Boozhoo -

The ECC is happy to welcome all of our students and families to the 2019-2020 academic year.

Did you know that the first month of school is indicative to how a student’s attendance will be throughout the year? If a student misses 2 days or less of school during September, they are likely to follow that trend throughout the rest of the year.

Chronic absenteeism is missing more than 20 days of a school year—that is nearly a month of time! The ECC teachers and staff spend each day of the academic year growing, learning, and developing relationships with students and their families.

Let’s strive for 100% attendance in order to build and strengthen our school community.

- Miigwech

Mark your Calendars

Picture Day is coming to the ECC

October 8th and 9th, 2019

For more information contact

Cindy or Jenny 715-779-5030
Welcome back everybody!! We hope that you've all enjoyed your summer! This month we will be focusing on getting into a schedule and transitioning into our new room. We are going to be doing a lot more painting and projects so we ask please bring in extra clothes. We are glad to have everyone back and look forward to a wonderful school year!

If you have any questions or concerns feel to stop in and visit or call 715-779-5030 ext. 2525

Thank you so much!

Ms. Lulu & Ms. Kelsey
Boozhoo!

We would first like to welcome our new families to the ECC, we are so excited for this new school year to begin. We are looking forward to working with the families and their children!

The month of September our main focus will be on transitions, getting each child fully transitioned into the classroom. We have made up a transition schedule for each child, if you have not yet received a schedule from us, please let us know!

REMINDERS!

- Please bring at least two extra sets of clothes.
- If your child will be absent for the day, please notify us by 8am.
- Drop off is at 7:45am, pick up is at 3:00pm.

Miigwech,

Miss Tiff & Miss Judy

715-779-5030 x 2524
Welcome Back! Summer is just about over and the leaves are starting to change. The weather is getting cooler and we will be learning about learning about fall, leaves, and apples. Please send an extra set of clothes for your child and if you have any mud boots please send those to school. We are excited to see everyone back in the new Makwa classroom.

Miss Maggie and Miss Gina

Ojibwemowin
Fall - Dagwaagin
Drum- Dewe’igan
Leaf - Aniiblishibag

September Reminders
September 2nd Labor Day – ECC Closed
September 3rd Opening Ceremony 10:00AM-12:00PM
September 4th First Day of ECC Classes
September 25th Family Night/Policy Council Elections 5:00PM-7:00PM
September 30th Treaty Day – ECC Closed
Boozhoo from Esiban! Ms. Melissa and Ms. Amber would like to welcome everyone for a new school year! We want to thank all the families for getting our home visits done.

With the fall weather always changing, please be sure that your child has a light jacket or sweater for the mornings as they can be chilly. Also please be sure to keep extra clothing at school for them.

We are so excited to start our new year. If you have any questions or concerns, please feel free to call us or come see us.

Thank you for sharing your little ones with us!

-Ms. Melissa & Ms. Amber
Boozhoo!

We are really excited to start our new year! Miigwech to all of our families for getting all of our home visits done. We enjoyed meeting with all of you.... Parents you’re the best!!!

We know how the weather can be in the fall. Please be sure your child has a light jacket or sweater for the mornings as they may be a bit chilly. Also please be sure to send extra clothes that we can keep at school.

We are looking forward to a very exciting school year. If you have any questions or concerns please feel free to call us or come see us. We are always open to and happy to hear your ideas.

Don’t forget to call when your child will not be riding the bus.

Please use your bus signs.

Chi Miigwech for sharing your children with us..... We feel very fortunate to be a part of their daily lives. We look forward to teaching them and learning from them....

Ms. Nadine, Ms. Becca and Ms. J
We cannot believe that summer has passed us by already!!! The trees are already starting to turn colors and warmer clothing is needed.

We are excited to have all our new friends in our classroom and to learn more about them. Our friends that went to Kindergarten are missed and we hope they are having fun!

The next couple weeks we will be learning about each other and the routine of the classroom. Slowly we will start to introduce more of the curriculums.

