

# Red Cliff Education Newsletter - December 2018



## Manidoo Giizisoons (Little Spirit Moon)

### School Matters!



### Attend Today, Achieve Tomorrow

Did you know that two missed days a month adds up to being a half year behind by the time your child reaches 4th grade. And once a child falls behind they rarely catch up—every minute in school matters! Please make sure your child/children comes to school every day. We will contact your family if we don't know where your child is each day they should be in school. We all must work together to build life-long learners. Miigwech for sharing your children with us during this exceptionally special time in their lives!



It is *that* time of year again; the season of winter often brings forth bouts of sickness. The Red Cliff Early Childhood Center would like to provide families with a few tips:

- ◆ A well-known way to prevent the spreading of germs is washing hands and maintaining a clean environment
- ◆ Wear weather-appropriate clothing—protecting delicate immune systems from the elements
- ◆ Outside time! Winter is a season with a lack of sunlight—head outside and soak up some vitamin d when the opportunity arises
- ◆ A visit to the doctor for check-ups, vaccinations, and/or discussions about preventative measures can be quite beneficial

### Upcoming Events

- Dad's Day—Thurs., Dec 6th at 8:30 am
- Home Base Social—Fri., Dec 7th from 10 am—12 pm
- Mom's Day—Thurs., Dec 13th at 8:30 am
- The Kids Christmas Party—Sun., Dec 16th from 11 am—3 pm
- Annual Ashland Firefighters' Toy Drive—Sun., Dec 16th from 10 am—6 pm
- ECC Winter Holiday Party/Home Base 'Social—Fri., Dec 21st from 10 am—12 pm
- ECC Closed—Fri., Dec 21st —Tues., Jan 1st (2019). Classes will resume on Wed., Jan 2nd (2019)



Manidoo-Giizisoons  
(Little Spirit Moon)  
December 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>School Hours-- 7:45 am. to 3:00 pm.</b>				1
2	3 WIC Pick up	4 WIC Pick up	5	6 DAD'S DAY Join your child for Breakfast	7 EHS SCHOOL DAY Home Base Social	8
9	10 WIC Pick up	11 WIC Pick up	12	13 MOM'S DAY Join your child for Breakfast	14 EHS SCHOOL DAY	15
16 Children's Christmas giveaway at Legendary Waters  Ashland Toy drive pick up at Bretting's community center from 10-6 pm	17	18	19	20 ECC Will Close at 12:00 pm. for K-5 Xmas Concert at Bayfield	21 ECC Winter Holiday Party Home Base Social 10-12	22
23	24 ECC No Child Day	25 ECC/Tribe Closed Christmas	26	27	28	29
<b>Winter Break</b> <b>ECC No Child Day</b> <b>CLOSED Dec 21st - Jan 1st</b> <b>Classes Resume Jan 2nd</b>						
30	31					

**No Head Start Classes on Fridays**

# December News Letter

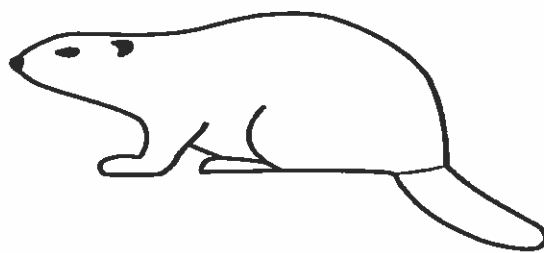
We cant believe its already December, the year is going by quick. This month we will be bringing some snow inside, doing some painting, experiencing with new food and preparing for the holidays. Please bring in extra cloths, they have been enjoying touching and experiencing using a spoon. Thank you for bringing your children everyday :)

Reminder– No school December 24– January 1st.

Have a merry Christmas and a Happy new year! :)

Thank you, Ms. Kelsey & Ms. Teresa





**Amik**

**December 2018**

**Dear Parents,**

**November flew by and December now upon us. We had a lot of fun learning about goon (snow) and Dagwaagin (Fall). We learned about harvest, and being thankful. The kids enjoyed making turkeys and foods to put in our cornucopias.**

**We have a new teacher in our room. Her name is Ms. Gina LaGrew. She has been helping us do some crafts and we look forward to doing many more activities with her.**

**For December we will be working on Christmas crafts and activities. We are going to make more bird feeders so that we can watch the birds come to eat outside our window.**

**We will be going outside every day that the weather permits. Please send winter outdoor wear, hats, mittens, and boots.**

**Miss Maggie and Miss Gina**

# Makwa News

## Boozhoo Makwa Families!

The 2018 year is coming to an end, and we are looking forward to a fresh new year!

For the month of December we will be working on self-help skills, fine and large motor skills, and communicating.

We will be doing lots of fun things that include the outdoors and snow, and Christmas/Holiday crafts.



## Mino Dibishkaa



## Important dates

December 20th– Last day,  
HOLIDAY BREAK

December 21st– HOLIDAY  
PARTY

December 25th– Christmas  
Day / Tribe Closed

January 2nd– Classes resume

### Ojibwemowin Words:

Hat– Wiiwakwaan

Jacket– Minjikaawan

Mitten– Biboon

Winter– Babiinzikawaagan

Miigwech,

Miss Tiff, Miss Laura, and

Mrs. Judy

715-779-5030 x 2544

# ESIBAN NEWS

DECEMBER 2018

Manidoo-Giizisoons  
Little Spirit Moon

Boozhoo Esiban Parents, 2018 is almost coming to an end. We thank you for sharing your children with us.

For the month of December we will be working on many activities such as hibernation, winter and Christmas.

Please make sure you are checking your mailboxes daily and signing in and out daily. Also make sure your children have the proper clothing for outside.

-Ms.Melissa & Ms. Amber

## Ojibwemowin

Winter: Biboon

Snow: Goon

Cookie: Bakwezhighaans

Mitten: Minjikaawan



## Reminders

12/6- Dad's Day: Join your child for Breakfast 8:30

12/13- Mom's Day: Join your child for Breakfast 8:30

12/21- ECC Winter Party

12/25- CHRISTMAS

12/21-01/01 – ECC Closed Winter Break

01/02- Classes Resume



## What we are doing

Norvanah- Starting to interact with the other peers

Maverick- Has a preferred peer he will play with

Danielle- Counting

Aniya- enjoys playing with the baby dolls

Isaac- enjoys putting things together/connecting things together

Javoni- He likes cutting and ripping paper

Nathaniel- Counting

Zaiden- Starting to parallel play with his peers



# Mashkodebizhiki



Boozhoo! It is that time of year again when the weather turns bitterly cold and the kids want to be outside all the time. Please remember to send appropriate gear to school so your child can get the most out of their outdoor experience. Snow pants, hats, warm jackets, winter boots and warm gloves are all necessary for your child to be comfortable outside. Also, remember to check on their extra clothes. There are many times that pants and socks get really wet from the snow and the kids are much more comfortable when they can change.

It is also that time of year when all kids can think about is what they are going to get for Christmas. They get so stuck on thinking about what they want they forget to think of what others may want or need. We are sure you may think they are too young to understand but you would be surprised at how giving and thoughtful kids this age naturally are. This year, instead of focusing on what the kids want given to them, we are going to focus on what they can do for others. Our days leading up to Christmas break will be full of doing and making things for people other than ourselves (of course there will be a few snacks for us to eat).

As with everything we do we welcome any thoughts or ideas on how to make this season of giving a great one. W



**DON'T FORGET...**the ECC Christmas party is on Friday December 21st School will be closed starting tmon. Dec 24th and will resume the 7th of January. We hope you enjoy the time with your child and remember that it isn't how much money you spend or how many gifts are under the tree but how many special memories are made!!

Have a very Merry Christmas

Ms. Nadine, Ms. J and Ms. Becca



# Manidoo-Giizisoons

Little Spirit Moon

## OJIBWE WORDS

MIKWAM-ICE

DAASKIKWANDIN-  
CRACK IN ICE

DWAA'IBAN-  
HOLE MADE IN  
THE ICE

DAKAASIN- COLD  
WIND

BIIBOON-WINTER

MA'IINGAN ROOM NEWS!!!!

**BOOZHOO EVERYONE!!! BIIBOON OMAA !!**

**WOW! IT'S ALREADY DECEMBER TIME IS FLYING RIGHT BY US. WE WANT TO SAY MIIGWECH TO ALL THE PARENTS AND FAMILIES FOR BRINGING ALL THAT WINTER GEAR EVERYDAY TO SCHOOL. WE WILL BE FOCUSING ON MUSIC, AND CHRISTMAS CRAFTS THIS MONTH. WE WILL CONTINUE TO LEARN TURN TAKING, NUMBER RECOGNITION, LETTER RECOGNITION, COUNTING, LETTER SOUNDS, AND TRANSITIONS. WE WISH YOU ALL A WARM AND LOVING HOLIDAY !!**

**FRIENDLY REMINDER TO ALL FAMILIES PLEASE CHECK YOUR CHILDREN'S BACK PACKS DAILY .**

**TEACHERS SEND HOME ARTS,CRAFTS, AND IMPORTANT NOTICES ON UPDATES ETC. WE LIKE TO SAY MIIGWECH FOR THE COOPERATION AND UNDERSTANDING FOR THE PARENT/TEACHER CONFERANCES WE REALLY, REALLY APPRECIATE IT MUCH! !**

**WE WELCOME ANY FAMILIES OR CAREGIVERS TO COME BE PART OF CLASSROOM AND EAT BREAKFAST OR LUNCH OR OUTSIDE TIME FOR A VISIT.**

**MIIGWECH,**

**Ms.Alicia, Ms. Sam, and Ms. Lacie**



## **Migizi News**



***We are really enjoying playing in the snow but not so much the cold temperatures.***

***This month we will be busy doing Christmas projects along with our learning the alphabet and numbers.***

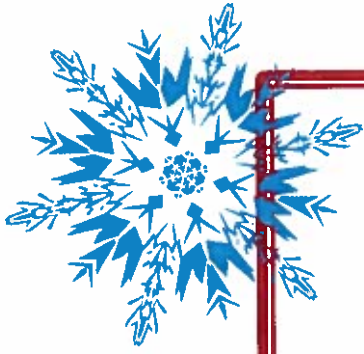
***We will be continuing our clothes study for this month. It's been hard to remember we need lots***

***more clothing on to play outside now.***



***Here are some important dates that will be coming in December. December 6 Dad's day come join your child for breakfast, December 13 Mom's Day come join your child for breakfast, December 21 ECC Winter Holiday Party, ECC closed December 24-January 01, classes resumes on January 02,***

**2019.** 



Agongos Home Base



# December Newsletter

## Upcoming Events:

December 7<sup>th</sup>  
Home Base Socialization  
10am-Noon @ the ECC

December 21<sup>st</sup>  
ECC Winter Holiday Party &  
Home Base Social @ the ECC

December 24<sup>th</sup>-31<sup>st</sup>  
Winter Break

The ECC and Home Base  
Program would like to  
welcome our new  
Home Base Teacher  
Dawn Deragon!

Ms. Haley 779-5030 ext. 2536

Ms. Patrice 779-5030 ext. 2537



2018



# November Attendance

**Head Start: Lola Cadotte**

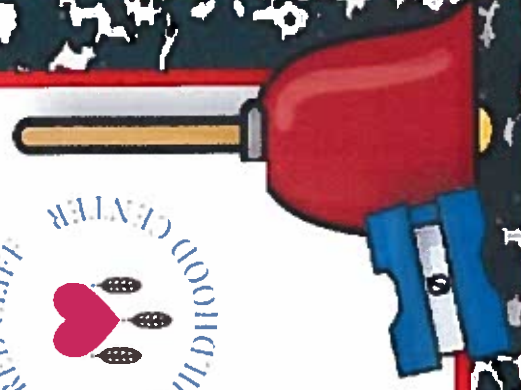
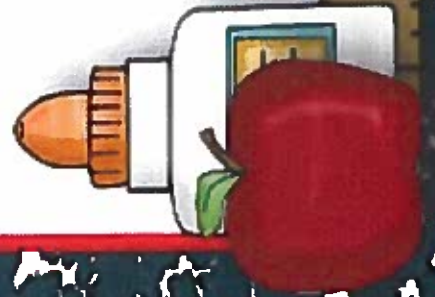
**Early Head Start: Giancarlos Gordon**

## **Head Start: 50 Children**

- Migizi 12 children
- Maiingan 15 children
- Mashkodebizhiki 13 children
- Great Attendance total= 40

## **Early Head Start: 32 Children**

- Waaboos 3 children
- Amik 3 children
- Makwa 6 children
- Esiban 3 children
- Great Attendance total= 15





***Kids Christmas Party***

***Sunday, December 16, 2018***

**11:00 a.m. – 3:00 p.m.**

**(Santa & Mrs. will arrive at 10:45 a.m.)**

**Legendary Waters Resort & Casino**

**Ages for gifts Infant to 12 years old**

**Punch & Cookies will be served.**

**Registration will begin at 10:30 a.m.**

If you would like to volunteer to help wrap presents or assist at the party, please contact:  
Julie Gordon or Jeanne Gordon @ the Tribal  
Administration office @ 715-779-3700.

