

Zaasijiwan Biidaajimowin

*Zaasijiwan means “it ripples”
Biidaajimowin means “come telling news”*



November 2008

Benefit Bingo Kick-Off



Head Start is again having their Benefit Bingo every Monday night during the Month of November. The bingo starts at 6:00 pm and involves a \$300 blackout. There are also late birds as well as many, many, many raffle items. A Pendleton blanket will be raffled off as one of the biggest items. All monies raised from these activities will be to help purchase toys and other gifts for the Head Start children. There have been numerous donations of food and raffle items so far to help with the events. We encourage you to continue supporting this very important event. For more information, please call Mr. Eli Thomas at 715-588-92921 or 715-892-7091. You can also email Mr. Eli at: eli@ldftribe.com.

Please Use Main Entrance

All visitors will be asked to sign in at the reception area and receive a visitor's pass from Chris Zortman, Receptionist. This is to ensure the safety and protection of our children and staff. Miigwitch.

New Website

The Lac du Flambeau Head Start unveils its new website at: www.ldfheadstart.com. If you click on the staff link, you can find teachers, classrooms, and contact information. Resources are also posted.

It's Getting Chilly Out There

Please remember to dress your child up warm with a winter jacket, boots, hats, and mittens. It is starting to get cold outside and snow is starting to fall. We encourage all children to go outside to play when weather permits. Also, remember to mark your child's name on all of their personal items.

Lac Du Flambeau Head Start Gets New Director



Dr. Betsy McDougall has joined the Lac du Flambeau Head Start as their new director. Dr. McDougall is an enrolled member of the Turtle Mountain Band of Chippewa from Belcourt, North Dakota. She has her Ph. D. in Education and has previous experience as a Head Start Director. Betsy is married to Jim McDougall and together they have five children. One of her daughters, Dara attends Lakeland Union. She also has many family members from Lac du Flambeau: Dr. Adrienne (Jim Greene) Laverdure, Julienne (Bill) Cross, and Elizabeth, Ozaawaa, & Negonee Burnett. Her mother, Betty Laverdure, also resides in the Lac du Flambeau area. Please feel free to come in and visit, call or email her at: betsy@ldftribe.com

Why should I bring my child in before 9:00 a.m.?

Children enrolled in our program may be dropped off by 7:30 a.m. We encourage all parents and/or guardians to drop-off your child no later than 9:00 a.m. everyday because breakfast is served by 8:00 a.m. for Early Head Start and by 8:30 a.m. for Head Start. Our morning routine is the basically the most important part of the day for your child.

Bus Changes

Please note that daily changes are strongly discouraged due to bus riding procedures and time constraints. Permanent bus changes must be prior approved by Vicki Soulier and if possible given 24 hour advance notice. If your child will not be attending or riding the bus please call the Lakeland Area Bus Service at (715) 356-5984 before 7:30 a.m.

Backpacks

Check your child's backpack on a weekly or daily basis. We send home paperwork on a regular basis regarding upcoming events for each month.

Clothes

Please label your child's clothing because young children have a tendency of not recognizing what is theirs due to the similarity.



Trig's Supports Local Churches & Schools

Now when you shop at Trig's...our program will benefit! We are registered with Trig's Food and Drug through a program called Trig's Supports Local Churches & Schools

(T.s.L.C.s). **Our number is 12A.** Just simply mark the number on the back of your cash register receipts and when the receipts are tabulated our program will receive 1% of accumulated totals.

November 12, 2008

Boozhoo Families,

UW-Eau Claire students have been volunteering in the 3-5 yr. old classrooms. The students are here every Thursday to volunteer for the whole day. The students started volunteering in the middle of October and will continue through the middle of December. The children love having the Eau Claire students in the classroom.

I also would like to remind the families that there will be another RIF book giveaway during the month of December. Every child enrolled in our program will choose another book to have for their very own. The children get very excited over having a new book.

Finally, we will be having a Curriculum Committee meeting in December. Watch for notices home and check your December calendar when you receive it to find out the day and time of the meeting.

Gigawaabaamin,

Ruth R. Bird
Education & Disability Coordinator/Supervisor

Hours of Operation

Zaasijiwan Head Start 0 to 5 Program hours of operation are Monday through Thursday between 7:30 a.m. to 3:30 p.m. September 6th through July 27th. 1306.3(1) Hours of operation means the planned hours per day during which children and families will be receiving Head Start component services in a classroom, on a field trip, while receiving medical and dental services, or during a home visit or group socialization activity. Hours of operation do not include travel time to and from the center at the beginning and end of a session.

Please Use Main Entrance

All visitors will be asked to sign in at the reception area by Chris Zortman, Receptionist. This is to ensure the safety and protection of our children and staff. Miigwitch.

FREQUENTLY ASKED QUESTIONS?

Why do I have to update my child's Emergency Card?

