

Zaasijiwan Newsletter

Lac du Flambeau Head Start & Early Head Start Zero to Five Program

"EACH ONE HONOR ONE"

www.ldfheadstart.com

June 2009



In This Issue:

June Social: June 18th, 2009 Luncheon at 11:00 AM.
Wednesday June 24th, 2009 @ Jim Peck's in Minocqua.

Father Involvement: How to become more involved with your child's education.

ZHS Hours of Operation: ZHS is open from 7:30 AM to 3:30 PM.

New Menu: Parent Policy Council passes new Traditional Foods Menu.

June 2009 Calendar: News on June Activities

Father's Day Activities

Make Dad feel super special:

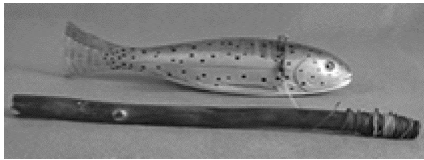
A Father's Survival Kit – Take a box of any size. Cover the box with dad's favorite color construction paper. Decorate the box in any way you want, with crayons, stickers, glitter glue, markers, stamps...it is up to you how you want to decorate the box! Once the box is decorated, you can keep it looking nice by covering it with clear contact paper. Now, fill it with everything dad needs to survive: A picture of the family, a band-aid, a mini screwdriver, a bag of mini Oreo cookies, a video or DVD telling him how much he means to you...what you include is limited only by your imagination. You can make the survival kit out of any kind of plastic container, as well. Use puffy paints and glitter glue to



Fatherhood

decorate. One of a kind paperweight - Find a big rock or shell. With paints and glitter, write "Happy Father's Day Dad" on the item and then decorate as you want. This will make a great paperweight for dad's desk, either at home or at work.

Special Father's Day T-Shirt – On the computer, create a picture all your own. Include "Happy Father's Day Dad" and pictures of his favorite hobbies, like golf, baseball, grilling, fishing, boating, etc. (All these can be found on free clip art sites online.) Print out your creation on special iron-on paper found at your local discount store (in the craft area). Now, iron-on your creation to a special shirt just for dad! You can even use one of our interactive coloring pages for this craft. If you color it online and then print it, your transfer will be in color! www.Apples4theteacher.com



Healthy Relationships

Leading the Next Generations "Our people lived a simple existence. The families lived together. The people cared for one another. The elders were respected and cared for. The aunts, uncles and grandparents all helped to watch over the young ones. Life's teachings were passed from one generation to the next. The young ones were raised to be productive members of the village, ready to lead the next generations..." - From the play, Humpie Season, by Pam James

During the week of May 18-21, 2009 we had the pleasure of meeting two (2) exceptional people who presented us with opportunities about healthy relationships. The following are the chapters that we focused on that week: 1. An Introduction to Healthy Relationships and Native Wellness 2. Historic Trauma, Drama and Wellness 3. Hunters, Gatherers - Gender Differences 4. Healthy Conflict 5. Healthy Communication 6. Coming Together as a Couple 7. Better Sex 8. Living in Balance - Creating the Relationship You Want

This experience was inspirational. The wealth of knowledge this couple shared with us was enlightening. Our plan is to work closely with Cari Singer, Honoring Our Children in presenting

If your organization aims to promote the importance of father and male involvement, this easy checklist will help to ensure that you have the building blocks of success.

Assets of fathers are emphasized, not their deficits.

Budget indicates that fathers are a priority.

Curricula and educational materials respect the range of fathers being served.

Diverse staff reflects the population using your services.

Environment clearly states that dads and men in families are welcome here.

Father-child bond is emphasized and encouraged.

Gender-neutral forms, policies, and procedures are employed.

Hands-on learning experiences are components of many activities.

Importance of fathers is promoted but not at the expense of mothers.

Journals, magazines, and reading materials reflect the interests of dads, too.

Knowledgeable men are recruited to address sensitive concerns of fathers.

Language is respectful and affirming of all parents and children.

Marketing plan invites many faces of fathers and promotes their full involvement.

Needs of fathers influence the program's growth and development.

Outreach staff recruit in locations that all types of fathers frequent.

Paternal and maternal parenting styles are recognized and respected.

