

Red Cliff Education Division NEWSLETTER

December
2010

manidoo-gizisoons
Little Spirit Moon

Head Start Transportation!

- For those children who receive transportation services as part of our Head Start (HS) program, their time on the bus is equally important as the time spent in a Head Start center in terms of both safety and educational-developmental value.
- Stop signs are given to each family. Place this sign in a place that is visible for the Bus Driver.
- The stop sign indicates that the driver will wait two minutes, while the green sign indicates that your child will not be attending school this day or will be dropped off at a later time.
- The Head Start Bus will pick up and drop off each child to/from specific locations as indicated on the Transportation Form.
- Any ECC HS transportation questions can be referred to Nicky Gurnoe, ECC Head Start Director at 779-5030 ext 243

Parent-Child Bus Safety Tips:

- Wait until the bus stops and the driver opens the door before you walk to the bus
- If you have to cross in front of the bus with your child, make eye contact with the driver and wait for the driver to signal you before you cross.
- Walk at least ten feet in front of the bus. Look for traffic as you cross the road.
- Adults and bus monitors need to look outside to the back of the bus before they step off the bus with the children.
- Never walk behind the bus.
- If you or your child drops something near the bus, tell the driver before you pick it up.
- An adult must always escort a child to and from the bus. **EXTREMELY IMPORTANT!**
- Please remind children to WALK to the bus.
- Please call 779-5030 ext 0 with all bus messages

Inside this issue:

- Classroom Updates
- Events Calendar
- ECC Holiday Party!
- Holiday Fun!
- LCO Spring Registration: Early Childhood Degree
- Autism Knowledge
- Old Fashioned Ojibwe Recipes
- Adult/Child Portion Control
- Policy Council Minutes
- December Menu

Special points of interest:

- ECC Holiday Party December 16th
- Winter Break - ECC closed Dec 20-31
- Call the ECC for a FREE car seat check anytime!



**Have a safe and happy
Holiday Season!!
from the ECC Staff**

December 2010

Manidoo-Giizoons (Little Spirit Moon)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	TUESDAY	FRIDAY	SATURDAY
			1 Home Base Socialization 5pm @ ECC **Sewing 5pm Bus Safety 5 pm	2	3	4 X-Mas Committee Fundraiser 12:00 @ Bingo Hall
5	6 Tribal Council meeting 6:30pm	7	8 Ojibwe Language Table at the Bayfield School (Business Rm) 3:30-4:30 **Sewing 5pm	9	10 Holiday Boutique 10-6 @ Bingo Hall	11 Holiday Boutique 10-3 @ Bingo Hall 11:30-1:00 Santa & Mrs. Claus @ Bayfield Pavilion
12 12-4pm Children's X-Mas giveaway @ Bingo Hall		ECC Parent Teacher Conferences Week 14	15 Ojibwe Language Table at the Bayfield School (Business Rm) 3:30-4:30 **Sewing 5pm	16 ECC <i>Holiday Party 10am @ Youth Center</i>	17	18
19	20 Policy Council Meeting 12:00 @ ECC Breast Feeding Support Group 10 @ Clinic	21 Tribal Council meeting 4:30pm	22	23	24	25
26	27	28	29	30	31	

ECC CLOSED: Dec 20-31 BACK ON JAN. 3rd



Decembers Home Base

NEWS

Happy First Birthday
to "1"
Ayden Wilson
on the 26th of December

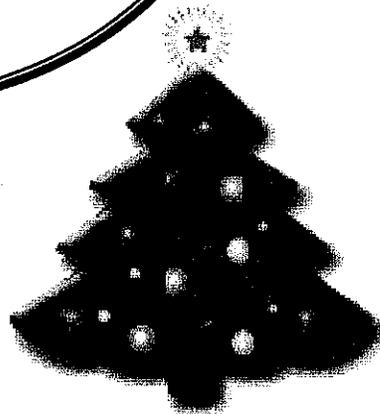


Home Base socializations
for this month
are
December
1st Stocking Making
and the
16th our annual
Children's Christmas Party at the
Youth Center
Watch for times to be posted

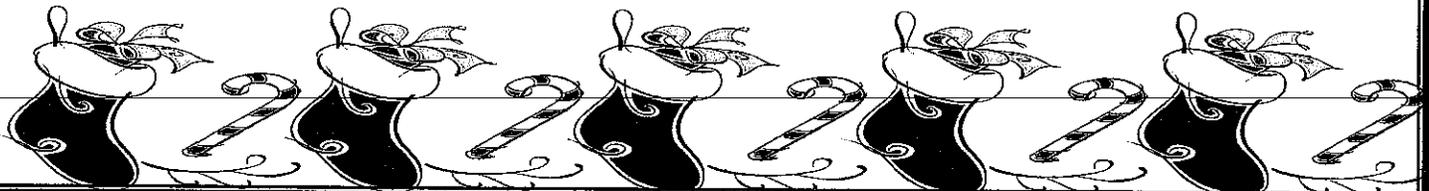


Reminder
School Will be closed
For Winter Break
From the 19th
of December
thru January 2nd, 2011

Be Safe
Be Warm
Ho Ho Ho



Phoebe, Cindy, Amber and Gena
would like to wish
everyone a
Merry Christmas
and a
Happy New Year



Manidoo-giizisoons

Waabooz Abiwin



Boozhoo waabooz families. We hope everyone is well at the start of this holiday season.

This year is a review year for the center. This means our programs are under close watch for things like attendance, health checks and all other procedures that make sure we are following the government guidelines.

If we don't keep up with the guidelines, our programs could be in jeopardy.

Waabooz parents are doing really well, but we are still struggling with attendance. Please be sure to get your child to school. If you are having transportation, health, or any other issues, let us or your family service representative know so we can assist you.

Just a reminder our kids need to have hats,

mittens, boots and snow pants everyday. If the weather is 20 degrees or below we will not go outside. However, we will soon be getting shelter for our new play area, so playing outdoors will be much more comfortable.

To celebrate the upcoming holiday, the EHS will have a week of special days. They are as follows:

Monday December 13
Wear Red and Green Day

Tuesday December 14
Holiday Hat Day

Wednesday December 15

Pajama Day

Thursday December 16

Holiday Party at the Youth Center at

10am

Congratulations to the teachers in the Amik room. They are the recent recipients of the

Gaa-wewebizowaad (those who rock—literally those who rock back and forth) Award. This is an award for all ECC staff who are going above and beyond the daily use of Ojibwemowin.

Parents and staff can nominate anyone who works in the building for their use of the language. A box is in the front entryway with nomination forms and suggestions.

Please feel free to nominate any staff member, or put in any suggestions you may have about the language

(Waabooz teachers are exempt from nominations as we are facilitating this award)





AMIK

**HO, HO, HO--HAPPY HOLIDAYS!! FROM
THE AMIKWAG.**

We hope everyone had a great holiday and enjoyed time with family and friends. We are now into creating crafts in the classroom for the next holiday coming up, Christmas. Children are gluing, cutting, drawing, stamping, decorating and painting. They love doing crafts and are really doing great using scissors and glue!

For the month of December our Ojibwe words are:

Snow: Goon

Good Sleep: Mino Nibaa

The children are really catching onto the words we introduce monthly. Please keep using the language at home and if you have any questions just let us know and we can help!

For the last week of school--**December 13, 14, and 15th** we will have 3 fun days of Christmas cheer. **MONDAY:** Red and Green day

TUESDAY: Santa/Elf hat day

WEDNESDAY: Pajama day

Here's what we like...**Sebastian:** climbing

Eric: drumming

Isaiah: cutting

Maddox: cars

Aura: books

Stella: gluing

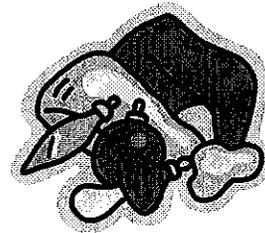
Isabella: painting

Victoria: music

p.s. Christmas Party
December 16th

Happy December To All!
Karen & Teresa

Makwa Room



Wow, I can't believe that we are in December! Parents please be sure to sign your child in. The sign in sheet is on the cubbies. Also, please make sure your child is dressed appropriately for the weather. This should include: snow pants, boots, mittens, hats and a winter jacket. Please make sure your child has at least two extra pairs of clothing in their cubby. We will be working on the children getting themselves dressed, so please allow your child to work on this at home.

December 13th Wear red and Green day!

December 14th Santa Hat or Elf Hat day!

December 15th Pajama Day!

Reminder: ECC Christmas Party will be on December 16th at 10:00 a.m.

