2nd Annual ECC Family Health Fair!

Friday, April 29th will be the second annual ECC Family Health Fair!! Events will begin at 10:00am and last until 1:00pm. Lunch will be served around 11:30am and consist of a pancake feast with maple syrup harvested by ECC families at the 2011 Sugar Bush.

**Over 30 programs have confirmed their attendance at this event!**

We are so excited to have grown almost double in size from last year. Some of the booths will include health screenings for adults and children; dental information; nutrition; medical assistance; FAS; domestic violence; gardening; child care assistance; child passenger safety; GED; LCO college; mental wellness resources; and so much more!

There will be tons of FREE items, snacks, door prizes and opportunities to discuss one-on-one with programs.

This event is open to the public and families are encouraged to bring the kids! This event will be family friendly.

If you have any questions or are interested in having a booth at the Health Fair, please call Nicole (ext 253) or Nicky (ext 243)

At 779-5030.

Sugar Bush!

Sugar Bush is not over and we still need help from families. The weather is warming up again and hopefully the sap will be running. If you are interested in helping, we need volunteers to meet at Marvin’s at 4:00pm daily to collect. From there, we will let volunteers know when we will boil, make sugar, jar and clean up! Chii-Miigwetch to the families and ECC staff that have been helping. As many know and have learned, it is not an easy thing to plan!

We appreciate your patience and keep up the great work!
Notice

ECC Parents

The ECC will be *closed* the week of April 25-April 28, 2011

To observe the Tribal Holiday (Easter) and for Staff Development.

Sorry for any inconvenience.

Our ECC Health Fair will be held on Friday, April 29th!!

ECC staff are mandated to have many continuing education hours, background checks once a year and so much more!!!
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<td>Policy Council Meeting 12:00 @ ECC</td>
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<td>Happy Easter Tribal Offices Closed Easter Monday</td>
<td>GED Class 11:30-1:30 Community Feast 5pm @ Bingo Hall</td>
<td>28 Breastfeeding Support Group 10-12 @ Clinic</td>
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*Week of the Young Child*
Home Base News for April, 2011

Now that spring is in the air, let the adventures into the great outdoors begin.

Home Base Socialization for April

April 13th: Regalia Making at the ECC Sewing class from 5-7

April 29th: 2nd Annual Family Health & Wellness Fair

Watch for fliers.

For more information contact us at the Early Childhood Center
715-779-5030
Amber Ext. 235
Phoebe Ext. 236
Cindy Ext. 238

Happy Birthday
Owen Dietrich
on the 27th of April
"2"

Sugar Bush Tapping 3-11-11

Home Base Socialization
Welcome back! We hope everyone had a wonderful spring break. We are almost out of the nasty weather, but please remember—spring is can still bring surprises. Appropriate clothes for the weather are essential in keeping our little ones healthy. We will go outside as the weather permits, so please send your children with hats, mittens, water proof boots, and plenty of spares!

What We Have Done:
The kids have just finished up a moving unit. We learned the Ojibwe for “Open and Shut Them,” some have learned to walk, others are preparing to crawl, and some of us are ready to run!

What We Are Going to Do:
Following tradition, April is the month for sugar bush. Although the Waabooz kids may have a hard time getting to sugar bush, we have plenty of activities planned for the warmth and dryness of our classroom. These activities will include plenty of art, counting, moving and exploring. Please bring us any suggestions you may have to include in this upcoming month.

We will continue to promote Anishinaabeinemowin in our class. Some words we will be using this month include (CD’s and translations soon):

- Biindaakoojige
- S/he makes a tobacco offering
- Asemaa
- Tobacco
- Ziigwan
- It is spring
- Maajiga
- It is starting to run
- Ganawaabam
- Look at him
- Gikinoo’amaw
- Teach someone something
- Iskigamiziganing
- Sugar camp—maple sap processing place
- Ininaatigokaa
- Maple trees
What a great month we had teaching the children about the Sugar Bush! All children had a role to play in each lesson we brought to them. They really like the hands on learning we did such as pounding the tap into the tree, hanging the buckets, pouring the sap, boiling and more (of course we were pretending). When you come into the room look at our Lesson Wall and see how each child participated.

Now that the weather is a bit warmer, the children still need the winter wear—the playground is very muddy and wet.

Ojibwe Words for April:
Spring Ziigwan
Bowl Boozikinaagan

FOR APRIL WE WILL FOCUS ON GARDENING

REMINDER: PLEASE wash your hands and your child’s hands when you enter the room. Miigwetch!

HAPPY SPRING Karen & Teresa
Makwa has a new full-time teacher, welcome Wendy Fletcher

We also want to welcome our new friend to the classroom
BOOZHOO Evelyn and family.

We have been working on our shapes and colors and will continue working on our shapes, colors, and letters this month. We will also be taking more nature walks.
Our words for the month will be:
SQUARE—GAKAKAA
CIRCLE—WAA WIYEYAA
STAR—ANANG
DIAMOND—GAANOO

FAMILIES ARE ALWAYS WELCOME TO COME JOIN US DURING THE DAY. PLEASE STOP IN AND SAY HI

WITH SPRING HERE AND WARMER TEMPS THE SNOW IS MELTING FAST. PLEASE REMEMBER TO SEND THE PROPER OUTDOOR GEAR AND A CHANGE OF CLOTHES AS WE WILL BE PLAYING IN THE WATER AND MUD

Miss Jamie and Miss Wendy!
Welcome Back! We hope everyone had a great and restful spring break!

The snow has melted and that means MUD!! If your child has mud boots please send them to school. Our playgrounds get very muddy and wet in the spring!

Thanks to all of our Parents for calling in when your child will not be here. It is a big help, we need to document absences and why children are absent.

The Center will be closed April 25th-29th for staff in-services. There will be no kids that week.

~Nadine, Amber and Britany~
BOOZHOO,

THE CLASSROOM HAS BEEN WORKING HARD, LEARNING ABOUT THE COMMUNITY AND ITS WORKERS.

