

# Miziwegin Newsletter

Waatebagaa-giizis 2022

## Local Family: The Winds

**"Boozhoo! We are the Winds. My name is Jordan Wind and my husband is Martin Wind. We have 4 amazing, crazy kids. Two girls & two boys. Jordince (9), Haven (8), Martin Jr (4), and Halen (3)."**

As a family, they enjoy traveling for sports. If they are not traveling for their daughters to play basketball, then they are on the road for softball. When they are home, they enjoy taking time to relax, watch movies, and hang with the rest of their family.

Jordan and Martin grew up on the Leech Lake Reservation and currently live in the Mission Community. Jordan currently works as an Administrative Assistant with Leech Lake Human Services and has been

employed here the past 5 years. Martin currently works at the Leech Lake Boys and Girls Club as a Resource Development Coordinator and has been with this program for a year and a half.

**"We are very thankful for my aunt Connie, who takes the best care of our kids while we are at work. We never have to worry about them when we are away."**

Jordan's aunt Connie has kept each of their kids since they were babies, making it much easier for them to work full time. Their children love being with her, and they are super lucky to have her.

Jordan and Martin have been a part of Leech Lake Child Care Services for 2 years. **"With the lack of childcare in our**

**area, this is a great program that can help families by having the Legally Non-licensed Provider option. This allows family members to provide that care while receiving some extra incentives. I encourage any family looking for childcare or that may have any questions to reach out to this program. The staff at Leech Lake Child Care Services are friendly and will do what they can to help."**



## Upcoming Trainings

### Leech Lake Early Childhood Trainings

CARS (3hrs)

First Aid CPR/AED (4hrs)

**Contact Cora Roy to register**

**Sept 17**

Free

**Sept 17**

Free

### Develop Trainings

**Register Online**

Observation and Documentation: Using Program Info for Decision-Making (2hrs)

**Sept 19**

\$10

Outdoor Play: Creating Engaging Environments (2hrs)

**Sept 20**

\$24

Online: Engaging Families in Nutrition (2hrs)

**Sept 22**

\$24

Building Resilience in Children at Risk- Brainerd(2hrs)

**Sept 29**

\$10

Risky Play in Early Childhood Settings: What is it, How Does it Support Development and Safely Supporting Risky Play (Online Delivery) (2hrs)

**Oct 3**

\$10

Behavior Guidance With a Diversity and Equity Lens (2hrs)

**Oct 4**

\$24

For more trainings visit [developtoolmn.org](https://developtoolmn.org). If you need assistance in registering for trainings, please contact Cora Roy at [cora.roy@llojibwe.net](mailto:cora.roy@llojibwe.net).

## Tonya's Tips: Leaf Stamping

Leaf stamps are an easy way to use the different leaves that will soon be falling from trees to create art. Finger paint works well for younger children while older children might enjoy working with other types of paint. Add paint to the leaf and then stamp the leaf down on a piece of paper to reveal the leaf's structure. Asking questions might spark new ideas for your child. Here's a couple questions that may spark curiosity for your child:

- \* How does each side of the leaf look different when stamping?
- \* What are the similarities and differences of different types of leaves?

Leech Lake Child Care Services is accepting Early Learning scholarship applications for children who qualify.

To be eligible to apply:

- ◇ Child must be 3 years of age by September 1, 2022 and have not started kindergarten
- ◇ Children 0-5 years of age who are a priority population. Priority populations are teen parents, foster care/child protective services, or have experienced homelessness in the last 24 months.
- ◇ Siblings of a child with a scholarship that are attending the same program.

If you are interested in applying or for more information, please contact:  
Tonya Morris, Early Learning Scholarship Area Administrator  
[Tonya.Morris@llojbwe.net](mailto:Tonya.Morris@llojbwe.net)  
218-335-8249



## Hannah's Happenings: Building Family Engagement Through Education

A message shared from ChildCare Education Institute®:

We've all heard the proverb, "It takes a village to raise a child."

And as an ECE provider, you know firsthand how important it is for families, teachers and center staff to work together to ensure positive experiences for children so they can learn and grow. When center owners, administrators, teachers and parents join as a community everyone is better off—especially young children.