Here is what your child likes doing:

Chloe likes playing with babies

Lizzie likes playing with tools

Minosay likes playing with animal puppets

Zarianna likes playing in the kitchen

Ava likes watching her friends play and bring her toys

Maliyah likes reading books

Kylie likes playing dress up

Miley likes playing with puzzles

Ojibwe words we are using:

Zoogipon	Zo/ge/pon	Snow
Bimibatoo	Bim/e/ba/two	Run
Mitig	Mi/ti/g	Tree

Holiday Break: December 16th thru January 2nd!

If you have any questions or concerns please feel free to contact us at 715-779-5030 ext 244.

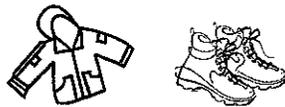
Esiban Classroom News

We are having fun out and exploring in the snow!

Dressing to go outside can be a very challenging and frustrating time for kids; give them lots of support, praise and opportunities and they will be dressing themselves in no time!

We are working very hard at getting dressed to go outside here at school.

If you would continue to work on having your child work on getting snow pants, boots, and jacket at home we would be so grateful.



The week of Monday the 13th we are having a holiday spirit week.

Monday is wear red and green day

Tuesday is wear a Santa hat day

Wednesday is wear pajamas day

Our Christmas party is on Thursday Dec 16th @ 10am at the Youth Center. There will be no head start or early head start classes held.

Hope everyone has a great winter vacation and we will see you again on January 3rd, 2011!

Ojibwe words we are learning are

Ambe Omaa- Come over here

Namadabin- Sit down

Bizindan-Listen

Inaabin-LOOK

~Nadine , Amber and Britany



Boozhoo mashkodebizhiki class Families.

For the month of December we will be finishing up our study on wheels and talking about our five senses and of course Christmas. We will be having a taste party which will include sampling things that are: sweet, salty, bitter and sour. For creative arts we will be making our Christmas ponies and ornaments.

The children in the mashkodebizhiki room are learning so many things. We are taking turns, using our words and sharing. The second step curriculum is really helping learn about our emotions and empathy . We invite the parents to come in at any time to read a story or have lunch. Remember we go outside daily so please dress your child appropriately. The door to your child's classroom is always open for you to visit. If you ever have any questions please call the center 779-5030 ex: 246 or 247

Once again we want to thank you for sharing your beautiful children with us. They are growing so much in all areas of development.

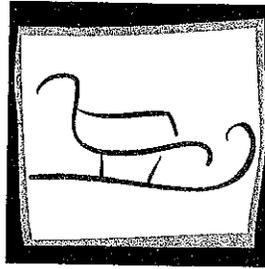


Happy Holidays!!!

Ms. Virginia , Ms. Jenn and Ms. J

Ma'iingan Room

Biboon is here!



Boozhoo! To all of our Ma'iingan families we hope you all had a warm, safe, and fun Thanksgiving! Biboon is finally here, the snow has arrived. Now that the colder weather is here it is very important to send your children with warm clothes. They will need snow pants, hat, mittens, winter boots, and scarves.



Winter fun!

We do spend a lot of time outdoors, we do have lots of fun, but most importantly we need to be safe and keep our bodies healthy. **So please send winter attire to school. December 13th will be red and green day at school, 14th will be Santa hat or elf ear day, 15th will be Pajama day.** So if you would like to send your child in any of these fun clothing please feel free, it's going to be something fun for us to do before our break!

In the month of December we will be talking about winter activities, Christmas themed projects, and Ojibwe stories in our classroom. If there are any families that would like to come in our classroom and share a favorite story or any Ojibwe stories please feel free to come in and share. Even if there is a family that would like to eat breakfast or lunch with their child to hesitate just pop in! **The Ma'ingan Room would like to wish the families and community members a WARM, HEALTHY, AND SAFE Niibaa-anama'e giizhigad! (Merry Christmas!)**

Miigwetch, Ms. Linda, Ms. Alicia, and Ms. Bernice

Boozhoo

In the Migizi room we are working on the letters A to E, and the numbers 1-10 in English and Ojibwe. The children are working hard and enjoying the new snow. Just a friendly reminder to send your child with the proper outdoor attire.

Here are a few ojibwe words that we are working on in the classroom.

Ambe omaa - come here
Bekaa - wait
Niimin - dance
Nagamodaa - let's sing
Biboon - winter

Just a little note, the Migizi room will be having fun week.

Monday Dec. 13 - red and green day

Tuesday Dec. 14 - hat day

Wednesday Dec. 15 - pajama day

Thursday Dec. 16 - no school christmas party @ youth center.

We would like to wish everyone a happy holidays,
Ms. Diann, Ms. Tracy, and Ms. Patsy





Child Care

December 2010

Head Start wraparound child care is still accepting children for afternoon child care. This is a service that is provided right at the ECC after Head Start classes end at 2pm. Wraparound childcare is available from 2pm-4:30pm.

If you are interested in this service, please contact Kim Gordon (ext 251) at 779-5030. If Kim is unavailable, please contact Ashley Peterson (ext 221) at 779-5030 and she will get back to you as soon as possible.

Esiban classroom is now accepting applications for their classroom. Parents with children ages 18-36 months are eligible to complete an application. Please stop by the main office of the ECC and pick up an application.

Trying to Reach Afternoon Child-care??

Afternoon child care can be reached after 2pm in the Migizii Room (ext 239), Large Motor Room (ext 232) or the Esiban Room (ext 241).



Shaken Baby Syndrome Training

Friday, December 10th

10:00am-12:00pm

@ The ECC Trailer Offices

Please contact Ashley (ext 221) in the ECC main office to sign up if you are a sub that still needs to complete this or a parent that is interested in completing this training.

BIBOON!!

Preare yourself for the upcoming season! Biboon officially begins on December 21st but it is already beginning to look a lot like the holidays!

Biboon is traditionally the time when we get to tell stories about our year's experiences such as gardening, picking berries, hunting, fishing, or traveling!

Biboon is also the time when we get to go sliding, ice skating, and romp in the snow!

My favorite biboon activity is coming inside from the cold weather, putting on some nice warm clothes and cuddling up with a nice warm cup of hot chocolate!!



Double Vowel Pronunciation Guide

- A = uh as in lug
- AA = ah as in autistic or autumn
- E = ay as in bay or hay
- ' = glottal stop = brief pause
- I = ih as in ick or ish
- II = ee as in seen or bean
- O = oh as in ojbwe
- OO = oo as in moon or loon



From the Desk of Mr. Reggie

715-779-5030 ext 233

reggie.cadotte@gmail.com

Department of Indian Education (DOIE) Grant Coordinator
Administration for Native Americans (ANA) Grant Coordinator



NEWS FROM DOIE

*"Boozhoo Indinawemaaganidog!
Ambe omaa! Namadabin!
Bizaaniyaan! Bizindan!
Inaabin"*

This is what children in the ECC Head Start program hear from me every time I enter their classrooms! These words translate to:

"Hello all my relations! Come here! Sit down! Be still! Listen! Look!"

Your children are learning about various styles of singing and dancing in their classroom to the beat of a hand drum. They are all really excited to recognize the same songs sung in their rooms as the songs sung at our weekly pow-wows!

Several of our friends have even had the opportunity to assist me as we sing these songs!

The children are learning that the girls get to help make the songs sound better through ZHAABOWE which only the girls get to do! The boys are helping to keep the beat on the hand drum and are also doing a great job of learning these songs!

We sing the "Gwaashkwanin Omakakii" song which translates to "Jump Frog!"

Everyone is doing a great job!!

NEWS FROM ANA

As you may have heard, the ECC has received a grant from the ANA with the overall goal being:

"To establish and implement Ojibwe language immersion into the Early Head Start program at the Red Cliff Early Childhood Center, providing a foundation for language preservation and revitalization in present and future families within the Red Cliff community."

The ANA grant will accomplish this goal by hiring two fluent Ojibwe language instructors for the Early Head Start!

One of the instructors will be based in the classroom helping our teachers (who are already doing a great job) to incorporate additional Ojibwemowin into everyday classroom instruction.

The other instructor will be helping the parents and families of children in the Early

Head Start to continue using the Ojibwe language at home! This will be done in a variety of ways to accommodate the lives of the parents and families.

Home based visits and group language learning activities will be coordinated as soon as our Ojibwe language instructors are officially hired!!

Please let me know if you have any additional questions or concerns regarding the use of Ojibwe language at the ECC!

GIIZHOPIZON—WRAP UP WARMLY!!

ECC 2010 Holiday Party

Join us as we celebrate the Holidays
with Food, Fun
and a visit from Santa Clause!

DATE: Thursday, December 16th

TIME: 10:00a.m.

PLACE: Red Cliff Youth Center



**Early Head Start Center Based,
Home Based
and Head Start Families Invited!
Bring the whole family!**

RIF BOOK Distribution

EDUCATION RAFFLE DRAWING

Parent Involvement

Want to get involved in the program?