NEXT, THE CLASS WILL DISCUSS WHAT THE MEANING OF SPRING IS AND DISCOVER THE OCEAN.

THE CHILDREN HAVE BEEN WORKING HARD ON THEIR OJIBWE WORDS, WORKING EVERY MORNING.
THIS MONTH OUR NEW WORDS WILL BE:

ROBIN—OPICHI
FLOWER—WAABIGWAN
SPRING—ZIIGWAN
MUD—AZHASHKI

JUST A FRIENDLY REMINDER, PLEASE SEND THE CHILDREN WITH PROPER OUTDOOR GEAR AND AN EXTRA SET OF CLOTHING. SPRING CAN BE PRETTY WET, AND THE CHILDREN LOVE THE WATER AND MUD.

MS. DIANN, MS. TRACY, AND MS. PATSY
Boozhoo. Spring has sprung and that means that the playground is going to be wet and muddy. Please send in mud boots for your child if they have them. If not, keep sending their snow boots. This will help keep their feet dry as well as their shoes. We go outside at 9:00 in the morning and it is still quite cool out. Please make sure your child has a hat and warm jacket. We want them to be comfortable so they can have a lot of fun.

With so many children having been sick these last few weeks we would like to remind everyone that hand washing is the number one way to prevent sickness from spreading. This and keeping your child at home when they are not well. Thank you to everyone for helping us keep our kids and teachers healthy!

With the days getting longer it can be a bit more difficult to get everyone to bed at a decent time. Remember, sleep is a very important factor in your child’s success at school. Making sure they get at least eleven hours of sleep at night is something that will help them have successful days.

We will be calling you soon to set up home visits. We are hoping to have all of them done by the end of May. Visits in the home are strongly encouraged and the kids are really proud to show their teachers around. We look forward to meeting with all of you.

Right now we are learning about other children from around the world. We will be eating some different foods and talking about things that are different and the same. It is always fun to see the kids find out that there are kids from different places in the world who are just like them. After that we will be exploring the world of creepy crawlies. It should be very interesting and exciting.

Happy Birthday to Richard and Jesse!

Enjoy the spring weather!!

Ms. J, Ms. Virginia and Ms. Jenn
Boozhoo. Where has the time gone? It is already spring. We hope that everyone had a nice spring break. Remember to send your child with proper outdoor clothing like snow pants, snow boots, gloves, hats, jackets, mud boots, etc. We go outside daily. This month we will be working on dinosaurs, colors, counting, shapes, Ojibwe animals, many fine motor skills, number and letter recognition. Parents please help your child with developing these skills. You are your Child's first teacher. If you have any questions please give us a call at 715-779-5030 ext. 245.

Kyra is a big helper

Logan A can recognize his numbers

Logan G enjoys playing with MR. Potato head

Myels enjoys the outdoors

Zachary likes the dinosaurs

Jasmine enjoys playing dress up

Aaricka is into fashion with her glasses and hat

Harmony knows all of her colors

Nityis likes to play in the sand table

Darren likes being at school

Luke dances with scarves to music

Lily knows all of her shapes

Alyna has great table manners

Giizhik like journal time

Animikiikwe enjoys doing craft projects

Zoe likes to swing outdoors

Emily can write her name
Key Facts:

Working families need child care and supportive employer policies to be able to meet the needs of their young children throughout the day.

- In the United States the majority of mothers with children under age 18 work, including 59% of those with infants and 74% of those with school-aged children.

- Approximately 13 million infants, toddlers, and preschool children are regularly in non-parental care in the United States, including 45% of children younger than one year.

- The Census Bureau reports that approximately 50% of working families rely on child care providers to help them care for their children while they work; 25% rely on relatives for child care; and nearly 25% arrange work schedules so that no child care is needed (e.g. parents work different hours or days; one parent works during school hours and is home after school).

Children, especially those from low-income families, need better access to high-quality early childhood programs.

- Research shows that high-quality early childhood programs help children—especially those from families with low-incomes—develop the skills they need to succeed in school. However, most programs in the United States are rated mediocre, and fewer than 10% meet national accreditation standards. Across the nation child care fees average $4,000 to $10,000 per year, exceeding the cost of public universities in most states. Yet, nationally only 1 in 7 children who are financially eligible for child care subsidies is being served, and only 41% of 3 and 4 year old children living in poverty are enrolled in preschool, compared to 58% of those whose families have higher incomes.

- Communities are becoming increasingly diverse and in order for early childhood educators to be effective they must be sensitive and responsive to children's cultural and linguistic backgrounds. If current population trends continue, by the year 2010 55% of America's children will be white, 22% will be Hispanic, 16% will be black, and 6% will be Asian or Pacific Islander.

Too many children in the United States live in poverty, without good nutrition and health care.

- In the United States 18% of children under age 18 and 24% of children under age 6 live in poverty. It is estimated that 12 million children do not have enough food to meet their basic needs and approximately 3.2 million are suffering from hunger.

- In the United States 15% of children under age 18--and 24% of those living in poverty--are not covered by health insurance.

- Approximately one-third of children and nearly one-half of black children born in the United States have at least one health risk at birth.

- More than 20% of 2-year-olds in the United States are not fully immunized.
What can be done?
Federal, state and local government, communities, parents, and the private sector must share in the responsibility of ensuring the well-being of children and families. We can and must do more to create opportunities that help all children and families succeed. We can invest now in our children and families and enjoy long-term savings, with a more vibrant nation of healthy, achieving children and more stable families. Or we can fail to make the investment and pay the price: increased delinquency, greater educational failures, lowered productivity, less economic competitiveness, and fewer adults prepared to be effective, loving parents to the next generation of children.

The Week of the Young Child is an opportunity for programs, NAEYC Affiliates, related organizations, communities, and states to focus on the needs of young children and their families. There are countless ways to celebrate the week, which is first and foremost a grassroots effort. Use the online Event Planning Handbook to WOYC Celebrations for suggested strategies for involving community partners, activity ideas, resources, and groups to contact.

