



Staff Highlight Inside with Ms. Sherri



Wellness with Ms. Lynn



Cultural Corner with Mr. Tony

Zaasijiwan

Lac du Flambeau Head Start

Zaasijiwan Head Start is designed to provide all children with a safe, nurturing, engaging, enjoyable and secure learning environment. We believe this will help them gain the awareness skills and confidence necessary to succeed in their present environment and deal with later responsibilities in school and in life.

Each One Honor One

Maintaining the High Standard of Education

February 1st—4th, 2009, Zaasijiwan Headstart Staff attended the 7th Annual Wisconsin Headstart Association’s “Investing in Excellence” conference. The topics studied included, but were not limited to, *Achieving Professional Development Goals, Building Effective Teams, Learning Through Objects, Teaching Children Social Skills, A Head Start into Kindergarten, Awakening the Gifts of*

Character, Creating Successful Children, Let’s Get Ready for Kin-

dergarten and Math Literacy. Numerous other workshops and many exhibits filled the three days with advancement of education for Head Start Children. Keynote Speakers included Dr. Valora Washington, the President of Community Advocates for Young Learners (CAYL) and Dean Harris, Early Care and Education Division Administrator, New Mexico.

- It's not what is poured into a student, but what is planted.



Zaasijiwan means, “It Ripples”.



Winter Fun Day

When– Wednesday, February 25, 2009 from 10:00 a.m.— 2:00 p.m.

Where– YMCA Camp Nawakwa

What– Tubing, Sledding, Skating, Snowshoeing and Horse Drawn Sleigh Rides.

How Much– Free for ZHS child and one adult chaperone. Extra family members are just \$5.00 each.

Sign Up– Sign up with your child’s classroom teacher by February 18th.



Classroom 1– Ms. Jeanette

We welcome Taliyah LaBarge The children are waiting for warmer weather so we can go outside and play off some energy. Remember parents, you are more than welcome to stop by and visit Us at any time for a story, lunch or just to say hi. MiiGwitch

Remember Winter Fun Day on February 25th. Sign up by February 18th with your child’s classroom teacher.

Spring is in the Air!

Parents, we still have a few more weeks of winter. Please remember to keep your children bundled up for the season. We will be having a winter fun day and want to invite you to sign-up by February 18th, 2009. This activity will be an exciting field trip full of winter activities that will require heavy duty winter wear.

Also, we are planning a small social on March 11th that will introduce our learners to pow-wow dancing and singing. Families will receive a formal invite as we get closer. Ongoing activities will include sewing circles as well as practice sessions for singing and dancing.

Ms. Shirley & Ms. Sue —Home Base

We will be focusing on Valentine’s Day for the month of February. We will be talking about love, family, feelings and emotions. The February Turtle Play Shoppe will take place February 17 from 10:00-11:30 a.m. and the theme will be ice fishing. On March 24, the Turtle Play Shoppe theme will be dinosaurs. This is a change from the earlier planned theme of wind.

There will be no school on February 2-4, and class will resume on Thursday, February 5. There will be no school March 16-19, 2009, due to spring break. Come and join us for the family socials and parent meetings.

Miigwitch,
Miss Shirley
& Miss Sue

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Miss Shirley
& Miss Sue

Right-
Ms. Shirley



Classroom 3– Ms Arleen & Ms. Mabel

Boozhoo from classroom niiwin. We have been very busy in our classroom, despite the cold weather. We are waiting for spring and warmer weather, so we may go outside and play. We have been enjoying wagon and buggy rides around the school. We are working on potty training with some of the children who are ready, and they are doing well.

This month, we will be doing some transition activities which will include small circle times, walking with the rings on walks, and visiting the three-year-old classroom. The children are saying more words, and forever surprising us with new skills. They have especially enjoyed art projects, play-dough, stories, and the home and family center.

Our January social was making snowmen out of cheese and crackers, and drinking warm cocoa. We hope that our families will be joining us at February’s family social at Camp Nawakwa. Please sign up with us before February 18. Scholastic book orders are due on February 11. Please send your selection and payment before that due date. We always welcome families to join us with our classroom activities. Please let us know if you would like to do that. Our door is always open.

Chi Miigwitch—Ms. Arleen & Ms. Mabel

From Mr. Mark and Ms. Maggie—Don't forget to stop by for a healthy meal or snack with your child. Just let your child's teacher know by 9:30 am if you'll be visiting us for a tasty treat. Additionally, we are working on integrating traditional foods into our menu. Please watch for updates in our newsletter.