Parents are their children's first teachers

and play an important role in their education. However, parents are busy, and unlike early childhood educators, they have not taken hours of coursework on child development and learning. When we collaborate with families, we can strengthen their skills, build their confidence and open opportunities for learning outside classroom walls.

Studies on family engagement have found that children whose parents are involved perform better academically and have fewer behavioral problems—both of which are critical to students' success and, in turn, your success.

Family engagement also leads to higher retention of students because parents understand the curriculum better and have more confidence in the quality of education their child is receiving.

Finally, greater family engagement also strengthens parents' relationships with their kids. The children are happier at home since classroom success often translates into more content and confident children.

<https://www.cdacouncil.org/en/building-family-engagement-through-education/>

## Cora's Corner: How to Support Your Child's Learning



As a parent/guardian you are your child's first and life long teacher. To help prepare your child for school readiness, stay on track, and expand their learning opportunities try these suggestions:

1. Attend School Functions.
2. Set up a daily routine.
3. Set a place and time for homework to get completed.
4. Check on assignments, homework and projects
5. Talk to your child everyday about school happenings-.
6. Promotes literacy by reading to your child or reading by yourself.

7. Limit and monitor TV, gaming, social media, and computer time.
8. Express interest and expectations for child's learning
9. Attend conferences
10. Participate in decisions that affect their education
11. Use community resources. Such as the library, museum, zoo, or theaters.
12. Encourage participation in after-school activities.

Find more information at: <http://toolkit.capta.org/programs/family-engagement/how-to-support-student-learning-at-home/>



## Nicole's Notes: Apple Picking



My middle son has been so excited to go back to school this year. He had been asking me daily, "do I get to go to school today?" I would respond to him "not quiet yet, once fall comes along, then you will get to go to school." He didn't quite understand what the season Fall is yet. So instead I explained to him, "once the apples on our apple trees are red, ripe and ready for us to pick, then it will soon be time for you to be able to attend school." He loved this explanation and loves eating apples.

September is a great time for apple picking. For those of you that aren't aware, Leech Lake has many areas for families to go apple picking, FREE! Here are some of those locations:

- Leech Lake Tribal Government Office
- Leech Lake Tribal College
- The Mission Community Center
- The Prescott Community Center

## Shaniya's Shenanigans: Helping Children Understand DIVERSITY

As children are returning to school, it can be difficult helping them adjust to things they are not used to. In every school and public setting, there will be people who are very different from ourselves and the way our own individual family systems work. Take some time before school to explain diversity to your children and how it benefits the world. Here are some things you can say to help them easily understand and appreciate different and unique people, including themselves!

- "If we were all the same, the world would get boring. Being around people who are different from us teaches us new things and keeps the world and classrooms fun!"
- "Being unique is a beautiful thing,

always embrace your differences".

- "If someone is different, be nice to them. I would be very sad if someone made you feel bad for being different".
- "It's a good thing to have different types of friends. This helps you know what you like and can help us discover your personality".
- "Be kind to those who are different. We all need a friend and sometimes even just one kind person can help another friend feel very loved".

Remember to adjust the way you

say things according to your child's age – we all learn and interpret things differently! An additional tip is to avoid making negative comments about others. We plant the seed that our children sprout from and the water we use to grow them includes our words, actions, and how we treat others. Remember to be kind, kind people will raise amazing, beautiful, and kind children. Although it may not reflect in their early years, these lessons stay with us for a lifetime.

Gizhewaadizi: S/he is kind

Zhawenim: Show loving kindness, unconditional love, have mercy or compassion for another

Anooj-gegoo: Variety

## Becca's Bin of Bliss: Personal Language Goals

### Greetings

- Aaniin / Boozhoo – Hello
- Aaniin Ezhi-ayaayan? – How are you?

### Daily Questions

- Aaniin apii? – When?
- Aaniin Dash? – Why?
- Aaniin ezhaayan? – Where are you going?
- Gidaa - Wiidookaw ina? – Could you help me?
- Gidaa – Wiidookoon ina? – Could I help you?