This year the ECC will be planning activities around child nutrition, literacy and increasing physical activity during the week of the young child.

We hope you enjoy the planned activities and please join us at the

Family Health Fair April 29th from 10-1.
FRIDAY, APRIL 29th
10:00am-1:00pm
@ THE ECC
2nd Annual

*FREE screenings for adults and children
*FREE Information!
*Healthy Snacks *RIF Book Distribution
*Child Passenger Safety Info
*Pancake feast to follow with maple syrup harvested by ECC families!

This event is open to the public and parents are encouraged to bring the whole family!
This event will be family friendly!

Call Nicole (ext 253) or Nicky (ext 243) for more details or questions @ 779-5030.
Ziigwan Ondaadiziike Community Feast

Please join us in feasting healthy families, pregnancies, and birth along with the community programs which support them.

PLACE: Red Cliff Bingo Hall
DATE: Tuesday, April 26, 2011
TIME: 5pm – 8pm

Speakers, food, fun for the whole family.

Please watch for more detailed information or contact Lori Cannon at 715-779-3707 x 264
PLEASE JOIN US!
EXPECTANT & NEW PARENTS AND SUPPORT PEOPLE

NOONI CIRCLE
BREASTFEEDING SUPPORT GROUP

Red Cliff Community Health Center

Alternating Mondays & Thursdays: 10 am
Monday – April 11th
Monday – May 9th

Thursday – April 28th
Thursday – May 26th

Red Cliff Health Center
(715) 779-3707

Call Erin, Rose, Lori or Anna with questions
Bayfield Area Recreation Center

*Facility will be closed April 24*

**Fitness Room/Racquetball Court**
- Monday-Friday 6:00am-8:00pm
- Saturday 7:00am-5:00pm
- Sunday 11:00am-5:00pm

**Pool-Lap Swim**
- Monday-Friday 6:00am-9:00am
- Monday, Wednesday 12:00-1:00pm
- Saturday 7:00am-9:00am

**Pool- Open/Recreation Swim**

*March 28-April 1 noon-8pm*
- Monday-Friday 4:00pm-8:00pm
- Saturday 9:00am-5:00pm
- Sunday 11:00am-5:00pm
Joe LaFernier

Benefit

Spaghetti Dinner

$6.00/plate

Date: Saturday April 16th, 2011
12:00-4:00

Red Cliff Elderly
Nutrition & Community Center
37645 New Housing Road, Bayfield, WI 54814

Special Raffle: NEED NOT BE PRESENT TO WIN

official Green Bay Packers 2010 Collector Series Football

Graciously Donated by the team! Football has all Team Members and Coaches Signatures!!

Show support & remember “Bucky” with love...

Proceeds will assist to defray medical/burial costs
**Parenting Wisely**
Help for the toughest job you never trained for...
Parenting Wisely teaches effective parenting strategies, and has been shown to reduce child and adolescent behavior problems, increase parent confidence and improve family relationships.
A computer based parenting class that is interactive and engaging. One for parents of children 3-9 years; a separate program for parents of children 10-18 years. Can be completed individually, with couples, or in small groups. A parent educator will be available to answer questions and provide follow-up and discussion with you. Call 715-682-2540 for more information or to schedule your session(s).
At ABC Family Resource Center and available at UW-Extension Bayfield County in Washburn, 715-373-6104

**Laugh & Learn**
Parents and kids time with Mr. Mitchell
Explore the World
Thursday, April 7th, 10:30 am
Walk around the block with Mr. Mitchell and really see what’s going on. Inside if it rains.
At Washburn Public Library

Puppet Show: Spring has Sprung
Thursday, April 21st, 10:30 am
Interactive theatre: kids participate in rhymes and rhythms puppetry!
At Washburn Public Library

**Workshop**
When Stepparents Try to Discipline
Thursday, April 21st, 6:00 - 7:30 pm
Join a discussion of what needs to be in place before a stepparent can effectively discipline.
Sign up by April 15th.
Call Jan for more information.
At ABC Family Resource Center

**Parenting Class**
Positive Parenting Solutions for Preschoolers
Tuesdays, April 19th, 26th, May 3rd, 10th 6:00 - 7:45 pm
Learn and practice how to get your preschoolers to behave better and reduce meltdowns. Series of four sessions.
Sign up by April 13th and let us know if you need childcare. Call Gayle for more information.
At ABC Family Resource Center

**Developmental Screening - Ages and Stages**
Free developmental screenings for children ages 4 months to 5 years. Available year round. Call 682-2540 to make an appointment with Cookie, Marne, or Gayle.
51 Simple Earth Day Tips, Ideas, Projects and Games You Can Practice Year-Round

And there are lots of simple things you can do to save our planet. Check out the list below and see if there are any you can do today. If there are any you can’t get to, do them throughout the rest of the year. It doesn’t have to be Earth Day to be “Green!”

Quick Simple Things You Can Do Today
- Remove yourself from junk mail lists
- Unsubscribe from your newspaper and read it online
- Switch to paperless billing and pay bills online
- Cut back on driving
- Fill your car tires with air
- Carry around a towel with you and avoid paper towels

Things Around the House
- Fix a leaking faucet
- Lower your thermostat
- Install low-flow faucets, showerhead and toilets
- Install compact fluorescent light bulbs
- Turn off lights and unplug anything you aren’t using
- Wash full loads of laundry in cold water
- Turn off the water while brushing your teeth
- Turn off the shower while lathering and shampooing
- Recycle old electronics around the house
- Buy non-toxic and eco-friendly cleaners
- Turn off the lights for dinner and use candles
- Set up rainwater collection barrels to water your yard and plants
- Plant a tree

