



Red Cliff Education Division NEWSLETTER

ode'imini-giizis (June) Time for Picking Strawberry Moon

2010 ECC Pony Rides!

Inside this issue:

- Classroom Updates
- June Calendar of Events
- PONY RIDES!
- Sun Safety
- Family Fishing Photos
- Breastfeeding Support Group
- LCO College!!
- SLEEP Information
- Dental Message
- Health Screenings
- Job Postings
- Policy Council Minutes
- ECC June Menu

The ECC will host it's annual ECC Pony Rides this year at Little Sand Bay Park Area. We will be joined by Grandpa's Party Ponies from 10-12. Lunch will be provided by the ECC and families are encouraged to bring the whole family!

Due to some major construction projects near her home, Phoebe is unable to host the annual Pony Rides this year. She sends her apologies, but looks forward to having ECC families out to her place again in the future.

We hope all ECC families(Home Based, Center Based and families on waiting list) will be able to join us for one of the following scheduled days:

***Monday, June 14th: Early Head Start**

(No Waabooz, Amik, Makwa or Esiban classes this day)

***Thursday, June 17th: Head Start**

(No Mashkodebizhiki, Maiingan, or Migizii classes this day)

Please feel free to contact Nicole (ext 253) or Nicky (ext 243) at 779-5030 with any questions.



Congratulations!!
2010 Bayfield High
School Graduates
~from the ECC!

Miigwetch to all
the ECC families
and Red Cliff
Community
members that
attended the ECC
Fishing Event!



Ode'imini-giizis 2010 (June)

Time for Picking Strawberry moon

~ECC and Community Events

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1	2	3	4	5
6	ECC Closed	Community Ojibwe Language Meeting 5pm FEAST	10 HS Field Trip to Dick Young Farm Last day: Bayfield School 12:45pm	11 Plant Give-away 9-2 @ Green House behind Prevention Center	5 Bayfield High School Graduation 2pm
7	Tribal Council meeting 6:30pm Breastfeeding Support Group	9 Puppets Show 10:45 am HS Field Trip to Dick Young Farm Sewing 5pm @ ECC	16 Puppets Show 10:45am Sewing 5pm	17 HS Pony Rides 10am @ Little Sand Bay (NO HS CLASSES) Education Committee Mtg @ 1pm	12
13	14 EHS Pony Rides 10am @ Little Sand Bay (NO EHS CLASSES)	8 Language Table 5pm @ FAPC 15 Ashland ABC Open House 6:30pm Language Table 5pm @FAPC	23 Puppets Show 10:45am Sewing 5pm	24 Pow Wow 10:45am HS Field Trip: Alligator and Coast Guard park	18
20	21 Breastfeeding Support Group 10am @ Clinic Immunization Clinic 1-4 @ Clinic	22 Policy Council Mtg 1:00 @ ECC Tribal Council Meeting 4:30pm Language Table 5pm @ FAPC	29	25	19
27	28	30 Puppets Show 10:45am Sewing 5pm	Red Cliff Pow Wow July 2, 3 & 4		26



**HOMEBASE PROGRAM
AGONGOS
(chipmunk)
JUNE 2010
NEWS**

June 20th 2010

Happy Fathers Day
To all those Special Dads



Parents:
It's that time
to get
out of the house
and go for a walk,
run or just a stroll
with the family.
Stay fit, stay healthy,
keeps us young and
spirited.

WELCOME
KATY BUTTERFIELD
AS OUR NEW EHS
CENTER BASED
TEACHER

Family Play day for
HomeBase

At

Little SandBay



When:

June 14th 10:00 to 12:00

June 17th 10:00 to 12:00

Come and enjoy pony rides



By: Ed Johnson

LUNCH WILL BE PROVIDED

ANTS

Discourage ants by spraying undiluted
white distilled vinegar outside
doorways and windowsill, around
appliances and wherever the pests are
coming in.



Vinegar freshens, sweetens and cleans
better and is a wonderful and safe
green cleaning substitute for
commercial cleaners.

IF YOU ARE INTERESTED
IN THE HOMEBASE PROGRAM PLEASE CONTACT US
AT

715-779-5030



PHOEBE HYDE ext: 236

CINDY GARRITY ext: 238

OR

AMBER JEFFORDS ext 235





Thanks to the kitchen for happy babies!
A big thank-you for all the help in the baby
room, the children are a lot calmer!!!
Isaiah best wishes to your new sister!

New Birthdays!
Isabella-5-9-10
Maddox-5-23-10
Stella-5-28-10

Our room has grown so much in such a short time.
I just want to thank our parents for making our room GREAT!!!
Happy Summer!

Teresa and Karen

ODE'IMINI GIIZIS NEWSLETTER

Amik Room

Boozhoo Amik Parents



Wagwagan

Boozhoo, amikwag
nindizhinikaazomin!

Minosay

Ava

Chloe

Elizabeth

Zarianna

Miles

Kyle

Malyah

We would like to say boozhoo and welcome to our new teacher, Katy Butterfield.

Ojibwemowin will be incorporated into everyday conversations as much as possible so be on the look out for new words, labels, and fun!

The amikwezensag have been working on all kinds of new skills. Some of these include:

Social/emotional- Continuing to work as a group, using more

words to express our feelings, encouraging good friendships and helping hands.

Large motor-Climbing gichi-asin (the big rock), playing in the obstacle course in the classroom, riding bikes, having fun in our jiimaan (boat), throwing balls and pull-ups (we are some tough ikwezensag-little girls!)

Fine motor-Eating with our silverware, brushing our teeth,

puzzles and shape sorting, and being gentle with manidoonzag (bugs)!

Cognitive-Counting in Ojibwe, shapes and colors, new Ojibwe words, and nature walk discussions



This month we will continue to play agwajing (outside) and enjoy nature. We would like to work more nibikaang (in the water) and practice listening to all the sounds of nature. Just a reminder, with all this fun outdoors, we get lots of hitchhikers! Check your kids for ezi-gaawag (woodticks). We

will be sure to apply plenty of sunscreen to keep our skin healthy. Please send in extra shorts and t-shirts as we will be playing in the water to keep ourselves cool.

Miigwetch parents for having the kids here on time, calling in when your kids will be absent, getting paperwork done on time and making sure your kids are dressed for the weather.

Enjoy your summer!



Makwa Room

June News!



Summer is here and the Makwa's are so happy to be enjoying their time outside! Please remember that we are going out nearly everyday and we make sure your little ones are wearing sunblock. We are getting wet some days too so bring lot's of extra clothing.

We are working on lots of fine motor skills such as beading, tracing the first letter of our names, and cutting with scissors.

We are also working on colors and shapes every day!



Makwa's are getting ready to ride the big bus!! Each child will ride the bus twice during the months of June and July. Please contact us if you have any questions relating to this.

Quintin enjoys playing baseball outside.
Madelyn enjoys playing with the babies.
Jasmine loves playing with the TIGER.
Logan G. likes playing with his big cousin.
Logan A. likes to ride the bikes outside.
Max enjoys playing dinosaurs...RRRRR.
Hailen likes playing in the water.
Alivia likes playing in the sand!

Feel free to contact us anytime for anything! 779-5030 ext 244

~Caitlin and Auna

Esiban News



Wow, this year is going by so fast. The weather has been beautiful and we are enjoying every minute of it! Some of us are getting ready for Head Start! The kids that are moving on we will begin visiting their classroom this month as well as transition on the bus! Please let us know if you have not received your bus schedule or have any other questions regarding the bus transition schedule. This is **ONLY** for the kids going to Head Start in the fall. We are doing a great job working on the first letter of our name!

Here are some things we like to do.....
Cyan likes to play baseball all the time!
Remy likes playing with the Head Start kids!
Jacob likes the trucks!
Richard likes to ride the bikes around!
Kayden likes to push all the big trucks around!
Ross likes to read!
Tarence likes finding his name on things!
Connie likes to play with the new dollhouse!

Please remember to send extra clothes to school. The weather is getting hot and we enjoy playing in the water outside!

No EHS classes Thursday, June, 14 2010. This is a scheduled day for EHS pony Rides.

Ojibwe words:

Giizhis-Sun

Anang-Star

Chi Noodin- Big wind

Cloud- Anakwad

Asin-Rock

Waabigwani- Flower

Nagweyaab- Rainbow

Enigoons- Ant

Miigwetch,
Nadine, Amber and Britany



Mashkodebizhiki Room

Boozhoo. The warm weather brings with it many great things. Butterflies, flowers, water play and Ms. J. That's right, Ms. J is back in our room. We are all so excited to have her back with us. We would like to thank Auna, Laci, Tara and Lena for helping out in the room while she was gone. The kids really had fun having them with us.

The warm weather also brings lots of outdoor play. Please feel free to send a swimsuit or an extra t-shirt and shorts for your child to get wet in. We will wash them after each use and put them back in their cubbies. We are applying sun block every morning so if you haven't signed a permission slip for this please do so. We cannot apply or administer any type of medication (including sun block) without that paper being signed. If you cannot find the one that was sent home please give us a call and we will be happy to send home another.



We are in the process of re-doing our playground area and it is looking wonderful. We have two raised gardens with pumpkins and veggies and many barrels for other fun things to grow. We have also planted some other plants that will make our outdoor environment look more inviting. There is still a lot of work to do so feel free to come on over and lend a hand. It is always very much appreciated.



Thank you to everyone who has been sending back the Thursday folders. It seems to be working good on our end and hopefully it is working well for all of you. If you have any input into the Thursday folder idea please give us a call. Any thoughts or suggestions are welcome.

We have just begun the Talk About Touching curriculum. We have covered car safety, crossing the street and fire safety. The kids are really interested and seem to have a lot of ideas and thoughts regarding these topics. Please talk with them about what they learned and reinforce the safety practices. If you would like more detailed information on the curriculum please feel free to give us a call.



We are also doing a lot of talking about being good friends and making good choices. Right now the kids are working so hard at building friendships that we want to give them good tools to help form those friendships. We are also starting to focus more on basic letter shapes (lines, circles, etc.) so that we can be ready to begin writing some letters in our names. Encouraging your child to "write" their name will make them want to continue to practice. We will also be focusing on rhyming so dust off your silly side and start rhyming every word you can think of.

We hope you are all able to enjoy the warmer weather and are able to spend some time doing whatever makes you happy.

Ms. Virginia, Ms. J and Ms. Jenn

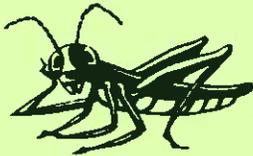
Migizii Room June News



Boozhoo: June is upon us and the weather is keeping the class outside more. While the Migizi class is outdoors, we are working on our science projects. From having an egg being sucked into a glass bottle, to turning raisins into swimmers, the children are oohing and aahing. We are also working on turning Alka seltzer into rockets.