# *ECC Winter Holiday Party*

## *Home Base Social*



**When:** Friday December 21st, 2018

from 10am-12pm

**Where:** Red Cliff Youth Center

89645 Youth Center Dr.

Bayfield, WI 54814

**We invite you to come enjoy the festivities with  
the ECC and Santa Claus—Eat and Be Merry!**

**For further information, please contact**

**(715) 779-5030**



# Annual Ashland Firefighters'

Toys will be  
distributed on  
December 16th  
10am—6pm

at the  
Bretting Community  
Center, 400 W. 4th  
Ave., Ashland

Contact:  
(715) 292-6400

Ext 1,2, or 3

RSVP:

By December  
8th

For Ages:

Newborn - 12

Christmas For Teens

For Ages: 13—18

Sign up: Between No-  
vember 5th and 30th

Contact: Kara Ne-  
veaux

At (715) 682-0254 OR  
(715) 685-4375

Monday—Friday



# Sibling Rivalry

[fyi.uwex.edu/parentingthepreschooler/](http://fyi.uwex.edu/parentingthepreschooler/)

## Tips to Help Siblings Get Along

- Encourage siblings to express their feelings about one another with words. "I feel sad when you take my toy without asking."
- Teach children how to get attention from their siblings in a positive way, such as asking to play together. "I'm building a block tower. Do you want to help?"
- Focus on each child's unique strengths. The behaviors you notice and talk about are often the behaviors children learn to repeat.
- Don't take sides. Try to stay neutral when children are having a conflict.
- Create a space where children can have quiet time and space if they need it. Teach all family members to respect these "quiet time" spaces.
- Try to spend alone time with each child every day. Sometimes children start a fight to seek attention from adults. Just 15 to 20 minutes of one-to-one attention with a child per day can decrease whining and fighting.



## Benefits of Sibling Rivalry

Conflict is natural in close relationships like families; and sibling rivalry is nearly unavoidable. Learning how to resolve conflict with siblings provides a great opportunity for children to practice interpersonal skills, which will continue to benefit them in future relationships.

## Celebrate the Individual

Sibling rivalry can start when adults make comparisons between children (“Why can’t you be quiet like your sister?”). Comparing children is like comparing apples to oranges—you can’t! Instead, recognize, accept, and enjoy children’s distinct characteristics and achievements. Let each child know that they are special in their own way.



### When Should Adults Help?

- Step in when children cannot solve the conflict on their own.
- You should stop dangerous fights immediately to protect children from getting hurt physically and emotionally. When children have cooled down, talk about what happened and emphasize that violence is not allowed in any circumstances.
- Come up with some ground rules with your children. Make sure that ground rules contain clear and consistent consequences if children break the rules. This can lead to prevention of many arguments.
- Ground rules might include:
  - ◊ No hurting (hitting, kicking, pinching etc...) is ever allowed.
  - ◊ When one child is not having fun, rough-housing must be stopped.
  - ◊ If you fight over a toy, the toy goes into time-out.

### Resolving Conflicts

Give children opportunities to try working out their own conflicts, but keep in mind that younger children might need some help from you on problem-solving and conflict resolution skills. Once everyone has cooled down, you might ask each child to think of several ways to solve the problem. For example, instead of telling the child to “Ask nicely for the toy,” ask, “What can you do or say so your brother will let you play with his truck?” Sometimes that’s all a parent needs to ask. For other conflicts, you may need to help children think through how their actions made their siblings feel and identify different actions that would make everyone feel better. “How does your brother feel when you grab toys?” “Can you think of something different to do so your brother won’t feel mad?” This problem-solving approach can benefit children in the long term because children are more likely to carry out their own ideas and develop problem-solving skills.

## UW-Extension Family Living Programs

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



[Link To References](#)  
711 for Wisconsin Relay  
(TDD)

For more information, please contact your county UW-Extension office:  
UW-Extension Family Living Programs  
Bayfield County Courthouse,  
PO Box 218 ~ Washburn, WI 54891  
715- 373-6104, ext. 252 ~  
[liz.lexau@ces.uwex.edu](mailto:liz.lexau@ces.uwex.edu)

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# MONEY \$MART

in Head Start 

Issue 3



## In This Issue

- Free Ways to File
- File Early
- Using Your Refund
- For More Information
- To \$um It Up

## Planning for Tax Time

As you probably know, almost everyone with an income needs to file a tax return. You may be dreading tax time because you're afraid that you owe money to the Internal Revenue Service (IRS) or the state. But, it's just as likely that you'll be getting a refund!

One benefit of filing taxes is that you may get extra money back through tax credits, above and beyond what was withheld from your paycheck. Another benefit is that some tax credits can lower the income taxes you have to pay and might even give cash refunds to families whose incomes are too low to owe taxes.

As you get ready to file your taxes, here are a couple of things to keep in mind:

- You must file **1040** or **1040A** federal forms, and **WI 1** or **1A** state forms to get the credits. Some families miss out on the credits because they file the *wrong forms* like the federal 1040EZ or the state WI-Z.
- Say "no" to Refund Anticipation Checks (RAC). RACs don't get you your money any sooner and the rates and fees really add up. The result is a lot of money out of your pocket!

## Free Ways to File Taxes

You can save money by doing taxes on your own instead of paying a tax preparer. Filing taxes is easier than in the past because of these programs:

- **Federal Returns** – At [www.irs.gov](http://www.irs.gov), you can use brand-name software or free fillable forms to file online, or you can print the forms you need to file.
- **State Returns** – You can also file your Wisconsin taxes online or by mail with forms from [www.dor.state.wi.us](http://www.dor.state.wi.us) (or your local library). Be sure to do your federal taxes first since you'll need some of that information for your state tax return.
- **Volunteer Income Tax Assistance (VITA)** – Low-income individuals and families are eligible for free tax preparation by high quality, trained volunteers. VITA sites are generally located at community centers, libraries, schools, shopping malls and other locations across the state. To find the location closest to you, call 1-800-906-9887 or go to [www.irs.gov](http://www.irs.gov) and search for VITA.
- **Depending on your household income**, you can file your federal AND state taxes together at [www.myfreetaxes.com](http://www.myfreetaxes.com), a website sponsored by United Way and several national companies. The Q&A format makes filing easy!

## File Early if You Owe Taxes

- Many people tend to put off things they don't want to do, but if you owe income taxes, they need to be paid by April 15th.
- If you are not able to pay the full amount, there are short term extensions and monthly payment plans available.

## Do you qualify for major tax credits?

When you file your taxes, if you qualify for tax credits, you'll need to fill out a few extra forms. These tax credits include:

- **The Earned Income Credit (IRS Schedule EIC)** is a tax benefit for workers who earn low or moderate incomes. Qualifying persons who file federal and state tax returns get back some or all of the income tax withheld from their pay during the year. You might even get *more* money back than you paid in taxes.
- **The Homestead Credit (WI Schedule H)** is a tax benefit for renters and homeowners with low or moderate incomes. Qualifying persons who file state returns get back some or all of their state taxes withheld during the year.

To learn more about tax credits, plus other resources, you can go to [fyi.uwex.edu/wisconsinconnections](http://fyi.uwex.edu/wisconsinconnections)

### For More Information...

Contact your local UW-Extension Family Living Educator for more financial education resources. Go to [www.uwex.edu/ces/cty/](http://www.uwex.edu/ces/cty/) to find your County office.

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

## Making the Most of Your Refund

- **Make a wish list**– It can get you thinking about how to spend your refund. Write down the ways you want to spend your refund and how much each will cost. You might include needed things and fun things too.
- **Go back and circle items on the list you need to pay for first.** If it adds up to too much money, cross off circled items one by one until you stay within your refund.

## How about saving some of your refund?

Tax refunds only come once a year and it's always nice to have some emergency money during the rest of the year.

The IRS offers an automatic savings option. Fill out **IRS Form 8888** to split your refund between savings and spending. For example, if you get back \$1,000, you can put \$750 into your checking account to pay bills and put \$250 into your savings account. You can even use some of your refund to buy savings bonds.

If you split your Federal tax refund and save at least \$50 using IRS Form 8888, you might be able to win cash prizes. Find out if this annual contest is open to you at: [www.saveyourrefund.com](http://www.saveyourrefund.com)

## To \$um It Up:

- \$ Filing taxes can be a great time to make the most of your money
- \$ Don't miss out on tax credits to get more money by filling out the correct forms
- \$ Make a wishlist to help decide how to spend your refund
- \$ A tax refund could be the perfect time to jumpstart your financial goals - start or add to your savings account for emergencies, retirement, or your child's college fund – whatever is most important to you!

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

# DENTIST DAY



Hooray, hooray! It's dentist day! I put on  
my shoes and zip up my coat.  
My mom sings a song as we drive along:

***Every day we all must brush,  
Even when we're in a rush. 🎵  
Eating healthy all year long,  
Helps keep our teeth super strong.***

***Count them, 🎵  
Clean them,  
Make them shine; 🎵  
The dentist is a friend of mine!***

At the dentist's office, I sit on Mom's or Dad's  
lap. Then Dr. Lisa comes in.

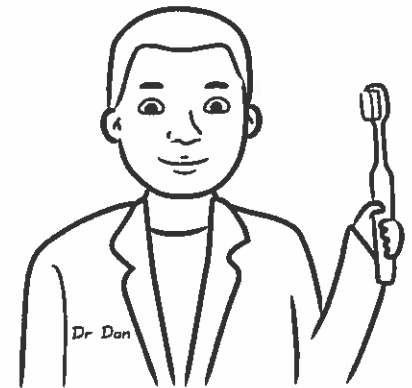
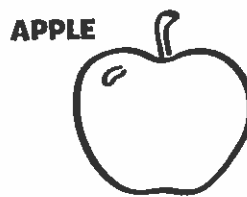
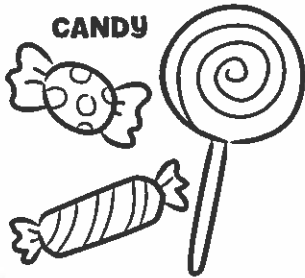
She checked my gums when I was just a  
baby. Now she counts my teeth.

The chair goes up and she shines a light  
into my mouth to help her see if my teeth  
are healthy.

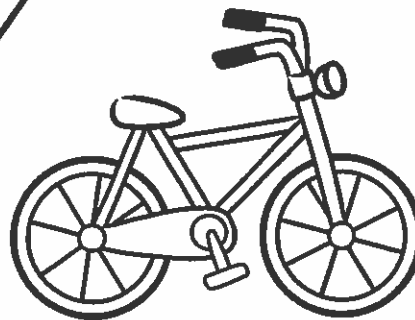
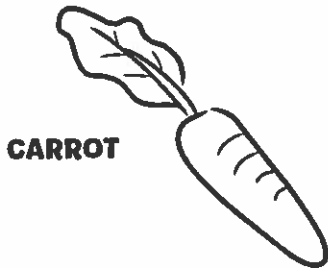
She cleans my teeth with a tool that spins and  
buzzes. *Oops!* She gets my chin wet. Now  
my smile is all sparkly. Thank you, Dr. Lisa.  
I promise to brush two times a day for two  
minutes. See you next time!

# WHAT IS GOOD FOR MY TEETH?

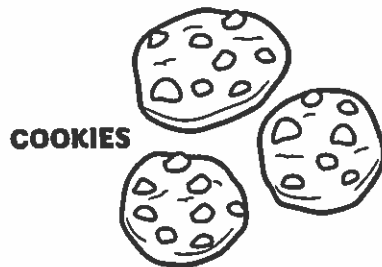
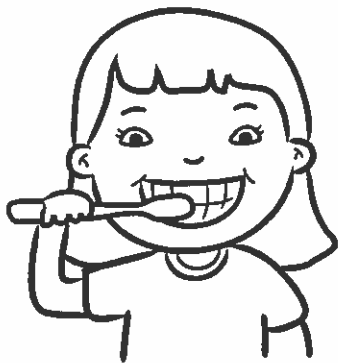
Color or circle the pictures of things that help keep your smile healthy.