For Your Pets
- Use biodegradable bags to clean up the poop
- Buy natural or organic pet food
- Measure the appropriate amounts of food to feed all pets (fish, dogs, cats, etc.)
- Purchase recycled toys and bedding
- Turn off the faucet while giving your pets a bath
- Buy a doggie sweater and keep the thermostat down

To Do at Work
- Set up a recycling bin at work
- Go paperless. Don’t print emails
- Use old paper for taking notes
- Car pool or take the bus
- Ride your bike to work
- Walk or jog to your lunch break destination

51 Simple Earth Day Tips, Ideas, Projects and Games You Can Practice Year-Round

For Kids
- Play some Earth Day games
- Check out books from the library instead of buying new ones
- Walk or ride your bike to school
- Learn how to set up a worm composting bin (fun project!)
- Send a Tree-free eCard to friends to raise awareness about environmental issues

Actions to Consider in the Future
- Buy an eco-friendly hybrid vehicle
- Set up solar panels for energy
- Xeriscape your yard
- Join local “Green” groups in your community
- Volunteer to clean up your local rivers and roads
- Grow your own garden
- Purchase energy-efficient appliances
- Start a composting bin

At the Store
- Make sure anything you buy is recyclable
- Bring your own paper or cloth bags to the grocery store
- Buy local foods. Find local markets near you
- Buy a recyclable water bottle you can reuse daily
- Purchase a Brita water filter instead of bottled water
- If you buy plastic bottles, reuse them at least once
- Purchase eco-friendly cosmetics

For Immediate Release
March 17, 2011

Contact: Seth Boffeli
608-266-1683

NO HARMFUL RADIATION EXPECTED TO REACH WISCONSIN

MADISON -- State health officials today sought to reassure Wisconsin citizens that harmful levels of nuclear radiation released in Japan are unlikely to reach the Badger state. News accounts of unnecessary concern in west coast states have led some in Wisconsin to wonder if they should be worried about harmful radiation.

“We are closely monitoring the Japanese nuclear reactor accidents and receiving information from the Nuclear Regulatory Commission (NRC) on the situation. At this time, we do not believe that protective measures including potassium iodide (KI) are necessary in Wisconsin,” said Dr. Henry Anderson, State Health Officer. “The NRC does not expect any U.S. states or territories to experience harmful levels of radioactivity from the Japanese reactor accidents, so there is no need to seek out medications such as potassium iodide or the location of fallout shelters.”

DHS maintains an active environmental radiation monitoring program around the nuclear plants in or near Wisconsin. The Environmental Protection Agency (EPA) also operates a nationwide radiation monitoring system, called RadNet, to monitor the nation’s air and regularly monitors drinking water, milk and precipitation for environmental radiation. The EPA has said it plans to deploy additional monitoring capabilities to parts of the western U.S. and U.S. territories.

Wisconsin has a well-developed radiological response capability designed around nuclear plants in and around the Badger state, which includes detailed incident response plans, equipment, and trained staff. This response capability is available to assist counties with a radiological incident of any type. State and federal preparedness officials conduct 1-2 full nuclear plant emergency preparedness exercises each year.

-30-
Every child and parent is unique. This information highlights patterns of growth and development that apply to most children. As you watch, listen to, and play with your child, you’ll discover when she or he is ready for new activities and skills. You’ll find your own ways to use old and new ideas to fit your personality, your family, and your child’s needs.

**GENERAL TRAITS**

- Explores everything by touching, tasting, carrying.
- Can usually turn pages of a large picture book.
- Language varies a lot - words may include “Mama,” “Dada,” “Ball,” or “No.”
- Likes hugs, smiles, kisses.
- May nap less than as an infant.
- Imitates adult actions, words, noises.
- Helps feed him/herself.

**WHAT A PARENT CAN DO**

- Allow your child freedom to move & explore.
- Keep your house safe for your child - it helps to go through the house on your hands & knees. Put breakable & dangerous things out of reach.
- Keep poisons, medications, cleaning solutions in a locked cupboard. Keep the Poison Center number on hand for emergencies.
- Talk with your child as if you were carrying on a conversation. This helps your child learn to talk & understand.
- Play the “name game” by pointing to things & saying the names aloud.
- Save “no” for important matters. When you say “no” explain why. As in “No - the stove is hot,” or “No - fire will burn you.”
- Accept normal childhood spills & bumps without fuss.

- Respect your child’s eating habits. Tastes & appetites change from day to day. Use small portions. Don’t force your child to eat.
- Drop the idea of toilet training until your child is at least two years of age.
- Enjoy playing with your child - doing peekaboo, singing, dancing, or rolling a ball.

**TOYS FOR THE 1- TO 2-YEAR-OLD**

- Pull & push toys
- Balls
- Blocks
- Water toys
- Pocketbook
- Pots & pans with covers
- Simple boxes to open & close
- Nest of circular plastic cups to fit & take apart & with which to fill & dig
- Wooly or soft cloth animals & dolls – eyes should be painted or embroidered, not buttons
- Books - cloth & heavy cardboard with familiar objects & bright colors

This material was adapted from St. Mary’s Hospital Medical Center Guide to Health with their permission.

To order additional copies of this brochure, contact the Child Care Information Center (CCIC), 1-800-362-7353.

State of Wisconsin
Department of Public Instruction
Reference and Loan Library
2109 South Stoughton Road
Madison, WI 53716

State of Wisconsin Department of Children and Families
Division of Early Care and Education, Bureau of Early Childhood Education
P.O. Box 8916
Madison, WI 53708-8916

DCF is an equal opportunity employer and service provider. If you have a disability and need to access this information in an alternate format, or need it translated to another language, please contact your county child care coordinator. If you cannot find a county child care coordinator number, please call (608) 261-6317, option 2, or (866) 864-4585 TTY (Toll Free). For civil rights questions call (608) 266-5335 or (866) 864-4585 TTY (Toll Free).