According to Federal Regulations Governing the Head Start Program 1304.22(a)(2) Health Emergency Procedures. We must have up-to-date family contact information and authorization for emergency care for each child enrolled in ZHS. Remember if you cannot be reached in the event of illness or injury the three individuals (relative,

neighbor, and friend) will be contacted in the order you have listed. ***According to our Emergency Contact Policy & Procedure 2(b)(3) If neither the parent/guardian nor any of the emergency contacts can be located, the Head Start staff will contact Vilas County Social Services and or Indian Child Welfare, Police or whatever agency of the Tribal or State is appropriate.***

Why can't I make a day only bus change?

Daily changes are strongly discouraged and must be made 24 hours in advance due to bus riding procedures and time constraints. If your child will not be attending or riding the bus please call the Lakeland Area Bus Service at (715) 356-5984 before 7:20 a.m.

Family Partnership Agreements

1304.40 Family Partnerships. ZHS must engage in a process of collaborative partnership building with parents to establish mutual trust and to identify family goals, strengths, and necessary services and other supports. Julia or Vicki will be contacting parents to set up appointments to either begin or update your Family Partnership Agreement.

HELP WANTED

The Lac du Flambeau Zaasijiwan Head Start 0 to 5 Program is looking for substitutes, TANF Workers, and volunteers to assist in the classrooms, main office, or in the kitchen. Please contact Chris Zortman at 715-588-9291 for more information.



Autism Presentation

Who: Parents, Caregivers, Educators & anyone interested in learning about Autism Spectrum Disorder (ASD).

What: Autism 101: Presentation & Discussion

Presenter: Tammi Poppe, owner/consultant for Community, Home & School Autism Education Resource (CHASAER).

When: Thursday, November 20, 2008 at 6:30 p.m.

Where: Minocqua Public Library

This event is free and all area residents are invited. Registration is not required; refreshments will be provided. For additional information, please contact the Minocqua Public Library at (715)356-4437

October Social





Mino Dibishkaan Happy Birthday!

Look! I am 5 years old now:

**Gracie Greene
Briana Bruguier
Rylee Ahlborn
Jade Esquivel**

Look! I am 4 years old now:

**Landon Chosa
Madelynn Maulson
Michael Wewasson**

Look! I am 3 years old now:

**Josh Smith
Jeremy Young-Thoms**

Look! I am 2 years old now:

Sienna LaBarge

Look! I am 1 years old now:

Saphire Meshigaud



Zaasijiwan Head Start 0 to 5

November 2008

Mon

Tue

Wed

Thu

Fri

10 Book Fair BENEFIT BINGO	11 Book Fair Veteran's Day NO SCHOOL	12 Book Fair Parent/Teacher Conferences 3:00-6:00P	13 Book Fair Parent/Teacher Conferences 3:00-6:00P	14 NO SCHOOL
17 BENEFIT BINGO	18 Nutrition Activities in the classrooms with Erica Gammie, GLITC Theme: Harvest	19 FAMILY SOCIAL EARLY DISMISSAL IN-SERVICE Program Governance with David Allen	20 IN-SERVICE I Am Moving, I Am Learning with David Allen NO SCHOOL	21 NO SCHOOL
24 FALL BREAK NO SCHOOL BENEFIT BINGO	25 FALL BREAK NO SCHOOL	26 FALL BREAK NO SCHOOL	27 Thanksgiving FALL BREAK NO SCHOOL	28 NO SCHOOL

Boozhoo Families,

As the seasons change and the days get shorter, some people may develop symptoms of depression. Seasonal depression, also known as Seasonal Affective Disorder (SAD), is a form of depression that occurs based on seasonal changes in sunlight. Symptoms include increased sadness, feeling anxious, feeling sluggish, irritability, changes in appetite, and sleeping for long periods of time. These symptoms can be severe enough to effect quality of life.

Several types of treatment are available for SAD. One common treatment involves the use of artificial light to simulate sunlight. The treatment is called Bright Light Therapy (BLT). In BLT, people with SAD sit directly in front of a light box every day. The amount of time a person needs to spend by a light box varies greatly among individuals and changes as the seasons progress.

For more information on SAD, call the Depression and Related Affective Disorders Association at (410)583-2919. For local treatment referrals, contact SAMHSA's National Mental Health Information Center at (800) 789-2647. Miigwitch Lynn Gillich Health Coordinator

Zaasiwan Head Start 0 to 5

December 2008

Mon	Tue	Wed	Thu	Fri
1 ZHS resumes...	2	3	4 Mental Health Consultation at 3:30P	5 NO SCHOOL
8	9 Turtle Group Play Shoppe at 10:00A Theme: Five Senses	10	11	12 NO SCHOOL
15	16 Nutrition Activities in the classrooms with Erica Gammie, GLITC	17 FAMILY SOCIAL EARLY DISMISSAL	18 IN-SERVICE NO SCHOOL	19 NO SCHOOL
22 WINTER BREAK NO SCHOOL	23 WINTER BREAK NO SCHOOL	24 Christmas Eve WINTER BREAK NO SCHOOL	25 Christmas WINTER BREAK NO SCHOOL	26 NO SCHOOL
29 WINTER BREAK NO SCHOOL	30 WINTER BREAK NO SCHOOL	31 New Year's Eve WINTER BREAK NO SCHOOL		