DENTIST

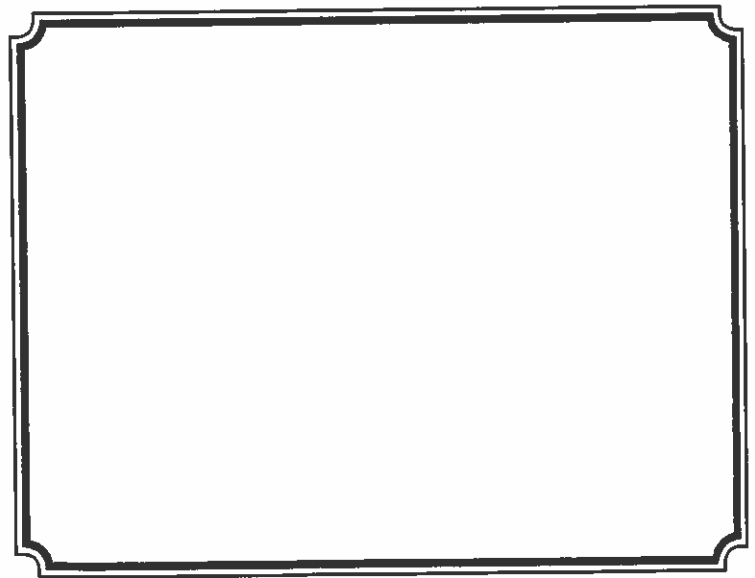


SOFT DRINK



## WHAT MAKES ME SMILE?

Draw a picture of something that makes you smile.





# TINY SMILES

## BABY TEETH ARE IMPORTANT



### BIRTH to 1ST TOOTH (around 6 months)

*Your baby's first smile appears even before you see the first tooth—it's all about the gums at this stage.*

**BEST SMILE TIP!**

Gently wipe baby's gums with a clean, damp, soft washcloth or gauze after each feeding. This removes bacteria and bits of food.

**HEALTHY HABITS**

You can pass cavity-causing germs to your baby, so don't put their pacifier in your mouth to clean it. And don't share feeding spoons. To clean pacifiers, rinse them with water. Never dip pacifiers in sugar, honey, or other foods.



### 1ST TOOTH to 3 YEARS OLD

*Starting around 6 months and up until about 12 to 14 months, your baby's first tooth will push through the gums.*

**BEST SMILE TIP!**

Once your child's teeth begin to show, brush them two times a day (morning and night). Use a baby toothbrush and a smear of fluoride toothpaste the size of a grain of rice. Start cleaning between teeth daily as soon as your child has two teeth that touch.

**HEALTHY HABITS**

Take your child to the dentist for a first checkup after the first tooth appears or by the time your child turns 1. Do not let your child sip drinks with sugar all day.



### 3 to 5 YEARS OLD

*By age 3, your child will have about 20 teeth. These baby teeth are important. They help your child eat, speak, and smile. They also hold space for permanent teeth.*

**BEST SMILE TIP!**

Brush your child's teeth for two minutes, two times a day. Use a pea-size amount of fluoride toothpaste on a child's toothbrush. Assist with brushing until your child can spit out the toothpaste instead of swallowing it, usually around age 6. Keep cleaning between their teeth daily, for example, with dental floss.

**HEALTHY HABITS**

Encourage your child to eat fruits, vegetables, and foods that are low in sugar. Limit snacks, candy, juice, soft drinks, and sticky treats. And remember, water with fluoride is the best drink for your child's teeth.



Watch and Brush at [2min2x.org](http://2min2x.org)

Help your child brush for two minutes, two times a day by playing a song or a two-minute video while you brush.



# TINY SMILES

Baby teeth are important. They help your child chew, speak, and smile. They also help permanent teeth grow in the correct position. Did you know that children can get cavities as soon as their teeth first appear? Nearly one in four children ages 2–5 has cavities in their baby teeth.<sup>1</sup> Cavities can hurt. Cavities also can cause children to have problems eating, speaking, learning, playing, and sleeping. Children learn healthy habits from their parents and caregivers. Read below to find out how you can help prevent cavities and promote healthy habits.

## HELP PREVENT CAVITIES

### DURING PREGNANCY



- ▶ Children's teeth begin to develop between the third and sixth months of pregnancy. To help baby teeth develop correctly, be sure to get plenty of nutrients and eat a balanced diet. For tips on how to eat a balanced diet, visit [choosemyplate.gov](http://choosemyplate.gov).

▶ It is important to go to the dentist during pregnancy. Also, remember to brush your teeth two times a day for two minutes, clean between teeth, and drink water with fluoride to help keep your own teeth and gums healthy and strong.

### BIRTH to 1ST TOOTH (around 6 months)



- ▶ Gently wipe baby's gums with a clean, damp, soft washcloth or gauze after each feeding.
- ▶ Breastfeed your baby for at least the first six months of life, if possible. To help prevent tooth decay, fill your baby's bottle only with formula or milk. Finish bottle feedings before putting your baby to bed.

▶ You can pass cavity-causing germs to your child, so don't put your baby's pacifier in your mouth to clean it. And don't share feeding spoons. Rinse pacifiers with water to clean them.

▶ Don't dip pacifiers in sugar, honey, or other foods.

### 1ST TOOTH to 3 YEARS OLD



- ▶ Take your child to the dentist for a first checkup after the first tooth appears or by the time your child turns 1.

▶ Brush your child's teeth two times a day (morning and night). Use a baby toothbrush and a smear of fluoride toothpaste the size of a grain of rice. Start cleaning between teeth daily as soon as your child has two teeth that touch.

▶ Protect your child's teeth with fluoride. Talk to your dentist or pediatrician about your child's fluoride needs.

▶ Sippy cups should be used only until around your child's first birthday. Do not let your child sip drinks with sugar all day.

### 3 to 5 YEARS OLD



- ▶ Brush your child's teeth for two minutes, two times a day. Use a pea-size amount of fluoride toothpaste and a small, soft toothbrush. Take turns—brush your child's teeth one time and then have them do it the next time. Supervise brushing until your child can spit out the toothpaste instead of swallowing it, around age 6.

▶ Clean between their teeth daily—for example, with dental floss.

▶ Encourage your child to eat fruits, vegetables, and foods that are low in sugar and to drink fluoridated water. Limit snacks, candy, juice, soft drinks, and sticky treats.

▶ Ask your child's dentist or doctor about putting fluoride varnish on your child's teeth to prevent cavities.

Visit [MouthHealthy.org](http://MouthHealthy.org) for more tips from the American Dental Association to help your child have their best smile!

<sup>1</sup> Dye BA, Thornton-Evans G, Li X, Iafolla TJ. Dental caries and sealant prevalence in children and adolescents in the United States, 2011–2012. NCHS data brief, no. 191. Hyattsville, MD: National Center for Health Statistics; 2015. Available at [www.cdc.gov/nchs/data/databriefs/db191.htm](http://www.cdc.gov/nchs/data/databriefs/db191.htm)

# HEALTHY HOLIDAY

THE ECC HEALTH OFFICE WANTS TO REMIND YOU TO ENJOY THE HOLIDAYS..... ENJOY THE HEALTHY FOOD, SNACKS AND DRINKS FOR YOU AND YOUR FAMILY. ALONG WITH FAMILY CELEBRATIONS DON'T FORGET:

## **Salad bars aren't just for salads**

Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

Don't forget tooth brushing is very important during the Holidays

**No child can be truly healthy if he or she has poor oral health..**

Try a seasonal activity with your family. Go ice skating or jump start your bucket list for the year.

Walking is a great way to be active. Try to incorporate more walking into your activities.

**HAPPY HOLIDAYS!**

# Nutrition Nuggets

Food and Fitness for a Healthy Child

December 2018



## BEST BITES

### Edible art

Suggest that your youngster use her plate as a canvas and create a work of art she can eat!

Help her select healthy snacks in different shapes and colors. Maybe she'll make a "portrait" with mini turkey-meatball eyes, a cheese-cube nose, a red bell pepper mouth—and a drizzle of marinara hair.



### Active with pets

Need an easy way to encourage your child to move more? Let him help with pet care. He could walk the dog around the block after dinner or throw toys for the cat to chase. *Tip:* If you don't have a pet, he might ask to play with a relative's or a neighbor's pet.

### DID YOU KNOW?

You'll save money and boost your youngster's nutrition by using parts of fruits and vegetables that you normally throw away. For example, peel broccoli stems, then cut them into "coins" to add to soups. Also, consider making a pesto out of leafy green carrot tops or grating citrus peel onto steamed veggies.

### Just for fun

**Q:** Why did the golfer have an extra pair of pants?

**A:** In case he got a hole in one!



## Family wellness challenges

How can you motivate your child to live a healthy lifestyle? Turn nutritious eating, exercising, and getting enough sleep into fun family challenges. Use these ideas to get started.

### Challenge #1: Fruit and veggie bingo

Have each person create a bingo card with five rows and five columns. In each square, write or draw produce (*orange, green beans, sweet potato*). Then, swap cards and cross out each one you eat this week (*a strawberry smoothie counts*). Everyone who gets five in a row wins. *Tip:* Involve relatives you'll visit with during the holidays.

### Challenge #2: Fit weekends

Brainstorm fitness-related activities to enjoy together. Some ideas: hold a dance-off, play balloon volleyball, have a snowball fight, visit a recreation center. Ask your youngster to write one on your



calendar every weekend. As you complete each activity, he can color in that day's calendar square.

### Challenge #3: Sleep tracking

Getting enough sleep gives your child energy to run and play. Let him make a "sleep chart" with a column for each family member. For one week, write down the time you turn out the lights and the time you wake up. Draw a star in your column for each night you get the recommended amount of sleep (kids need 9–11 hours, adults need 7–9). ♡

## Save on fitness equipment

Inspire your youngster to stay fit by keeping an assortment of sports and exercise gear handy. Consider these suggestions to help her stock up on a budget:

- Ask family and friends if they have equipment they no longer use. Perhaps your brother can pass along a softball mitt his daughter has outgrown. A friend may offer an old tennis racket.

- Search flea markets, thrift shops, and online yard sales. For just a few dollars, you might find a gently used balance ball or yoga mat (disinfect before use). Or you could buy a jump rope, a can of tennis balls, or a Frisbee for less than a dollar.

*Note:* Always make sure used gear is in good condition. ♡

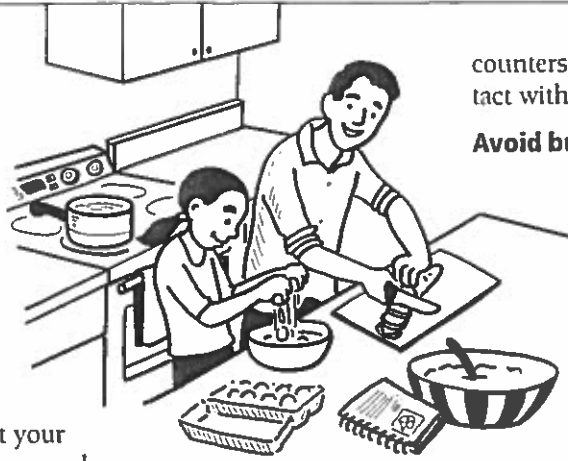




# Kitchen safety for kids

Confidence in the kitchen can set your youngster up for a lifetime of healthy eating. Before the two of you cook together, share these basic safety rules. *Note:* Always supervise your child in the kitchen.

**Practice cleanliness.** Explain that your youngster should avoid spreading germs by washing her hands in warm, soapy water before and after touching food. Point out that it's also important to wipe



counters and wash cutting boards that come in contact with uncooked meat or eggs.

**Avoid burns.** Show your child how to turn pot handles toward the back of the stove to avoid accidental bumps. Also, teach her to never touch anything hot (pans, plates) with bare hands. She could practice using potholders by carrying dishes that aren't hot.

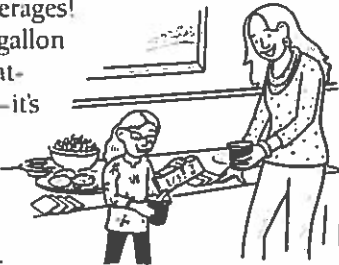
**Use knives carefully.** Demonstrate the "two-hand" technique: One hand grips the knife firmly while the other holds the food in a "claw" position (fingers curled under). *Tip:* Have your youngster start with a plastic or butter knife and soft foods like bananas or bread. ♡

## O&A

### Healthier beverage choices

**Q:** With holiday parties coming up, how can I help my daughter steer clear of soda and choose healthier drinks?

**A:** One easy solution for parties? Offer to supply beverages! Drop off a gallon or two of fat-free milk—it's perfect for dunking holiday cookies.



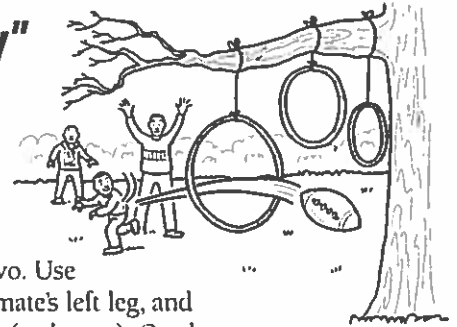
Or let your daughter help you make a bowl of healthy punch to share. She could choose a flavor of sparkling water and decide what kind of fruit to mix in.