Good times with our science experiments.

Inside, we are working hard to finish the letters of the alphabet before school is out. Our numbers are really coming along, learning to write and recognize them. This month we are learning about insects, and the ojibwe words that go with them.



Here are a few of the insects in Ojibwe:

Bug: manidoons

ant: enigoons

Bee: aamoo

dragonfly: oboodashkwaanishiinh

Grasshopper: bapakine

snail: biimiskodisii

Worm: moose

Fun and exciting things are happening in the Migizi classroom!!

~Ms. Diann, Ms. Tracy, and Ms. Patsy~



Dear Ma'iingan class,

For the month of June we will be having summer fun activities. We will be going on more field trips and just enjoying the great outdoors. It's hard to believe how fast this year has gone. We have enjoyed your children so much. They are learning their letters and numbers. We do music, stories, math, science, culture and recess everyday and the children have been awesome....

Miigwetch... thank you so much for sharing them with us...

We still have a few home visits to finish up so if you are one that we have not met with please call us to schedule an appt... it will not take to much of your time and you will be able to see how well your child is doing and look at pictures and work samples in their portfolios..... If you ever have any questions please feel free to call us at the center our extension is 245....

Miigwetch....

Ms. Linda, Ms. Barb, Ms. Alicia and Ms. Bernice

Spirit Heart Program

Boozhoo Everyone,

The Spirit Heart Program is looking for donations. I'm seeking a minimum of 100, 5 qt. ice cream pails or something similar in size.

We are sponsoring a gardening activity at the upcoming Family Day Camp in July.

Please drop off your clean ice creams pails at the Red Cliff Early Childhood Center, leave them at the front door next to the registration podium.

Miigwetch, Kathy Barri

Spirit Heart Program

Red Cliff Early Childhood Center

779-5030 ext. 237

Posted 5/26/10



ECC 2010 Pony Rides

Early Head Start scheduled Pony Rides Day:

Monday, June 14th

Little Sand Bay

10:00am

(No Waabooz, Amik, Makwa, or Esiban Classes this day)

Head Start scheduled Pony Rides Day:

Thursday, June 17th

10:00 am

(No Mashkodebizhiki, Maiingan, or Migizii Classes this day)

**Lunch will be provided
both days by the ECC.**

**Parents are responsible
for transporting;
this is a family event.**

**Please remember to
apply sunscreen and
bring extra clothing in
case you decide to go
swimming.**

Picnic & pony rides!



Call Nicole (ext 253) or Nicky (ext 243) at 779-5030 with any questions.



Schools and Communities Working Together



The Bayfield School District and The Red Cliff Early Childhood Center
proudly present

WEWENI BIZINDAWIYAANG

Ojibwe Language Revitalization
Community Presentation

Wednesday June 2nd, 2010

Red Cliff Isle Vista Bingo Hall

Feast 5PM

Presentation 6PM



Keynote Speaker

Anton Treuer, PH.D.

Ojibwe Language Professor

Bemidji State University

Editor of *Oshkaabewis Native Journal*

Michael Sullivan

Ojibwe Language Graduate Student

Lead singer of *Pipestone*



Keller Paap

Co-Founder/Teacher

Waadookodaading Ojibwe Immersion Charter School

Mii wenji-bimaadiziyaang wa'aw gidinwewininaan

OPEN TO THE COMMUNITY.

For more information contact:

Jay Schlender at 913-0119 or Shelia Everhart at 779-3201



May 2010

HEAD START FAMILIES:

It has gotten difficult for the Head Start teachers (children ages 3-5 only) to apply sunscreen to such large groups of children with differing skincare needs (such as eczema, allergies, dermatitis, etc).

It is crucial that children wear sunscreen so they don't get badly burned or get skin cancer later.

Please apply sunscreen to your children before they come to school. Don't forget the neck and ears!

Tip: apply another layer to entire child when

s/he child gets home from school.



Children in Early Head Start will still get sunscreen applied at school.

Chi miigwetch.

Sue Pillinger, Health Mgr.

ECC Family Fishing Day: May 27th, 2010



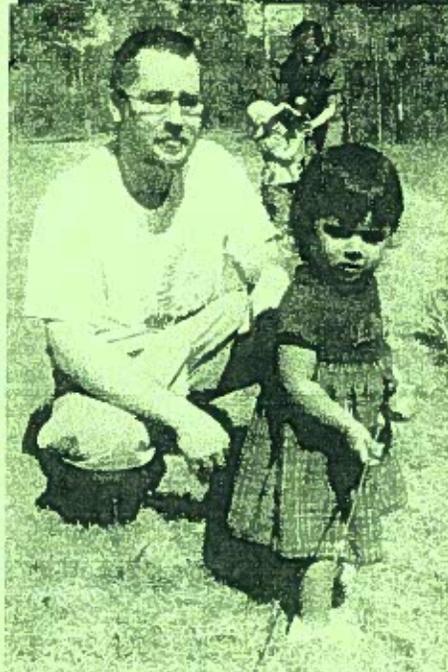
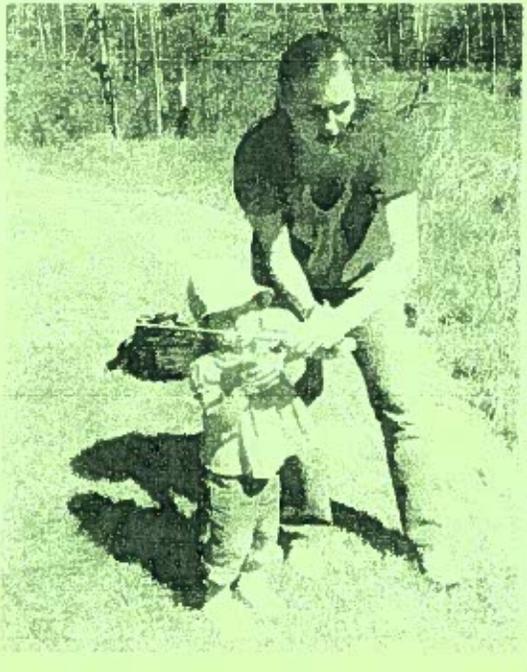
ECC Family Fishing Day: May 27th, 2010



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ECC Family Fishing Day: May 27th, 2010



Honoring Our Teacher

RED CLIFF 32nd ANNUAL

POW WOW

Master of Ceremonies: Frank Dickenson

Host Drum: Spirit Mountain

Co Host Drum: Little Earth

Hometown Host: Redbird

Head Dancers: *Friday:* Jim Pete & Caroline Gouge
Saturday: Ron Adams & Emma Hawketoss
Saturday Evening: Carl Chalepah & Rose Gokee
Sunday: Nathan Morris & Sara Quail

Head Veteran: Larry Balber

Spiritual Advisors: *Friday:* Earl Day
Saturday: Leo Lafermier Sr.
Saturday Evening: Tony DePerry
Sunday: Tony DePerry

CALENDAR OF EVENTS

Thursday Evening: Princess & Brave Pageant

Friday: Girls Fancy Shawl Contest

Saturday: Honoring Our Elders

Ben Fox	Lilian Daley
Leonard LaPointe	Gladys DePerry
Marvin Defoe Sr.	Sister Grace Ann
Vernon Defoe	Eleanor Gurnoe

Women's Side Step Competition

Prizes Awarded to: 1st, 2nd & 3rd Place

Sunday: Honoring Our Teacher, Mark Gokee
Maskawaa-Niboo Makwa

July
2-3-4
2010

Grand
Entry:

Fri. 7 pm
Sat. 1 & 7 pm
Sun. 1 pm

Our Teacher
"Mark Gokee"
Maskawaa-Niboo Makwa

Contact Information:
Gretchen Morris 715-913-0077

Red Cliff Plant and Seed

Giveaway:

Friday, June 11th

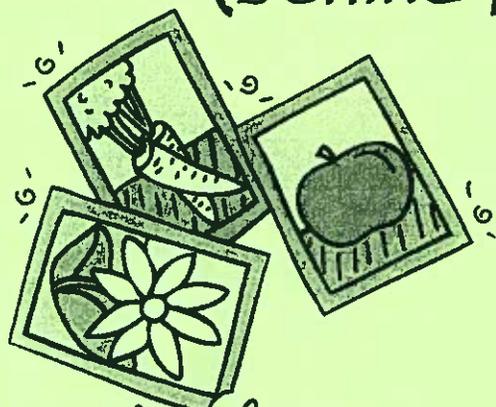
9am-2pm

@ RC Green House

(behind Prevention Center)



Any questions, call Sarah
at 779-3782



Live demos throughout the day:

~planting tips

~trellising

~open for questions



RED CLIFF COMMUNITY HEALTH CENTER

WIC CLINIC DAYS

JUNE 2010

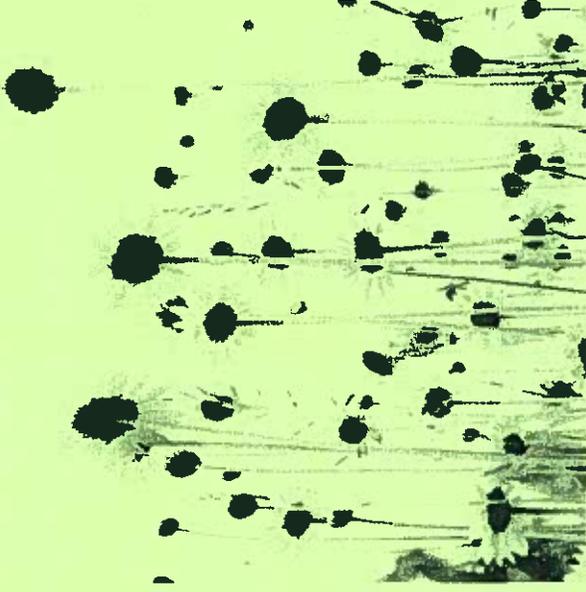
WIC RECERT DAYS

June 1st & 11th

WIC PICKUP DAY:

June 3rd 10am-12pm &
1pm-3pm

Late pick-up:
Third Thursday
ONLY
10am-12pm



Please call Salena at the
Red Cliff Community Health
Center to schedule an ap-
pointment. 779-3707

WIC RECERT DAYS

July 2010

July 6th & 9th

WIC PICKUP DAY:

July 1st 10am-12pm &
1pm-3pm

Late pick-up:
Third Thursday
ONLY
10am-12pm

June 21st

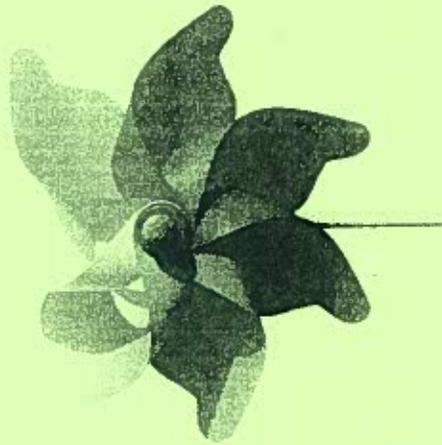
1 pm - 4 pm

July 19th

1 pm - 4 pm

August 24th

10 am - 4 pm



**RED CLIFF COMMUNITY HEALTH CENTER
IMMUNIZATION DAYS**

are you up-to-date
with immunizations?