### Long Term goals

- Hold short a conversation in Ojibwemowin and build on it over time.
- Understand language at ceremonies

Ojibwe language is a beautiful language and is a very important part of our culture. I believe if we can build our foundations with basic Ojibwemowin words and phrases, we can continue to build. Expanding our language to where we can have short conversations or understand some of the language at ceremonies. Start with the basics and add to it over time as you become more comfortable. I struggle with using Ojibwemowin myself, but I feel more confident when I hear someone give me compliment or words of encouragement. We will make mistakes, but we learn from them. While working at Maajiigin, being here I feel confident enough to build on my own skills and share the little knowledge I have. My fellow coworkers are very supportive and open to learning with me.

### Encouraging Phrase:

"Namanj igo ge-inwegwen a'aw waa-nitaa-ojibwemod, booch igo da-nisidotaagod iniw manidoon."



Whatever dialect you learn or however you learn to speak Ojibwe, the creator will always understand you, no matter how you sound.

-Larry Smallwood (Ojibwe Peoples Dictionary, 2012-21)

# George's Garden: Kid's Pasta Salad

Recipe from [bbcgoodfood.com](http://bbcgoodfood.com)



## INGREDIENTS

- 200g bow-shaped pasta, or use your favorite shape
- 3 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- 16-20 cherry tomatoes
- 75g olives, pitted (you can use green or black)
- ½ small cucumber
- 1 red onion
- 100g feta cheese

## EQUIPMENT

- kettle (optional)
- medium saucepan
- wooden spoon
- timer
- measuring spoons
- mixing bowl
- mixing spoon
- colander
- chopping board
- sharp serrated knife
- measuring scales

## INSTRUCTIONS

1. Fill a medium saucepan with hot water from the tap until it's three-quarters full. Set the pan on the hob. Season the water with a pinch of salt, then turn the heat to medium-high – the water should start to boil after a minute or so. Slowly tip the pasta into the boiling water – do this carefully, as any splashes could burn your skin.
2. Holding the handle of the saucepan with one hand (use a cloth if it's hot), carefully stir the pasta with a long wooden spoon in the other hand – this will prevent the pasta from sticking together. Set a timer for 10 mins. Stir the pasta every minute or so, and keep checking the heat to make sure the water is gently boiling while the timer counts down.
3. While the pasta cooks, measure 3 tbsp extra virgin olive oil, 1 tbsp red wine vinegar and 1 tsp dried oregano into a mixing bowl. Season with some salt and black pepper, and mix well – this will make a zingy dressing for the pasta.
4. When the timer beeps, it's time to check if the pasta is cooked. To do this, scoop one piece of pasta out of the boiling water using the wooden spoon, tip it onto a plate and leave it to cool slightly. Taste the pasta: if it's soft, it's cooked through, but if it's still a little hard in the middle, it needs to cook for a bit longer. Set the timer for another 2 mins, then check again.
5. Place a large colander or sieve in the sink. When the pasta is cooked, turn off the heat and, using two hands, carefully carry the saucepan over to the sink and tip the pasta into the colander to drain away the hot water. Leave to cool for a few minutes in the colander, then tip the pasta into the mixing bowl with the dressing. Mix together until the pasta is coated in the dressing.
6. Put a chopping board on a work surface. Cut the cherry tomatoes in half by pinching each one between your thumb and index finger, and carefully slicing through the middle of the tomato with a small serrated knife. Slice the pitted olives in the same way, then tip all the tomatoes and olives into the pasta.
7. Put the cucumber on the chopping board and cut it in half lengthways. Lay the two halves on the board cut-side down, so they don't roll around. Cut each piece in half again, so you have four long, chunky pieces. Cut across the cucumber pieces in the other direction so you end up with small cucumber triangles. Tip these into the bowl with the pasta, tomatoes and olives.
8. Put the onion on the board and hold it securely. Cut off the pointy end, then cut the onion in half through the root end. Peel away the papery outer layers until you're left with just the shiny onion underneath. Lay each onion half on the board, cut-side down so it doesn't roll around. Holding onto the root end, carefully slice the halves into half-moon shapes, as thinly as you can. Stop when you get to the root. Tip the onions into the bowl.
9. Crumble the feta cheese into small pieces over the bowl, then gently mix everything together until well combined. Eat straightaway, or chill for up to a day before eating.



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