Before you go to a party, talk to your daughter about making good choices. Keep in mind that banning treats completely may make them more tempting to her. For example, suggest that she drink just one glass of chocolate milk or apple juice, then switch to water or regular fat-free milk for the rest of the party. ♡



### Winter "field day"

Your youngster doesn't need to wait until spring to enjoy Field Day. Pick his favorite events, and create your own versions at home with family and friends. Here are two.



**1. Three-legged race.** Split into teams of two. Use a scarf to tie one person's right leg to his teammate's left leg, and line up about 25 feet away from a pile of snow (or leaves). On the count of three, teams race around the pile and back. The first team to return to the starting line wins.

**2. Football ring toss.** Tie several hula-hoops or large rings cut from cardboard to a tree branch using different lengths of rope. Assign a point value to each hoop, with higher hoops worth more points. Each person gets five tries to throw a football through any of the hoops. Have each player keep track of his own score. Earn the most points to win. ♡

### IN THE KITCHEN

### Better-for-you appetizers

Chips, mozzarella sticks, and deviled eggs are popular among kids—and they can actually be nutritious. Try these recipes.

#### Tortilla chips

Cut 6 small corn tortillas into 6 wedges each. Combine 3 tbsp. lime juice, 1 tbsp. olive oil, and ½ tsp. salt. Arrange wedges in a single layer on a baking sheet, and brush both sides with the mixture. Bake at 350° for 15 minutes, flipping once.

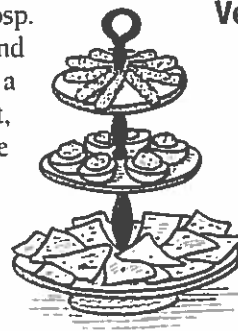
#### Baked cheese sticks

Combine ½ cup whole-grain breadcrumbs with

1 tsp. each onion powder, garlic powder, and salt. In a separate bowl, beat 1 egg. One at a time, dunk 12 part-skim mozzarella cheese sticks into the egg, then coat with the breadcrumb mixture. Bake at 425° for 10–15 minutes.

#### Vegetable deviled eggs

Peel 6 hard-boiled eggs, and cut in half. Scoop the yolks into a bowl, and add 3 tbsp. fat-free Greek yogurt and ½ tsp. Dijon mustard. Then stir in 2 tbsp. each diced cucumber and tomato. Divide the mixture among the egg whites. ♡



**OUR PURPOSE**  
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children  
 Resources for Educators,  
 a division of CCH Incorporated  
 128 N. Royal Avenue • Front Royal, VA 22630  
 800-394-5052 • rfcustomer@volterskluwer.com  
 www.rfeonline.com  
 Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise  
 ISSN 1935-4630

# Focusing on Togetherness During the Holidays

*Tips from Nefertiti B. Poyner, Ed.D.*

*By Joscelyn Paine, Devereux Communications Specialist*



For many families, the holidays are spent dashing around trying to find those perfect presents, slaving over a hot stove cooking up family feasts and scurrying from one festivity to another.

As the whirlwind weeks go by and stress levels soar, it might be time to slow down and remember what is important: **spending time with the ones you love.**

Devereux Center for Resilient Children (DCRC) Early Childhood Specialist and National Trainer **Nefertiti B. Poyner, Ed.D.**, offers tips for families to focus on togetherness during the holiday season.

*continue to next page...*

### **Tip #1: Enjoy the simple things**

DCRC research shows it is often the most ordinary things that have the most extraordinary power. Whether it is having your child help you prepare a meal, sitting down as a family and playing a board game or having an older child tell a story to a younger child, life is full of magical moments that make lasting impressions.

"It doesn't matter if the presents aren't perfectly wrapped or the turkey is a tad overcooked," explained Poyner. "What matters is you slow things down and focus on enjoying the everyday moments before they're gone."

### **Tip #2: Unplug from electronics**

It can be hard to connect with the people around us during the holidays when we are constantly glued to our smartphones, tablets and computers. Parents wanting to set a good example cannot expect their children to disconnect from their devices if they are not willing to unplug, as well. Setting aside time each day to power down your phone, put it in a drawer and focus on family activities can have a huge impact on family engagement and connection.

"We're losing the simple art of eye contact with each other because we're on our cellphones all the time," said Poyner. "In order to reconnect, we need to be willing to put down our electronic devices and spend more time physically interacting with our loved ones."

### **Tip #3: Respect others**

While the holidays are a time when family and friends come together, they are also a time when joyful gatherings can quickly turn into heated exchanges. To avoid any family squabbles, skip discussions around the dinner table that focus on religion, politics or any other controversial topics. If someone tries to start a spat, remember – everyone is entitled to their opinion.

"For me to respect someone and be empathetic toward them, doesn't mean I have to agree with what they're saying – and that's OK," Poyner said. "I like to seek agreement, but sometimes agreeing to disagree is agreement enough."

### **Tip #4: Lend a helping hand**

Helping others is not only a benefit to them, but to you, as well. Offering support as a family – whether it is by going caroling at a nursing home, delivering cookies to employees at a fire station or leaving a card in your mailbox for the mail carrier – can bring about feelings of self-worth, happiness and even optimism.

"Giving back to others and modeling that behavior for your children can really have a profound impact," Poyner said. "Even the smallest efforts – showing someone else that you see them and support them – can have big rewards."

### **Tip #5: Cultivate moments of mindfulness**

If you find yourself losing focus of what the holidays are all about, utilize mindfulness techniques such as deep-breathing to relax and regroup. Feel free to involve your children, if you notice they need to unwind as well.

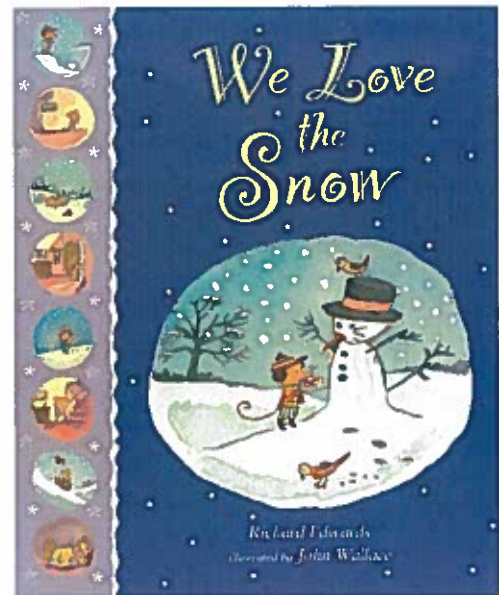
"Step outside and take a few, deep breaths," Poyner explained. "Begin by inhaling the air slowly and deeply through your nose or mouth. Count to three, and then exhale through your lips. This can help you return to your state of calm, so hopefully, you can get back to focusing on what's important."



# Snow Paint

## What You Need:

- Paper
- Paintbrush
- Shaving Cream
- Glue
- Bowl



## What You Do:

- Pour an equal amount of glue and shaving cream into a bowl and mix together until the mixture is thick. Now you have snow paint!
- Let your child create a picture on the paper using the paintbrush and snow paint.
- Ask your child questions about snow. In what environments does it snow? What do you think snow feels like? Do you think snow is hot or cold? What is his favorite season and why?
- When your child is done with his painting, ask him to describe what he made. Did he make snowflakes, a snowman, or something else?
- Let the paint dry. Then your child will be able to enjoy his snow painting.

You can also use this paint for other occasions. For example, you can add red or pink to make a Valentine's Day painting, or green for a St. Patrick's Day painting.



# Duck, Duck, Goose Game

The object of this game is to walk in a circle, tapping on each player's head until one is finally chosen and they must chase the picker to avoid becoming the next picker.

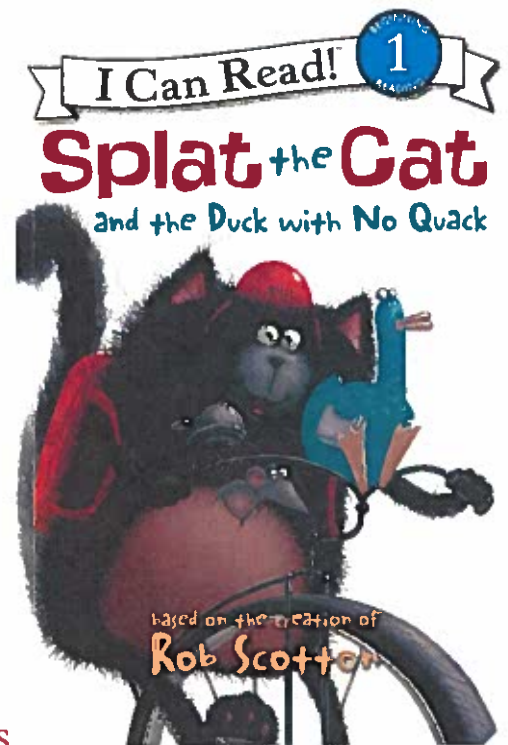
## How To Play:

A group of players sit in a circle, facing inward, while another player, who is "it", walks around tapping or pointing to each player in turn, calling each a "duck" until finally calling one a "goose".

The "goose" then rises and tries to tag the "it", while the "it" tries to return to and sit where the "goose" had been sitting before.

If "it" succeeds, the "goose" becomes the "it" and the process begins again.

If the "goose" tags the "it", the "goose" may return to their previous spot and the original "it" restarts the process



Help Ron get ready for a winter afternoon playing in the snow. Draw a circle around all the things he should wear and bring.

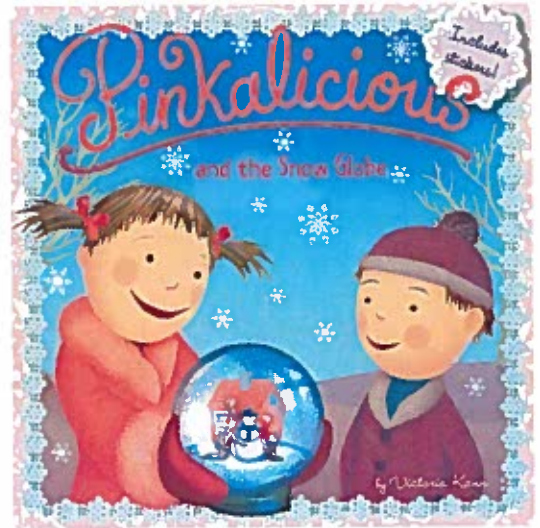


# Make Your Own Snow Globe

This homemade snow globe craft is fun for kids who are excited about winter!

## What You Need:

- A clean jar with a water-tight lid (test it by filling it with water and turning it upside down)
- Waterproof figurine that fits inside the jar (legos work!)
- Waterproof glue (super glue, hot glue)
- Glitter
- Glycerin-makes the glitter float(optional and found at drug stores)
- Water



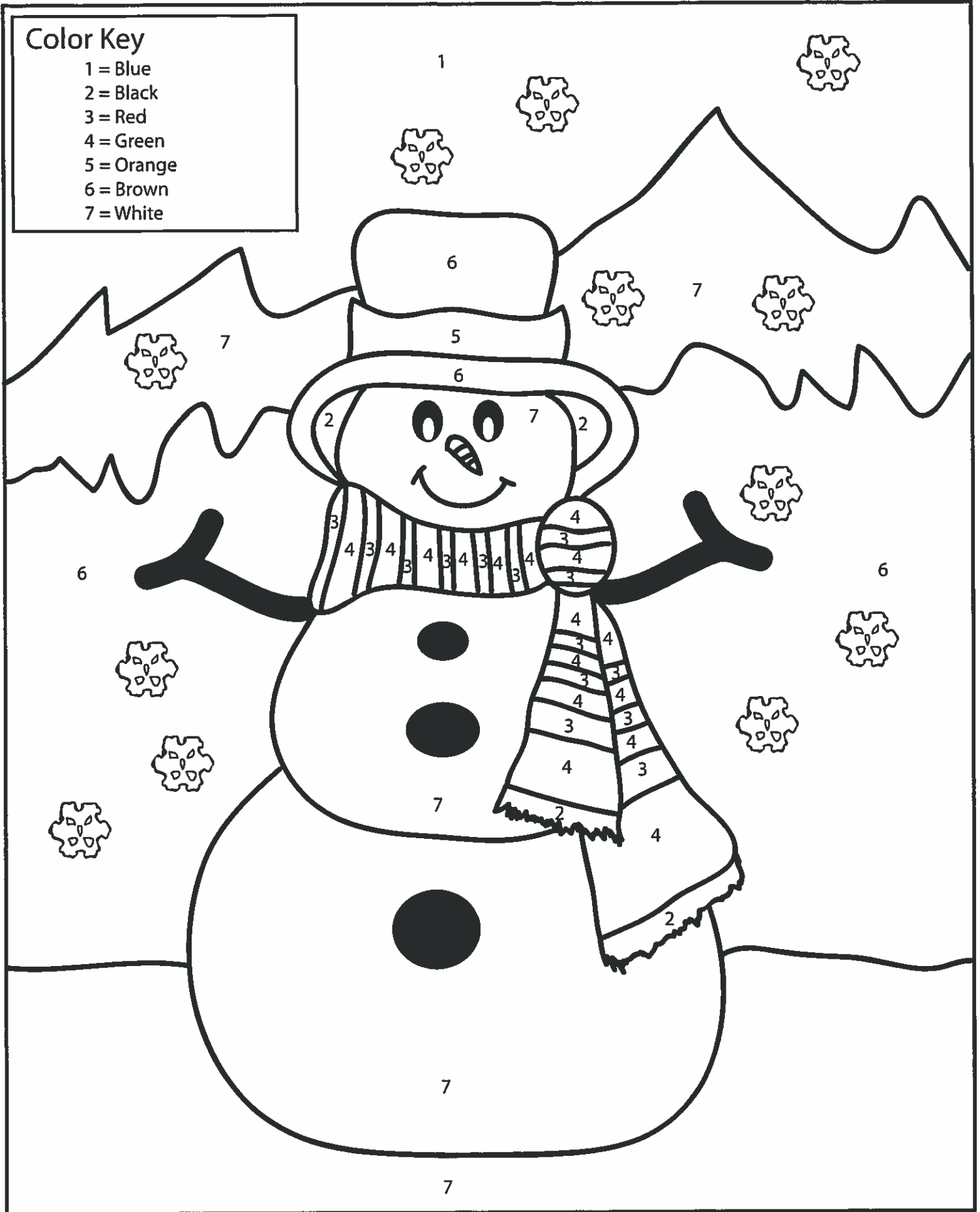
## Instructions:

1. Remove the lid from the jar and set the jar aside
2. Place the lid upside down on a hard surface and help your child glue the figurine(s) to the bottom of the lid
3. Let the glue dry completely
4. Have your child add a few dashes of glitter to the jar, along with a few drops of glycerin
5. Help your child fill the jar almost to the top with water
6. Screw the lid on tight and turn the jar upright
7. Have your child shake gently and watch the glitter float around!



# Color Key

- 1 = Blue
- 2 = Black
- 3 = Red
- 4 = Green
- 5 = Orange
- 6 = Brown
- 7 = White



# Build a Pine Cone Bird Feeder

## What You Need:

- Bird Seed
- Flat Baking Tray
- Large Pine Cone (or papertowel roll)
- Smooth Peanut Butter
- Table Knife
- Something to cover the table (this activity gets messy!)
- String

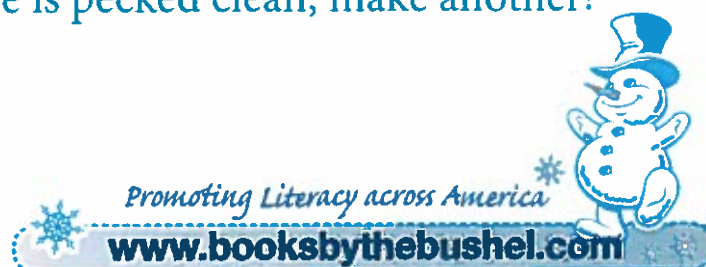


1. Cover the table with newspaper or plastic.
2. Pour some bird seed into your baking tray
3. Help your child spread the peanut butter on the pine cone or papertowel roll
4. Roll the pinecone (papertowel roll) in the bird seed
5. Tie a piece of string (at least a foot long) to the top of the pine cone (papertowel roll)

Birds usually take a few days to locate new food.

Keep a bird book handy. Can you and your child identify what kinds of birds are visiting the bird feeder?

When the pine cone is pecked clean, make another!



# Easy Sugar Cookie Recipe

## Ingredients:

- 2/3 cups all purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 cup butter, softened
- 1 1/2 cups white sugar
- 1 egg
- 1 teaspoon vanilla extract



## Instructions:

1. Preheat oven to 375 degrees. In a small bowl, stir together flour, baking soda, and baking powder. Set aside.
2. In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoons of dough into balls, place on ungreased cookie sheets.
- 3.
4. Bake 8-10 minutes in preheated oven, or until golden brown. Let stand on cookie sheet two minutes before removing to cool on wire racks.
- 5.
6. Have fun decorating with frosting and candies!



# Flurries of Fun Reading Challenge

WEEK OF JANUARY 6-12

TODAY WE READ

MY FAVORITE WORDS WERE

M

T

W

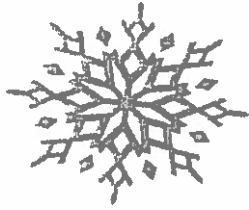
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# Flurries of Fun Reading Challenge

WEEK OF JANUARY 13-19

TODAY WE READ

MY FAVORITE WORDS WERE

M

T

W

T

F

S

S





# Flurries of Fun Reading Challenge

WEEK OF JANUARY 20-26

TODAY WE READ

MY FAVORITE WORDS WERE

M

T

W

T

F

S

S





# Flurries of Fun Reading Challenge

WEEK OF JANUARY 27-FEBRUARY 2

TODAY WE READ

MY FAVORITE WORDS WERE

M

T

W

T

F

S

S



# Flurries of Fun Reading Challenge

WEEK OF FEBRUARY 3-9

TODAY WE READ

MY FAVORITE WORDS WERE

M

T

W

T

F

S

S





# Flurries of Fun Reading Challenge

WEEK OF FEBRUARY 10-16

TODAY WE READ

MY FAVORITE WORDS WERE

M	
T	
W	
T	
F	
S	
S	



# Flurries of Fun Reading Challenge

WEEK OF FEBRUARY 17-23

TODAY WE READ

MY FAVORITE WORDS WERE

M

T

W

T

F

S

S



# Flurries of Fun Reading Challenge

WEEK OF FEBRUARY 24-MARCH 1

TODAY WE READ

MY FAVORITE WORDS WERE

M

T

W

T

F

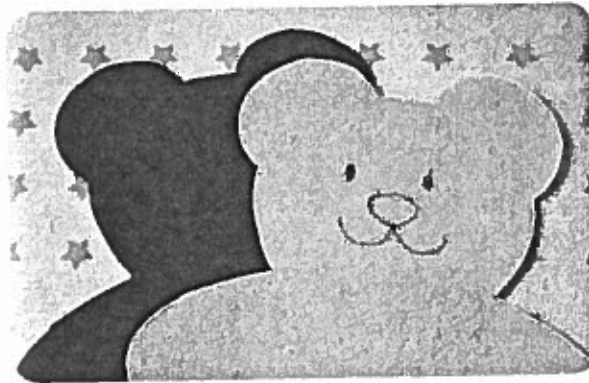
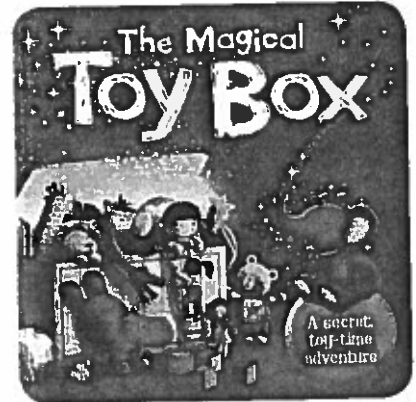
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# Make Your Own Teddy Bear

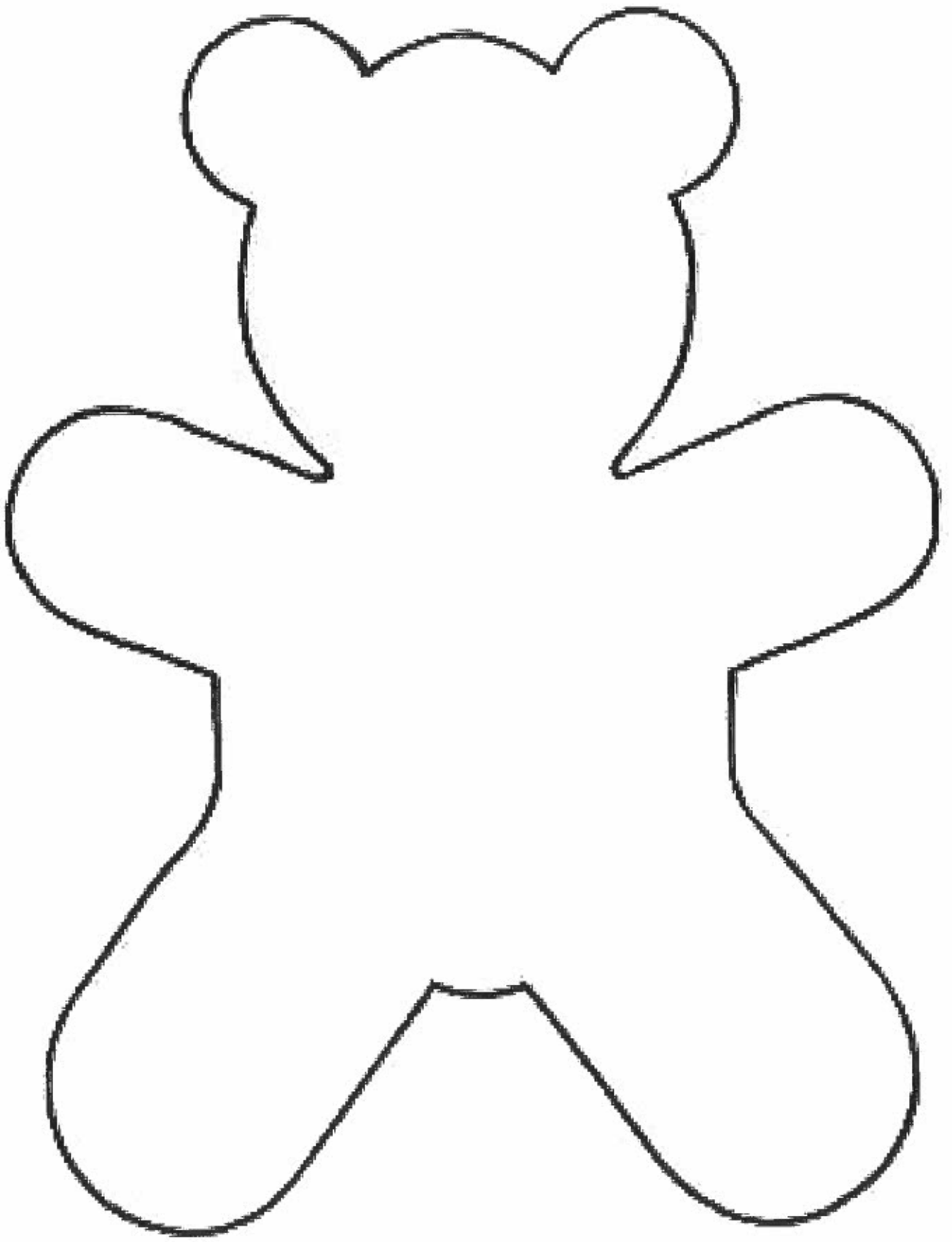
## What You Need

- Bear Pattern (provided)
- Felt or any type of material
- Scissors
- Marker
- Needle and Thread
- Ribbon (Optional)
- Stuffing



## How To:

1. Using the pattern cut out the front and back of your teddy bear on the felt or material
2. Using the marker draw the eyes, nose and mouth
3. Sew the two pieces together leaving a small opening for stuffing
4. Fill your teddy bear and finish sewing shut
5. Use the ribbon for a scarf





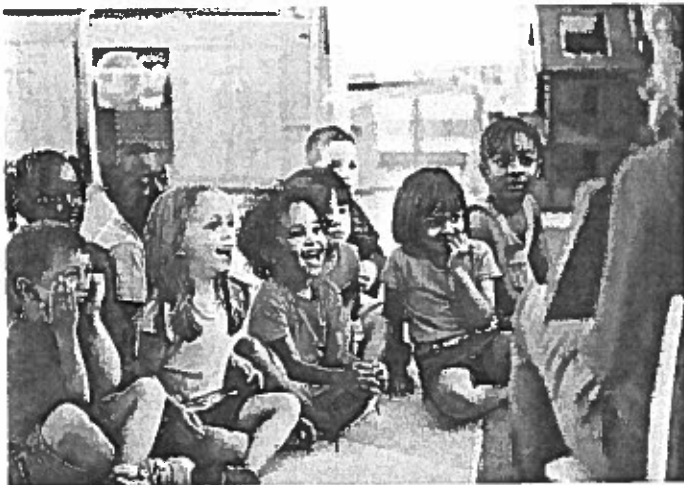
# TINY SMILES

A Give Kids A Smile® Program

## Message to Educators

As someone who works with children, you know how a tiny smile can brighten your day. Yet parents may not always make the connection between oral health, overall health, and well-being. Untreated tooth decay can lead to pain and infections, which can affect a child's ability to speak, eat, play, and learn.<sup>1</sup> Fortunately, early intervention and proactive education can help—tooth decay is preventable.