Please call Salena at the
Red Cliff Community
Health Center to schedule an
appointment. 779-3707

NUMBER BOARD

Math Skills, Shape Recognition

Cut ten 4" x 4" pocket shapes from construction paper, and number the pockets in order from one to ten. Glue the edges of the pockets to a large piece of poster board, leaving the top of each pocket open.

Cut ten 1" x 5" strips from construction paper, draw shapes on each strip (three moons on one strip, six stars on another strip, eight triangles on another strip, etc.), and cover them with clear contact paper for durability, if you wish.

Show your child how he can count the shapes and then place the cards into the corresponding numbered pockets.

Mystery Window

Visual Discrimination, Problem Solving

Cut a 1" x 1" square hole in the middle of a 6" x 6" piece of construction paper. This square hole is your "mystery window."

Without letting your child see, place the window over a magazine picture (or one of his books) so that only a portion of the picture is visible through the hole. Show it to your child and see if he can guess what the picture is with only this visual clue. If he is having trouble, give him verbal clues or expose a different area of the picture.

OAT CEREAL SPIRE

Small Motor Skills, Math Skills

Place a small lump of play-dough or clay on a table. Stick one or more uncooked strands of spaghetti straight up into the play-dough or clay, and let your child thread round oat cereal onto the strands. It can be a challenge to thread the oat cereal onto the spaghetti without breaking the strands!

You can practice counting the cereal pieces with your child and also introduce simple concepts of addition and subtraction.

Juice Can Creations

Creativity, Imagination, Small Motor Skills

Juice Can Puppet: Help your child create a juice can puppet by covering the sides of an empty juice can with construction paper, then letting her affix fabric, felt, buttons, googly eyes and other decorating items to the can. Cut strips of construction paper and let her glue them on as arms and legs. (Be sure to build your puppet with the juice can open-side-down so your child can place her hand inside it)

Juice Can Pencil Holder: Cover the sides of an empty juice can with construction paper, then let your child use crayons, markers, stickers, and other items to decorate the can. This also makes a nice vase.

Remember your child closely during these activities.

Straw Games

Hand-Eye Coordination, Cause & Effect

Straw Soccer: Crumple a small piece of paper into a ball and place it on your child's play table. Show her how to use a straw to blow the paper around the table. (You may wish to cut the straw in half first.) Set up goal lines and have a straw soccer competition with her. Blow the paper back and forth, or try to blow it to a certain spot on the table.

Cotton Ball Race: Have a race blowing a cotton ball from a starting line to a finish line without touching it. (You can do this activity with or without a straw. You may wish to cut the straw in half first.)

Jug Catch

Hand-Eye Coordination, Large Motor Skills

Cut the bottom two inches off two clean, gallon-sized, plastic milk jugs. You and your child can each hold a jug and use it to scoop and catch a soft object like a tennis ball, rolled up sock, or small stuffed animal.

Child Care Providers You are Invited to an Open House

June 15, 2010
6:30-8:00 PM



**Stop by and see
what we have:**

- Parenting books and information
- Fun events at the Resource Center
- A place for kids to play
- Workshops and classes

ABC Family Resource Center



210 MacArthur Avenue

Ashland 54806

Children's Trust Fund
Grant Supported Program

715-682-2540

Lyme Disease Talking Points May 4, 2010

Health officials monitor for Lyme disease.

- The disease is monitored year round, but the majority of cases occur May through August when it's warm enough for ticks to be active (June and July are highest months)
- The majority of the cases are in the northwestern and west central portions of WI due to the abundant forested habitat (heavy woodland areas) and animal hosts.
- Lyme disease is a reportable disease that is caused by the bacteria transmitted by a tick commonly known as a deer tick.

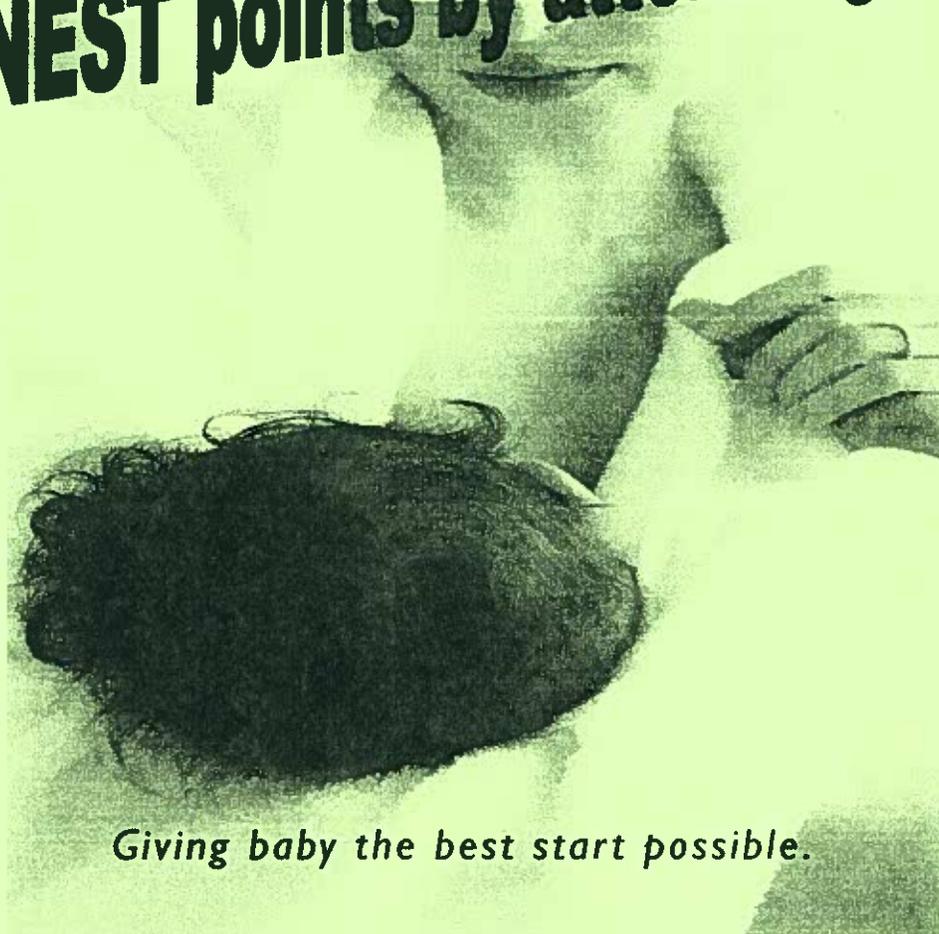
People should contact their physician if they develop symptoms.

- Tick must be attached for 24 hours before it can transmit the disease (*note: only nymph and female adult deer ticks transmit Lyme disease to human, adult deer ticks are mostly active in the fall and spring, whereas nymphs are seen mostly in the summer months.*)
- Symptoms may start as a circular reddish rash around or near the site of the tick bite, which EXPANDS in size over a period of days or weeks. May also experience other symptoms such as fever, headache, fatigue, stiff neck, muscle and/or joint pain may be present. These signs and symptoms may last for several weeks. (*Note: the difference between an allergic reaction and the Lyme disease rash is that an allergic reaction usually does not expand.*)
- The disease can be treated with antibiotics, it can be very effective if treated early. There was a vaccine available in 1998 but the manufacture discontinued production in 2002, because there were not enough demand for the product due to the need for frequent boosters, the vaccine was expensive, and it was not approved for children. Researched for new and better vaccine is ongoing.

You can take precautions to protect yourself from a tick bite.

- Avoid areas that could have ticks, such as wooded areas with tall grass and leaf litter.
- Use repellants per label instructions:
 - Adults can use 20-30% DEET on exposed skin (or permethrin) on clothing to prevent tick bites. 10% DEET on children above 2 months old.
- Wear protective clothing, long pants and sleeves, and tuck pants into socks or boots so ticks cannot crawl under clothing.
- Environmental- landscaping with woodchips or gravel and clearing tall grasses and brushes to create tick safe areas around homes, parks, fields and recreational areas.
- Check for ticks on self, children, and pets after being outdoors. If you find one, remove it immediately with tweezers as close as possible to skin and pull upward and out with a firm and steady tension. If tweezers are not available, use fingers shielded with tissue paper or rubber gloves so you're not handling it with bare hands (tick may contain infectious fluids). After removing the tick, thoroughly disinfect the bite site and wash hands. See or call a doctor if there is a concern about incomplete tick removal.

Earn NEST points by attending!



Giving baby the best start possible.

Breastfeeding Support Group

Where you can learn about breastfeeding, share your stories and get answers.

Where: Red Cliff Health Center

When: Mondays, June 7 & 21, 10-12 Noon

Refreshments provided!

Sponsored by the Honoring Our Children Project

Attention

Brigitte Gokee, Elderly Services Program Director,
has relocated her office to the new Family Services
Headquarters (aka former Wardens office):
37280 Community Road.

Contact numbers remain the same:

779-3720 phone; 209-3875 cell; 779-3376 fax



**LAC COURTE OREILLES
OJIBWA COMMUNITY COLLEGE
OUTREACH SITE**

FALL 2010 SEMESTER

CLASSES BEGIN MONDAY, AUGUST 30TH

EARLY REGISTRATION

UNTIL JUNE 11TH

FOR NEW & RETURNING STUDENTS



**CALL 779-5067
FOR MORE
INFORMATION**



**OR STOP BY THE OUTREACH SITE
LOCATED IN BAYFIELD**

(Lower level of the Lutheran Church at the corner of Manypenny Ave. and Hwy. 13)

**WE ARE CLOSED FOR SUMMER BREAK AFTER
JUNE 12TH AND RE-OPENING ON AUGUST 9TH**

“Change Your Life Today, the L.C.O. College Way!”