● Parents are warmly welcomed and encouraged into the building and classrooms. Come visit the ECC anytime during the day; attend the sewing group/Parent Committee (FUN!); attend an ECC event such as the Holiday Party, weekly pow wows, sugar bush, family nights, etc. ●

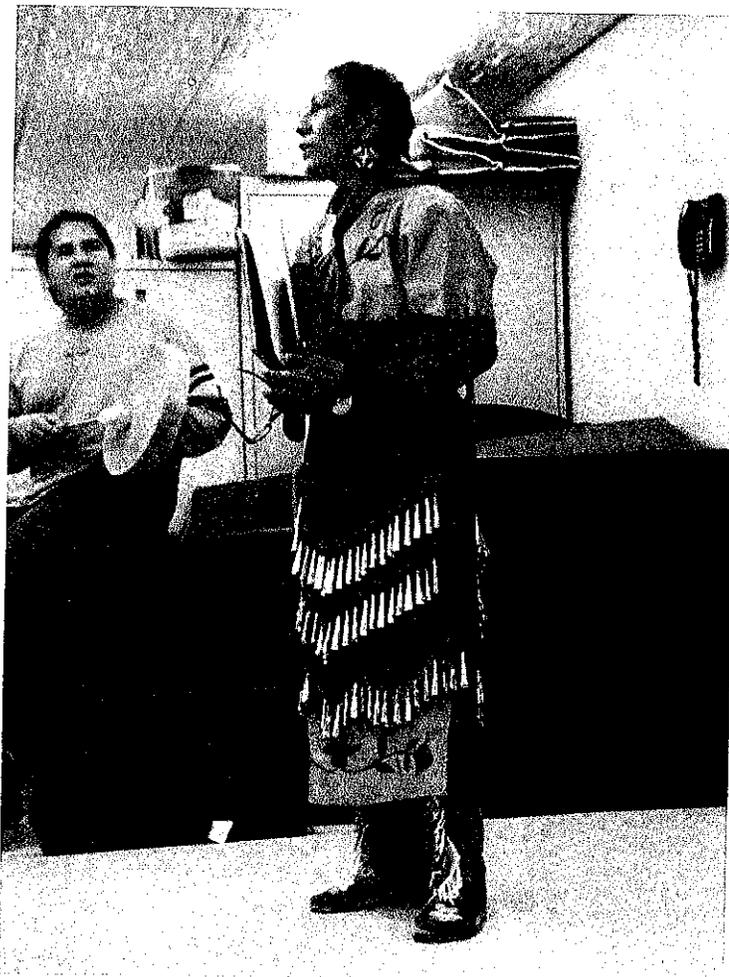
If you have any ideas for an ECC event, please contact us and we will see what we can do.

Miigwetch!

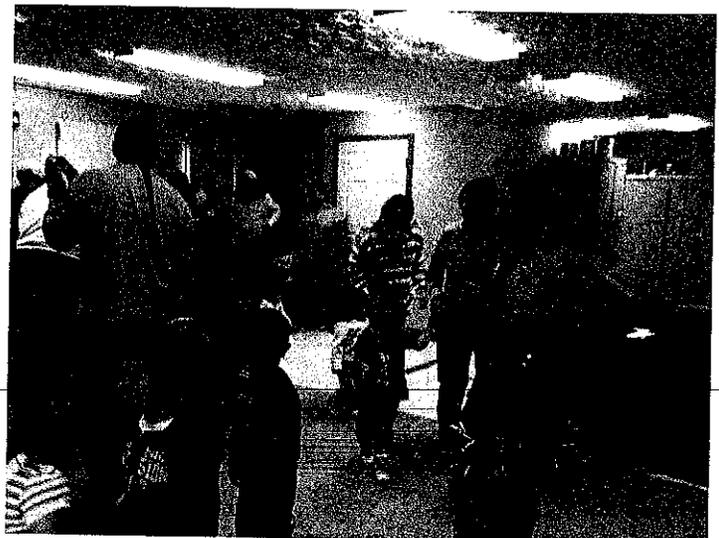
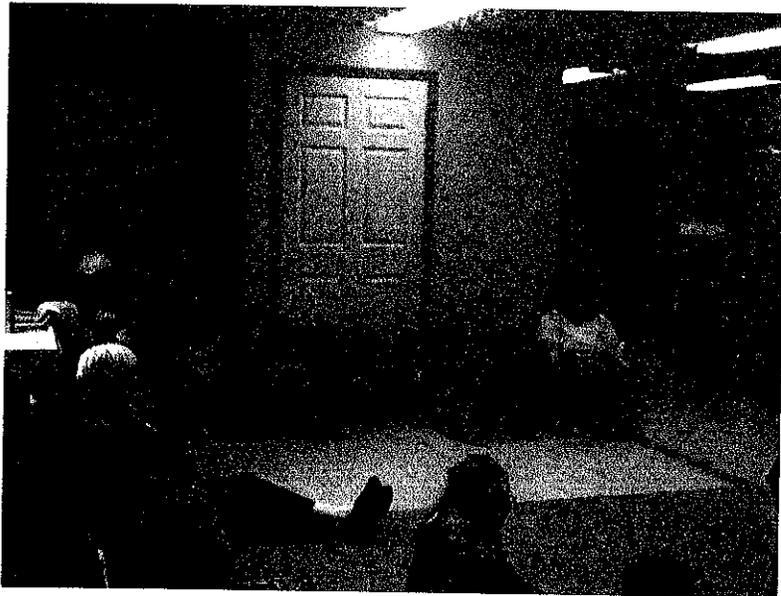
**3-5 year old!
ECC still has
openings for
Head Start.**

**If you or someone
you know has a child
ages 3-5, please call
Nicky (ext 253) at
779-5090**





On November 18th Carolyn Gouge came to the ECC to show us her jingle dress. She told us a story about a young girl wanting a jingle dress for the Pow wow. Carolyn told us that the jingle dress dance is very spiritual. Carolyn showed us how she dances in her jingle dress. Her dress is very beautiful and the jingles sound so pretty when she dances. Our friends from the Bayfield Family Forum came to learn about the jingle dress too. Miigwech to the children and staff from Bayfield Family Forum for coming to visit us. Chi miigwech to Carolyn for sharing her jingle dress with us.



Red Cliff Head Start



Bus/Pedestrian
Safety Training

List for Parents

Under the authority of sections 640(i) and 645A(b)(9) of the Head Start Act (42 U.S.C. 9801 *et seq.*), this part prescribes regulations on safety features and the safe operation of vehicles used to transport children participating in Head Start and Early Head Start programs.

Under the authority of sections 644(a) and (c) and 645A(b)(9) of the Head Start Act, this part also requires Head Start, Early Head Start, and delegate agencies to provide training in pedestrian safety and to make reasonable efforts to coordinate transportation resources to control costs and to improve the quality and the availability of transportation services

Start Act

Transportation Form

- ▶ Each Head Start child will have a Transportation Form completed upon enrollment.
- ▶ The Head Start Bus will pick up and drop off each child to/from specific locations as indicated on the Transportation Form.
- ▶ Parents must list every location where they may want to have their child picked up or dropped off
- ▶ Parents must notify the ECC of any changes needed to be made to this form. Please see the ECC Office Manager to change a Transportation Form.

Red/Green Stop Sign

Stop signs are given to each family. Place this sign in a place that is visible for the Bus Driver.



The stop sign indicates that the driver will wait two minutes, while the green sign indicates that your child will not be attending school this day or will be dropped off at a later time.

Please call 779-5030 ext "0" when you know your child will not be in school or to leave a Bus Message.



Transportation Procedures

- ▶ An adult will always escort the child to and from the bus. **EXTREMELY IMPORTANT!**
- ▶ Adult escorts help the child understand danger from traffic and how to safely make their way to and from the bus.
- ▶ Bus Driver will wait two minutes for a child or look for a green stop sign that means "GO"

Transportation Procedures

- ▶ Bus Driver will document the time of when each child is picked up and dropped off.
- ▶ Children will use the hand rail to ensure safety.
- ▶ Bus Monitor will assist each child to sit in assigned seat and buckle the safety restraint.

Parent-Child Bus Safety Tips

- Wait until the bus stops and the driver opens the door before you walk to the bus
- If you have to cross in front of the bus with your child, make eye contact with the driver and wait for the driver to signal you before you cross.
- Walk at least ten feet in front of the bus. Look for traffic as you cross the road.
- Adults and bus monitors need to look outside to the back of the bus before they step off the bus with the children.
- Never walk behind the bus.
- If you or your child drops something near the bus, tell the driver before you pick it up.

Upon Arriving at the ECC

- Bus Monitors will ensure all children remain seated until the bus stops.
- Children will be guided by bus the monitor to unbuckle (or wait for assistance).
- Children will exit one at a time using the hand rail.
- Classroom teachers wait and have the children line up next to them to proceed to their classrooms.