DCF-295 (DWSW-11780) (R. 4/2010)
Every child and parent is unique. This information highlights patterns of growth and development that apply to most children. As you watch, listen to, and play with your child, you'll discover when she or he is ready for new activities and skills. You'll find your own ways to use old and new ideas to fit your personality, your family, and your child's needs.

**GENERAL TRAITS**

- Behavior may change quickly from loving to independent & back again.
- Needs little help climbing up & down stairs.
- Demands a lot of parental attention.
- May hold a glass of milk in one hand.
- Knows several hundred words & may speak in two- or three-word sentences.
- Loves to be read to but may not have the patience to go through a book cover to cover.
- Begins to help dress (undressing comes first).
- Uses a spoon in feeding.
- May achieve toilet training or show interest in using the toilet.
- Likes to imitate adult activities.
- Enjoys other children but may find sharing difficult.

**WHAT A PARENT CAN DO**

- Your child's rebelliousness may be hard to take, but accept it as a positive stage of development, as an attempt to move away from babyhood. ("No" will often mean "yes," so look for other cues as well.)
- Keep rules to a minimum. Ask yourself: How many "no's" are needed for this age?
- Let your child express all feelings, negative as well as positive.

- Allow your child to "help" with simple tasks.
- If you begin toilet training & your efforts don't pay off in a week or two, your child isn't ready. Go back to diapers.
- Present nutritious meals but don't push your child to eat. Your child is too young to learn table manners.
- Develop routines to help ease bedtime and leave-taking. A nighttime routine might be a bath before bedtime, a book, a good-night kiss, a hug, & a tuck into bed.
- Pay as little attention as possible to temper tantrums.

**TOYS FOR THE 2- TO 3-YEAR-OLD**

- Cars & trucks
- Pail & shovel
- Baskets
- Dolls - soft & washable
- Large crayons & finger paints
- Toys that teach shapes
- Play dough
- Balls
- Blocks
- Books
- Riding toys & wagons
- Old keys
- Hammer & pegboard
- Large brushes for "painting" with water
- Cloth squares of bright colors

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P.O. Box 8916
Madison, WI 53708-8916

DCF is an equal opportunity employer and service provider. If you have a disability and need to access this information in an alternate format, or need it translated to another language, please contact your county child care coordinator. If you cannot find a county child care coordinator number, please call (608) 261-6517, option 2, or (866) 864-4585 TTY (Toll Free). For civil rights questions call (608) 268-5335 or (866) 864-4585 TTY (Toll Free).

DCF P.O. Box 11776
Madison, WI 53715-1776
A LETTER TO FAMILIES ABOUT MUSIC AND MOVEMENT

Dear Families,

We do a lot of singing and creative movement in our program. Singing and moving to music give the children a chance to hear and appreciate different kinds of music, express themselves through their movement, and practice new skills. The children love our daily time for singing together, and it helps them learn to cooperate in a group. Here are some of the things we do to encourage a love for music and movement.

- We listen to all different kinds of music.
- We play instruments to make our own music.
- We give the children colored scarves and paper streamers to use as they move to the music.
- We use chants to help us get through the daily routines, such as clean-up time.
- Sometimes we take a tape recorder outside and play jazz or folk music, and the children dance and act out songs.

What You Can Do at Home

You don’t have to play an instrument or sing on key to enjoy music with your child. Taking a few minutes to sit together and listen to music can provide a welcome break for both of you. Also, the music you share with your child doesn’t have to be “kid’s music” only. It can be reggae, country, jazz, classical, rap, or any other music you like. Here are some ideas for enjoying music and movement with your child.

- Children love a song or chant about what they are doing at the moment, especially when it uses their name. While pushing your child on a swing, you might chant, “Swing high, swing low, this is the way that [your child’s name] goes.”
- Songs and fingerplays help keep children occupied at challenging times, for instance, during long car trips, while waiting in line, or when grocery shopping.
- Songs can ease your child into tasks like picking up toys, getting ready to go outside, undressing for a bath, and so on. You might try making up a chant to the tune of “Here We Go ‘round the Mulberry Bush” such as, “water is filling up the tub, up the tub, up the tub. . . .” or “Pick up a toy and put it on the shelf, put it on the shelf. . . .”
- Musical instruments can be made or improvised at home easily. You (or your child) already may have discovered that cooking pots and lids make wonderful instruments.