The American Dental Association Foundation has collaborated with Scholastic to provide these free resources to raise awareness about the oral health needs of children ages 0 (birth) to 5. With your help, we can reinforce positive health messages to help parents and caregivers give their children bright smiles and healthy futures! Thank you for your efforts in raising awareness about children's oral health and protecting those tiny smiles.



According to the Centers for Disease Control and Prevention, tooth decay (cavities) is one of the most common chronic health conditions of children in the United States.<sup>2</sup> A National Health and Nutrition Examination Survey found that nearly 23% of children ages 2–5 had cavities.<sup>3</sup>

1, 2 Centers for Disease Control and Prevention, "Children's Oral Health," Nov. 10, 2014. Available at [www.cdc.gov/oralhealth/children\\_adults/child.htm](http://www.cdc.gov/oralhealth/children_adults/child.htm)

3 Dye BA, Thornton-Evans G, Li X, Iafolla TJ. Dental caries and sealant prevalence in children and adolescents in the United States, 2011–2012. NCHS data brief, no. 191. Hyattsville, MD: National Center for Health Statistics; 2015. Available at [www.cdc.gov/nchs/data/databriefs/db191.htm](http://www.cdc.gov/nchs/data/databriefs/db191.htm)

## HOW TO USE THESE MATERIALS

**HANG THE POSTER** (back of this guide) The poster features tips for cleaning children's gums and teeth. Hang it in an area with a lot of parent or caregiver traffic.

**HAND OUT THE ACTIVITY SHEETS** (back panels of poster) Make copies and distribute these sheets to reinforce positive oral health messages. You might complete the activity sheets with the children, or send them home with the resource sheet for families.

**SHARE THE TEAR-PAD INFORMATIONAL SHEETS** Distribute the tear-pad sheets to parents and caregivers.

**COMMUNICATE WITH PARENTS & CAREGIVERS** Share information you may receive about available oral health resources such as local dentists, dental clinics, dental schools, community health centers, and other community resources for dental checkups. And let parents know if their children mention any issues with their teeth. For information on local dentists, visit [FindADentist.ADA.org](http://FindADentist.ADA.org).

For additional resources, including Spanish translations of the resources and activities, visit [scholastic.com/givekidsasmile](http://scholastic.com/givekidsasmile).

**TELL US WHAT YOU THINK!** After using the materials, complete our online survey for a chance to win one of 50 sets of books worth \$100. For the survey and Official Rules, educators who work with children ages 0 to 5 (or with the parents or caregivers of those children) should visit [scholastic.com/givekidsasmile/survey](http://scholastic.com/givekidsasmile/survey).  
Deadline: 4/1/19. NO PURCHASE NECESSARY.

# HEALTHY DENTAL HABITS

Developing good dental health habits with your child early on and practicing them daily will help your child's smile and overall health. Baby teeth are not just placeholders. They are important and need to be protected. Take a look at the tips below to help your child have healthy teeth.



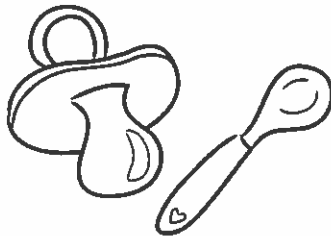
## CHOOSE HEALTHY DRINKS

Breastfeed your baby until at least six months of age if possible. Then fill your baby's bottle with formula, milk, or water. Don't put sugary drinks or juice in your child's bottle.



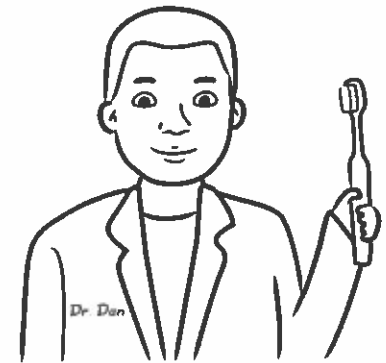
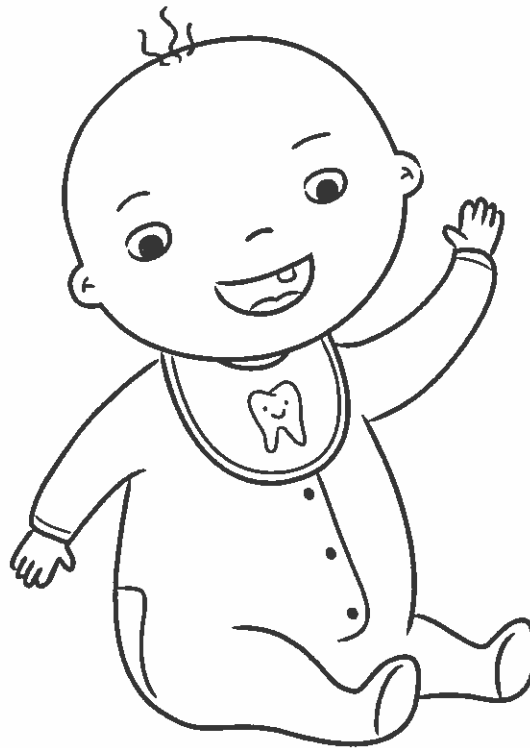
## FINISH BOTTLES BEFORE BED

Finish bottle feedings before putting your baby down to sleep. Wipe baby's gums after each feeding.



## DO NOT PASS ALONG GERMS

Do not put pacifiers or feeding spoons in your mouth—you can pass cavity-causing germs to your child. Rinse pacifiers with water to clean them.



## SEE THE DENTIST

Take your child to the dentist for a first checkup after the first tooth appears or by the time your child turns 1.

## CLEANING GUMS AND TEETH STARTS AT BIRTH

- ▶ **BIRTH TO 1ST TOOTH** Gently wipe baby's gums with a clean, damp, soft washcloth or gauze after each feeding.
- ▶ **1ST TOOTH TO 3 YEARS OLD** Brush your child's teeth two times a day (morning and night). Use a baby toothbrush and a smear of fluoride toothpaste the size of a grain of rice.
- ▶ **3 TO 5 YEARS OLD** Brush your child's teeth for two minutes, two times a day. Use a pea-size amount of fluoride toothpaste on a child's toothbrush. Make it a fun activity—sing a silly song or make a game out of it using a timer.
- ▶ Supervise brushing until your child can spit out the toothpaste instead of swallowing it, around age 6.

Contact your child's dentist or pediatrician if you have questions about your child's dental health or teething, and ask about fluoride varnish for your child's teeth.



# Bayfield Rec Center Programs-December 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Activities shown in bold allow free for members. Most classes allow drop-ins for a modest fee.</p> <p>8-5 Lifeguard Certification</p>	<p>3 9-10 Aqua Fit 10-2 Mah Jong 11-12 Silver Sneakers 5-8pm Lifeguard Certification 5:30 -7:45 Swim Team</p>	<p>4 9-10 Indoor Walking* 12:45-1:30 Little Kickers* 4-4:45 Little Kickers* 4:45-5:30 Beginners Aspire* 5:30-7 Aspire* 5:30 -7:45 Swim Team</p>	<p>5 9-10 Aqua Fit 9-10:15 Vinyasa Yoga* 11-12 Chair Yoga +Chi Gung* 1-2:30 Home School &amp; Family Swim 4-5 Aspire All Belts *</p>	<p>6 9-10 Indoor Walking* 10-2 Mah Jong 12:45-1:30 Little Kickers* 4-4:45 Little Kickers* 4:45-7 Aspire* 5:30 -7:45 Swim Team</p>	<p>7 <b>FREE SENIOR FRIDAY!</b> 9-10 Aqua Fit 11-12 Silver Sneakers</p>	<p>8 4-6 Winter Water Sports—Open Kayaking</p>
<p>9 4-6 Winter Water Sports—Water Polo &amp; Log Rolling</p>	<p>10 9-10 Aqua Fit 10-2 Mah Jong 11-12 Silver Sneakers 5:30 -7:45 Swim Team</p>	<p>11 9-10 Indoor Walking* 12:45-1:30 Little Kickers* 4-4:45 Little Kickers* 4:45-7 Aspire* 5:30 -7:45 Swim Team</p>	<p>12 9-10 Aqua Fit 9-10:15 Vinyasa Yoga* 11-12 Chair Yoga* 1-2:30 Home School &amp; Family Swim 4-5 Aspire All Belts * 6-7pm Aqua Zumba! 6:15-8pm Ballroom Dancing*</p>	<p>13 9-10 Indoor Walking* 10-2 Mah Jong 12:45-1:30 Little Kickers* 4-4:45 Little Kickers* 4:45-7 Aspire* 5:30 -7:45 Swim Team</p>	<p>14 <b>FREE SENIOR FRIDAY!</b> 9-10 Aqua Fit 11-12 Silver Sneakers 4:30-8:30 Kids Night Out!</p>	<p>15 4-6 Winter Water Sports—Open Kayaking</p>
<p>16 4-6 Winter Water Sports—Water Polo &amp; Log Rolling</p>	<p>17 9-10 Aqua Fit 10-2 Mah Jong 11-12 Silver Sneakers 5:30 -7:45 Swim Team</p>	<p>18 9-10 Indoor Walking* 12:45-1:30 Little Kickers* 4-4:45 Little Kickers* 4:45-7 Aspire* 5:30 -7:45 Swim Team</p>	<p>19 9-10 Aqua Fit 9-10:15 Vinyasa Yoga* 11-12 Chair Yoga +Chi Gung* 1-2:30 Home School &amp; Family Swim 4-5 Aspire All Belts * 6:15-8pm Ballroom Dancing*</p>	<p>20 9-10 Indoor Walking* 10-2 Mah Jong 12:45-1:30 Little Kickers* 4-4:45 Little Kickers* 4:45-7 Aspire* 5:30 -7:45 Swim Team</p>	<p>21 <b>FREE SENIOR FRIDAY!</b> 9-10 Aqua Fit 11-12 Silver Sneakers</p>	<p>22 4-6 Winter Water Sports—Open Kayaking</p>
<p>23 4-6 Winter Water Sports—Water Polo &amp; Log Rolling</p>	<p>24 CLOSED</p>	<p>25 CLOSED</p>	<p>26 CLOSED</p>	<p>27 9-10 Indoor Walking* 10-2 Mah Jong 12:45-1:30 Little Kickers* 4-4:45 Little Kickers* 4:45-7 Aspire* 5:30 -7:45 Swim Team</p>	<p>28 <b>FREE SENIOR FRIDAY!</b> 9-10 Aqua Fit 11-12 Silver Sneakers</p>	<p>29 4-6 Winter Water Sports—Open Kayaking</p>
<p>30 4-6 Winter Water Sports—Water Polo &amp; Log Rolling</p>	<p>31 CLOSED</p>	<p>1 CLOSED</p>	<p>2 9-10 Aqua Fit 1-2:30 Home School Swim 1-2:30 Home School &amp; Family Swim 4-5 Aspire All Belts *</p>	<p>3 9-10 Indoor Walking* 10-2 Mah Jong 12:45-1:30 Little Kickers* 4-4:45 Little Kickers* 4:45-7 Aspire* 5:30 -7:45 Swim Team</p>	<p>4 <b>FREE SENIOR FRIDAY!</b> 9-10 Aqua Fit 11-12 Silver Sneakers</p>	<p>5 4-6 Winter Water Sports—Open Kayaking</p>



Bay Area  
**Rec Center**



# Red Cross SWIMMING LESSONS

Mondays and Fridays  
January 28 - February 22, 2019  
Members: \$57, Non-members \$68  
Financial Assistance is available!

We are offering Levels 1-5!  
Call 715-779-5408 or register online at  
[www.recreationandfitnessresources.org](http://www.recreationandfitnessresources.org)

PosterMyWall.com

**RFR**

RECREATION  
AND FITNESS  
RESOURCES

# Kids Night Out

\$10/child  
+\$5/additional sibling



AGES  
5-13 YEARS

Friday, December 12

4:30-8:30 Pm

Bayfield Rec Center

140 S. Broad St., Bayfield

Join us for a fun night of activities at the Rec Center! Dinner and snack included. Come ready to play inside, outside, and in the pool. No parents allowed! (Parents, enjoy your evening!)  
Advanced registration encouraged but not required.