Once Bus is Vacated

- Bus Drivers complete a final walk through
- Teachers escort children to their classrooms.

Bus Evacuations

- Evacuation Drills are done three (3) each year in November, February and March...

□ For those children who receive transportation services as part of our Head Start program, their time on the bus is equally important as the time spent in a Head Start center in terms of both safety and educational-developmental value.

□ Equally important to both of those benefits is adequate preparation for emergency situations on the parts of the children, bus drivers and monitors, and agency staff associated with transportation.

Sequence of an Evacuation Drill

- Listen to the driver
- Unbuckle your seat belt
- Walk to the exit
- Exit the vehicle
- Walk to a safe zone with a bus driver or monitor

□ Children will be given praise for following the procedure and especially for walking, which is a safe behavior that contributes to an orderly evacuation and is quicker than rushing and pushing.

Transportation Questions?????

- Any ECC transportation questions can be referred to Nicky Gurnoe, ECC Head Start Director at 779-5030 ext 243

Children's Christmas Fundraiser



December 4th 2010

Red Cliff Bingo Hall

Starting at 12:00 noon



Spaghetti Dinner \$5.00

Followed by a BINGO STARTING AT 6:00 P.M.

\$5.00 PKS \$25.00 ROUNDS, WITH A

\$300.00 DOLLAR Black Out.

**So Come on down, bring a spouse, Bring a friend or
just yourself and have a little something to eat and
Play a little Bingo.**

Raffles, Raffles Raffles

**IF THE COMMUNITY WISHES TO DONATE TO THE FUNDRAISER WE ARE LOOKING FOR
FOOD, DESSERTS, AND RAFFLE ITEMS.**

DROP RAFFLE ITEMS OFF AT LOWER LEVEL TRIBAL OFFICE

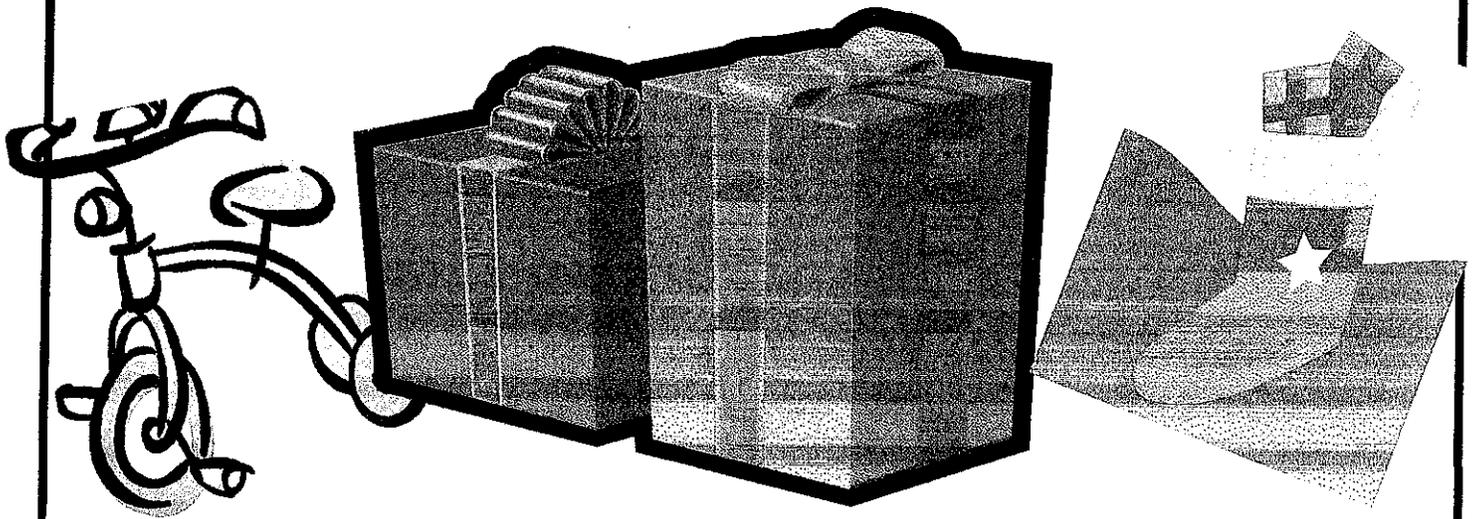
(LAURA GORDON'S OFFICE)

AND FOOD CAN BE DROPPED OFF ON THE 4TH BY 12:00 NOON AT THE BINGO HALL

CHI MIGWECH TO ALL AND HAPPY HOLIDAYS.

THE CHILDRENS CRISTMAS COMMITTEE

Toys for Tots



All Families that live in Bayfield County call: 292-6400 ext. 3

Distribution Date is December 20th—Monday

Location Bohemian Hall 319 11th Ave. East - Ashland

Families must be on some kind of assistance to receive this services . Families will be asked a few questions and then instructed when and where to pick up their toys



Toys for Tots





Two Day Event
Friday, December 10
 10:00 a.m. to 6:00 p.m.

and

Saturday, December 11
 10:00 a.m. to 3:00 p.m.

Public is Invited

“Celebrate the Holiday Season”

Annual 2010 Holiday Arts & Crafts and Flea Market Event
 Isle Vista Casino’s Bingo Hall

30 VENDOR TABLES

ENTER ONE TIME PER DAY AT THIS EVENT FOR A CHANCE TO WIN A “Celebrate the Holiday Season” Themed Gift Basket
 (\$50 Value)
COMPLIMENTS OF ISLE VISTA CASINO DRAWING HELD SATURDAY DECEMBER 11 at 3:00 p.m.

Casual Fun Setting
 Arts & Crafts
 Baked Goods
 Slightly Used Items
 Ornaments
 Food Concession
 Table Raffles
 Holiday Items & Gifts
 Native American Arts
 Wreaths & Greenery



SPONSORED FOOD CONCESSION

Subject to change and/or cancellation.

ISLE VISTA CASINO is located three miles North of Bayfield on Highway 13 (715) 779-3712

ABC FAMILY RESOURCE CENTER

210 MacArthur Ave. Ashland, WI 54806

715-682-2540 abcfrc@centurytel.net www.abcfamilycenter.com



DECEMBER HAPPENINGS

The Family Resource:

- Family fun
- Parenting help and information
- Drop-in times
- Support

Hours

Open for drop-in
Tuesday - Thursday:

11 am - 5 pm

Phone calls only:

Monday & Friday

682-2540

*All activities are free unless
otherwise stated*

Family Fun

Santa comes for a family Christmas party!

Tuesday, December 21st, 5:00 - 7:00 pm

Bring your young child/children for a light supper, play time, to meet with Santa and receive a gift!

Must call 682-2540 to sign up by December 13th.

Cookie Decorating and Baking

Thursday, December 16th, 3:30 - 5:00 pm

Cookies provided for kids and parents to bake, decorate, eat and take some home. Play time too!

Sign up by December 13th.

**Closed December 24th for the
Christmas holiday.**

ABC Family Resource Center will be closed when the Ashland Schools are closed due to bad weather.

Laugh & Learn

Parents and kids time with Mr. Mitchell

Thursday, December 2nd, 10:30 am

How to be a Snowflake

You'll just have to come and find out!

Washburn Public Library

Thursday, December 16th, 10:30 am

Santa's Helpers

A puppet show for all ages.

Washburn Public Library

Ongoing Support Group

Children Placed Out-of-Home:

A Parent's Reaction

Tuesday, December 14th

6:00 - 7:30 pm

Join other parents to discuss the range of feelings and responses when a child is placed.

**Let us know if you need
childcare.**

Call Jan for more information.

Family Drop-In

**Always on Tuesdays, Wednesdays, and Thursdays,
11:00 am to 5:00 pm**

Take a break from the weather, shopping, or just get out of the house with or without your kids.

Come to play at the Center, have some refreshments, visit with staff about parenting, or use the computer or phone.

Avoid Decorating Dangers

Top Safety Tips

If you decorate a tree, avoid these top decorating mistakes:

- Decorate with children in mind. Do not put ornaments that have small parts or metal hooks, or look like food or candy, on the lower branches where small children can reach them.
- Trim protruding branches at or below a child's eye level, and keep lights out of reach.
- Natural trees always involve some risk of fire. To minimize the risk, get a fresh tree and keep it watered at all times. Do not put the tree within three feet of a fireplace, space heater, radiator or heat vent.
- Never leave a lit tree or other decorative lighting display unattended.
- Inspect lights for exposed or frayed wires, loose connections and broken sockets.
- Do not overload extension cords or outlets and do not run an electrical cord under a rug.
- Do not burn tree branches, treated wood or wrapping paper in a home fireplace.

