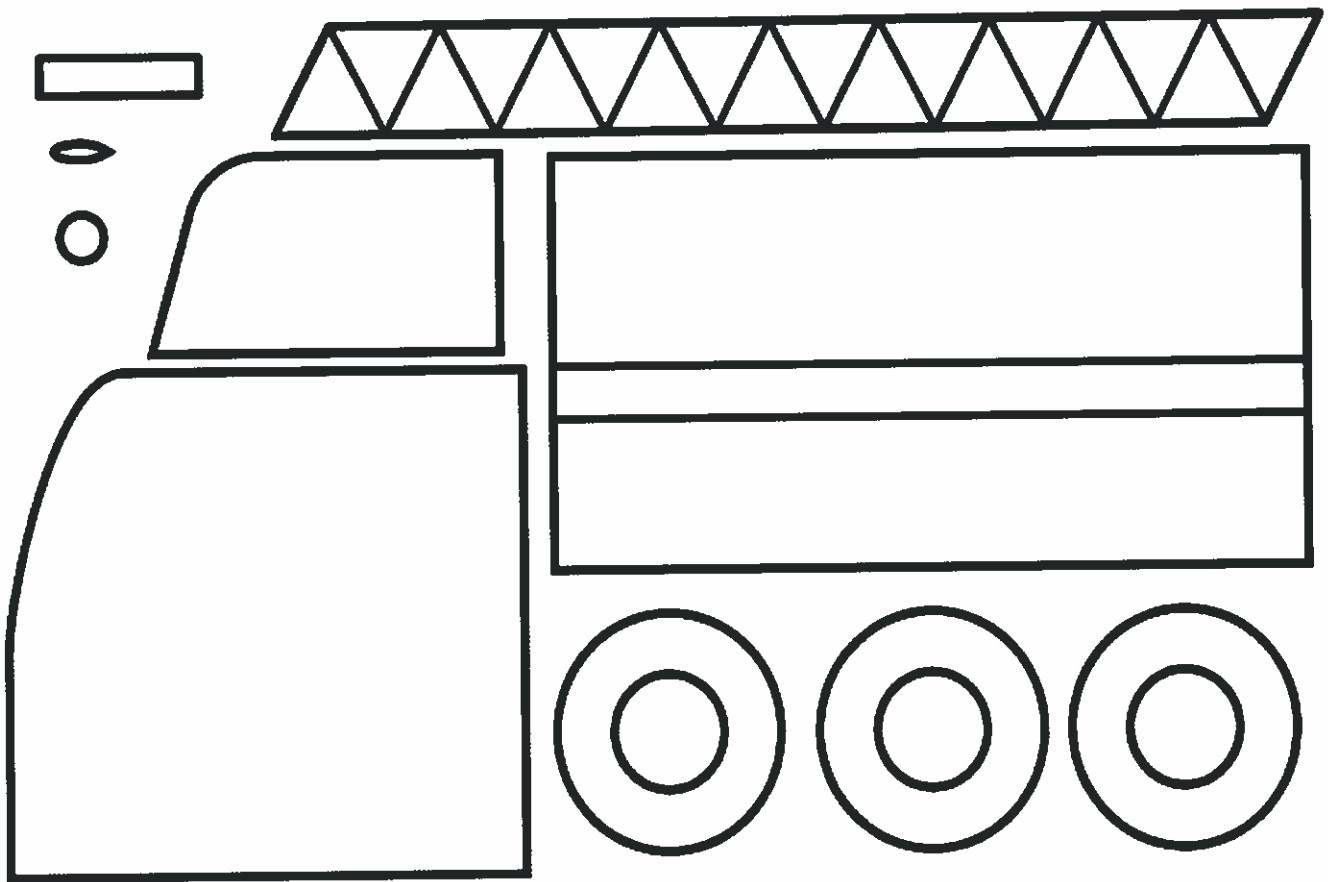
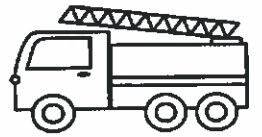
# October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Book Month	National Reading Group Month	National Cookie Month	National Pizza Month	1 National Homemade Cookies Day- Make your favorite cookies together!	2 World Farm Animals Day- Draw a picture of your favorite Farm Animal!	3 World Card Making Day- Make a card for a friend!
4 Read a new book every week to celebrate National Book Month!	5 World Teacher's Day!	6 Play musical chairs using pillows as your chairs!	7 Read and sing along to the story "Five Little Pumpkins"	8 American Touch Tag Day- Play Touch Tag outside!	9 Fire Prevention Day! Make your own Fire Truck (see activity)	10 Pick up your toys and sort them by size!
11 Tell a story with shadow puppets!	12 How many words can you come up with that start with the letter "u"	13 National M&M Day- Use M&M candies to make patterns!	14 National Dessert Day- What is your favorite dessert?	15 Look for rectangular shaped objects! How many can you find?	16 National Dictionary Day- What is your favorite word in the dictionary?	17 National Pasta Day!
18 National Chocolate Cupcake Day! Make Cupcakes together!	19 National New Friends Day!	20 Build a reading fort using blankets and read a new book in it!	21 Count Your Buttons Day! How many buttons can you count?	22 National Color Day! Look for objects in and around your house that are your favorite color!	23 Rake together a pile of leaves and jump in them!	24 National Food Day- Try a different food today!
25 World Opera Day- Sing your favorite song in an Opera voice!	26 National Pumpkin Day! Make a pumpkin bookmark (see activity)	27 How many words can you think of that rhyme with "cat"	28 Plush Animal's Lovers Day- Play hide and seek with your plush animals	29 National Cat Day!	30 National Candy Corn Day!	31 Happy Halloween!