# BALLROOM DANCING



Bayfield Lakeside Pavilion  
2 East Front St., Bayfield  
Nov 28, Dec 12, Dec 19, 2018  
6:15-8:00pm

**NO REGISTRATION REQUIRED!  
WALK IN FOR \$5/PERSON/DAY**

with Instructors  
Lloyd Turner and  
Rosie Dreesen



[www.recreationandfitnessresources.org](http://www.recreationandfitnessresources.org)

715-779-5408

# PARENT AND CHILD

## *Swim Readiness Class*



[www.recreationandfitnessresources.org](http://www.recreationandfitnessresources.org)  
140 S. Broad St., Bayfield 715-779-5408

**JANUARY 29, 31, FEBRUARY 5 & 7, 2019**

**LITTLE FISH - 6 MOS - 2 YRS**

**BIG FISH - 2 - 5 YRS**

**One Parent Per Child Must Be in the Water**

**Members: \$22**

**Non-Members: \$27**

**Financial Assistance is Available**

Bayfield  
**Rec-Center**





# WINTER WATER SPORTS

**OCTOBER 13 - APRIL 28**

**SATURDAYS - OPEN KAYAKING 4-6PM**

**SUNDAYS - WATER POLO & LOG ROLLING 4-6PM**

**MEMBERS - FREE!**

**NON-MEMBERS - REC CENTER DAY PASS OR PUNCH CARD**

**[WWW.RECREATIONANDFITNESSRESOURCES.ORG](http://WWW.RECREATIONANDFITNESSRESOURCES.ORG)**

**140 S. BROAD ST., BAYFIELD 715-779-5408**

RFR PRESENTS

RFR

RECREATION  
AND FITNESS  
RESOURCES

# AQUA ZUMBA POOL PARTY

with Lynda Warren

Wednesdays, 6-7 pm at the Bayfield Rec Center, 140 S. Broad

Dec 12, 2018 - Jan 9 - Jan 30 - Feb 20

Mar 13 - Mar 27 - Apr 10, 2019

FREE to Members

Per Date: Non-members \$10/adults or \$6 students/seniors

Can also use a Rec Center or Program Punch Card!

[www.recreationandfitnessresources.org](http://www.recreationandfitnessresources.org)

715-779-5408

RECREATION

Only \$45!

# MARTIAL ARTS

Beginners Series  
Jan 22 - Feb 13

- Coordination and Strength
- Self Esteem
- Concentration
- Fun Fitness
- Flexibility and Balance
- Self Discipline - Self Respect
- Awareness & Self Defence

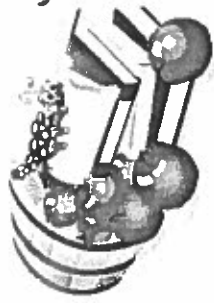
+1st 8 LESSONS  
+UNIFORM AND BELT  
+FIRST BELT PROMOTION

ASPIRE MARTIAL ARTS



REGISTER ONLINE  
or call 715-779-5408

[www.recreationandfitnessresources.org](http://www.recreationandfitnessresources.org)

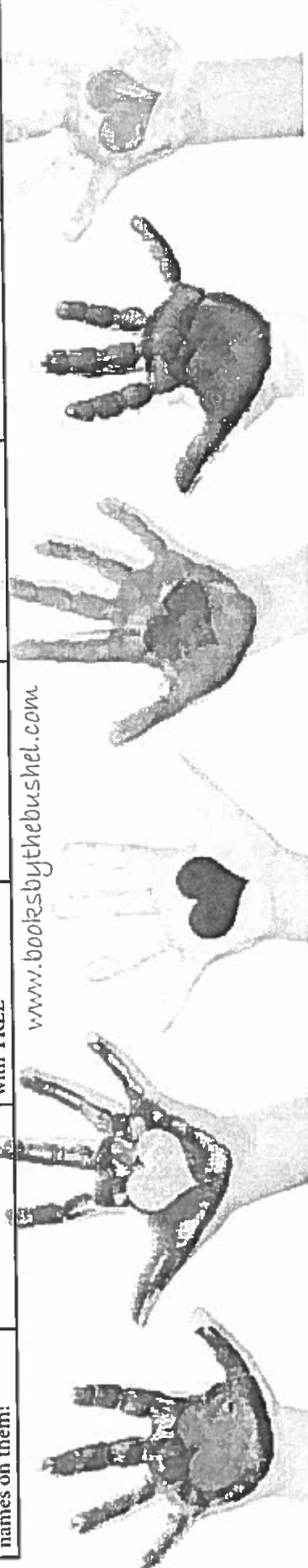


# Books by the Bushel

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Sing a favorite song. Sing it fast, slow, loud and quietly.	31 New Year's Eve Make a clock out of a paper plate and count down to midnight!	4 Santa's List Day-make your list and check it twice.	5 Bathub Party Day Add some bubbles and have a party!	6 Put on your own shoes day. Can you do it?	7 Re-read a favorite book today. What do you like about the book?	1 Eat a Red Apple Day
2 Make a happy face and a sad face on the front and back of a paper plate.	3 First Day of Hanukkah Read a book about Hanukkah!	11 Sit on the floor opposite each other and roll a ball back and forth.	12 Listen to some favorite music and clap to the beat.	13 Make a pattern using gum drops.	14 Practice cutting with scrap paper or wrapping paper.	8 Look for things that are GREEN today!
9 International Children's Day Celebrate with your child's favorite meal.	10 Pick a color of the day and look for things of that color.	18 Bake Cookies Day (see our easy sugar cookie recipe)	19 Fill a baggie with hair gel and a drop of food coloring. Seal the baggie and have fun!	20 Write your child's name in big block letters. Let them color inside the letters.	21 Winter Begins National Flashlight Day-play flashlight tag	15 Act out your favorite book.
16 Make a card and give it to someone special	17 Have a red and green themed snack today (apples, tomatoes, celery, strawberries)	25 Christmas Day How many things can you think of that rhyme with TREE	26 Kwanzaa Begins Read a book about Kwanzaa!	27 Make Cut Out Snowflakes Day	28 Have quiet reading time today!	22 Create an indoor obstacle course. Use pillows & chairs so you can jump and crawl.
23 Use construction paper to make placemats for your family. Write their names on them!	24 Share old family photos with your child.					29 Make your own finger paints (see recipe) and paint a winter scene.

www.booksbythebushel.com





# Make Edible Finger Paint

## Ingredients:

- Flour
- Sugar
- Salt
- Food Coloring
- Plastic Cups



## Instructions:

Add 2 Tablespoons of sugar into a sauce pan. Add 1/3 cup of flour to the saucepan. Mix with 2 cups of water and whisk until smooth. Turn on the heat and stir continually until the mixture thickens.

Pour equal amounts into plastic cups. You'll need one cup for every color of paint you would like to make.

Mix in a couple of drops of food coloring and stir until completely dissolved. Let cool completely before allowing your toddler to stick their fingers in and paint.



# Noojimo'iwewin Center Activities

## Manido-Giizisooohns ~ December 2018



Open Mon, Weds & Fri 8 am-8 pm, Tues & Thurs 8am-4:30pm, Saturday 10 am –6:30pm, Sunday 12 -5pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
2 Open 12:00 –5:00pm	3 Sharing Circle 5:00 –7:00pm	4 Cooking Class 11–3pm	5 VRNA 1:00 –3:00pm Wellbriety 6:00 –8:00pm	6 NA Meeting 10:00 am –12:00pm Dreamcatchers 1 - 4 pm	7 AA Meeting 6:00 pm	8 Family Board Games Ages 0 –12 1 -4pm Cribbage 1 -4pm Movies 5 –:30pm	
9 Open 12:00 –5:00pm	10 Sharing Circle 5:00 –7:00pm	11 Cookie Baking 11–3pm Holiday Potluck 5:00pm	12 VRNA 1:00 –3:00pm Wellbriety 6:00 –8:00pm	13 NA Meeting 10:00 am –12:00pm Knitting Class 1 –4pm	14 AA Meeting 6:00 pm	15 Cookie Frosting 1 –4pm Movies 5 –6:30pm	
16 Open 12:00 –5:00pm	17 Sharing Circle 5:00 –7:00pm	18 Candy Making 11–3pm	19 VRNA 1:00 –3:00pm Wellbriety 6:00 –8:00pm	20 NA Meeting 10:00 am –12:00pm Knitting Class 1 –4pm	21 AA Meeting 6:00 pm	22 Teen Games Age 13 –18 1:00 –4:00pm Movies 5 –6:30pm	
23 Open 12:00 –5:00pm	24 Closing at 4:30 pm Today	25 Closed Christmas Day	26 Wellbriety 6:00 –8:00pm	27 NA Meeting 10:00 am –12:00pm Beadwork 1 –4pm	28 AA Meeting 6:00 pm	29 Young Adult Games & Pizza Age 18—25 2:00 - 6:30pm	
30 Open 12:00 –5:00pm	31 Family Friendly Sober New Year's Eve Party 8pm –12:30am	1 Closed New Years Day	AA = Alcoholics Anonymous Wellbriety = Native 12-step Recovery VRNA= Vocational Rehab for Native Americans NA = Narcotics Anonymous				<i>Little Sprit</i> <i>Moon</i>



# December 2018

Manidoo-Giizisoons (Little Spirit Moon)



**BOYS & GIRLS CLUB**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>Boys &amp; Girls Club of Gitchigami Offer Free Family Passes for the Bayfield Rec Center</b>			1 High School Basketball Game 3pm Open Gym/Teen 7-8
2 Closed	3 Closed BFI 4-6	4 Cultural Night Dream Catchers Language Table 5-6 4 <sup>th</sup> and 5 <sup>th</sup> basketball 4-5p	5 BFI 4-6p Power Hour 3:30-5p Hoop dance 4-6p Open Gym/Teen 7-8	6 Power Hour 3:30-5p High School Basketball 5-5p Open Gym/Teen 7-8	7 Game Night 4-6p Smart Girls 6-7p Open Gym/Teen 7-8	8 Bentleyville 3pm Open Gym/Teen 7-8
9 Closed	10 Closed BFI 4-6	11 Cultural Night Wrapped Medicine Wheel Language Table 5-6 4 <sup>th</sup> and 5 <sup>th</sup> basketball 4-5p	12 BFI 4-6p Power Hour 3:30-5p Hoop dance 4-6p Open Gym/Teen 7-8	13 Power Hour 3:30-5p RC Junior Officer 5-6p Open Gym/Teen 7-8	14 Game Night 4-5p Passport to manhood 5-6p Open Gym/Teen 7-8	15 Spirit Mountain Noon - Overnight 
16 Closed Spirit Mountain 	17 Closed BFI 4-6	18 Cultural Night Arts and crafts: Children's Pendants Language Table 5-6	19 BFI 4-6p Power Hour 3:30-5p Hoop dance 4-6p Open Gym/Teen 7-8	20 Power Hour 3:30-5p Bayfield Pool 5-7p Open Gym/Teen 7-8	21 Game Night 4-5p Smart Girls 6-7p ECC Winter Gathering - 10am - 12pm Open Gym/Teen 7-8	22 Movies 
23 Closed	24 HAPPY 	25 	26 BFI 4-6p Power Hour 3:30-5p Hoop dance 4-6p Open Gym/Teen 7-8	27 Power Hour 3:30-5p RC Junior Officer 5-6p Open Gym/Teen 7-8	28 Game Night 4-5p Open Gym/Teen 7-8	29 New Years Eve Dance 
30 Closed	31 Closed BFI 4-6					<b>Activities subject to change please call ahead 715-779-3722 thank you</b>

## **Employment Opportunities**

### **Boys and Girls Club Youth Worker – Part-Time**

**DEADLINE: December 5, 2018 @ 4:00 pm**

### **General Ledger Accountant**

**DEADLINE: December 5, 2018 @ 4:00 pm**

### **Tribal Youth Advocate**

**DEADLINE: December 5, 2018 @ 4:00 pm**

### **Comprehensive Community Services Administrator**

**DEADLINE: Open Until Filled**

### **Dental Assistant**

**DEADLINE: Open Until Filled**

### **Legendary Waters Resort & Casino Job Openings:**

- **Beverage Server**
- **Cage Cashier**
- **Security Officer**
- **Senior Accountant**
- **Snack Bar Cook**

**DEADLINE: Open Until Filled:**

### **Medical Assistant**

**DEADLINE: Open Until Filled**

### **Parent Peer Specialist**

**DEADLINE: Open Until Filled**

### **Planning Administrator**

**DEADLINE: Open Until Filled**

### **Project Coordinator/Evaluator-Family Tree Project**

**DEADLINE: Open Until Filled**

### **Elderly Nutrition On Call Assistant Cook**

**DEADLINE: Applications Accepted All Year**

## **ECC Positions**

### **ECC Substitute Assistant Teacher/Support-Staff**

**DEADLINE: Applications Accepted Year Round**

### **Early Head Start Center Based Teacher – 3 Positions**

**DEADLINE: December 5, 2018 @ 4:00 pm**

**FOR FURTHER INFORMATION:** Red Cliff Band of Lake Superior Chippewa Human Resources

88455 Pike Road Bayfield, WI 54814 [www.redcliff-nsn.gov](http://www.redcliff-nsn.gov)

[ashley.poch@redcliff-nsn.gov](mailto:ashley.poch@redcliff-nsn.gov) [diane.cooley@redcliff-nsn.gov](mailto:diane.cooley@redcliff-nsn.gov) (715)779-3700 ext. 4268 or 4267





## *Red Cliff Band of Lake Superior Chippewa Indians*

88455 Pike Road

Bayfield, WI 54814

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

Email: [redcliff@redcliff-nsn.gov](mailto:redcliff@redcliff-nsn.gov)

### **JOB DESCRIPTION**

- POSITION:** Early Head Start Center Based Teacher – **3 Positions**
- LOCATION:** Red Cliff Early Childhood Center
- WAGE:** \$10.00-\$14.00 per hour depending on educational qualifications
- SUPERVISOR:** Head Start-Early Head Start Director

### **THIS IS A REGULAR FULL-TIME NON-EXEMPT POSITION**

**JOB SUMMARY:** Serve as one of two primary teachers for an assigned group of eight infants or toddlers in a center-based environment. Early Head Start child/teacher ratio is 4:1. Responsible for co-planning and implementing educational programs with co-teacher for children ages zero to 3 year old which reflect best practices and integration of Ojibwe language and culture.