LAC COURTE OREILLES OJIBWA COMMUNITY COLLEGE
RED CLIFF OUTREACH SITE 779-5067
FALL 2010 COURSE SCHEDULE – CLASSES BEGIN MONDAY, AUGUST 30TH

5-5-10 DRAFT!!!!	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASSES	NAS 219 (3 cr.) NA Literature Beth Paap 9:00-12:00 Classroom #2	CPS 100 (3 cr.) Computer Basics Sharon Wilber 9:00-12:00 Computer Lab	EDC 103 (3cr.) Creative Activities for the Classroom Beth Paap 9:00-12:00 Main Classroom	ENG/SOC 261 Grant Prep & Proposal Writing Beth Paap 9:00-12:00 Classroom #2	EDC 130 (3cr.) Child Growth and Development S. VonFrank 9:00-12:00 Main Classroom
	BUS 228 (3 cr.) Intro to Marketing Jim Pete 9:00-12:00 Main Classroom	MTH 106 (3 cr.) Financial Math Jim Radtke 9:00-12:00 Main Classroom		ALP 100 (3cr.) General English S. Swanstrom **8:30-11:30** Main Classroom	SCI 240 Ethnobotany J. Pratt-Shelley 9:00-2:00 Classroom #2
AFTERNOON CLASSES	BUS 160 (3 cr.) Prof. Development Jim Pete 12:30-3:30 Main Classroom	EDC 110 (3 cr.) Intro to Higher Ed. Jim Radtke 12:30-3:30 Main Classroom	BUS 110 (3cr.) College Accounting 1 S. VonFrank 1:00-4:00 Classroom #2	NAS 100 (3cr.) Intro to Tribal Culture Jay Schlender 12:30-3:30 Main Classroom	
		HUS 101 (3cr.) Intro to Human Services S. Swanstrom 12:00-3:00 Classroom #2	SOC 111 (3cr.) Intro to Sociology Jim Pete 12:30-3:30 Classroom #2	POL 110 (3 cr.) American Govt. S. Swanstrom 12:00-3:00 Classroom #2	
EVENING CLASSES	NAS 101 (4 cr.) Ojibwemowin 1 STAFF 4:00-8:00 Classroom #2	SCI 101 Biology 1 S. Cadotte 5:00-8:00 Main Classroom	EDC 101 (3cr.) Intro to Early Childhood Ed. S. VonFrank 4:30-7:30 Main Classroom	NAS 213 (3 cr.) US Indian Policy & Law Jay Schlender 4:00-7:00 Classroom #2	
	ENG 101 (3 cr.) Composition 1 Sue Erickson 4:00-7:00 Main Classroom	ART 107 (3 cr.) Native Am. Art Diane Defoe 4:30-7:30 Classroom #2	PSY 110 (3 cr.) Intro to Counseling STAFF 4:00-7:00 Classroom #2	SCI 101 Biology Lab S. Cadotte 5:00-7:00 Main Classroom	
ONLINE CLASSES	CPS 101-01 Computer Applications (3 cr.) : Orner CPS 205-01 Computer Graphics (3 cr.) : Fitch CPS 220-01 Operating Systems (3 cr.) : Forestor HTH 130-01 Medical Terminology (3 cr.) : Jensen HTH 249-01 Contemporary Health Care Issues (3 cr.) : Larson NAS 110-01 Intro to Native American History (3 cr.) : Sharlow POL 110 -01 Intro to American Government (3 cr.) : Keahna PSY 242-01 Human Growth and Development (3cr.) : STAFF				

Beauty

Day at the Beach

REALITY CHECK Waiting until you're ankle deep in sand to apply SPF is asking for trouble. Apply it before you step outdoors—and even before you step into your bathing suit. “You're less likely to miss a spot or get burned if a strap moves when you put on sunblock nude,” Dr. Baumann says. To ensure every last inch is covered, use at least 4 ounces of product. It might seem excessive—and that's a good thing. “If you feel like you can't sit down because you'd leave a big stain, you're on the right track,” Dr. Shamban says. And when you do head out, take the bottle with you. “You'll need to reapply from head to toe at least every two hours and *immediately* after emerging from the water and toweling off,” says Dr. Fusco, who recommends using a waterproof formula to ward off harmful UV rays while swimming. If the thought of smearing on lotion all day is less than appealing, build a base with a heavy-duty UVA and UVB lotion (in the SPF 80 or 90 range), then switch to a fine spray that provides even coverage without the goop factor. Finally, remember that UV rays can fluctuate in intensity on any given day. Check the UV index online (epa.gov/sunwise1/uvindex.html) to find out how quickly you can burn, or wear a UV-gauging wristband that changes color when you've reached your sun-exposure limit. At that point, pack it in.

“I would love to see the way at the beach not in summer.” —Dr. Baumann, dermatologist

Best UV Alert
Coppertone Ultraguard waterproof sunscreen SPF 90+, \$10; drugstore.com.

Best UV Alert
UV Sun Sense ultraviolet-gauging wristbands, \$8.7; amazon.com.

Best Clear Formula
Banana Boat Sport Performance clear spray sunscreen SPF 85, \$11; drugstore.com.



Best Long-Lasting
Bull Frog Waterproof Surfer Formula gel sunblock SPF 36, \$10; drugstore.com.

A fine spray makes reapplying a breeze.



Mini Boden nylon-and-elastane surf suit with UPF 40+, \$38; bodenusa.com. **Wallaroo** Lorikeet cotton hat, \$20; wallaroo-hats.com.

BEACH BABE

Protecting your tyke's delicate skin from the sun is as easy as ABC.

- 1 Take turns. Children are notoriously squirmy when you apply sunscreen, says N.Y.C. dermatologist Jody A. Levine. The solution? “Put sunscreen on your kids, then let them put it on you.”
- 2 Avoid hide-and-seek sunscreens. “Spray-on formulas are easy to apply but really hard to see,” says Dr. Levine, making it possible to overlook areas. Instead, choose a more visible lotion or gel.
- 3 Baby your baby's skin. Shield infants under 6 months with long sleeves and a hat, and use an SPF 50 sunscreen containing zinc oxide, which is less irritating.



Sleepless in America: Is This Child Misbehaving or Missing Sleep?

Published by: HarperCollins

By Mary Sheedy Kurcinka

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Sample schedules:

Age	Tiny toddler 12-18 months	Toddler 19-36 months	Preschooler 3-5	School age 6-12	Adolescent 13-19	Adult
Ave. sleep needs	14-15	13-15	11-12	10-11	9.25	8.25
Wake time	7:00	7:00	7:00	7:00	6:30	6:00
Breakfast	8:00	8:00	8:00	7:30	7:00	7:00
Activities	8-10:00	8-11	8:30-11:30	8:30-12:00	8:00-12:00	8:00-12:00
Nap	10:00-11:30					
Lunch	12:00	11:30	12:00	12:00	12:00	12:00
Nap	2:00-3:30	11:45-1:45	12:30-2:00	Power nap?*	Power nap?*	Power nap?*
Activities	3:30-5:00	2:00-5:00	2:00-5:00	12:30-5:00	12:30-5:00	12:30-5:00
Dinner	5:30	5:30	5:30	5:30	6:00	6:00
Activities	6:00-7:15	6:00-7:15	6:00-7:45	6:00-8:00	6:30-8:30	6:30-9:00
Bedtime routine starts	7:15	7:15	7:45	8:00	8:30	9:00
Asleep	8:00	8:00	8:30	9:00	9:15	9:45
Total sleep	14	13	12	10'	9.25	8.25

*Power nap is 20-30 minutes in length

*Younger school age will need closer to 11 hours of sleep – adjust sleep time to 8:00 PM

Why Sleep Is Important

Research demonstrates that children who get more sleep:

- Have higher grade averages.
- Perform better on reasoning and mathematical skills.
- Have higher reading scores.
- Experience fewer accidents.
- Get along with others better.
- Focus.
- Get sick less frequently.
- Are less likely to be overweight.

How Much Sleep Do Children Need?

- Children 5 to 6 years of age need an average of 11 to 12 hours of sleep in a twenty-four hour period.
- Children 7 to 11 years of age need an average of 10 to 11 hours of sleep in a twenty-four hour period.
- Adults need an average of 8.25 hours of sleep in a twenty-four hour period.



You Know A Child Is NOT Getting Enough Sleep If He/She:

- Does not wake up on his own in the morning.
- Loses it over "little things".
- Experiences stomach or head aches.
- Is crabby, anxious, or uncooperative in the morning.
- Craves carbohydrates.
- Can't get along with others.
- Has trouble staying on task.
- Talks excessively.
- Is hyper – especially at bedtime.

You Know A Child IS Getting Enough Sleep If He/She:

- Is cooperative in the morning.
- Listens well.
- Stays focused on tasks.
- Can easily solve problems with you.
- Gets along well with others.
- Eats well at meals.
- Is able to cope with changes in routine or surprises.
- Is healthy.
- Falls asleep easily at night.

Power Rest

Power rest time is a daily part of most kindergarten classes. It is during sleep that children put into long term memory the things that they've learned. Power rest has also been shown to enhance attention, focus, impulse control and the ability to manage emotions. Power rest is so important that in Japan, even high school students and employees at Toyota headquarters are invited to nap during the lunch period.

On weekends consider a power nap right after lunch for 20-30 minutes. Every member of your family can benefit.

Children who don't wake up on their own in the morning need an earlier bedtime.

Tips For Bedtime:

- Have a regular routine each night (brushing teeth, books, songs and stories, visiting, back rub)
- Bedtime should be about the same time 7 days a week. (No more than an hour different on the weekends)
- If a child's bath excites him, avoid bathing at bedtime.
- No TV or computer in the bedroom
- Limit "screen time" (TV, video games, computer) to 30-60 minutes a day - No screen time in the evening before bed.
- Take time to connect at bedtime. A calm child falls asleep more easily and stays asleep.

Model Schedule

Children thrive when they are getting the sleep they need every day. The more consistent their schedule, the easier it is for them to slip into sleep. When their schedule varies more than 30 to 60 minutes, it creates jet lag and makes it harder for them to fall asleep and stay asleep. Try to maintain the same schedule 7 days a week.