Top tips to prevent poisoning this holiday season:

- Keep alcohol, including baking extracts, out of reach and do not leave alcoholic drinks unattended.
- Color additives used in fireplace fires are a toxic product and should be stored out of reach.
- Artificial snow can be harmful if inhaled, so use it in a well-vented space.
- Mistletoe berries, Holly Berry and Jerusalem Cherry can be poisonous. If they are used in decorating, make sure children and pets cannot reach it.
- In a poison emergency, call the national Poison Control Center at 800-222-1222

Stress, Depression and the Holidays: 10 Tips for Coping.....

By Mayo Clinic staff

Recognize holiday triggers

Learn to recognize common holiday triggers, so you can disarm them before they lead to a meltdown:

- **Relationships.** Relationships can cause turmoil, conflict or stress at any time, but tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify — especially if you're thrust together for several days. On the other hand, facing the holidays without a loved one can be tough and leave you feeling lonely and sad.
- **Finances.** With the added expenses of gifts, travel, food and entertainment, the holidays can put a strain on your budget — and your peace of mind. Not to mention that overspending now can mean financial worries for months to come.
- **Physical demands.** Even die-hard holiday enthusiasts may find that the extra shopping and socializing can leave them wiped out. Being exhausted increases your stress, creating a vicious cycle. Exercise and sleep — good antidotes for stress and fatigue — may take a back seat to chores and errands. To top it off, burning the wick at both ends makes you more susceptible to colds and other unwelcome guests.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

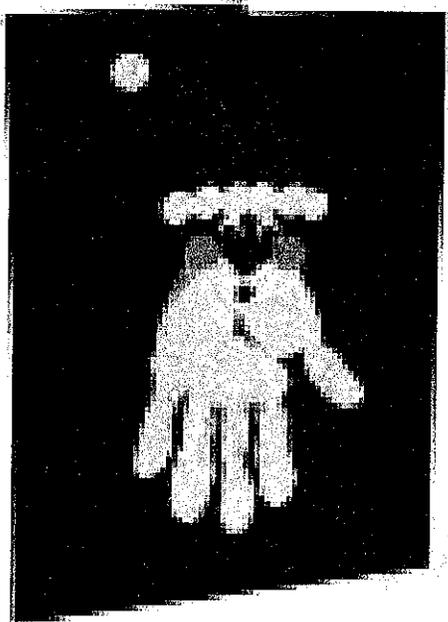
- **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
- **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videotapes.

Stress, Depression and the Holidays: 10 Tips for Coping.....

- **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression too.
- **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.
- **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
- **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
- **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.
- **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.
- **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you may find that you enjoy the holidays this year more than you thought you could.



Handprint Santa

Put your personal stamp on holiday greetings with this handprint design.

Be sure to check out our other festive ideas for homemade holiday cards.

Materials

- Red craft paper
- Glue stick
- Plain notecard or card stock
- Tempera paints
- Paper plates
- Googly eyes

Total Time Needed: 1-2 Hours

Instructions

1. Cut Santa-hat shapes (minus the pom-poms and white trim) from the craft paper, then glue one onto each card. Glue a pair of googly eyes a fingertip's width below each hat.
2. Pour white tempera paint onto one paper plate, and a dollop each of red, black, and pink (mix some red and white) onto another. Stamp white handprint beards, then use fingertips to stamp the trim on the hats, and a nose, mouth, and cheeks on each face.



How To Recycle Old Crayons into New Crayons

Have lots of crayon stubs that are too small to hold on to? Don't throw them out! You can use them to create big, chunky crayons – and your kids can help.

Difficulty: Easy

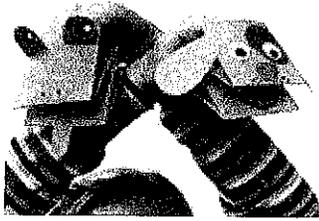
Time Required: 25 minutes

Here's How:

1. Gather up all of your broken crayons, and cut them into small pieces. (An adult will need to complete this step.)
2. Preheat the oven to 150 degrees.
3. Fill the muffin tin with an inch-thick layer of crayon pieces.
4. Bake 15-20 minutes, or until the wax is melted.
5. Allow the tin to cool; then pop out the crayons, and they're ready for use.

Tips:

1. If you don't have a muffin tin to devote to crayon making, you can line your regular muffin tin with foil cups.
2. Candy and soap making molds can also be used to create fun, shaped crayons.
3. Recycled crayons make a great no-cost gift or party favor.



Paper Puppets

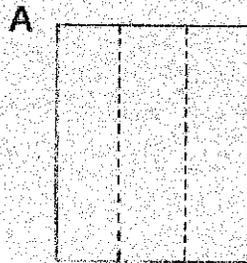
All you need for the basic version of these puppets is a sheet of paper, tape, and a marker, making it a great boredom-buster when you're on the go. We dressed up ours with additional cut-paper features.

Materials

- Letter-size sheet of paper
- Tape
- Markers
- Colored paper (optional)
- Scissors (optional)
- Tacky glue (optional)

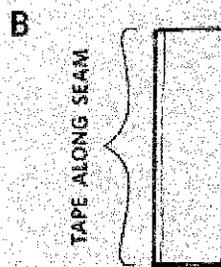
Total Time Needed: 30 Minutes or less

Instructions



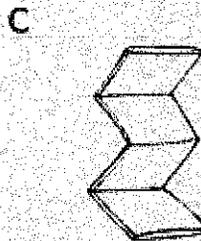
1.

Fold a letter-size sheet of paper in thirds lengthwise (A).



2.

Tape the seam closed (B).



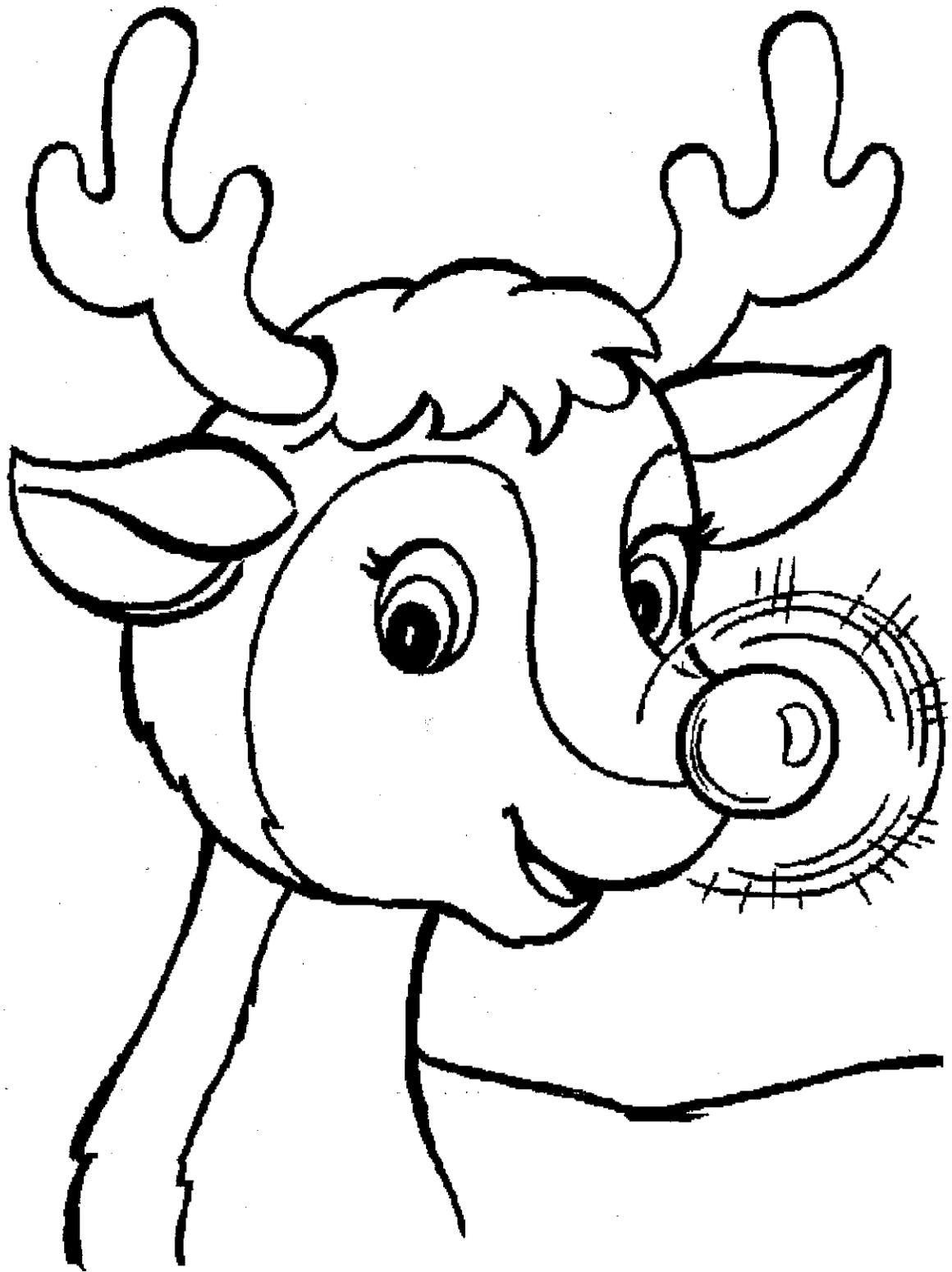
3.