Sharing music with your child is a wonderful way to build a warm, loving relationship. It’s a gift that will last forever.
<table>
<thead>
<tr>
<th>SOCIAL</th>
<th>SELF-HELP</th>
<th>GROSS MOTOR</th>
<th>FINE MOTOR</th>
<th>LANGUAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shows leadership among children</td>
<td>Goes to the toilet without help</td>
<td>Swings on swing, pumping by self</td>
<td>Prints first name (four letters)</td>
<td>Tells meaning of familiar</td>
</tr>
<tr>
<td>Follows simple game rules in board games or</td>
<td>Usually looks both ways before crossing street</td>
<td>Skips or makes running</td>
<td>Draws a person that has at least three parts - head, eyes, nose, mouth, etc.</td>
<td>words</td>
</tr>
<tr>
<td>card games</td>
<td></td>
<td>&quot;broad jumps&quot;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-0 yrs.</td>
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<tr>
<td>Protective toward younger children</td>
<td>Dresses and undresses without help, except for tying shoelaces</td>
<td>Hops around on one foot, without support</td>
<td>Draws recognizable pictures</td>
<td>Follows a series of three simple instructions</td>
</tr>
<tr>
<td>Plays cooperatively, with minimum conflict and supervision</td>
<td>Washes face without help</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gives directions to other children</td>
<td>Toilet trained</td>
<td></td>
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<tr>
<td>3-6 yrs.</td>
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<tr>
<td>Plays a role in &quot;pretend&quot; games - mom-dad, teacher, space pilot</td>
<td>Dresses self with help</td>
<td>Walks up and down stairs - one foot per step</td>
<td>Cuts with small scissors</td>
<td>Understands four prepositions - in, on, under, beside</td>
</tr>
<tr>
<td>Plays with other children - cars, dolls, building</td>
<td>Washes and dries hands</td>
<td>Stands on one foot without support</td>
<td>Draws or copies vertical (</td>
<td>) lines</td>
</tr>
<tr>
<td>&quot;Helps&quot; with simple household tasks</td>
<td>Opens door by turning knob</td>
<td>Climbs on play equipment - ladders, slides</td>
<td>Scribbles with circular motion</td>
<td>Talks in two-three word phrases or sentences</td>
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<tr>
<td>2-6 yrs.</td>
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<tr>
<td>Usually responds to correction - stops</td>
<td>Takes off open coat or shirt without help</td>
<td>Walks up and down stairs alone</td>
<td>Turns pages of picture books, one at a time</td>
<td>Follows two-part instructions</td>
</tr>
<tr>
<td>Shows sympathy to other children, tries to comfort them</td>
<td>Eats with spoon, spilling little</td>
<td>Runs well, seldom falls</td>
<td></td>
<td>Uses at least ten words</td>
</tr>
<tr>
<td>Sometimes says &quot;No&quot; when interfered with</td>
<td>Eats with fork</td>
<td>Kicks a ball forward</td>
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<tr>
<td>18 mos.</td>
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<tr>
<td>Greets people with &quot;Hi&quot; or similar</td>
<td>Insists on doing things by self such as feeding</td>
<td>Runs</td>
<td>Scribbles with crayon</td>
<td>Asks for food or drink with words</td>
</tr>
<tr>
<td>Gives kisses or hugs</td>
<td>Feeds self with spoon</td>
<td>Walks without help</td>
<td>Picks up two small toys in one hand</td>
<td>Talks in single words</td>
</tr>
<tr>
<td>Wants stuffed animal, doll or blanket in bed</td>
<td>Lifts cup to mouth and drinks</td>
<td>Stands without support</td>
<td>Stacks two or more blocks</td>
<td>Uses one or two words as names of things or actions</td>
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<td>12 mos.</td>
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<tr>
<td>Plays patty-cake</td>
<td>Picks up a spoon by the handle</td>
<td>Walks around furniture or crib while holding on</td>
<td>Picks up small objects - precise thumb and finger grasp</td>
<td>Understands words like &quot;No,&quot; &quot;Stop,&quot; or &quot;All gone&quot;</td>
</tr>
<tr>
<td>Plays social games, peek-a-boo, bye-bye</td>
<td></td>
<td>Crawls around on hands and knees</td>
<td></td>
<td>Word sounds - says &quot;Ma-ma&quot; or &quot;Da-da&quot;</td>
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<tr>
<td>Pushes things away he/she doesn't want</td>
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<tr>
<td>Reaches for familiar persons</td>
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<tr>
<td>Distinguishes mother from others</td>
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<tr>
<td>Social smile</td>
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</tbody>
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Behavior Science Systems, Box 580274, Mpls., MN 55458
Healthy Colors

The 2011 National Nutrition Month® theme is “Eat Right with Color,” which means making sure your plate has a variety of color and nutrients at each meal. The American Dietetic Association offers a color guide:

Red fruits and vegetables are heart-healthy, help immunity and may reduce cancer risks. Try beets, cherries, cranberries, pomegranate, red grapefruit, red potatoes, red grapes, rhubarb, tomatoes and watermelon.

Orange and yellow fruits and vegetables contain nutrients that contribute to vision, immunity and may reduce the risk of some cancers. Great choices include apricot, cantaloupe, carrots, grapefruit, mango, papaya, peach, pineapple, sweet potatoes, yellow corn and yellow peppers.

Green fruits and vegetables have a high antioxidant potential. Try artichoke, asparagus, avocado, apples, broccoli, grapes, green peppers, honeydew, kiwi, lime and spinach.

Blue and purple fruits and vegetables may have antioxidant and anti-aging benefits. They may also help with memory, urinary tract health and reduce cancer risks. Great choices include blackberries, blueberries, eggplant, plums, purple cabbage and raisins.

White, brown and tan fruits and vegetables promote heart health and may reduce cancer risks. Try bananas, brown pears, cauliflower, dates, mushrooms, onions, parsnips, turnips, white potatoes, white corn and white peaches.

Choose a variety of colors when shopping for produce. And if you’re looking for fruits or vegetables that are out of season, opt for frozen or dried choices that are available throughout the year. Colorful meals are not only more flavorful, they contain a variety of nutrients that are essential to you and your family’s health.

For more information on National Nutrition Month, visit [www.eatright.org](http://www.eatright.org).

Poison Prevention

National Poison Prevention Week is March 20-26 – are you informed on how to protect yourself and your family from hazardous substances?

According to the Poison Prevention Week Council, more than 2 million instances of poisoning are reported each year in the United States – and more than 90 percent of these poisonings occur in the home.

Prevent poisonings by following these tips:

Lock or secure all medications and chemicals. This is the easiest way to keep children away from hazardous substances in your home.

Continued on page 2.

**Did You Know?**

...
Poison Prevention cont

Never leave loose pills out. Even if you're leaving the room for a few seconds, this can be enough time for children or pets to ingest the pills.

Be mindful when children or pets visit your home. You may not have children or pets of your own, but it's important to put away any medications or chemicals when you have visitors.

Never use cups or soft drink bottles for household chemicals or cleaners. Both children and adults could mistake these for actual drinks.

Never refer to medicine as “candy” when administering it to a child. The child may remember this and be tempted to take medicine on his or her own.

Pay attention to tamper-proof and child-resistant packaging. If a product looks like it's been tampered with, do not risk using it.

Always read the labels and instructions of potentially hazardous products and medications. This is the best way to avoid adverse effects or recognize an adverse effect should the product or medication be ingested.

Never create your own cleaning solutions. A poison control center will not be able to give you proper instructions should anyone ingest the cleaning solution.