Sample Schedule

	6:30 am	7:00 am	7:30 am	8:00 am
If a child needs to wake up at:				
Breakfast	7:00 am	7:30 am	8:00 am	8:30 am
Morning snack	9:30 am	10:00 am	10:00 am	10:30 am
Lunch	Noon	Noon	Noon	Noon
Snack	2:30 pm	2:30 pm	2:30 pm	2:30 pm
After, school activities				
Dinner	5:30 pm	5:30-6:00 pm	5:30-6:00 pm	5:30-6:00 pm
After, dinner activities				
Start bedtime routine for kindergarten and grade 1	6:15 pm	6:45 pm	7:15 pm	7:45 pm
Asleep kindergarten and grade 1	7:00 pm	7:30 pm	8:00 pm	8:30 pm
Start bedtime routine for grades 2-5	7:15 pm	7:45 pm	8:15 pm	9:00 pm
Asleep grades 2-5	8:00 pm	8:30 pm	9:00 pm	9:30 pm



DEVELOPED BY:

Mary Sheedy Kurcinka
 Author of: *Sleepless in America*
 and *Raising Your Spirited Child*
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 School District 196 Teacher

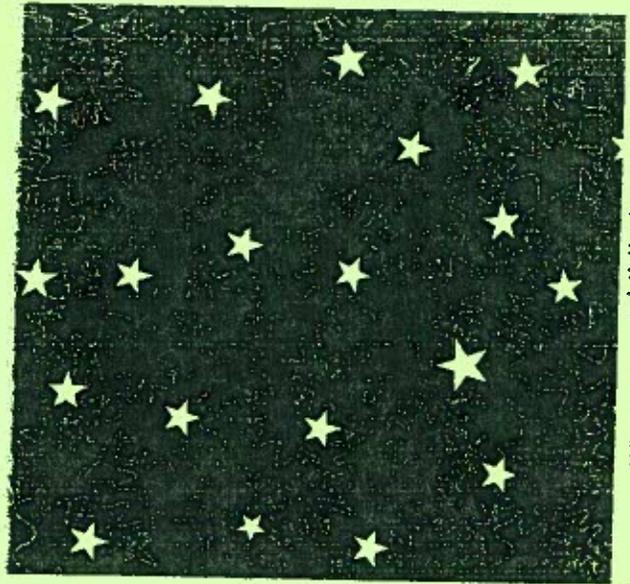


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Parents of a successful student have a secret...

they protect their child's sleep.



www.parentchildhelp.com

Create a Sleep Safety Zone

Tummy sleeping and soft, fluffy or loose bedding can cause a dangerous buildup of exhaled air around a sleeping baby's face. The following guidelines can reduce the risk of suffocation:

- Place your baby to sleep on his or her back at nap and nighttime.
- Create a sleep safety zone by removing *all soft, fluffy or loose bedding, blankets and toys* from the crib.
- Use a wearable blanket or a sleeper instead of blankets.
- Do not put your baby to sleep on any soft surface (sofas, chairs, waterbeds, quilts, blankets, sheepskins, etc.)
- Room sharing is recommended as opposed to bed sharing.
- Educate relatives, babysitters and other caregivers about these important safety tips.

Check Your Crib for Safety

Older cribs may not meet current safety standards and are on the "Most Wanted" list at the Consumer Product Safety Commission (CPSC). Always follow these crib safety standards:

- Use a firm, tight-fitting mattress, so baby cannot get trapped between the mattress and the crib.
- Inspect the crib to be sure there are no missing, loose, or broken parts.
- There should be no more than $2 \frac{3}{8}$ " (about the width of a soda can) between crib slats.
- Do not use a crib with corner posts over $\frac{1}{16}$ " high to prevent baby's clothes from catching.
- Do not use a crib with any cutouts in the headboard or footboard, as babies can get trapped in the openings.
- Make sure crib sheets fit snugly on a crib mattress so they cannot be dislodged by pulling on the corner of the sheet.
- Do not place crib near a window or close to blind cords, which are a strangulation risk.

Source: Recommendations by the American Academy of Pediatrics, the Consumer Product Safety Commission and the National Institute of Child Health and Human Development.

Swaddling and SIDS Reduction

Studies show that swaddling may reduce the risk of SIDS in several important ways:

- Research shows that swaddled babies sleep better and longer and may be less likely to succumb to SIDS. (PEDIATRICS Vol 115 No 5 May 2005)
- Because swaddled babies sleep better, parents are more likely to place them to sleep on their backs rather than in the unsafe tummy position. (PEDIATRICS Vol 110 No 6 December 2002)
- Babies securely swaddled have reduced risk of loose blankets covering their face.
- Swaddled babies are less likely to roll over onto their stomach.

Swaddling Helps Babies Soothe & Sleep

- Snug swaddling soothes babies by recreating the familiar snugness of being in the womb.
- Swaddling decreases the incidence of the startle reflex which frequently wakes babies.
- Swaddling helps prevent overstimulation.
- Swaddling can make breastfeeding easier by containing baby's extra movements



First Candle

Helping Babies Survive & Thrive

What is SIDS?

SUDDEN INFANT DEATH SYNDROME (SIDS) is a sudden, unexpected death of an apparently healthy infant under one year of age that cannot be attributed to other causes. Most SIDS deaths occur when a baby is between 2 and 4 months old. Ninety percent of all SIDS deaths occur before 6 months of age.

As a result of the national Back To Sleep Campaign launched in 1994, SIDS deaths have declined by more than 50%. Despite that success, SIDS remains the leading cause of death for infants one month to one year of age, claiming the lives of approximately 2,000 babies each year.

Recent research indicates that there may be a biological predisposition to SIDS - a finding that may help better identify babies at risk and prevent more SIDS deaths. In the meantime, there are important steps that all parents can take to help safeguard their babies from SIDS.

Taking Steps to Keep Your Baby Safe

- Get regular prenatal care for you and your unborn baby.
- Do not allow anyone to smoke near your baby.
- Always put your baby to sleep on his or her back.
- Babies should not sleep on sofas or adult beds.
- Consider placing baby's crib near where you sleep. Research shows that being close to your baby during sleep can reduce their risk of SIDS.
- Throughout your baby's first year, consider offering a pacifier when he or she is falling asleep for both naps and nighttime.
- Do not dress your baby too warmly for sleep; overheating may be a contributing factor in SIDS.
- Take your baby for scheduled well-child checkups and talk to your pediatrician about changes in your baby's behavior and health.
- Follow immunization schedules for your baby.
- Breastfeeding has been shown to be good for babies as it builds their immunity against illness and infection.

Source: First Candle/SIDS Alliance

Health & Safety Resources for Parents

First Candle/SIDS Alliance
www.firstcandle.org

U.S. Consumer Product Safety Commission, Office of Public Affairs
www.cpsc.gov

National Institute of Child Health and Human Development
www.nicd.nih.gov

Heading Home with Your Newborn: From Birth to Reality
By Laura A. Jana, MD, FAAP and Jennifer Shu, MD, FAAP Published by the American Academy of Pediatrics
www.aap.org

Happiest Baby on The Block, The New Way To Calm Crying and Help Your Baby Sleep Longer By Dr. Harvey Karp, MD
www.happiestbaby.com



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8 Resolutions Every Mom Should Make

Perfection Doesn't Matter

I will embrace the fact that I'm not perfect.

You can be cranky, you can lose your patience, and yes -- you can even move the clock ahead an hour just so the kids will go to bed early and give you some peace and quiet. You don't have to bake everything from scratch, make Halloween costumes out of scraps lying around the house, or coach the soccer team. Children don't need you to be perfect. What they really need are reasonable limits, lots of hugs and kisses, and a happy mommy.

Find Time to Play

I will get down on the floor and play with my child every day.

Babies -- and older kids too -- need regular face-to-face time with the adults in their lives. And while it can be difficult to get involved in their fantasy world -- especially when you're busy or tired -- it's vital that you do it. Why? Because play is your child's way of expressing himself and your being there boosts his emotional intelligence. Even if floor time isn't your forte, fake it and follow your little one's lead.

Practice Healthy Habits

I will take care of my body.

When's the last time you put your needs first? Even if you have to force yourself, carve out 30 minutes a day, several days a week, to get some exercise. It improves your mood, blasts fat, and boosts your immune system. And we're not talking spin classes or complicated step aerobics here -- even a simple walk around the neighborhood will do the trick. While you're at it, try to eat a balanced diet and get as much sleep as you possibly can each night.

Accept the Reality of Motherhood

I will learn to love the chaos.

Family life is full of unexpected turns, contagious diseases, occasional humiliations, laundry, and more work than you'll ever see an end to. It is also full of moments of great beauty, tenderness, sticky kisses, and a miracle or two. Remind yourself that children are your excuse to lower your standards. As comedienne Phyllis Diller once said: "Cleaning your house while your kids are still growing is like shoveling the walk before it stops snowing."

Connect at the Dinner Table

I will make the family dinner a priority.

Sure, it's easier to grab pizza and eat in front of the TV than to arrange a meal at the dinner table. But the food isn't the focus -- the family is. Sitting down with your children each night allows you to connect and talk about your day. And research has found that kids who regularly have dinner with their parents are more likely to do well in school and stay out of trouble.

Don't Forget the Romance

I will focus a little more on my marriage.

Marriage is a living thing that needs to be watered, fed, and nurtured. But raising children takes so much time and energy that chances are you see less of your husband now than you did when the two of you were dating. The solution? Hold hands whenever you can, and hire a babysitter (or enlist your mother-in-law) once a week so you can spend time as a couple.

Stay in Touch

I will make time for my friends.

You can live without friends, but why would you want to? Setting aside just 15 minutes a day -- to send a postcard, dash off an e-mail, or make a phone call -- will do more than keep you connected. That's because friendships not only nurture you emotionally, they also help you combat stress by allowing you to blow off a little steam -- which in turn may actually lower your blood pressure.

Appreciate the Little Things

I will remind myself daily that time with my child is precious.

Motherhood never ends -- but childhood does. You have a baby, you blink, and suddenly there's a three-year-old standing in front of you announcing, "I'm big now." The magic years are unbelievably brief, and every day that little girl or boy is changing and growing, edging a little closer toward the door. Remember that the essence of parenting isn't in the milestones, but in the everyday moments. So stop, pay attention, and make sure you celebrate them every chance you get.

Originally published in the January 2005 issue of Parents magazine, Updated 2010.

TRIBAL ELECTION CANDIDACY ANNOUNCEMENT

At the July 6th, 2010 General Election the membership will be electing a Vice Chairperson, Secretary and two (2) at-large members.

If you are interested in running for an At-Large position, you must submit your name in writing to Jeanne Gordon, Tribal Secretary or designee by: Monday, June, 21st, 2010 at midnight.