Fold the paper in half. Fold the ends in half, in the opposite direction, so that the paper ends up accordion-folded into four equal sections (C).

4. Create a face with markers and, if you like, colored paper pieces attached with tacky glue. Slip your thumb and fingers into the two ends of the folded paper to bring your puppet to life.







Family Literacy Fact Page

What is Family Literacy?

Family literacy has been defined as:

- The way parents, children, and extended family members use literacy at home and in their community (*International Reading Association's Family Literacy Commission*);
- The passing of knowledge from one generation to another (*National Center for Family Literacy*);
- Coordinated learning among different generations in a family (*Massachusetts Family Literacy Consortium*).

While there may be different definitions, family literacy is what parents and children do independently and collectively to build literacy skills of each family member.

What are Family Literacy Programs?

Family Literacy Programs offer families "services of sufficient intensity and duration" in:

- Adult Education (English classes, Adult Diploma and GED programs, Transition to College and Native Language Literacy)
- Childhood Education (pre-school to high school)
- Interactive Literacy Activities (formerly known as Parent and Child Time)
- Parenting Education and Support

Why is Family Literacy Important?

The term family literacy was coined after "researchers and practitioners became increasingly aware that family environments played some role in the formation of literacy skills in young children." According to the Agenda for Children Literacy Initiative [1], children develop skills that make learning to read easier simply by talking to and with their parents. Such skills include learning the sounds that make up words, vocabulary and grammar.

What Can Parents Do to Support Children's Learning?

- Talk and listen to your child every chance you get;
 - Let your child see you read, write and do math;
 - Learn with your child;
 - Talk to teachers about your child's background and culture;
 - Expect the best for you and your child.
-

LAC COURTE OREILLES OJIBWA COMMUNITY COLLEGE
RED CLIFF OUTREACH SITE (715)779-5067
SPRING 2011 COURSE SCHEDULE-CLASSES BEGIN TUESDAY, JANUARY 18th

11-8-11 B.B.	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes	NAS 230 (3 cr.) Ojibwe Literature and Storytelling Beth Paap 9:00-12:00	ALP 101 (3 cr.) General Math Jim Radtke 9:00-12:00	ENG 102 (3 cr.) Composition 2 Beth Paap 9:00-12:00	ENG 223 (3 cr.) Literature for Children D. Fischer 9:00-12:00	SCI 110 (3 cr.) Earth Science Judy Pratt-Shelley 9:00-12:00
	NAS 222 (3 cr.) Tribal Government Shannon Swanson 9:00-12:00	PSY 210 (3 cr.) General Psychology G. Berg 10:30-11:55 Polycom	ALP 106 (3 cr.) General English Linda Johnston 9:00-12:00	PSY 210 (3 cr.) General Psychology G. Berg 10:30-11:55 Polycom	BUS 125 (3 cr.) Intro to Personal Finance S. Ambrose 9:00-12:00 Polycom
Afternoon Classes	MTH 111 (3 cr.) Pre-Algebra Jim Radtke 12:30-3:30	EDC 110 (3 cr.) Intro to Higher Education Jim Radtke 12:30-3:30	CPS 101 (3 cr.) Computer Applications S. Wilber 1:00-4:00		
		NAS 242 (3 cr.) Native American Philosophy Jason Schlender 1:00-4:00	PSY 242 (3 cr.) Human Growth & Development L. Fish 1:00-4:00		
Evening Classes	NAS 102 (4 cr.) Ojibwemowin 2 Jason Schlender 4:00-6:00	NAS 102 (4 cr.) Ojibwemowin 2 Jason Schlender 4:00-6:00	Art 107 (3 cr.) Native American Art 4:00-7:00	BUS 260 (3 cr.) Business Communications T. Hemming 5:30-8:30 Polycom	
	ENG 112 (3 cr.) Fund. Of Speech Sue Erickson 4:00-7:00	BUS 240 (3 cr.) Principles of Management S. Ambrose 4:00-5:30 Polycom	BUS 222 (3 cr.) College Accounting 2 Linda Arndt 4:00-7:00 Polycom	BUS 240 (3 cr.) Principles of Management S. Ambrose 4:00-5:30 Polycom	

Online Classes:

- BUS 120-01 Intro to E-Commerce (3 cr.) S. Foerster
- CPS 101-01 Computer Applications (3 cr.) R. Orner
- CPS 110-01 Web Page Development (3 cr.) S. Foerster
- HTH 130-01 Medical Terminology (3 cr.) S. Kernan
- HTH 231-01 Navigating Health Care (1 cr.) C. Arrigo
- HTH 232-01 Wellness: Food for Fitness (1 cr.) C. Arrigo
- HTH 233-01 Body/Mind/Spirit/Wellness (1 cr.) C. Arrigo
- SOC 205-01 Sociology of Race, Ethnicity, & Diversity (3 cr.) M. Sharlow

At 18 months of age Does your child ...

1. Look at you and point when he/she wants to show you something?



2. Look when you point to something?



3. Use imagination to pretend play?



If the answer is NO,
your child may be at risk
for AUTISM. Please
alert your physician today.

CDC: "Learn the Signs, Act Early"

- Does not babble or coo by 12 months
- Does not gesture (point, wave, grasp) by 12 months
- Does not say single words by 16 months
- Does not say two-word phrases on his or her own by 24 months
- Has loss of any language or social skills at any age

Normal Development at 12 months



Babbling
or Cooing

Gestures:
Points, Waves,
Grasps

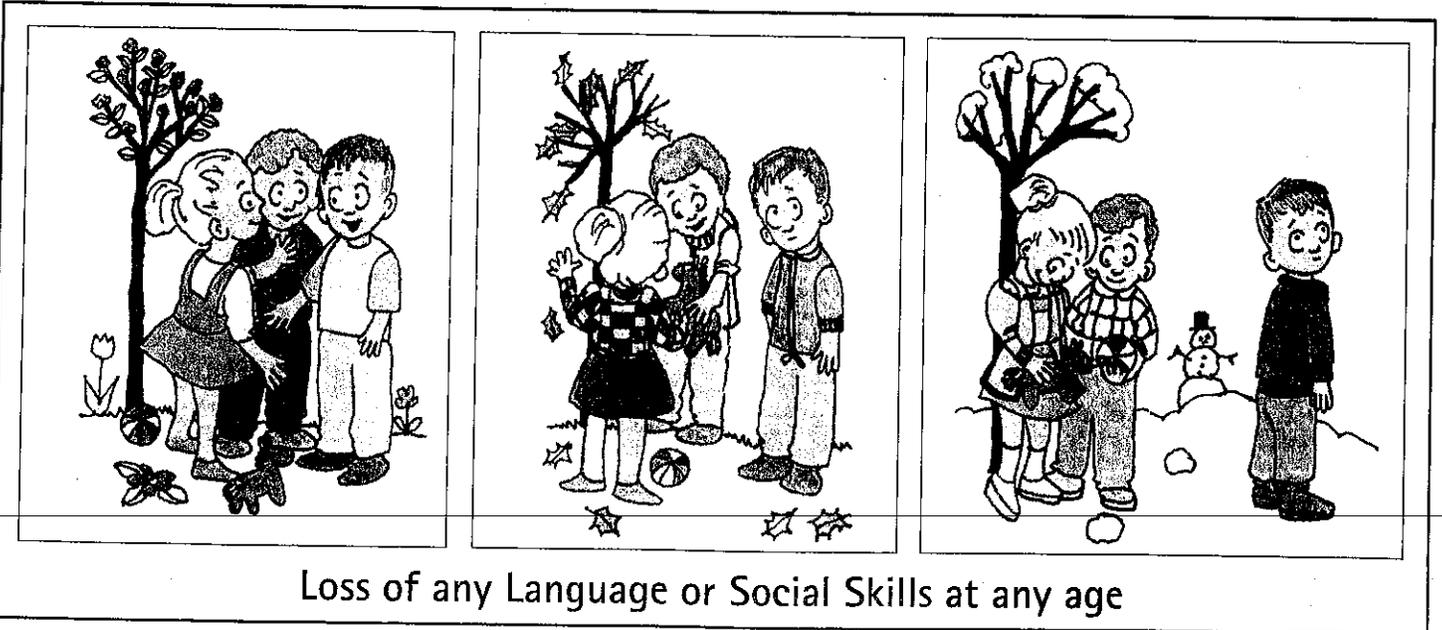
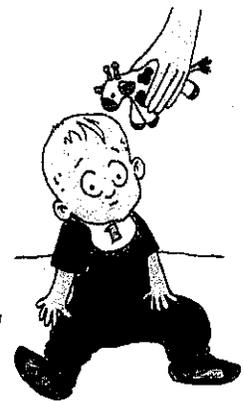


At-Risk Development at 12 months



NO Babbling
or Cooing

NO Gestures:
Pointing, Waving,
Grasping



Loss of any Language or Social Skills at any age

MAPLE SUGAR COOKIES

1 cup maple syrup	2 tsp baking powder
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ cup hot water	$\frac{1}{2}$ tsp. ginger
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ tsp. cloves

Mix sugar, syrup, and butter then add dry ingredients. Mix well, drop in tsps. full on cookie sheet. Bake at 325 degrees for 30 minutes, and sprinkle with powdered sugar.