We have new sand on our playground which is awesome BUT it has created a nice area to sink your feet. Until the sand can get packed down your child may have sandy socks and shoes. If your child has mud boots please send them. Also don’t forget to send extra clothes for your child.

Ms Diann
Ms. Linda
Ms. Kathy
Welcome Back!! We are so excited to be back into the swing of a new school year!!! We ask parents to please make sure you are sending one extra set of clothing. We do go outside daily weather permitting and we do get messy at times. We will be focusing on how to be a good friend, turn taking, sharing, fall crafts and some All About Me projects! We love getting to know our new friends, and learn together everyday. We like to say Miigwech to all the PARENTS, AND CARE-GIVERS for the cooperation!! Reminder we start school at 7:45 am to 3:00 pm, if children are going to be absent or late we like phone calls by 9am. Please be mindful and check backpacks we send home flyers, notices on illness, and upcoming events! So make sure we are emptying the backpacks daily. Here’s to a GREAT YEAR OF LEARNING!!! We look forward to seeing the children daily, we all know how important these years are for their development. Attendance is so important to us so let’s work together to make sure our kids get the most out of their days with us!!

Miigwech, Ms. Alicia, Ms. Sam and Ms. Lacie
### Immunizations

<table>
<thead>
<tr>
<th>Age (Months)</th>
<th>0-1 Months</th>
<th>2-3 Months</th>
<th>4-6 Months</th>
<th>12 Months</th>
<th>18 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varicella</td>
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<tr>
<td>MMR</td>
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<td>IPV</td>
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<td>DTap</td>
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<tr>
<td>Hep A</td>
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<tr>
<td>Influenza</td>
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</tr>
</tbody>
</table>

**Recommended Immunizations**
- Varicella
- MMR
- IPV
- DTap
- Hep A
- Influenza

**Milestones**
- **Health & Wellness**: Basic checks and developmental screenings.
- **Recommended Immunizations**: Follow the latest CDC guidelines for immunizations.

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**For Your Child From Birth Through 6 Years Old**

**Immunizations and Developmental Milestones**

- Birth Date
- Child's Name

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**Screening Tools**
- Developmental Screening
- Language Milestones
- Motor Skills Assessment

**Resources**
- CDC Immunization Schedules
- Child Development Checklists
- Parenting Tips

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**Contact Information**
- **CDC Immunization Hotline**: 1-800-232-4636
- **Local Health Department**: Check with your local health department for specific immunization recommendations.
<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Age (Years)</th>
<th>Dose</th>
<th>Booster</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hep A</td>
<td>1-2</td>
<td>IPV</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Varicella</td>
<td></td>
<td>MMR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MMR</td>
<td>12</td>
<td>IPV</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Influenza (Yearly)</td>
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<td>IPV</td>
<td></td>
<td></td>
</tr>
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<td>IPV</td>
<td>13</td>
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<td>Tdap</td>
<td>18-23</td>
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<td></td>
<td></td>
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<tr>
<td>Hep B</td>
<td>Birth</td>
<td>SV</td>
<td></td>
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<tr>
<td></td>
<td>1 month</td>
<td>SV</td>
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<td></td>
<td>1 month</td>
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<td>6 months</td>
<td>RV</td>
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</tr>
<tr>
<td></td>
<td>12 months</td>
<td>RV</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2019 Recommended Immunizations for Children from Birth Through 6 Years Old
<table>
<thead>
<tr>
<th>Disease</th>
<th>Symptoms</th>
<th>Complications</th>
<th>Vaccine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pneumonia</td>
<td>Coughing, fever, shortness of breath, trouble breathing, pain in chest</td>
<td>Infection in the lungs, death</td>
<td>None</td>
</tr>
<tr>
<td>Mumps</td>
<td>Swollen salivary glands under the jaw, fever, headache, fatigue</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Measles</td>
<td>Rash, cough, runny nose, pink eye</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Influenza (Flu)</td>
<td>Fever, muscle pain, sore throat, cough, headache, fatigue</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Fatigue, nausea, vomiting, jaundice, dark urine</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>Fatigue, nausea, vomiting, jaundice, dark urine</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Hib</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Diphtheria</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Chickenpox</td>
<td>Rash, fever, headache, cough</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Vaccine</td>
<td>Disease prevented</td>
<td>None</td>
<td>None</td>
</tr>
</tbody>
</table>