Staff Highlight—Sherri Kortbein

Our highlight for the month of February is Sherri Kortbein. Sherri began her career at Head Start about 3 1/2 years ago as a Co-Teacher. She later had the opportunity to become a teacher, and has been teaching for the past year and a half in that capacity. She works with the 3 year olds with Ms. Laverne in Classroom 11. Sherri earned her Associate of Science degree in Interior Design from Milwaukee Area Technical College in 1995. She presently attends Nicolet College working on her Associate degree in Early Childhood Education. Last year she received her CDA certification to teach in Head Start.

Her futuristic goal is to obtain her bachelors degree. Sherri grew up in Glen Flora, Wisconsin. She has been married to Ray for 4 years and they are expecting their first child in March. Sherri has a stepdaughter, Jess, who is 10 and is excited about being a big sister. Sherri collects rocks and minerals, creating jewelry, snowshoeing, deer hunting, hiking and travelling. She lives in Woodruff.



Classroom 6– Mr. Eli & Ms. Jodi

Boozhoo to our classroom. We are introducing a new letter of the alphabet each week for the children to learn. Most of the children can recognize their names by the first letter in them and they have also begun to trace their names with pencils. We continue to work on shapes, colors, and number 1-5. One theme we will be working with the next few weeks is nutrition. We will be providing healthy, fun snacks that the children can help with. We are both enrolled in the class Health, Safety and Nutrition at Nicolet College. This week we have had ants on a log and wheat crackers with vegetable cream cheese. Please remember to send weather appropriate clothing with your child. The family social is the Winter Fun Day on February 25th. Don't forget to sign up with us by February 18th. Happy Birthdays go out to Rachel, Cierrah, Timmy and Wade. And remember, parents are always welcome to come and visit our classroom, participate in activities or share a meal.

Miigwitch

Cultural Corner

Mr. Tony Carufel

Counting to Ten in Ojibwe

One-	bezhigh
Two-	niizh
Three-	niswi
Four-	niiwin
Five-	naanan
Six-	ningodwaaswi
Seven-	niizhwaaswi
Eight-	ishwaaswi
Nine-	zhaangaswi
Ten-	midaaswi

Room 9– Ms. Jennifer & Ms. Stefanie

Hello everyone. February is the month when we celebrate an expression of love for those around us. Your children tell us everyday how they love their moms, dads, brothers and sisters. We remind them that they are loved and we tell them that if we could spend every day with our mommies and daddies, we probably would, even as adults. We will be taking advantage of our modern day culture's "Day of Love" by honoring your child's love for you this Valentine's Day. Please look for your gifts in your child's backpack or in a bag we send home with them. Each student will be making Valentine cards for all of their peers in our classroom. If you want to make valentine cards at home and send them in with your child, please do. We welcome Ms. Jennifer V. to our room. It has been nice to have her helping. We appreciate her hard work and dedication to our classroom. Having a third person helping with our 19 four year olds is nice.

If you can, please send in some plastic grocery bags with your child. After a project, we may send something home and need the use of these bags. Any time a parent or family member would like to come into our classroom and read a book to the class, do an art project, share something special about your family or interact with them during center time, they are more than welcome. The whole school benefits from having parent volunteers.

Best Regards,
Ms. Jennifer Ledferd & Ms. Stefanie
Proud Head Start Teacher



Above- Miss Sue and Cameron

Lynn Gillich
Nutrition Update

If you haven't made a New Year's resolution yet, I have a simple suggestion for one that will help keep you healthy all year. Resolve to eat a variety of "colors" every day. A mix of colorful fruits and vegetables provide the wide range of vitamins, minerals, and fiber your body uses to stay healthy and energetic so you can maintain a healthy weight. Here is an easy way to begin: Start your day with half a grapefruit, add orange section to your salad at lunch, brush poultry or fish with lemon or orange juice, then bake, broil or microwave.

For a snack, have an easy to peel Clementine. The children in our program are learning all about the five food groups and have been introduced to Little D. The Five Food Group Dragon. Erica Gammie, G.L.I.T.C. Nutrition Program, visits our Head Start monthly with a different healthy nutrition activity. Ask your child about Little D., or better yet, remember our open-door policy and come visit us and enjoy a fun and healthy nutrition activity with your child. Contact your child's teacher about the nutrition activity schedule, or make a note of the dates off of the enclosed calendars.

www.ldfheadstart.com

Boozhoo from Room 8– Ms Kathryn and Ms. Pat



It's been a very cold winter and we have been outside just a few times. However, please don't forget to send weather appropriate clothing with your child. Still, we're working on being able to dress ourselves four outside. The children can earn a sticker when they get ready without help. They're making great progress and are proud to earn that sticker. We're also progressing with counting and recognizing numbers. Another area of progress has been potty training, which is a shining moment when the children recognize that need to use the bathroom. We continue to work on social skills such as sharing and cooperative play. We all look forward to seeing you at the February social at Camp Nawakwa on February 25th. Miig-witch.