MAPLE SUGAR BAKED APPLES

12 apples- cored but not through the bottom
2 cups maple sugar
2 tbsps. cinnamon

Mix sugar and spice together, and fill each apple. Bake at 375 degrees for 35 minutes or until done.

BLUBERRY BANNOCK

$1\frac{1}{2}$ lbs. blueberries	$3\frac{1}{2}$ cups shortening or oil
5 cups flour	6 eggs
1 cup maple sugar	
4 tsp. baking powder	

Press berries to obtain about $\frac{1}{2}$ cup juice. Mix together all the dry ingredients. Heat oil in frying pan. Beat eggs and juice to get a deep cream, mix with dry ingredients and add blueberries. Fry in hot oil one tablespoon at a time.

CHIPPEWA SWEET MEAT

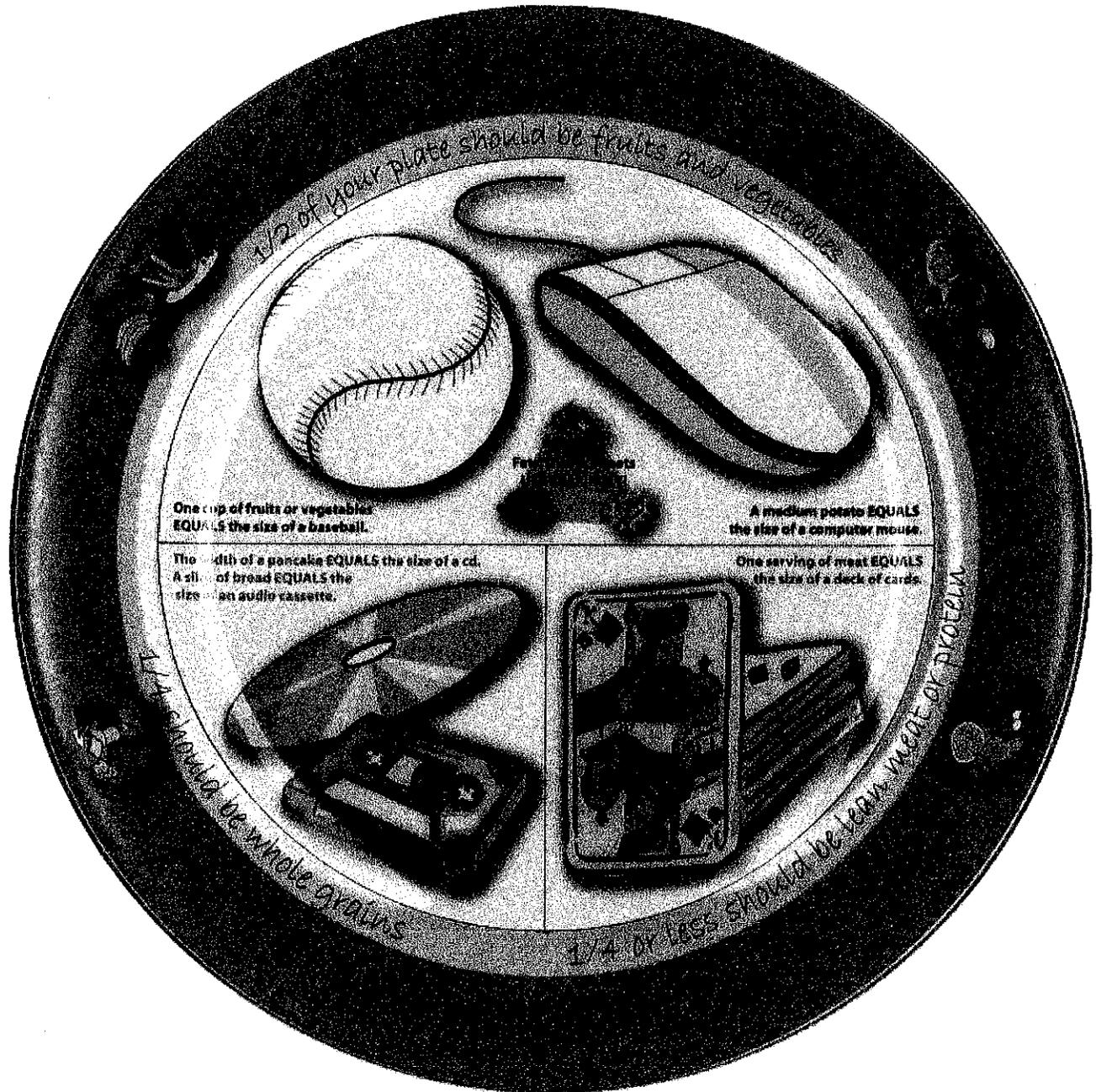
1 lb. ground beef
 $1\frac{1}{2}$ qts. blueberries
 $\frac{1}{2}$ lb. maple sugar

Fry meat until done. Add sugar and berries. Simmer for 30 minutes. Bake slowly until dry looking.

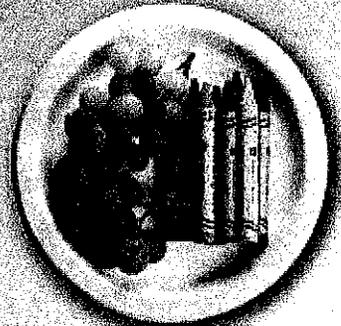
TRADITIONAL CRANBERRY SAUCE

$1\frac{1}{2}$ lbs. high bush cranberries or domestic cranberries
2 cups maple sugar
 $1\frac{1}{2}$ cups birch sap or water

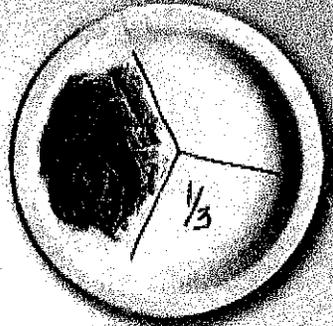
Place all ingredients in a large kettle and bring to a boil. Reduce heat and simmer 25 to 30 minutes. Good with bear, beaver, or grouse.



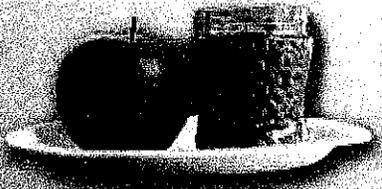
WHAT DOES 1 FOOD PORTION EQUAL?



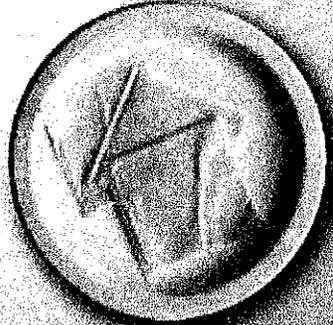
32 GRAPES = 1 CUP



$\frac{1}{2}$ CUP PASTA = 1 OZ.