Keep children out of the way when using pesticides. Make sure toys are removed from the area before applying, and never leave pesticides unattended while in use.

If you think someone has been poisoned from ingesting medication or a household chemical, call 1-800-222-1222 to be connected to your local Poison Control Center any time, 365 days a year. Post this number by your home telephone or save it in your cell phone in case of an emergency.

Watch for IRS Tax Return Scams

Protect yourself from online identity theft and other scams that increase during the tax filing season by taking the following precautions. Tax return scams have been known to impersonate the logo, names and design of the IRS or U.S. Department of Treasury to mislead taxpayers and lure them into providing personal and financial information.

Watch for e-mails that:
- Threaten to add additional taxes or withhold the tax refund should you not respond to the e-mail.
- Request personal or financial information. The IRS does not request such information through e-mail, nor do they send any communication requesting tax account information, PINs, passwords or similar access information for credit cards, banks or financial accounts.

If you receive a suspicious IRS-related e-mail do not reply, do not open any attachments and do not click any links. Forward the e-mail to the IRS at phising@irs.gov. After forwarding the e-mail delete it from your inbox and outbox.

Turkey Meatloaf

Looking for a low-fat, low-sodium twist to an old favorite? Try this heart-healthy recipe for turkey meatloaf.

1 lb. lean ground turkey
½ cup regular dry oats
1 large egg
¼ cup chopped sweet onion
¼ cup low-sodium ketchup

Combine all ingredients and mix well. Bake in a loaf pan at 350 degrees F for 25 minutes or until the internal temperature reaches 165 degrees F. Slice and serve with your favorite side of vegetables. Serves 5.
Make sure to get your parent's permission before using the blender or the stove.

**Maple Milkshake**

1 cup milk  
3 tsp. maple syrup  
small scoop of ice cream

Place all ingredients in blender and blend until well mixed, or shake all ingredients well and serve. Makes one serving.

**No-Bake Maple Cookies**

2 cups maple sugar  
1/2 cup milk  
1/2 cup shortening  
1/2 tsp. salt  
1 tsp. vanilla  
3 cups quick oats  
6 tbsp. peanut butter

Bring the maple sugar, milk, shortening, salt and vanilla to full rolling boil, stirring constantly. Remove from heat. Stir in oats and peanut butter. Drop on waxed paper by spoonfuls. Let set about 1 hour or until firm.

(Reprinted from EEK, an electronic magazine for kids. EEK is a publication of the Wisconsin Department of Natural Resources set up so kids can learn more about the great outdoors. www.dnr.state.wi.us/org/caer/ce/eek/)
Personal Loans
As a locally owned and managed community bank, our customer service is what separates us from the competition. Being locally owned and managed means fast turnaround time on your loan requests. It also means the decision will be made by someone who knows you, and your unique situation. We make all types of personal loans including the following:
- New and used automobiles
- Boats
- ATV’s
- Snowmobiles
- Recreational vehicles

Home Equity Loans and Lines of Credit
Use the equity that you have in your home to secure a personal loan for any need that you may have. Not only will you gain some extra money; you may also be able to take advantage of some potential tax savings as well. Talk to your tax advisor about the deductibility of the interest on a home equity loan and then give us a call for all the details.

Mortgage Loans
Chippewa Valley Bank has an experienced and knowledgeable staff of real estate lenders who can help make the purchase, refinance or construction of your dream home easy and understandable. We offer the following types of real estate loans:
- 15-30 year fixed rate mortgages for both primary and secondary homes
- Balloon mortgages
- WHEDA and other government sponsored mortgage programs
- Home equity and improvement loans
- Vacation home loans
- New construction loans
- Loan for purchase of vacant lots
- Seasonal home and cabin loans
- Rental home loans
- Section 184 loans for purchase or construction of homes on tribal lands
We also offer free pre-qualification to help you determine the amount and type of loan that will best fit your needs. If you’re looking for competitive rates, low closing costs, and quick turnaround time, contact Red Cliff Housing for an appointment to speak with one of our mortgage loan specialists.

Business Loan
Chippewa Valley Bank has been helping local businesses meet their ever-changing financial needs since 1917. We take the time to get to know you and your business so we can help you make the right decisions when it comes to your financial needs. We offer the following business loans:
- Business loans/lines of credit
- Real Estate
- Construction
- Equipment
- SBA Guaranteed
- Municipal
Good Thyme Restaurant and Catering
Full Time Line Cook

Job Description
Good Thyme Restaurant is looking for a line cook. Qualified individuals should have at least 3-5 years of cooking experience in an upscale, fast paced restaurant and be able to provide 2 professional references. Qualified candidates are talented cooks with an ability to communicate effectively, work in a team environment, are passionate about food and deal well in high pressure situations. Experience with a wood fired grill and catering would be a plus. 40 hours in the summer, starting in mid May. Please send your cover letter and resume to P O Box 102 Washburn WI 54891 or email info@goodthymerestaurant.com

Contact Information
Business Name:  Good Thyme Restaurant and Catering
Street:  PO Box 102
City/State/Zip:  Washburn, WI 54891
Local Phone:  (715) 373-5255
Email:  info@goodthymerestaurant.com
Website Address:  http://www.goodthymerestaurant.com

Full Time Bartender

Good Thyme Restaurant and Catering
Full Time Bartender

Job Description
Good Thyme is looking for a full time experienced bartender for the summer season beginning in mid May. The candidate must have general to advanced knowledge in bartending and wine. Food service experience is a plus. Send your resume to P O Box 102 Washburn Wisconsin 54891 or send an email to info@goodthymerestaurant.com.

Contact Information
Business Name:  Good Thyme Restaurant and Catering
Street:  PO Box 102
City/State/Zip:  Washburn, WI 54891
Local Phone:  (715) 373-5255
Email:  info@goodthymerestaurant.com
Website Address:  http://www.goodthymerestaurant.com
Big Water Cafe & Coffee Roasters
Cook & Baker

Job Description
Big Water Cafe is looking for people who love food, coffee and people! Do you love working in a kitchen and want to learn more about scratch made food? We'll teach you. We're passionate about what we serve here and are looking for people who share this passion. The cook position is fast paced and fun!