General Election, July 6th, 2010

If you have any questions, contact:
Jeanne Gordon Tribal Council Secretary
At 779-5700 ext. 243 or 209 4947

DENTAL MESSAGE FOR PARENTS

1. First visit by the first birthday. A child should visit the dentist within six months of the eruption of the first tooth or by age one. Early examination and preventive care will protect your child's smile now and in the future.
2. Dental problems can begin early. A big concern is Early Childhood Caries (also known as baby bottle tooth decay or nursing caries). Children risk severe decay from using a bottle during naps or at night or when they nurse continuously from the breast.
3. The earlier the dental visit, the better the chance of preventing dental problems. Children with healthy teeth chew food easily, are better able to learn to speak clearly, and smile with confidence. Start children now on a lifetime of good dental habits.
4. Encourage children to drink from a cup as they approach their first birthday. Children should not fall asleep with a bottle. At-will nighttime breast-feeding should be avoided after the first primary teeth begin to erupt. Drinking juice from a bottle should be avoided. When juice is offered, it should be in a cup.
5. Children should be weaned from the bottle at 12-14 months of age.
6. Thumb sucking is perfectly normal for infants; most stop by age 2 and it should be discouraged after age 4. Prolonged thumb sucking can create crowded, crooked teeth or bite problems. Dentists can suggest ways to address a prolonged thumb sucking habit.
7. Never dip a pacifier into honey or anything sweet before giving it to a baby.
8. Limit frequency of snacking, which can increase a child's risk of developing cavities.
9. Parents should ensure that young children use an appropriate size toothbrush with a small brushing surface and only a pea-sized amount of fluoride toothpaste at each brushing. Young children should always be supervised while brushing and taught to spit out rather than swallow toothpaste. Unless advised to do so by a dentist or other health professional, parents should not use fluoride toothpaste for children less than two years of age.
10. Children who drink primarily bottled water may not be getting the fluoride they need.
11. From six months to age 3, children may have sore gums when teeth erupt. Many children like a clean teething ring, cool spoon, or cold wet washcloth. Some parents prefer a chilled ring; others simply rub the baby's gums with a clean finger.
12. Parents and caregivers need to take care of their own teeth so that cavity-causing bacteria are not as easily transmitted to children. Don't clean pacifiers and eating utensils with your own mouth before giving them to children. That can also transmit adults' bacteria to children.

Taking care of your child's teeth

1. **Start cleaning before the first tooth-** wipe the gums with a warm cloth.
2. **Establish early brushing routine-** Brush morning and night for two minutes.
3. **Monitor diet-** healthy eating habits lead to healthy teeth.
4. **What causes cavities?** Sugar gets stuck on the teeth, which produces an acid, eventually causing a hole or cavity in the tooth.
5. **Can I prevent cavities?** A healthy diet, daily brushing and flossing routines, and fluoride can help to prevent cavities.
6. **What is fluoride?** Fluoride is a naturally occurring substance that strengthens tooth enamel when used in moderation.
7. **What is baby bottle tooth decay?** Babies who go to bed with milk, breast milk, formula, juice, or any beverage with sugar are at risk for baby bottle tooth decay. The sugar in the drink stays in contact with the teeth for a long period of time, which can quickly decay.
8. **See your dentist-** Your child should visit the dentist by 12 months. Depending on your child's cooperation, a dental cleaning may be performed. The goal of an early dental visit is to provide preventive services and promote awareness of oral health.

If you have any questions or concerns regarding your child's dental health, please contact us at the Red Cliff Community Health Center 779-3096

Sensory and Health Screening in Head Start

Helping Parents understand The What, Why, When, Where, & How of Sensory and Health Screening in Head Start

Screening for developmental, sensory, and behavioral concerns.

(1) In collaboration with each child's parent, and within 45 calendar days of the child's entry into the program, grantee and delegate agencies must perform or obtain linguistically and age appropriate screening procedures to identify concerns regarding a child's developmental, sensory (visual and auditory), behavioral, motor, language, social, cognitive, perceptual, and emotional skills (see 45 CFR 1308.6(b) (3) for additional information). To the greatest extent possible, these screening procedures must be sensitive to the child's cultural background.

What are sensory and health screenings?

Head Start programs are required to screen children in these areas...

- Hearing—does child hear different types of noises and loudness of noises?
- Vision—does the child have any issues with his or her vision that would get in the way of learning?
- Medical—when you take your child to the doctor they conduct "tests" and an exam that may include taking a blood test (these blood tests include tests for lead, anemia, etc.)
- Nutritional screening--

Why do children need to be screened?

Children must be in good health in order to concentrate and do their best in school.

- When a child has trouble seeing or needs glasses it is hard for him or her to see the lessons or learn to read.
- When a child can not hear well it is hard for him or her to follow instructions and hard to learn the information the teacher is presenting.
- Often children who do not see or hear as they should may be seen as having problems learning or as misbehaving when really it is because they can not hear and/or see as well as they should.

When will child be screened?

Children must be screened within the first 45 days of their first day of school in Head Start. We have this 45 deadline because we want to assist parents in following up on screening results while the child is in Head Start so that by the time a child enters kindergarten. It is important that children are screened on a regular basis. Things change as children grow.

Where will child be screened?

This depends on the program some programs have someone come to the Head Start classroom and screen the child. Other Head Start programs may ask the parents to take the child somewhere, for example to their pediatrician to be screened.

How do you screen children?

Different programs use different methods so explain to the parents in your program. How you screen, what you are "screening" for and why, what forms will be filled out, who will do the screening, where the screening will take place, how the results of the screening will be shared with the parents and how follow up will occur if it is needed.

Oh and two more things...

A screening is not a test! Children can not fail it! Even though screening often give us a "pass" or "fail" result, the child did not fail! Parents need to know that if their child is "referred" for further assessment this means that there is something that needs a closer look.

Also completing a screening is the first step. For most children you only need this step but for those who the screening shows a concern it is the responsibility of the Head Start program to support parents in following up and getting the child what treatment is needed.



Sensory and Health Screening in Head Start Helping Parents Prepare their child for Screening

Remember that even though screening procedures are often called "tests" for example a vision "test" or a hearing "test", they are not like a test in school. There is no right or wrong answer. A "fail" or "not passing" the screening is not the child's fault or failure it means simply that a closer look it needed to understand what is going on.

MAKE IT FUN... NO PRESSURE...

Screening should not be stressful or scary. Children can not prepare for a screening. The screening is to determine if they see or hear as well as they should or if they are healthy.

The environment should be child friendly and children should be encouraged to do their best but not made to feel bad if they can not "play the game" we are using for screening as well as we would like. Effort should be praised not if they get it "right" or not.



TELL CHILDREN WHAT IS GOING TO HAPPEN...

We all feel more comfortable in new situations if we have an idea of what is going to happen.

You can familiarize children with what is going to happen by explaining the "game" they are going to play with the screener.

TRY AND NOT LET YOUR OWN FEELINGS AFFECT THE CHILD

Children are so sensitive to what their parents are thinking and feeling that they know if their parent is nervous or anxious so be relaxed about screening. Accurate information from screening is the most important thing not how "well" the child does on the screening.

BOOKS AND DRAMATIC PLAY CAN ADD TO THE FUN...



Some books to read include...

Blue's Checkup by Sarah Albee

Corduroy Goes to the Doctor

by Don Freeman

Does A Hippo Say Ahh?

by Fred Ehrlich

Glasses, Glasses Oh What Do I See?

by Karen Smith Stair

Arthur's Eyes: An Arthur Adventure

by Marc Brown

Hearing (Rookie Read-About Health)

by Sharon Gordon

Some activities to do include...

Role play—for example play doctor and have the child act out what is going to happen at the doctor. Make available props to familiarize child with screening. Most vision screenings require that a child have one of his or her eyes covered so have the types of things that will cover the child's one eye available for them to try it out.

Practice skills needed to "play the sensory screening" game. For example vision screening often requires a child to match a letter or picture they see far away with one in front of them so make sure they understand the concept of matching or pointing to the one that is the "same".

**ISLE VISTA CASINO
JOB DESCRIPTION****POSITION: Marketing Manager****BENEFITS (Full-time employees only):** Sick time, and paid vacations.

- Supervise and manage high-activity and deadline oriented marketing team.
- Excellent communication, computer, office and time management skills.
- Coordinate and work with departments and associates effectively.
- Promote Isle Vista Casino incorporating brand image to keep IVC in the minds of our customers and stimulate demand for our services.
- Build a relationship with local businesses and regional service agencies (Chamber of Commerce, tourism agencies, etc.)
- Constantly evaluate the marketing department's effectiveness.

The Isle Vista Casino and the Red Cliff Tribal Council have a Drug Free Work Place Policy and adhere to the intent of the Drug Free Work Place Act. All new hires are subject to a pre-employment screening.

FOR FURTHER INFORMATION CONTACT:

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ivcpersonnel@charterinternet.com
88705 Pine Tree Lane, Hwy 13
Bayfield, WI 54814
(715)779-3712 ext 120
Or Visit Our Website at
www.redcliffcasino.com

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JOB DESCRIPTION

POSITION: Relief Manager

LOCATION: Red Cliff AODA-Mishomis House / Red Cliff Health Department

SALARY: \$8.00 per hour

THIS IS A REGULAR FULL-TIME NON-EXEMPT POSITION

SUPERVISOR(S): Residential Treatment Coordinator and AODA Treatment Director/Counselor

JOB SUMMARY: Will provide assurance that the CBRF and its occupants are safe. Transport clients to assigned groups, reaction and cultural activities.

DUTIES AND RESPONSIBILITIES:

1. Direct, coordinate, and oversee the day-to-day operation of the residential facility, the activity of residents in the absence of and in place of the Residential Treatment Coordinator.
2. Arrange and schedule resident activities in accord with program protocols and group and individual treatment plans.
3. Assist residents to insure their compliance with individual treatment plans.
4. Implement cultural programming that supports AODA treatment strategies and respects individual preferences and differences.
5. Maintain resident records, program records, and other materials required by the Residential Treatment Manager, the AODA Program Director/Coordinator, the Administrator of the Health Center, the Health Board, the Tribal Council, funding sources, and certification bodies. Maintain proper and adequate documentation for all program expenditures.
6. Maintain the confidentiality of all client specific information and data in accord with federal and state guidelines and requirements.
7. Transport residents in accord with facility policy and as directed by administration and in collaboration with treatment staff.
8. Utilize the resources, materials, office supplies, equipment that have been purchased on behalf of or allocated for use by the Red Cliff AODA Treatment Program in accord with professional practice norms and Tribal Policy.
9. Participate in quality assurance measures conducted with the AODA Treatment Program.
10. Adhere to a professional code of conduct and applicable federal and state laws and regulations in the discharge of these assigned duties.
11. Present a professional, caring image for the Health Center and its programs.
 - a. Maintain a cooperative relationship with other Health Center staff and co-workers.
 - b. Demonstrate tact, courtesy, and respect in communication and interaction with Health Center patients, visitors, and staff and with outside agencies and programs.
 - c. Promote a working environment noted for effective cooperation and collaboration between programs, services, and co-workers.
12. Attend staff and other meetings, in-services, and other events as specified by the immediate supervisor or Tribal administration.
13. Participate in the implementation of grants, contracts, and projects being carried out under the AODA Treatment Program and at the direction of the Director/Coordinator. These activities are to comply with the directives of the Tribal Council and Health Center Administration and to fulfill the conditions of the individual grants, contract, or project. The specific duties will reflect the individual program initiative and the concurrent needs and resources of the AODA

Treatment Program. These assignments will vary from time to time due to the cyclical nature of these program efforts.