**Vaccine-Preventable Diseases and the Vaccines That Prevent Them**
Children should have their first dental visit by the age of 1, or as early as the first teeth erupt into the mouth. Early dental preventative education can have a positive effect on a patient’s dental health for a lifetime. Dental Bacteria (both good and bad bacteria), can be established in a child’s mouth during the first two years of life. Bacteria levels tend to remain the same for the entire life of the patient. Early preventative education can help guide a patient to a lifetime of good dental health. During an early child dental visit, Dr Sunday will provide the proper education based on your child’s caries risk level and formulate a plan to prevent your child from acquiring the very common disease, Early Childhood Caries.

Red Cliff Pediatric Dentist Provides Interceptive Orthodontics

Dr Sunday, our pediatric dentist can provide this new service (Interceptive Orthodontics) to our community. Interceptive Orthodontics is a phased type of orthodontics. The treatment can correct immediate problems and future issues. In interceptive orthodontics, children are treated at much earlier ages (usually between age 7-11 years old) to take advantage of continuing growth. Malocclusions occur as a result of tooth or jaw misalignment and affect the way you smile, chew, clean your teeth or even the way you feel about your smile. Recent studies have shown that malocclusions left untreated can result in problems as we age, and crowded teeth are much more difficult to brush and floss.

Examples of Interceptive Orthodontic treatment include
-Expansion of the upper jaw to eliminate a crossbite
-Expansion of one or both jaws to create space for overly crowded teeth
-Early removal of specific baby teeth to facilitate the proper eruption of permanent teeth
-Maintaining space for permanent teeth after the premature loss of a baby tooth

Some of the most direct results of interceptive treatment are creating room for crowded, erupting teeth, creating facial symmetry by influencing jaw growth, preserving space for unerupted teeth, expanding the palate to properly position back molars reducing the need for tooth removal.

TO MAKE AN APPOINTMENT FOR AN EARLY CHILD DENTAL VISIT, OR AN INTERCEPTIVE ORTHODONTIC EXAM, CALL 715-779-3096.
You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

Why Is It Important?

When Children Have a Healthy Mouth, They:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

Having a Healthy Mouth Also Means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family

Things You Can Do to Help Your Child

- Brush your child’s teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea-size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children’s teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child’s mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your child care, Early Head Start, or Head Start program know if you need help or have questions about oral health.
Cooking Class

Date: Sept 12
Place: Food Distribution
Time: 10:00 a.m.—12:00 p.m.
We will be making Strawberry Shortcake

For more information call 779-3740

This institution is an equal opportunity provider.

sponsored by the Food Distribution
Noojimo’iwewin (We Heal) Center
Waatebagaa-Giizis (September)

Sobriety Potluck!
Everyone is welcome!

C'mon Let's Eat! Ambe daga wilsinidaa!

Tuesday September 17, 2019
at 5:00pm

37450 Water Tower Rd. Red Cliff
For more info please call: 715-779-3508
RED CLIFF 4TH ANNUAL CULTURAL DAYS PRESENTS:

ADRIAN REEDE MEMORIAL 3V3 BASKETBALL TOURNAMENT

In honor and loving memory of Adrian and his love of the game.

YOUTH TEAMS - BOYS & GIRLS 5TH-8TH GRADE & 9-12TH GRADE
SATURDAY, SEPT. 21, 2019 - 9AM

ADULT & ELDER (50+) MEN & WOMEN
SUNDAY, SEPT. 22, 2019 - 9AM

Sponsored by: Red Cliff Boys & Girls Club of Gitchigami

Any questions contact: Paige Moilanen Email: Paige.Turner@redcliff-nsn.gov or Don Gordon III Email: Don.Gordon.3@redcliff-nsn.gov
Phone: 715.779.3722
Give blood.
Every 2 seconds someone in the U.S. needs blood.
American Red Cross

Blood Drive
Red Cliff Health Service
Legendary Waters Resort & Casino Event Center

Friday, September 13, 2019
11:00 a.m. to 4:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: Red Cliff to schedule an appointment.