Quality evaluation tools and procedures that respect fathers are in place.

Recognize and reduce barriers that limit father involvement.

Staff receives periodic best practices training to better serve fathers.

Targeted services are offered specifically for fathers.

Understand wide range of fathers' physical and mental health concerns. Values are emphasized that promote gender reconciliation.

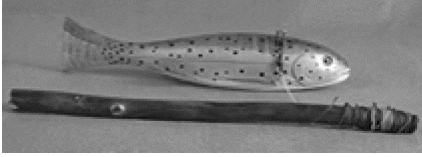
Women's and men's rooms each have a diaper changing station.

Xcellent advisory council and active speakers

Zaasijiwan Head Start Newsletter

this curriculum with you soon! If you are interested in participating in attending these sessions do not hesitate to contact anyone of us for more details:

Cari Singer 588-4354 Julia Chapman 588-9291
Vicki Soulier 588-9291



bureau are in place.

Young fathers are offered services.

Zealous attitude prevails that we are all in this together.

Source: Tift, N. (n.d.). *The ABCs of a father-friendly environment for maternal and child health agencies.*
Washington, DC: National Practitioners Network for Fathers and Families.



New Traditional Food Menu

A new traditional food menu has been developed for the Zaasijiwan Head Start Program. The focus of the new menu includes traditional foods from the area, low sugar, and low sodium. Lynn Gillich, Nutrition Coordinator for ZHS has been the lead on this initiative along with Margaret McBurney (Lead Cook) and Mark Stone (Asst. Cook). Hope Williams, LDF Tribal Nutritionist and Sherri Ashby, Peter Christiansen Diabetic Coordinator. The ZHS Parent Policy Council Passed the new Menu plan in May of 2009. Parents and community members are invited to comment on the menu by calling or emailing Lynn Gillich at lynn@ldftribe or 715-588-9291.

CLASSROOM NEWS

Ms. Jeanette

Boozhoo from Classroom One! We're looking forward to the warmer weather! We will be spending more time outside, please dress the children accordingly. Also, send in tennis shoes and socks so we can go out to the playground. Remember, parents are always welcome to come in and join us!

Ms. Shirley and Ms. Sue

Boozhoo Families from the Home Base Class, We will be learning about insects and bugs that are out in the summer months. We will be reading about them and doing activities about them. We will be learning about water animals and doing water play activities when it is nice and warm outside. We should like to encourage the parents to send or put light jackets on their children in case it is windy and cool outside. Turtle Play Shoppe for June is the 16th and it is

on "Water Play". Come and join us on that day, you'll have fun.

Ms. Mabel and Ms. Arleen

Boozhoo! From Classroom 4 The month of may has been very busy for us. We have gone outdoors and enjoyed the nice weather and played and played. The children have planted flower seeds for mothers day and made special cards to share on our ice cream social for the love of women in our lives. We went to see baby turkeys in the grade school, children enjoyed the feel of the feathers as they touched each chick. the children have been learning about seeds and planting. The next nutrition activity will be on veggie soup. We will continue to work on transitioning to the 3 year old classroom. The children are doing well with the routines and guidelines.

Happy Birthday to our Angel who turned 2 on may 2, 2009. Come join us for lunch and fun!

Ms. Sally and Ms. Janet

Boozhoo Families, We are so glad spring has finally come. During May we have been learning about birds, bugs, fish, turtles, and frogs. We have been spending a lot of time outside, going for walks and playing on the playground. We have been doing transitions to the Head Start classrooms in order to prepare the children for the fall when they will be going to school on the Head Start side. They have spent time there playing, reading stories, doing circle time, art activities, singing songs, dancing, center time and also eating meals and taking naps. We will continue for the next couple months so they will be more comfortable with the transition in the fall. We have gotten new toys, manipulatives and art supplies in the classroom and the children have been having fun discovering and playing with the new items. We hope you will feel free to stop in anytime to visit or check in on your child. We are always happy to have family stop in.

Mr. Eli and Ms. Jodi

We will be focusing on growing plants such as vegetables, flower, trees, etc. We will also be planting these items in the classroom. This will include learning about the structure of plants like the stem, leaves, roots, and flower. We welcome any ideas from the parents on activities we can do our center involving plants and the growth cycle of plants.