EHS teachers are required to share all responsibilities within their classroom and create an environment of nurturance and sharing with all children. Each teacher must be able to have open communication with co-teacher regarding daily operation of classroom and child/parent needs.

### **DUTIES AND RESPONSIBILITIES:**

1. Must maintain confidentiality of all child and family information and records.
2. Cultural sensitivity required.
3. Must demonstrate competency to provide effective and nurturing teacher-child interactions.
4. Ability to work effectively and cooperatively with staff, parents, community members, and other support systems in the best interest of the child.
5. Plan and implement group and individual learning experiences that ensure effective curriculum implementation and use of assessment to promote children's progress across the Head Start Early Learning Outcomes Framework: ages Birth to Five and any state applicable early learning and development standards for all students.
6. Must integrate child assessment data in individual and group planning.
7. Promotion of a safe, attractive and stimulating physical environment for infants and toddlers and also establishing and maintaining consistency.

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8. Reinforce positive self-image, pride, and cultural identity with infants and toddlers during all activities.
9. Must collaborate with each child's parent/guardian and with parental consent, must complete or obtain a current developmental screening to identify concerns regarding a child's developmental behavioral, motor, language, social, cognitive, and emotional skills within 45 days of child's enrollment and then when needed.
10. Meal times with children are in a family setting with teachers sitting at the table and engaging in conversation with the infants and toddlers. Infants and toddlers are encouraged, but not forced to eat or taste. Encourage toddlers with self-help and independence skills by involving them in set up and cleanup activities.
11. Maintain accurate daily records on attendance, daily intake, medical log, infant and toddler eating/sleeping/toileting information for distribution in child file and to parents as well as other required forms.
12. Maintain weekly online documentation of your assigned children's' developmental progress in Teaching Strategies Gold and Child Plus as required.
13. Assist the family, child, and other relevant staff in developing an Individual Family Services Plan (IFSP) or Individual Education Plan (IEP) for special needs children.
14. Conduct two home visits and two parent-teacher conferences annually per family as stated in the Federal Performance Standards.
15. Maintain and document all contacts with parents. Develop and maintain a professional relationship with parents of children enrolled in program.
16. Collaborate with other staff, parents, and community resources to incorporate Ojibwe language and culture into daily activities and curriculum.
17. Work with county, tribal and community service providers in order to provide necessary services to the Early Head Start child and their parents.
18. Mandatory attendance at all ECC Coordinated Service Team and Mental Health Consult meetings for children in your care or must work with Education Manager/EHS director in advance.
19. Must attend and participate in EHS meetings, all staff meetings and any other meetings as requested.
20. Notify supervisor in advance of any known absences you will have. Center based teachers are responsible for arranging their own qualified substitute in your absence.
21. Must participate in coordinated coaching strategies to identify strengths and areas of need and support of professional development and quality improvement, including job related training as required.
22. EHS program equipment must remain within the ECC, and cannot be used outside of the ECC unless you have prior permission by your supervisor to use outside of the center. Violations of this policy will result in disciplinary action.
23. Adhere to all ECC policies and procedures and insure that Head Start Performance Standards are being met.
24. The above duties and responsibilities are not an all-inclusive list but rather a general representation of the duties and responsibilities associated with this position. The duties and responsibilities will be subject to change based on organizational needs and/or deemed necessary by the supervisor.

**KNOWLEDGE:** Knowledge of Ojibwe culture and language.

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**QUALIFICATIONS:**

1. Minimum of associate degree in early childhood education is required. Related degrees may be considered based on coursework completed (transcript review required). **OR**
  - a. Applicants can be considered who are currently enrolled in an associate degree early childhood program or who have acquired a minimum of 15 early childhood credits.
  - b. Applicants can be considered if they have completed a Child Development Associate (CDA) credential or comparable credential and have been trained or have equivalent coursework in early childhood development with a focus on infant and toddler development.
2. Prefer a Bachelor's degree in early childhood education or closely related field (transcript review required if degree not in early childhood).
3. Mandatory infant/toddler course needed or immediate enrollment in online class during probationary period if hired.

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

**SUPERVISORY AUTHORITY:** None

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

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

Must be physically able to work with young children and must be able to regularly lift and/or move up to forty pounds; twenty pounds overhead and forty pounds from waist to shoulder; occasional lifting of fifty pounds is required and must be able to push/pull up to fifty pounds horizontally.

Required to stand, walk, climb or balance, stoop, kneel, crouch or crawl when working with small children. Required to use hands to finger, handle or feel objects, keyboards, tools or controls, reach with hands and arms, speak and hear, and ability to operate keyboard (computer).

**WORK ENVIRONMENT:** Primary work environment is in a 0-3 year old Early Head Start center-based classroom in the Red Cliff Early Childhood Center. All Tribal Buildings are smoke free.

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

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

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

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

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

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

**POSTING DATE:** November 21, 2018

**DEADLINE:** December 5, 2018 @ 4:00 p.m.

**FOR FURTHER INFORMATION:**

**Red Cliff Band of Lake Superior Chippewa**

**Human Resources**

**88455 Pike Road**

**Bayfield, WI 54814**

**[www.redcliff-nsn.gov](http://www.redcliff-nsn.gov)**

**[ashley.poch@redcliff-nsn.gov](mailto:ashley.poch@redcliff-nsn.gov)**

**[diane.cooley@redcliff-nsn.gov](mailto:diane.cooley@redcliff-nsn.gov)**

**(715)779-3700 ext. 4268 or 4267**

**The Red Cliff Tribal Council has a Drug Free Work Place Policy and adheres to the intent of the Drug Free Work Place Act. All new hires are subject to a drug test prior to starting.**

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

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**All Early Childhood Center employees must submit mandatory criminal background check information to Human Resources Department with application. Per WI Department of Children & Families (DCF) Bureau of Early Care Regulation (BECR) Memo 2014-03, all licensed child care center employees must complete a one-time fingerprint-based background check on all employees by December 31, 2015. Every year thereafter, a name-based background check through the Department of Justice (DOJ) must be conducted annually or following any conviction occurring after commencement of employment.**

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

#### **EMPLOYEE BENEFITS PACKAGE**

##### **THE EMPLOYEE BENEFITS PACKAGE INCLUDES THE FOLLOWING:**

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

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

Email: [redcliff@redcliff-nsn.gov](mailto:redcliff@redcliff-nsn.gov)

## *Red Cliff Tribal Council*

### **JOB DESCRIPTION**

**POSITION:** ECC Substitute Assistant Teacher/Support Staff

**LOCATION:** Red Cliff Early Childhood Center

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

**SUPERVISOR:** Program Director

### **THIS IS AN ON-CALL POSITION**

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

### **RESPONSIBILITIES:**

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

**SUPERVISORY AUTHORITY:** None

*"The Hub of the Chippewa Nation"*



## *Red Cliff Band of Lake Superior Chippewa Indians*

88455 Pike Road

Bayfield, WI 54814

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

Email: [redcliff@redcliff-nsn.gov](mailto:redcliff@redcliff-nsn.gov)

### *Red Cliff Tribal Council*

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

#### **QUALIFICATIONS:**

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

#### **PERSONAL CONTACTS:**

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

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

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

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

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

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

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

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

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

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

**POSTING DATE:** December 6, 2017

**DEADLINE:** Applications accepted year round

#### **FOR FURTHER INFORMATION CONTACT:**

**Red Cliff Band of Lake Superior Chippewa**

**Human Resources Department**

**88455 Pike Road**

**Bayfield, WI 54814**

**[www.redcliff-nsn.gov](http://www.redcliff-nsn.gov)**

**[ashley.poch@redcliff-nsn.gov](mailto:ashley.poch@redcliff-nsn.gov)**

**(715) 779-3700 ext. 4268**

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

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

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

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

*"The Hub of the Chippewa Nation"*

# DECEMBER 2018

## MANIDOO GIIZISOONS

NITAM ANOKII-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIYO-GIIZHIGAD	NAANO-GIIZHIGAD
<b>3B</b> EGGS, TOAST, PEARS, CC <b>S</b> NUTRA BAR/MILK <b>L</b> HAMB GR, MPOT, CORN, HONEYDEW <b>S</b> PEACHES/CC	<b>4B</b> RICE CRISPIES, BERRIES, YGT <b>S</b> GR CRACKER/PB <b>L</b> MOJ CHIX, RICE, MOR, PEAS <b>S</b> CARROTS/HUMMUS	<b>5B</b> WG FR TOAST STIX, APPLES, YGT <b>S</b> WAFFLES/PUDDING <b>L</b> RAVIOLI, GR BEANS, MANGOS, CC <b>S</b> BERRY PARFAIT	<b>6B</b> HB OATS, PEARS, CC, <b>S</b> MINI RICE CK/MILK <b>L</b> BEEF VEG SP, CH SAND, PEACHES, M VEGGIES <b>S</b> CUCUMBERS/HUMMUS	<b>7B</b> PANCAKES, AP- PLESAUCE, TRK BACON <b>S</b> OATMEAL BAR/MILK <b>L</b> HAM, PEAS, WILD RICE, PINEAPPLE <b>S</b> FR CUP/CRACKER
<b>10B</b> OATMEAL, BERRIES, YGT <b>S</b> NILLA WAFER/MILK <b>L</b> CHIX WR SP, PBJ, PEARS, CC, VEG/DIP <b>S</b> APPLES/CHEESE	<b>11B</b> CHEERIOS, PEACHES, WG ENG MUFFIN <b>S</b> CHEX MIX/MILK <b>L</b> BEEF STIR FRY, STIR FRY, MANGOS, RICE <b>S</b> VEGGIE/DIP	<b>12B</b> EGG COMBOS, YGT, BLUEBERRIES, <b>S</b> TEDDY GR/MILK <b>L</b> HAM, BBR, CARROTS, PINEAPPLE, WG BUN <b>S</b> BANANA TREE	<b>13B</b> CORN CHEX, ORANGES, YGT, BAGEL PB <b>S</b> CRACKERS/CHEESE <b>L</b> CHIX NUGGS, GR BEANS BERRIES, CC <b>S</b> PEACHES/CC	<b>14B</b> WG WAFFLES, AP- PLESAUCE, CC <b>S</b> GOLD FISH/MILK <b>L</b> KIELBASA, PEAS, PEARS, YGT <b>S</b> STR FRUIT/CC
<b>17BEGG</b> BURRITO, AP- PLES, YGT <b>S</b> NUTRA GR BAR/MILK <b>L</b> CHEZBRG WGHD, CANTALOUPE VEG/DIP <b>S</b> PEARS/CHEESE	<b>18B</b> KIX, ORANGES, WG ENG MUFFIN, PB <b>S</b> GR CRACKER/MILK <b>L</b> CHIX, PEAS, CANTALOUPE, W RICE <b>S</b> CARROTS/CC DIP	<b>19B</b> MALTO MEAL, BERRIES, WG TOAST, JELLY <b>S</b> PB/CRACKERS <b>L</b> HAM POT SP, BR STIX CORN, HONEYDEW, YGT <b>S</b> REINDEER/MILK	<b>20B</b> LIFE, PEARS, CC, MUFFIN <b>S</b> OATMEAL BAR/MILK <b>L</b> CHIX NUGGETS, FRIES, PUDDING, M ORANGES <b>S</b> BERRIES/CC	<b>21</b> <b>HOLIDAY PARTY</b> <b>BOYS AND GIRLS CLUB</b>
<b>24</b> <b>WINTER BREAK</b>	<b>25</b> <b>ECC/TRIBE CLOSED CHRISTMAS</b>	<b>26</b> <b>WINTER BREAK</b>	<b>27</b> <b>WINTER BREAK</b>	<b>28</b> <b>WINTER BREAK</b>
<b>31</b> <b>WINTER BREAK</b>	<b>1</b> <b>ECC/TRIBE CLOSED NEW YEAR'S DAY</b>	<b>2</b> <b>JANUARY 2019 CLASSES RESUME</b>	<b>SKIM MILK SERVED WITH MEALS 1-YRS WHOLE</b>	<b>MENU SUBJECT TO CHANGE</b>