We're hiring part time cooks with full time hours available in the summer. Starting pay is $8/hr plus tips.

Check out the job description online www.bigwatercoffee.com and download our application. Feel free to drop it off or email it to us. jobs@bigwatercoffee.com

Contact Information
Business Name: Big Water Cafe & Coffee Roasters
Contact: Danielle
Street: PO Box 1350
City/State/Zip: Bayfield, WI 54814
Local Phone: (715) 779-9619
Email: info@bigwatercoffee.com
Website Address: http://www.bigwatercoffee.com

Fruit Farm Harvest Help

Highland Valley Farm
Fruit Farm Harvest Help

Job Description
We are currently taking applications for summer harvest help. Five to six weeks of seasonal work usually begins in late July and continues through the month of August. Duties include hand-harvest of raspberries and blueberries and sorting and packing of berries on a semi-automated line. Wages are well above minimum wage and schedules can be flexible. College students preferred. Older high school student eligible. For a job description and an application, contact us at highlandvalleyfarm@gmail.com or (715) 779-5446.

Contact Information
Business Name: Highland Valley Farm
Contact: Magdalen or Rick Dale
Street: 87080 Valley Road
City/State/Zip: Bayfield, WI 54814
Local Phone: (715) 779-5446
Fax: (715) 779-5446
Email: highlandvalleyfarm@gmail.com
Website Address: http://www.bayfieldblues.com
Eckels Pottery and Fine Craft Gallery

Gallery manager and gallery assistant

Job Description

Must have knowledge of pottery and other fine craft
office skills, be well organized, quick books and inventory management
use time efficiently
excellent people skills in retail
keep gallery and work areas clean
good eye for display arrangement
packing and shipping
want long term employee who can work May through early January

email eckelspottery@charter.net for job description

Contact Information

Business Name: Eckels Pottery and Fine Craft Gallery
Contact: Dede
Street: 85205 State Hwy 13
City/State/Zip: Bayfield, WI 54814
Local Phone: (715) 779-5617
Email: eckelspottery@charter.net
Website Address: http://www.eckelspotterybayfield.com

Woodside Cottages of Bayfield

Housekeeping

Job Description

Housekeeping position now available. 25-30 hours a week during peak Summer season.
Combined with other duties, up to full time hours may be possible for the right person. Must be
available to work daytime, weekends and holidays. Mail resume and work history to: Woodside
Cottages, PO Box 494, Bayfield, WI 54814

Contact Information

Business Name: Woodside Cottages of Bayfield
Street: PO Box 94
City/State/Zip: Bayfield, WI 54814
Local Phone: (715) 779-5600
Email: woodside@centurytel.net
Website Address: http://www.woodsidecottages.com
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>4B</td>
<td>5B</td>
<td>6B</td>
<td>7B</td>
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</tr>
<tr>
<td>MALTO MEAL, ORANGES, TOAST</td>
<td>KIX, MUFFIN, STRAWBERRIES</td>
<td>RICE CHEX, BK BAR, PEARLS</td>
<td>CORNFLAKES, APPLES, CINN MUFFIN</td>
<td>ECC NO SCHOOL SPRING BREAK</td>
</tr>
<tr>
<td>L RAVIOLI, SALAD, GR BEANS, PEACHES</td>
<td>L TACOS, WATERMELON, CORN, S BR. STICK, MARINARA</td>
<td>L TUNA PATTIES, FRIES, MANGO, SALAD</td>
<td>L HAM, POT, CARROTS, TROP FRUIT, SLAW</td>
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<tr>
<td>S PBJ/GR CRACKERS</td>
<td>S CHEX MIX, JUICE</td>
<td>S APPLIESAUCE, PRETZELS</td>
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<tr>
<td>11B PANCAKES, BLUEBERRIES, TRK BACON</td>
<td>12B CORN CHEX, HONEYDEW, TOAST</td>
<td>13B HB OATS, STRAWBERRIES, YOGURT</td>
<td>14B CHEERIOS, APPLES, TOAST</td>
<td></td>
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<tr>
<td>L CHEZZ BRG HD, IT VEGGIES, CANTALOPE</td>
<td>L PEAS SOUP, HAM SAND, CARROTS, FRUIT SALAD</td>
<td>L SW/SR CHIX, VEG, PEARS</td>
<td>L HAMB GRAVY, POT, PEAS/CARROTS, PEARS</td>
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<tr>
<td>S GOLDFISH CR, JUICE</td>
<td>S PBB SAND/MILK</td>
<td>S LADYBUG/CRACKER</td>
<td>S PINEAPPLE/CC</td>
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<tr>
<td>18B EGG, HB, TOAST, PEACHES</td>
<td>19B RICE CRISPIES, BLUEBERRIES, CINN BR LCHIX NUGGET, FRIES, GR BEANS, TROP FRUIT</td>
<td>20B KIX, MUFFIN, ORANGES</td>
<td>21B HB OATS, PEACHES, BAGEL, YOGURT</td>
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<tr>
<td>L PIZZA, CORN, CC, SALAD, MELON</td>
<td>S COOKIE/MILK</td>
<td>L TOM SOUP, GR CHEZZ, GR BEAN, MANGO</td>
<td>L HAM MAC/CHEEZ HD, CARROTS, PINEAPPLE</td>
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<tr>
<td>S PRETZEL/JUICE</td>
<td>S BERRY GOOD PIZZA</td>
<td>S PITA/TRK/ CHEESE</td>
<td>S PITA/TRK/ CHEESE</td>
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<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
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</tr>
</tbody>
</table>

**Easter Monday Center closed**

**No School**

**No School**

**No School**

**No School**

**Milk served with meals**