Come to donate blood or platelets from Sept. 1-30, 2019 and receive a coupon by email for a free haircut at participating Sport Clips Haircuts locations to help you look good and feel good.

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

©2016 The American National Red Cross
Agongos Home Base Socialization
September 6th 10-Noon
@ the ECC in Large Motor

Hearing & Vision Screening,
Heights & Weights
All About Me Activity/Craft
Ojibwemowin Activity
Light lunch is provided

Every child enrolled in the Home Base program will receive a free book!

Ms. Haley 779-5030 ext. 2536
Ms. Patrice 779-5030 ext. 2537
Ms. Dawn 779-5030 ext. 2538
4th Annual
RED CLIFF CULTURAL DAYS
September 20, 21 & 22, 2019
A FUN-FILLED CELEBRATION OF CULTURE & COMMUNITY
Everyone is welcome!
LEGENDARY WATERS RESORT & CASINO
37600 Onigamiing Drive | Red Cliff, Wisconsin
Located 3 Miles North of Bayfield on Highway 13
INFO 715.779.3700
VENDORS 715.779.9435
CRAFTS 715.779.5173

Red Cliff Band of Lake Superior Chippewa
Legendary Waters Resort & Casino
Native American Tourism of Wisconsin

Subject to change or cancellation. Special rules apply.
Bay Area SWIM TEAM

Practice Begins October 7, 2019, 5:30 pm Ages 6 - 18

New swimmers are welcome! You must be able to swim one length of the pool without stopping.

Full details online - Financial Assistance is Available!

www.recreationandfitnessresources.org
140 S. Broad St., Bayfield 715-779-5408
MARTIAL ARTS

Beginners Series

Fall Session 1: Sept 10-Oct 2, 2019
Fall Session 2: Oct 22-Nov. 13, 2019

- 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

REGISTER ONLINE
or call 715-779-5408
Financial Assistance is Available!

www.recreationandfitnessresources.org
Red Cross Lifeguarding Certification Course

SEPTEMBER 20-22, 2019
FRIDAY - 5PM-9PM
SATURDAY - 8AM-5PM
SUNDAY - 8AM-5PM

INSTRUCTOR BRITTANY SCHMITT
MEMBERS: $190, NON-MEMBERS: $225
AGES 15 AND UP

WWW.RECREATIONANDFITNESSRESOURCES.ORG
715-779-5408
KIDS NIGHT OUT!

Friday, October 11, 2019
4:30-8:30 PM
Ages 5-15

$10
First child, add'l siblings $5 each

Dinner and snacks included
Come ready to play inside, outside, and in the pool!

140 S Broad St, Bayfield
WWW.RECREATIONANDFITNESSRESOURCES.ORG
715-779-5408
LITTLE KICKERS

RECREATION
AND FITNESS
RESOURCES

Aspire
MARTIAL ARTS

Ages 4-7

Along with learning punches, kicks and self defense, Little Kickers will also develop self-control, coordination, balance and pride.

Begin for $45*

Students may begin at any time.
$45 includes first month of classes, uniform, belt and first belt promotion.

2019 Class Times
Tuesdays & Thursdays 4-4:45pm
Bayfield Pavilion

*Financial Assistance is Available
715-779-5408

www.recreationandfitnessresources.org
Kids Night Out

$10/child
+$5/additional sibling

AGES
5-13 YEARS
Friday, September 13
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.

More info: (715) 779-5408 | Visit us: www.recreationandfitnessresources.org
RED CLIFF COMMUNITY HEALTH CENTER
36745 Aiken Road
Bayfield, WI 54814
(715)-779-3707
9-14-2019
10:00am - 2:00pm

Free Fun Family Activities
Treats and Lunch
Color Walk/Run
Registration for the walk is at 10:00am.