14. Perform other job-related duties as directed by the immediate supervisor or Tribal Administration.
15. Maintain a clean and safe working environment.

SUPERVISORY AUTHORITY: None

KNOWLEDGE:

1. Personal commitment to a drug and alcohol-free lifestyle consistent with the accept norms for abstinence and sobriety. If there is a personal history of alcohol and/or chemical dependency, a minimum of two years of absolute sobriety is required.
2. Sound judgment and the capacity to respond to unusual circumstances and emergencies.
3. Ability to deal constructively with emergencies and conflicts.
4. Possession of a valid driver's license and regular access to a motor vehicle with appropriate insurance coverage. If no liability insurance, must get within 3 weeks after employment.
5. Able to travel throughout the community, make home visits, attend meetings, and participate in community educational programs.
6. Available for out of town and overnight travel.

QUALIFICATIONS: High school Diploma, GED or HSED. Prefer individual with some training in AODA field. Must not be convicted of a felony or currently be on probation. Good interpersonal skills and the ability to get along with diverse populations (clients, co-workers, professional staff, administration and the public). Good communication skills, written and oral. Knowledge of and sensitivity for Ojibwa culture and traditions. Work experience or volunteer activities in the field of substance abuse treatment preferred. Native American preference but all qualified applicants will be considered.

PERSONAL CONTACTS: Daily with patients, visitors, primary care providers Tribal and Health Center Administration and staff.

PHYSICAL REQUIREMENTS: The duties assigned to this position involve bending, stooping, lifting and carrying. Items may be placed on overhead shelving.

WORK ENVIRONMENT: Mishomis House

TRAVEL REQUIREMENTS: This position requires at least 44 hours of CBRF Training. Many of these training are out of town at various locations.

POSTING: May 17, 2010

DEADLINE: Open

FOR FURTHER INFORMATION:

**Red Cliff Tribal Administration Building
Personnel Office
88385 Pike Road
Hwy 13**

JOB DESCRIPTION

POSITION: Head Start Family Services Worker

THIS IS A PART TIME NON-EXEMPT POSITION

LOCATION: Red Cliff Early Childhood Center

PROGRAM: Head Start

WAGE: \$9.00-10.00 per hour 28 hours per week for 12 months

SUPERVISOR: Family Services Manager

GENERAL STATEMENT OF DUTIES:

Primary responsibility is to work with Family Service Team in the areas of Family and Community Services within the Early Childhood Center. Duties include keeping parents informed of program activities, updating/completing partnership agreements, data entry, tracking, follow up of services, and encourage Parent Involvement.

RESPONSIBILITIES:

- Work with ECC families in completing family partnership agreements. Provide information/resources to families/teachers as identified in family partnership agreement and ensure that Head Start family data is entered into the Child Plus data management system to track services and progress.
- Work with Family Services Team to coordinate services with tribal, community, and county providers to meet specified family goals and obtain needed services.
- Must maintain confidentiality regarding children, families, and staff at all times.
- Promote involvement of parents, elders, and community in all aspects of the program.
- Work closely with Family Services Team, teachers and Head Start Director to monitor daily attendance.
- Assist ECC Family Service Team with ongoing tracking of required data of Head Start children/families for the completion of the annual Program Information Report (PIR).
- Assist with planning program events including family nights, parent groups, parent committee, picture day, graduation, and other collaborative events with community programs.
- Assist with the creation and distribution of the annual ECC calendar.
- Attend ECC Family Services Team, all-staff, and other meetings as required.
- Must have demonstrated ability to work well with a team.
- Assist with recruitment of new eligible children and families.
- Assist with preparing monthly Education Division newsletters and notifying ECC families and community of events, workshops/trainings and new information regarding ECC programs.
- Perform other duties as directed.

QUALIFICATIONS/KNOWLEDGE/SKILLS:

- Knowledge of Ojibwe culture and language preferred, cultural sensitivity required.
- Understanding of the uniqueness and dynamics of the Red Cliff community highly desirable. Must have demonstrated positive experience working with tribal families.
- Must be at least 18 years old.
- Minimum of high school diploma, HSED, or GED required. AA degree in human services or early childhood field is preferred.

- Strong computer skills highly desirable.
- Must have ability to work effectively as a team player in conjunction with Family Service Team, ECC staff, parents, community members, and other tribal/county support systems in the best interest of the child /family.
- Must have valid driver's license and proof of insurance.
- Native American preference preferred but all qualified applicants will be considered.

WORK ENVIRONMENT:

Red Cliff Early Childhood Center office environment.

PERSONAL CONTACTS:

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

SPECIAL REQUIREMENTS:

Must be physically able to work with young children, pass a annual health exam, TB test, immunizations including Hepatitis B (or sign waiver). Must attend required trainings such as confidentiality, CPR, SIDS, Shaken Baby, etc.

TRAVEL REQUIREMENTS:

Must be able to attend overnight job-related trainings - local, regional, and national trainings as required. Home visits within ECC service area as needed.

POSTED: May 26, 2010

DEADLINE: June 9, 2010 at 4:00 pm.

FOR FURTHER INFORMATION CONTACT: Personnel Department

**Red Cliff Tribe
88385 Pike Rd. Hwy 13
Bayfield, WI 54814
(715) 779-3706, Ext. 267 or 268
rwygonik@redcliff-nsn.gov**

All Early Childhood Center (ECC) employees must submit mandatory criminal background check information to the Personnel Director with application, and every year thereafter, or following any conviction occurring after commencement of employment.

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

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

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

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**Facility and Recreation
Manager
(Job Number 001104318)**

Employer: RECREATION & FITNESS
RESOURCES INC
PO BOX 1146
BAYFIELD, WI 54814

Work Site County/ies: Bayfield

On Bus Route? Yes
www.bartbus.com

Pay: \$12.00 Per Hour to \$15.00 Per Hour
Full membership at the Bayfield Area Recreation Center

Duration/Hours Per Week: Full-Time/Part-Time, 20 to 40 Hours Per Week starting in July, must be willing to work evenings and some weekends

Shift/Work Days: starting in July, must be willing to work evenings and some weekends
starting in July, must be willing to work evenings and some weekends

Number of Openings: 1

Minimum Requirements of Employer:

Education: Bachelors Degree Desired

Professional Licenses/Certifications: -Certification as a Red Cross Lifeguard and CPR for the Professional Rescuer, or able to pass a lifeguard certification course (swim 300 yards).
-Certification as a Aquatics Facility Operator, or willingness to take a certification course.
-Certification as a Personal Trainer, or willingness and qualifications to obtain one

Vehicle: None

Drivers License:

Type: No Drivers License Requested

Endorsements: No Endorsement Requested

Age: 22 or older Desired

Experience/Qualifications: -Graduation from a four-year college or university with a Bachelor's degree.
-Knowledge and experience in recreation, exercise, fitness and aquatics.
-Ability to establish and maintain effective working relationships with employees, supervisors, patrons, board members and the general public.
-Competency of computer skills including email, MS

Word, Excel and Publisher

-Understanding and competency of the operation of basic tools and equipment

Duties and Responsibilities of the Job:

- Organize and manage community education classes throughout the year, including coordinating and supervising instructors, promotions (newsletters, advertising, press releases), facility arrangements and registrations.
- Serve as the facility's sole personal trainer. Teach at least 2 senior fitness classes per week, plus other classes (fitness, aerobics, weight lifting, aquatics, youth programs, etc...) depending on experience, skills and interest.
- Supervise and coordinate employees, including hiring, scheduling, certifications, and performance reviews.
- Organize and manage the maintenance of the facility, including doing basic repairs and cleaning, and testing of pool chemicals after taking a certification course.
- Serve as front desk receptionist while performing duties, including greeting and serving patrons and answering phone calls.
- Serve as a lifeguard to give regular breaks to the primary lifeguard, and occasionally serve as the primary lifeguard as needed.
- Assist with coordination and supervision of special events, eventually assuming the primary role
- Perform other duties as assigned by the Executive Director.

Benefits:

The employer does not provide benefits for this job.

Company Profile:

RFR is a non-profit organization with the mission to "operate and finance the Bayfield Area Recreation Center. The Bayfield Rec Center is a community facility featuring an indoor pool, whirlpool, fitness room and racquetball court. We are open year round, 7 days per week. We offer a variety of classes in aquatics, fitness, health, senior and youth programs, and are a SilverSneakers partner. Over 30,000 visits are made to the Rec Center every year. The annual budget is \$235,000 with one full time director, one part time facility and recreation manager, and 10-12 part-time lifeguards. The Rec Center is supported by membership and use fees, community donations and two major fundraisers (Bayfield Winter Festival and Point to LaPointe Swim to Madeline Island). For more information, please visit www.bayfieldreccenter.com

How To Apply:

Mail a Résumé Scott Armstrong - Executive Director
Recreation and Fitness Resources
PO Box 1146
Bayfield, WI 54814



Line Cooks
(Job Number 001104148)

Employer: PIER PLAZA
1 RITTENHOUSE AVENUE
BAYFIELD, WI 54814

Work Site County/ies: Bayfield

On Bus Route? Yes
BART

Pay: \$9.00 Per Hour to \$16.00 Per Hour
Wage varies based on skills/experience.

Duration/Hours Per Week: Full-Time, 30 to 40 Hours Per Week Hours vary.

Shift/Work Days: First, Second, Third, Rotating, Mornings, Afternoons, Evenings and Weekend Shift. Shifts vary 9:00-5:00, 11:00-7:00, 1:00-Close, 3:00-Close, 4:00-Close.
Monday through Sunday.

Number of Openings: 4

Minimum Requirements of Employer:

Education: No Minimum Education Level Requested

Professional Licenses/Certifications: No Licenses or Certifications Requested

Vehicle: None

Drivers License:

Type: No Drivers License Requested

Endorsements: No Endorsement Requested

Age: No Age Requested

Experience/Qualifications: Previous experience desirable.

Duties and Responsibilities of the Job:

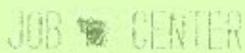
Prepare, season, and cook soups, meats, vegetables, desserts, or other foods in restaurant. May order supplies, keep records and accounts, price items on menu, or plan menu.