We welcome Gavin Miller to Trysten Mustache to our room and we hope to have a great rest of the year. Please set aside time for both the June 18th social at Head Start and the June 24th social at Jim Peck's.

Ms. Alison and Mr. Mike

NEWS FROM ROOM 7 Boozhoo Families, May and June are going to be a couple of very busy months in our room and we look forward to sharing everything we learn with you. Right now we are working with our ninth unit of study entitled Growing and Changing.

During this three week unit we will be looking at how we have changed over time, how nature changes during the seasons, and investigate the signs of growth in spring. We will also be

reading stories from around the world, working on our math, reading, and writing skills, and continue our kindergarten readiness activities.

Ms. Kathryn and Mr. Randy

Greetings from Room 8- We welcome a new student to our classroom. Her name is Wasanodae Johnson. Her Ojibwe name means Northern Lights. Welcome Wasanodae. Our classroom focus continues to be learning our letters and sounds, patterns and colors. We have been talking about animals that are hatched from eggs and animals that are not; interesting to our students of some animals they did not think came from eggs. Planting our flowers the end of May and taking advantage of going outside during the warmer weather. Please remember to send shorts and t-shirts for extra clothing to have in our class as most of the extra clothes are fall and winter clothing. Also, please contact Lynn Gillich if you would like us to apply mosquito repellent sunscreen to your child when we go outside as we only have a few parents' approvals to do this. We had two birthdays in May, Destiney Deverney and Brayden Batiste turned four in May, Happy Birthday!

Ms. Jennifer L. and Ms. Stefanie

Classroom #9 Ms. Jennifer and Ms. Stefanie's Class We want to welcome our two new students! Jose Retana and Jordan Diver joined our class and they have both been enjoying their day at school. We spend a lot of time teaching your children how to follow the rules in school so when they transition over to the "big" school they will know what is acceptable and what is not acceptable. Sometimes it seems like we spend all day saying the same thing over and over again, and it's true, we do. Teaching is very similar to parenting. Children learn by hearing the same thing over and over again until it "sticks". Repetition really IS the mother of skill. This summer we will be spending a lot of time outdoors enjoying the nice weather. If you have not signed your permission slip so we can apply sunscreen, please send it in as soon as possible. We will be playing in water and sand so you can expect your child to come home in need of a bath everyday! Getting dirty is part of the fun of summer! We will be teaching about summer safety and getting our older students ready to start Kindergarten next fall! Enjoy a safe and fun summer!

Ms. Jennifer V. and Ms. Laverne

Room #11 will be learning about plants and seeds. Everyday we review and sing songs related to A,B,C's and of course we continue to count from 1-20. We are also learning our shapes and keep practicing our colors. Our super letters this month are "K, L, and N". Please as always if you have any questions, please feel free to stop or give us a call.

NEWS FROM THE ADMIN TEAM

Ms. Vicki and Ms. Julia, Family and Community Partnerships Coordinators

Dear Families,

First of all, we want to remind you that our school year will end on July 30, 2009. This will also be the date of our last family social for this school year. Also, our program hours are 6:30

a.m. to 4:30 p.m. Monday through Thursday. Your child's classroom hours are between 7:30 a.m. to 3:30 p.m. Monday through Thursday. If you must drop your child off any earlier you must have prior approval from your child's teacher(s). Their prep time is between 6:30-7:30 a.m. and 3:30-4:30 p.m.

Secondly, with the last day of public school drawing near we want to remind you that if you plan to go on vacation for an extended amount of time a leave of absence form (2-week only) must be filled out and signed by you, the parent. Also, if your child has missed three (3) or more days of no contact with his/her teacher(s) or unexcused absences occur then a withdrawal (chronic absenteeism) form must be filled out and signed by you, the parent.

Lastly, please stop in and pick up an application to update your child's file for SY 2009-2010 no later than August 31, 2009.