For more info on the Pie Contest contact Carolyn Gouge ext: 2239 or Midge Montano ext: 2321
~LUNCH & LEARN~

Chili & Corn Bread
Chips & Salsa
will be served

Veterans Mission Act of 2018 & VA Video Connect

Wednesday, September 11th, 2019
11:30-1:00 pm

Red Cliff Community Health Center

Speakers:

Barb Gordon
Medical Benefits Specialist & Tribal Veteran Representative, RCCHC

Angie Nichols, Ed.D.
Telehealth Coordinator, Minneapolis VA Health Care Center

&

Gina Ramsey, MSW, LCSW
Twin Ports VA Outpatient Clinic

Angie and Gina will demonstrate VA Video Connect (VVC) technology which enables veterans to have video visits with their providers, reducing travel time and increasing convenience. VA Video Connect may be accessed from home or another location using your smart phone, tablet or PC with webcam. They will be available to help veterans try out VVC until 3:00 p.m.

We hope you’ll attend!
DIABETES EDUCATION

WHEN:
Tuesday September 17, 2019

WHERE:
Red Cliff Elder Nutrition Site

TIME:
1:00 p.m.– 4:00 p.m.

Topics Covered:
- Nutrition and Portion Size
- Medications
- Insulin Resistance
- Foot Care Importance/ Podiatry

For questions or to register call (715) 634-4790 Ext 121 or email ext@lco.edu
Wiinin (Fat) Rendering Workshop

When: Saturday, September 7th, 2019
Where: Minobimaadiziwin Gitigaanin Tribal Farm
35735 Aiken Rd., Red Cliff, Next to the RC Community Health Clinic
Time: 12:00 p.m. - 6:00 p.m.
Demonstrations throughout the day, come and go as you wish!

Presenter: Alex Breslav
Indigenous Arts and Sciences Coordinator, Treaty Natural Resources Division
Red Cliff Band of Lake Superior Chippewa

On Saturday’s event there will be a fat rendering demonstration and discussion about strategies of obtaining, safely processing and storing, and cooking with fat. As well as uses of fat other than food (ex: preserving leather and wood, mosquito repellent, lamp, pemmican, medicine, hair and skin cosmetics, etc)

Take some fat with home with you!
Bring your own small mason jar if you have one. We also will have un-rendered fat to give away so that you can do this at home (as long as supplies last). We will have both Makwa (Bear) and pork fat as part of the demonstration

Bring the kids! We will have post-render "cracklings" to dip in maple syrup for a delicious snack.

Miligwetch, Kathy Barri, Library Assistant. 715-779-3766. kathybarri@redcliff-nsn.gov
Agongos Home Base & ZHV Families

Socialization September 20th 10-Noon
@ the ECC Outdoor Learning Center

Nature Play
Read Aloud
Leaf Painting Activity
Ojibwemowin Activity
Snack Provided!

Raffle Basket – Items that encourage outdoor play!

Ms. Haley 779-5030 ext. 2536
Ms. Patrice 779-5030 ext. 2537
Ms. Dawn 779-5030 ext. 2538
Welcome
Back to School

Reminder that hearing and vision screening will be conducted at our first socialization. We will also be having a raffle at our second socialization. Hope to see you there!

Miigwech

Upcoming Events:

- September 6th
  Socialization @ the ECC
  10am-Noon

- September 20th
  Socialization @ the ECC
  10am-Noon

- September 25th
  Family Night/Home Base Social
  5-7pm

Tribe/ECC Closed
September 30th

Ms. Haley 779-5030 ext. 2536
Ms. Patrice 779-5030 ext. 2537
Ms. Dawn 779-5030 ext. 2538
Best Bites

Foods to sing about
Get your youngster excited about eating new foods by encouraging her to make up songs about them. She could pick a familiar tune (say, “Mary Had a Little Lamb”) and change the words to describe the foods’ taste, color, texture, or scent. Example: “Mary had a roasted yam. It tasted sweet like jam.”