Benefits:

The employer does not provide benefits for this job.

Company Profile:

Full service restaurant.



**Front Desk Clerk
(Job Number 001104304)**

Employer: PIER PLAZA
1 RITTENHOUSE AVENUE
BAYFIELD, WI 54814

Work Site County/ies: Bayfield
On Bus Route? Yes
BART

Pay: \$8.00 Per Hour
8.00 minimum start, may be more with previous experience.

Duration/Hours Per Week: Full-Time/Part-Time, 10 to 30 Hours Per Week
Shift/Work Days: First, Second, Mornings, Afternoons, Evenings and Weekend
Monday through Sunday. Days and shifts will vary. The office is open 8:00 am to 9:00 pm, but the hours can vary depending on volume of business. Must be flexible

Number of Openings: 1

Minimum Requirements of Employer:

Education: No Minimum Education Level Requested
Professional Licenses/Certifications: No Licenses or Certifications Requested
Vehicle: None
Drivers License:
Type: No Drivers License Requested
Endorsements: No Endorsement Requested
Age: No Age Requested
Experience/Qualifications: Qualifications include, friendly, mature, responsible, flexible, prompt, out-going and organized. Computer knowledge a must.

Duties and Responsibilities of the Job:

Responsibilities include but are not limited to: accommodating Bay Front Inn patrons by registering and assigning rooms to guests, issuing room keys, taking reservations by phone and mailing out confirmations. Selling coffee, bakery and merchandise to public. taking care of customers who wish to use tanning bed. Answering phone and directing calls or taking messages appropriately. Sometimes assisting owners with administrative jobs. Light housekeeping of office.

Benefits:

The employer does not provide benefits for this job.

Company Profile:

Full service restaurant.

How To Apply:

Apply In Person

1 Rittenhouse Ave
Bayfield, WI 54814

Ask for Sharon.

Call For Appointment 715-779-3330. Ask for Sharon.

VACANCY

The School District of Bayfield has the following vacancy.

POSITION: Kindergarten Teacher (1.00 FTE)

LOCATION: Bayfield, Wisconsin

QUALIFICATIONS: License Requirements:

License Type 40 Professional Educator

Position/Level: 45 Elementary Teacher

Subject: 088 Prekindergarten through Grade 8

Elementary Education teacher(s) committed to meeting the individual needs of students in a positive learning environment. Candidates must be committed to individualized instruction and positive behavioral interventions. Candidates must have experience working with and teaching children, experience working cooperatively with parents, staff and community. Knowledge in the Wisconsin Model Early Learning Standards is a plus. Candidates who know and speak Ojibwe preferred. The School District of Bayfield is a multicultural environment making experience with and sensitivity to Native American culture imperative.

TO APPLY: Application deadline is June 15, 2010. Please send a letter of intent, copy of Wisconsin DPI licensure or proof of Wisconsin DPI license application, resume, transcripts (copies are acceptable), and credentials to:

Linda Kunelius, District Administrator

School District of Bayfield

P.O. Box 5001

Bayfield, WI 54814

THE SCHOOL DISTRICT OF BAYFIELD IS AN EQUAL OPPORTUNITY EMPLOYER AND DOES NOT DISCRIMINATE ON THE BASIS OF RACE, GENDER, AGE, HANDICAP, OR SEXUAL ORIENTATION.

VACANCY

The School District of Bayfield has the following vacancy.

POSITION: Reading Resource Teacher (1.00 FTE)

LOCATION: Bayfield, Wisconsin

LICENSURE REQUIREMENTS: (316) Reading Teacher or (317) Reading Specialist. Candidates with licensure (317) Reading Specialist and kindergarten certification preferred.

QUALIFICATIONS: Reading Resource teachers work with student and staff across grade levels to support reading initiatives and skill growth. Knowledge and skills of Response to Intervention models preferred. The focus of this position is to work as part of the school resource team. Candidates who know and speak Ojibwe preferred. The School District of Bayfield is a multicultural environment making experience with and sensitivity to Native American culture imperative.

TO APPLY: Application deadline is June 15, 2010. Please send a letter of intent, copy of Wisconsin DPI licensure or proof of Wisconsin DPI license application, resume, transcripts(copies are acceptable), and credentials to:

Linda Kunelius, District Administrator
School District of Bayfield
P.O. Box 5001
Bayfield, WI 54814

THE SCHOOL DISTRICT OF BAYFIELD IS AN EQUAL OPPORTUNITY EMPLOYER AND DOES NOT DISCRIMINATE ON THE BASIS OF RACE, GENDER, AGE, HANDICAP, OR SEXUAL ORIENTATION.

**Red Cliff Early Childhood Center
Policy Council Meeting
Minutes
4-6-10
Memengwaa Trailer
1:00pm**

Policy Council Members Present: Barb Gadbois, Auna Bresette, Jennifer Bresette, Angela Berg

Others Present: Kim Gordon, Marianne Szot, Nicole Boyd, Nicky Gurnoe, Dee Gokee-Rindal, Sue Pillinger

Meeting called to order by Barb at 1:15pm

Minutes: March 8th,

Meeting called to order by Barb at 1:15pm

Minutes: March 8th, 2010

Auna motioned to approve, Angela seconded, all in favor, motion carried.

ALL ECC Budgets

Dee explained to PC. Auna motioned to approve, Angela seconded, all in favor, motion carried.

Mental Health Plan Flow Chart

Sue explained to PC. Auna motioned to approve, Jennifer Bresette seconded, all in favor, motion carried.

Head Start Fall and Winter Outcomes

Marianne explained to PC. No action needed to be taken.

Ratify Poll Vote: Barrel from Menards for Sugar Bush

Auna motioned to ratify, Angela seconded, all in favor, motion carried.

Request for Portable Toilet at Pony Rides

Nicole explained that Phoebe has a septic tank at her home and it would help her and her family a lot if a portable toilet was there. The cost is \$85 and there are funds. Angela motioned to approve the request, Auna seconded, all in favor, motion carried.

Distribute Only:

March ECC Program Summary Report-Nicky/Nicole

Red Cliff Tribal Audit-Nicole sent some PC members email copies, some requested hard copy and a copy is available for view here at the ECC.

ECC Grant-Nicole/Dee/LaVonne/Nicky

ECC Quarterly Reports-Dee/Nicole

Other

Nicole made a request that sign-in sheets will be adequate enough for Child Care to be provided to PC members during meetings. Rates are already in the PC by-laws and compensation will come from the Parent Activity Fund. Auna approved, Angela seconded, all in favor, motion carried.

Dee asked PC to schedule a Special PC meeting to approve the COLA application. Meeting was set for Tuesday, April 13th at 1:00pm

Dee mentioned that the ECC will be having a federal review next school year. She explained what it will consist of and that we will have at least thirty days notice prior to review.

Dee mentioned that the ANA grant was completed and sent. It is available for review at the ECC and is 290+ pages.

Discussion was held regarding the importance of having Tribal Council members at interviews. Jennifer Bresette motioned that the PC send TC a letter requesting this and stating the importance to ECC. Auna seconded, all in favor, motion carried. Barb will draft letter and get to Nicole to get to PC members.

Executive Session

(2) Child Care Assistant Teachers

Auna motioned to go into executive session at 2:10pm, Angela seconded, all in favor, motion carried.

Jennifer Bresette motioned to return to regular session at 2:55pm, Auna seconded, all in favor, motion carried.

Regular Session

Auna motioned to approve the recommendation of the Tribal Council for the (2) Child Care Assistant Teachers, Angela seconded, all in favor, motion carried.

Auna motioned to adjourn at 2:59pm, Angela seconded, all in favor, motion carried.

**A Special Miigwetch
goes out to
Rocky Tribovich,
Eddy Johnson and
Jim Barningham
for your generous
donations to the ECC!!!**

**Welcome
Katy Butterfield
(teacher) to the
Amik Room!**

**CONGRATULATIONS
JOE LAGREW:
ECC IN-KIND
WINNER!**

JUNE 2010

ODEIMINO GIZIS

MON	TUE	WED	THU	FRI
7B EGGS, TOAST, PEARS L SALMON PATTY, CAR- ROTS, SLAW, HONEYDEW S VEGGIE/DIP	8B CHEERIOS, MAN OR- ANGES, CINN TOAST L CHEF SALAD, HAM SAND, CANTALOUPE, CC, PEAS S SMOOTHIE / WW	9B CORN CHEX, MUFFIN, OJ L HAMB GRAVY, M POT, CORN, PEACHES, ROLL S CHEX MIX, MILK	10B RICE CRISPIES, BA- NANA, ENG MUFFIN L CHIX RICE SOUP, TRK SAND, TROP FRUIT, PEAS S MINI PIZZA/JUICE	
B14 FR TOAST, BLUE- BERRY SYRUP L HAMB/BROCC QUA- SIDILLA, CALI BLEND, MANGO, YOGURT S WAFFLE/PUDDING	B15 KIX, PLUMS, MUFF- ING L HAMB VEG SOUP, CHEZZ SAND, PEAS, FRUIT COCKTAIL S PBJ ROLL-UP/MILK	16B RICE CHEX, ORANGE, BAGEL L CR CHIX/BISCUIT, CAR- ROTS, BLUEBERRIES, SALAD, YOGURT S COOKIE/MILK	17B HB OATS, BANANA LHAM, MAC/CHEZZ, PINEAPPLE, CORN, SLAW S VEGGIE/DIP	
B21 EGG BAGEL, TROP FRUIT L HAMB SPINACH HD, MAN ORANGES, CALI BLEND S BANANA PB SAND/MILK	22B CHEERIOS, BERRIES, TOAST, PBJ L CHIX POT PIE, CAR- ROTS, HONEYDEW S POPSICLE/RITZ	23B CORN CHEX, APPLE- SAUCE, MUFFIN L BEEF SOUP, CANTA- LOUPE, GR BEANS, HAM S BERRY GOOD PIZZA	24B RICE CRISPIES, PINEAPPLE, ENG MUFFIN L SPAGHETTI, CORN, SALAD, PEARS S BROCCOLI/CC	
28B WAFFLE, PEARS L PIZZA BRG, SW POT FRIES, BERRIES S JELLO/PRETZEL	29B HB OATS, PEACHES, L SCALLOP POT HAM, PEARS,SLAW, ROLL S PEACHE POOCH/ CRACKER	30B KIX, BANANA, TOAST, PB L CIX HD, HONEYDEW, SALAD, CALI BLEND S BANANA BR/MILK		

**MENU SUBJECT
TO CHANGE**

**MILK SERVED
WITH MEALS**