Classroom 11 Miss Sherri and Miss LaVerne

Boozhoo everyone,

We are all thinking spring even though it's still January. This winter has been a cold one, not being able to get on the play ground because of weather, we are getting restless. Indoors though, we are keeping busy. The class has begun starting to learn our alphabet. We are having fun with our different letters, practicing making projects relating to each. The children enjoy singing our 7 statements song. We continue to practice cutting with scissors and learning our shapes and colors. Most importantly, we continue to talk about how to treat peers and teachers with respect and gentleness. We look forward to our February 25th. Family Social at YMCA Camp Nawakwa. Hope to see you there, and please sign up for the social by February 18th.

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SAVE THE DATES						
<p>There will be seven sewing circles set up at ZHS Head Start to prepare for the March Monthly Social—Niimiwiin (Pow-Wow). Those parents that help make their child's dance outfit can take the outfit home with them. The sewing circles are on the newsletter calendar page. Please let us know if you are willing to participate in the sewing circles and what dates you can come to assist. If you have material that you would like to use specifically for your child, please bring it in.</p>						
15	16 President's Day No School	17 Nutrition Activities in classrooms.2nd Bus Evacuation Drill Turtle Group Play Shoppe 10 am	18 Nutrition Activi- ties in class- rooms Deadline for Family Social	19 SEWING CIRCLE HEAD START 12:00—3:00	20 No School	21
22	23	24 SEWING CIRCLE HEAD START 12:00—3:00	25 Family Social Camp Nawakwa	26 In-service No School	27 No School	28

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 SEWING CIRCLE HEAD START 12:00—3:00	3 Family Social "Dr. Seuss" Shirley/Sue	4 SEWING CIRCLE HEAD START 12:00—3:00	5 Mental Health Consultation 3:30 p.m.	6 No School	7
8	9 SEWING CIRCLE HEAD START 12:00—3:00	10 Parent Policy Council 4:30 pm	11 Monthly Social Pow-Wow 11:00—2:00 PM	12 In-Service Curriculum Mtg 9:30 a.m. No School	13 No School	14
15	16 Spring Break No School	17 Spring Break No School	18 Spring Break No School	19 Spring Break No School	20 Spring Break No School	21
22	23	24	25 Health Services Advisory Commit- tee Mtg. 9:30 a.m. Parent Committee Mtg. 4:30 pm	26	27 No School	28
29	30	31 Turtle Group Play Shoppe 10 a.m.				

FEBRUARY IS DENTAL HEALTH

Parenting Resources - Frequently Asked Questions about Child Dental Care

When should my child see a dentist ?

Good dental care starts early. Generally it is recommended that children see the dentist by age one and definitely by 16 months of age. It is especially important to care for baby teeth since these teeth are much more susceptible to tooth decay than adult teeth.

When should my child start brushing their own teeth?

Young children do not have the manual dexterity needed to properly brush their teeth.

For this reason, parents should brush their child's teeth until they reach five to six years of age when they are able to brush teeth on their own.

Don't wait until then, however, to begin having your child brush their teeth. You want your children to form good brushing habits early. Have your children "brush" their own teeth and then follow behind them brushing their teeth again to ensure proper dental care.

My child's baby tooth has a cavity. Should I be concerned since this tooth will fall out anyway?

Yes, parents should definitely be concerned about cavities in baby teeth. Tooth decay in baby teeth, if left unchecked, can move through the tooth into the bone and ligaments of the jaw causing extensive damage.



More concerning, however, is the fact that cavities in baby teeth signal poor dental care, which can be a significant problem. Plaque bacteria, untouched by poor oral hygiene, feed on food particles left on our teeth creating acid as a by-product. It is this acid which eats into tooth enamel creating cavities.

Over a period of time this bacteria can turn nasty producing toxins and invading gum tissue and the structures which support teeth (this is known as gingivitis).

Make sure to brush your small child's teeth at least twice a day. If your child is younger than one year of age, use a wet gauze or wash cloth to wipe away potentially harmful plaque bacteria from gums. Watch the amount of sweet snacks your child eats and make sure your child sees a dentist on a regular basis.

For more information: www.saveyoursmile.com

Respectfully Submitted by:
Julia Chapman and Vicki Soulier
Family & Community Partnerships

SAVE THE DATES

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Check out our Newsletter, Calendar, School Anthem, and Much More!

*Please take a look at the new ZHS website:
<http://www.ldfheadstart.com/>*

*Also, our the new ZHS Head Start Blog:
<http://http://ldfheadstart.blogspot.com/>*

*New Lac du Flambeau Nation Website
www.lacduflambeaunation.com*