Recess games
Head outside with your child, and teach him playground games you enjoyed at his age, such as freeze tag or capture the flag. He’ll discover new ways to be active at recess—and learn games to share with his classmates. Idea: Ask him to show you a recess game that you’ve never played.

Did you know?
Nearly one in five children in the U.S. is obese. Since September is National Childhood Obesity Awareness Month, consider making a family pledge that will help everyone maintain a healthy weight. For instance, maybe you’ll agree to take walks after dinner and drink only water and fat-free milk.

Just for fun
Q: What food has no beginning and no end?
A: A bagel.

Table time

Eating together can build family bonds and inspire your youngster to eat healthier foods. Use these ideas to plan regular meals that he will look forward to.

Make it a habit
Sharing meals as often as possible will get everyone in the routine. Set times that work for your family. That may mean you have a late dinner after soccer practice one evening and an early breakfast before work and school on another morning.

Involve your child
Your youngster will be more interested in eating the meal if he helps to prepare it. He might make a healthy dish like fruit salad. He could also set the table and fill water glasses. Idea: Let him create place mats by cutting pictures of nutritious foods from old magazines and gluing them on construction paper.

Add excitement
Turn the table into a playful place with special-event meals. You might have a “silly hat dinner” (everyone wears a hat that they made or decorated). Use the hats to spark conversation. (“What a great hat. How did you think of it?”) Or have each person pick a storybook character and pretend to be that character throughout the meal.

Turn off the screens, turn on the fun

Boost your child’s physical activity by setting limits on screen time and encouraging her to play outside instead. Try these strategies.

- Establish rules. Tell her when she can and can’t have screen time. For example, on school days, you might allow it only after outdoor play, homework, and dinner.

- Provide inspiration. Have your youngster fill a basket with active toys like a jump rope, balls, a bat, and a Frisbee. Then, place the basket near the door so it’s easy to grab equipment on her way outside.

- Plan ahead. Let her make outdoor plans with friends. She could organize a weekly game of kickball or hide-and-seek, for instance.
Waste not, want not

Did you know that nearly one-third of the world's food ends up in the trash? Your family can avoid wasting perfectly good food — plus save money and help the environment — with these tips.

**Stick to a list.** Reducing food waste starts with buying only what you need. Ask your child to help you plan a week's worth of healthy meals and make a grocery list. Go shopping together, and get only what's on the list.

**Take what you'll eat.** Encourage your youngster to put on her plate only what she'll eat. Here's a good strategy: She should serve herself less than she thinks she wants — then she could get seconds if she's still hungry.

**Store leftovers wisely.** Have your child label containers of leftovers with dates and contents. Keep fresh foods with older dates in the front of the refrigerator so you won't forget about them. If you won't use leftovers quickly, move them to the freezer.

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**Q & A**

**Handling food allergies at school**

**Q:** My daughter is allergic to eggs, and she's starting school this year. What steps should I take to help her stay safe?

**A:** Begin by talking to your daughter's teacher, the cafeteria manager, and the school nurse. They'll explain the policies for protecting students with allergies, such as how your child can choose safe foods in the cafeteria.

At the same time, help your daughter learn to take responsibility for managing her allergy. For example, she should only eat her own food and not accept food from other students. Explain that she can't eat homemade goods, such as birthday cupcakes, since there's no way to be certain they're egg-free.

Finally, make sure she knows the symptoms of a reaction, and tell her to get adult help immediately if she notices any or if she thinks she was exposed to eggs.

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**Math-ercise**

With this homemade "twist" on Twister, your youngster will improve his balance and flexibility while he practices math facts.

**Materials:** washable or dry-erase markers, soup can, old shower curtain (plain), two dice

1. Let your child turn the shower curtain into a Twister board. He should trace around the soup can to make 4 rows of 6 circles, then number the circles 1-24.
2. One person is the caller. On each player's turn, the caller rolls the dice, uses the numbers to make a math problem, and says which hand or foot the person must put on the circle containing the answer. So if he chose left foot and rolls 2 and 3, he could say, "Left foot on 2 x 3." The first player would place his left foot on 6 and keep it there until his next turn.
3. Continue until all but one person has fallen out of position — that player wins.