1 CUP CEREAL = 1 OZ.



3 SLICES AMERICAN CHEESE
= 1 CUP MILK.

FOOD CHART

Age: 1-2 3-5 6-12

Breakfast

	1-2	3-5	6-12
Fluid Milk	1/2 cup (c)	3/4 cup (c)	1 cup (c)
Juice or Fruit or Vegetable	1/4 c	1/2 c	1/2 c
Grains/Breads	1/2 slice* (or 1/2 serving)	1/2 slice* (or 1/2 serving)	1 slice* (or 1 serving)
or cold dry cereal	1/3 oz. or 1/4 c	1/2 oz. or 1/3 c	1 oz. or 3/4 c
or cooked cereal	1/4 c	1/4 c	1/2 c

Snack (select two different components from the following four **)

	1-2	3-5	6-12
Fluid Milk	1/2 cup (c)	1/2 cup (c)	1 cup (c)
Juice or Fruit or Vegetable	1/2 c	1/2 c	3/4 c
Meat or Meat Alternate	1/2 oz.	1/2 oz.	1 oz.
or yogurt	2 oz. or 1/4 c	2 oz. or 1/4 c	4 oz. 1/2 c
or peanut or other seed or nut butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
or egg (large)	1/2	1/2	1/2
Grains/Breads	1/2 slice* (or 1/2 serving)	1/2 slice* (or 1/2 serving)	1 slice* (or 1 serving)

Lunch/Supper

	1-2	3-5	6-12
Fluid Milk	1/2 cup (c)	3/4 cup (c)	1 cup (c)
Meat or Poultry or Fish	1 oz.	1-1/2 oz.	2 oz.
or cheese	1 oz.	1-1/2 oz.	2 oz.
or cottage cheese, cheese food or cheese spread	2 oz. or 1/4 c	3 oz. or 3/8 c	4 oz. or 1/2 c
or egg (large)	1/2	3/4	1
or cooked dry beans or peas	1/4 c	3/8 c	1/2 c
or peanut or other nut butters or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
or peanuts, soynuts, tree nuts or seeds	1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%
or yogurt	4 oz. or 1/2 c	6 oz. or 3/4 c	8 oz. or 1 c
Vegetables and/or Fruits (2 or more kinds)	1/4 c Total	1/2 c Total	3/4 c Total
Grains/Breads	1/2 slice* (or 1/2 serving)	1/2 slice* (or 1/2 serving)	1 slice* (or 1 serving)

POINTS TO REMEMBER

- Keep menu production records current.
- The minimum required amount of each food must be served.
- Use full-strength juice.

* or an equivalent serving of an acceptable grains/breads such as cornbread, biscuits, rolls, muffins, etc., made of whole grain or enriched meal or flour, or a serving of cooked enriched or whole grain rice or macaroni or other pasta products. Refer to the grains/breads list for correct

** For snack, juice or yogurt may not be served when milk is served as the only other component.

Red Cliff Early Childhood Center
Regular Policy Council Meeting Minutes
10-25-10
12:00 p.m.

Policy Council Members Present: Jennifer Bouley, Angela Berg, Jennifer Bresette, Johanna Wilson, Candyce Holcomb, Hudson Gauthier

Others Present: Dee Gokee-Rindal, ECC Administrator; Nicky Gurnoe, HS Director; Nicole Boyd, Family Services Manager; Rick Wygonik, Tribal Personnel Manager; Mike LaGrew, ECC HS Bus Driver

Meeting called to order at 12:10pm by Dee; sign in completed

Linking Our Voices- 22 min video

Video was watched by those present

Distribute PC By-Laws & Other Program Governance Information

Nicole distributed by-laws to PC. Discussion was held on whether or not they are mandated reports, if they will have to take a drug test and if there is a need to amend/review the by-laws. Hudson motioned to hold a Special PC meeting to review the by-laws on Monday, November 8th from 12-2 pm, Johanna seconded, all in favor, motion carried.

Discussion was also held relating to formats for meeting agendas so that someone is able to fill in in Nicole's absence. Nicole agreed to work on this.

Elect Policy Council (PC) Officers

Dee explained the nomination process and what has to be done by members. Hudson nominated Jennifer Bouley for Chairperson, Jennifer accepted, all in favor, motion carried. Jennifer Bresette nominated Hudson, he declines and motion dies. Jennifer Bouley nominated Angela, she accepts, all in favor, motion carried. Johanna nominated Jennifer Bresette for Secretary/Treasurer, she accepts, all in favor, motion carries.

Action on Minutes: 9-22-10

Angela motioned to approve the minutes, Jennifer Bresette seconded, all in favor, motion carried.

Confidentiality training and Background Checks with Rick Wygonik (12:30)

Rick Wygonik went over Tribal Confidentiality policies, back ground checks and drug testing policies.

2010-2011 Transportation Plan

Mike presented the plan to PC. Discussion was held relating to cameras on the bus, Mike clarified that there is not. PC would like more time to review the Plan. Hudson motioned to table the Transportation Plan until the November 8th Special PC meeting and it will be first on the agenda, Candyce seconded, all in favor, motion carried.

Distribute Only/No Action Needed:

September ECC Program Summary Report
ECC Quarterly Reports: June-August 2010
ECC 2010 Self-Assessment Summary Report

Other**Parent Activity Fund:**

Nicole discussed with the PC the Parent Activity Fund. No action was taken, it was recommended to add to the next PC meeting agenda.

Roberts Rules of Order & Misc.:

A suggestion was made for some resources to be available to PC regarding Roberts Rules of Order. Jennifer Bouley stated that she can forward some info to Nicole to distribute to PC and Nicole has some resources available too. Discussion was held on whether an opening ceremony should be done prior to the start of all PC meetings; no action was taken. Discussion was held on setting a regular meeting time for each month. PC agreed that all regular meetings will be held on the third Monday of each month at 12:00 (noon) until further notice.

Executive Session: Personnel Issue-Nicky

Candyce motioned to go into Executive Session at 2:06pm, Angela seconded, all in favor, motion carried.

Regular Session

Jennifer Bresette motioned to return to Regular Session at 2:14pm, Angela seconded, all in favor, motion carried.

The Next Regular PC Meeting is scheduled for Monday, November 15th at 12:00.

Angela motioned to adjourn at 2:18pm, Johanna seconded, all in favor, motion carried.

**Red Cliff Early Childhood Center
Special Policy Council Meeting Minutes
Monday, November 8th
12:00 p.m.**

Policy Council Members Present: Jennifer Bouley, Jennifer Bresette, Johanna Wilson, Hudson Gauthier

Others Present: Dee Gokee-Rindal, ECC Administrator; LaVonne Goslin, EHS Director; Nicole Boyd, Family Services Manager; Mike LaGrew, ECC HS Bus Driver

Meeting called to order by Jennifer Bouley at 12:12pm; Sign in completed

2010-2011 ECC Transportation Plan

Mike LaGrew presented the Transportation plan and opened the floor for discussion. Discussion was held regarding monitor roles and the possibility of having a daily log for monitors. This was agreed by PC, Mike, Dee, LaVonne and Nicole that it would be brought to Nicky to work into the system/plan and then be brought back to PC in December. Johanna motioned to approve the plan, Jennifer Bresette seconded, all in favor, motion carried.

ECC Policy Council By-Laws

Discussion was held on the by-laws; several changes were recommended and discussed relating to drug free policy, immediate termination, alternates, removal policy, vacancies, and grammatical changes. Pc agreed that they needed more time to review the By-Laws; Hudson motioned to hold a Special PC meeting on Monday, November 22nd from 12-2pm, Johanna seconded, all in favor, motion carried.

Dee updates PC on the Drug Free Work Policy and will be looking into it more.

Other

Program Governance Training

Dee discussed with PC that there will be a joint Program Governance Training with the Tribal Council and Jr. tribal Council on Monday, November 29th from 12:30-3:30pm at the Bingo Hall.

Johanna motioned to adjourn at 1:55pm, Jennifer Bresette seconded, all in favor, motion carried.

DECEMBER 2010

MANIDOO-GIIZISOONS

	MON	TUE	WED	THU	FRI
			1B CHEERIOS, BANANA, TOAST L BEEF STIR FRY, RICE, M ORANGES, STIR FRY S SLEEPY BEAR, JUICE	2B RICE CRISPIES, MUF. FIN, PEACHES, CC L PIZZA BRG, TROP FRUIT, WAFFLE FRY, S RICE CAKES/MILK	
		6B WAFFLE, BLUEBERRIES L CHIX NUGGETS, GR BEANS, YOGURT, MANGO, SALAD S_PB GRAHAM/MILK	7B KIX, ORANGES, TOAST, PB&JELLY L CORNBREAD PIZZA, PEARS, CARROTS, SALAD S PUDDING/NILLA WA- FER/JUICE	8B CORN CHEX, STRAW- BERRIES, BAGEL, PB L HAM/POT SOUP, ROLL, PB, CORN, SLAW S SANTA MIX/MILK	9B HB OATS, BERRIES, ENG. MUFFIN L BEEF STEW, BISCUITS, PEACHES, SALAD S CELERY,CARROTS/ RANCH DIP
		13B oatmeal, peaches L Hamb hd., carrots, pears, salad, S cheese/crackers/juice	14B rice crispies, berries L beef veggie soup, bis- cuit, pb, pears S cookie/milk	15B cheerios, or anges, toast L chix/biscuit, peas/ carrot, trop fruit S BAGEL SNOWMAN/ JUICE	16 HOLIDAY PARTY HOLIDAY DINNER W/ FIXINGS
20B		21B	22	23	
ECC CLOSED		ECC CLOSED	ECC CLOSED	ECC CLOSED	
27		28	29	30	
ECC CLOSED		ECC CLOSED	ECC CLOSED	ECC CLOSED	