# Firetruck

Color the pieces of the Firetruck. Then, cut and glue the pieces together to make your own firetruck!



## Pumpkin Bookmark

### Materials Needed:

- Green Construction Paper
- Orange Construction Paper
- Black Marker
- Scissors
- Glue



### Instructions:

- Using your green construction paper, cut a long stem
- Cut out small orange pumpkins that will fit on your green stem
- Make a face for each pumpkin
- Keep track of the books you read during the fall by writing the titles of the books you read on a pumpkin!



# LCO Ojibwe College

715-779-3761    jpete2@lco.edu    37360 State Hwy 13  
[www.lco.edu](http://www.lco.edu)

The Lac Courte Oreilles Ojibwe College provides Anishinaabe communities with post-secondary and continuing education opportunities while advancing the language, culture, and history of the Ojibwe. There are four outreach sites on Wisconsin Ojibwe reservations: Red Cliff, Lac du Flambeau, Bad River, and St. Croix. The Red Cliff Outreach Site, also referred to as "The Cabin," is located next to Buffalo Bay Gas Station.

Applicants must have a high school diploma or equivalency, or must obtain a high school diploma or equivalency within the first semester of enrollment at LCOOC.

## *Congratulations* *Class of 2020!* **HONORING OUR 2020 RED CLIFF OUTREACH GRADUATES**

**Celebration Gathering  
August 8th, 2020  
The "Cabin" in Red Cliff  
at 1:00pm**



Shaka Beyrta  
Liberal Arts Associates



Clarissa Bressette  
Liberal Arts Associates  
Certificate in Ojibwe Language



Mikulas DePerry  
Certificate in Ojibwe Language



Barbara Lindert  
Liberal Arts Associates

Please contact: Jim Pete or Magdalen Dale @ 715-779-3700 ask for the Cabin

[lco.edu](http://lco.edu)



HONOR YOUR PAST, STRENGTHEN YOUR FUTURE

## RED CLIFF OUTREACH SITE OFFERINGS

- Associates Degrees
  - Liberal Arts
  - Native American Studies
  - Native American Studies Language Emphasis
  - Accounting
  - Small Business Administration
- Certificates
  - Hospitality

- Native American Tribal Management
  - Office Support Specialist
  - Ojibwe Language
  - Tribal Court Lay Advocate
- 
- Financial aid counseling
  - Academic advising and tutoring
  - Four year college transfer assistance

For more information on Lac Courte Oreilles Ojibwe College, please visit [www.lco.edu](http://www.lco.edu)

## **CURRENT OPENINGS FOR THE RED CLIFF TRIBE**

### **Behavioral Outreach Specialist**

DEADLINE: October 19, 2020 at 4:00 PM - [Apply Online](#)

### **Legendary Waters Resort and Casino General Manager**

DEADLINE: October 13, 2020 at 4:00 PM - [Apply Online](#)

### **Substance Abuse and/or Mental Health Counselor**

DEADLINE: October 13, 2020 at 4:00 PM - [Apply Online](#)

### **Garden Project Coordinator/Peer Specialist**

DEADLINE: October 13, 2020 at 4:00 PM - [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](#)

### **Dental Assistant**

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

### **ECC Child Care Assistant Teacher**

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

### **ECC Child Care Teacher**

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](#)  
[City of Washburn](#)  
[City of Ashland](#)  
[Bayfield School District](#)  
[Job Center of Wisconsin](#)  
[CESA 12](#)

### **OTHER EMPLOYMENT RESOURCES**

[Northwest WI CEP](#)  
[Indeed](#)  
[Craigslist](#)  
[ZipRecruiter](#)