Note: If a player needs a circle that's already covered, the caller gives a new problem.

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**Activity Corner**

**Turn toast into art**

Let your child "paint" a slice of whole-wheat toast with mashed black beans and decorate it with avocado slices, corn kernels, and chunky salsa. That's just one fun way to create an edible work of art! Here are more.

**Parfait**

- **Paint:** Fat-free cream cheese
- **Decorations:** Blueberries, sliced strawberries, sprinkle of cinnamon

**Mediterranean**

- **Paint:** Hummus
- **Decorations:** Cucumber rounds, cherry tomato halves

**Rain forest**

- **Paint:** Nut or seed butter
- **Decorations:** Banana slices, shaved coconut

**Pizza**

- **Paint:** Tomato sauce
- **Decorations:** Low-fat shredded mozzarella cheese, spinach leaves, sliced mushrooms

**Garden**

- **Paint:** Mashed cooked peas
- **Decorations:** Radish slices, crumbled feta cheese

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The Red Cliff Band is accepting applications for the following positions:

APPLICATION SUBMITTAL REQUIREMENTS FOR ALL POSITIONS:
The following items are required for all positions:
1. Completed Tribal Application, to include work history and references; available on the tribal website.
2. Completed Tribal Background Investigation Disclosure; available on the tribal website.
3. Cover letter and resume.
4. Post-secondary transcripts or certifications; if applicable.

The Red Cliff Tribal Council has a Drug Free Work Place Policy and adheres to the intent of the Drug Free Work Place Act.

**Project Director - LAUNCH**  
DEADLINE: September 12, 2019 @ 4:00pm

**Administrative Assistant – Project LAUNCH**  
DEADLINE: September 12, 2019 @ 4:00pm

**GLITC SNAP-Ed Nutrition Educator**  
DEADLINE: September 19, 2019 @ 4:00pm

**Senior Accountant**  
DEADLINE: Open Until Filled

**Economic Support Specialist/FSET Specialist/Child Care Coordinator**  
DEADLINE: Open Until Filled

**Tribal Youth Advocate**  
DEADLINE: Open Until Filled

"The Hub of the Chippewa Nation"
**Boys and Girls Club Youth Worker**
DEADLINE: Open Until Filled

**Family Violence Sexual Assault Victim Advocate**
DEADLINE: Open Until Filled.

**Medical Assistant**
DEADLINE: Open Until Filled.

**Planning Administrator**
DEADLINE: Open Until Filled.

**Chief Financial Officer**
DEADLINE: Open Until Filled.

**Tribal Law Enforcement Officer – Part-time**
DEADLINE: Open Until Filled.

**Tribal Aging and Disability Resource Specialist**
DEADLINE: Open Until Filled

**Physical Therapist – Part-time**
DEADLINE: Open Until Filled

**Early Head Start Center Based Teacher – 1 Position**
DEADLINE: Open Until Filled

**Elderly Nutrition On Call Assistant Cook**
DEADLINE: Applications accepted all year

**ECC Substitute Assistant Teacher/Support-Staff**
DEADLINE: Applications Accepted Year Round

For complete job descriptions, and other openings, to complete an application and background disclosure visit our website at [www.redcliff-nsn.gov](http://www.redcliff-nsn.gov) or call 715-779-3700 ext. 4268 with any questions.

"The Hub of the Chippewa Nation"
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<td>7 Back to School BASH 2pm-6pm</td>
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<td>12 Power Hour 3:30-4:30p&lt;br&gt;Walk Club 4-5p&lt;br&gt;RC Junior Officer 5-6p&lt;br&gt;Peer Specialist 5-6p&lt;br&gt;Ping Pong 6-8p</td>
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Activities subject to change please call ahead 715-779-3722 thank you BGC Staff
# SEPTEMBER 2019

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<td>18B FR TOAST STIX, APLESAUCE, TRK SAUSAGE</td>
<td>19B HB OATS, BANANA, YGT</td>
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