Ms. Lynn, Health, Mental Health, Nutrition and Safety Coordinator

Lyme Disease on Rise Medical Author: William C. Shiel Jr., MD, FACP, FACR

Lyme disease is caused by infection with a bacterium called a spirochete (*Borrelia burgdorferi*) and is transmitted to humans by infected ticks (*Ixodes scapularis* and *I. Pacificus*). Patients with early stage Lyme disease have a characteristic rash (erythema migrans) accompanied by nonspecific symptoms (for example, fever, malaise, fatigue, headache, myalgia, and arthralgia). Lyme disease can usually be treated successfully with standard antibiotics.

The U.S. Centers for Disease Control and Prevention (CDC) released the results of a six-year survey study of Lyme disease from 1992 to 1998. During this period, a total of 88,967 cases of Lyme disease were reported to CDC by 49 states and the District of Columbia, with the number of cases increasing from 9,896 in 1992 to 16,802 in 1998. The researchers concluded that the increase in reported cases is probably a result of both a true increase in incidence within known high-risk areas as well as more complete reporting as a result of enhanced Lyme disease surveillance. They noted that surveillance capabilities and public awareness of Lyme disease have increased during this period.

Researchers also note that Lyme disease remains underreported with an estimated seven to 12 cases for each reported case. Source: http://www.medicinenet.com/lyme_disease/article.htm

Ms. Ruth, Education and Disability Coordinator

Boozhoo Families, Eric Carle is acclaimed and beloved as the creator of brilliantly illustrated and innovatively designed picture books for very young children. Eric Carle's art is distinctive and instantly recognizable. His art work is created in collage technique, using hand-painted papers, which he cuts and layers to form bright and cheerful images.

The secret of Eric Carle's books' appeal lies in his intuitive understanding of and respect for children, who sense in him instinctively someone who shares their most cherished thoughts and emotions. The themes of his stories are usually drawn from his extensive knowledge and love of nature—an interest shared by most small children.

Besides being beautiful and entertaining, his books always offer the child the opportunity to learn something about the world around them. It is his concern for children, for their feelings and their inquisitiveness, for their creativity and their intellectual growth that, in addition to his beautiful artwork, makes the reading of his books such a stimulating and lasting experience. Check out the Eric Carle website at: <http://www.eric-carle.com/home.html>

Following is a list of Eric Carle books that the children love to read:

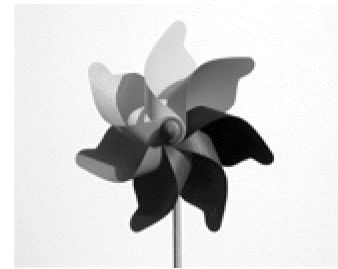
1. *Brown Bear, Brown Bear, What Do You See?*
2. *1, 2, 3 to the Zoo*
3. *The Very Hungry Caterpillar*
4. *Pancakes, Pancakes!*
5. *The Tiny Seed*
6. *Do You Want to Be My Friend?*
7. *Rooster's Off to See the World*
8. *The Secret Birthday Message*
9. *Walter the Baker*
10. *Have You Seen My Cat?*

Have a fun summer - stay safe and healthy!

ZHS Hours of Operation



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NANDAGIKENDAN

Ojibwe Word-a-Day

1. June - Strawberry Moon - Ode'iminigiizis
2. Drum - dewe'igan
3. Drum Stick - dewe'iganaak
4. Bald Eagle - migizi
5. Bear - makwa
6. Deer - waawaashkeshii
7. Turtle - mizhiike
8. Wolf - ma'iingan
9. Mosquito - zagiime
10. Fish - gigoohn
11. Summer - niibin
12. Tree - mitig
13. Lake - zaagai'igan
14. Woodtick - ezigaa





JUNE ODE'IMIGIIZIS 2009

Monday	Tuesday	Wednesday	Thursday
1	2	3 Bus Evacuation	4 Mental Health Consultation at 3:30 PM
8	9	10	11
15	16 Nutrition Activities in the classrooms with Erica Gammie, GLITC	17 Nutrition Activities in the classrooms with Erica Gammie, GLITC	18 FAMILY SOCIAL Head Start Lunch 12:00 Noon in Gym Early Head Start Lunch at 11:00 Lunch in Classrooms
22	23	24 FAMILY SOCIAL: Jim Peck's Wildwood Park in Minocqua	25 IN-SERVICE
29 Summer Break	30 Summer Break		

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