

Miziwegin Newsletter

Gichi-manidoo-giizis 2023

Destiny Jourdain and Family

For the month of January, we are enlightened to feature Destiny Jourdain and Michael Reyes. Destiny and Michael have 2 beautiful children together-Michael Reyes Jr (4) and Malia Reyes (1). Destiny grew up in Red Lake, MN. In 2019 she moved to Cass Lake with her significant other Michael and their son.

For fun, they love to go on adventures with their kids. They enjoy walking the bike trail by their house and watching movies together in their living room. They strive to create healthy memories and new experiences for their family.

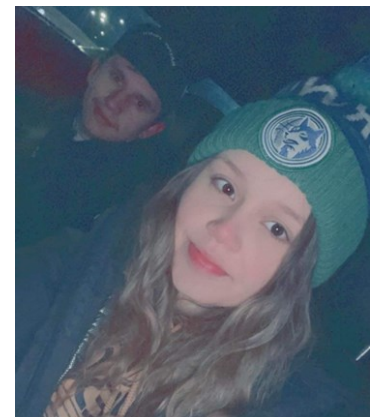
Destiny has been in the Early Childhood field for 3 years. She is currently a Teacher here at the Maajiigin Child Care Center.

"I love it here. The staff and the environment I work in is amazing!"

Michael is a Blackjack Dealer at the Northern Lights Casino in Walker, MN.

Destiny and Michael have had nothing but great experiences with their child care routines. Both of their children currently attend Leech Lake Early Head Start, and Head Start.

"My experiences have been great! I love working next door to my kids. Their teachers are amazing."



Upcoming Trainings

Develop Trainings

		Register Online
Financial Basics and Taxes for Your Family Child Care Business (Online) (2hrs)	Jan 9	Free
Basic Child Development (12hrs)	Jan 13-Feb 11	\$45
Virtual Training- Early Learning Assessment Best Practice: Using Assessment Data to Support Successful Learners (2hrs)	Jan 13	Free
Virtual Training- Early Learning Assessment Best Practice: Embedding Assessment in Daily Routines (2hrs)	Jan 16	Free
Follow Nature: Embracing Nature's Wonders in Early Childhood-ONLINE (2hrs)	Jan 17	\$25
Encouraging Curiosity In Young Children (Online) (2hrs)	Jan 23	\$10

For more trainings visit developtoolmn.org. If you need assistance in registering for trainings, please contact Cora Roy at cora.roy@llojibwe.net.

Janel's Jam: Easy, Outdoor Winter Activities for Toddlers

Go For A Sled Ride

A toddler's favorite winter activity – you can pull them around the block, they can slide around in the backyard, or they can pull their own dollies for a ride! Make it even more fun and find some small hills to play on.

Paint The Snow

Fill a watering can, spray bottle, empty dish soap jar, or even a pop bottle with colored water – just add a drop or two of food coloring to the water.

Play At The Park

The park is an entirely different place when it's covered in snow! Just be careful that metal structures can be unexpectedly slippery when covered in frost.

Haul Out The Toys

Sandbox toys are just as fun in the snow! Fill the dump truck and use the sand shovels to build a snow city complete with roads, tunnels, apartment buildings, and even snow bridges! Or, instead of sand toys, try some kitchen tools like muffin tins, cookie cutters, scoops, and rolling pins.



Hannah's Happenings: Family Engagement

At Maajiigin we have been inviting our families in to the center once a month to join their children and the staff for a meal and an activity. In November we had a family feast, and we decorated ornaments with each child's picture. In December, families were invited to decorate cookies and some crafting along with appetizers. Our Team lead teacher Nindonis has offered to say an Ojibwe blessing for us before we eat. It is nice to get everyone together in our center. We are working on how we can incorporate our Ojibwe language and culture more into our family events and within our center, we are all learning more as time goes on.



Nicole's Notes: Fun in the Snow

Outdoor play during the winter months can be so much fun. One thing we need to make sure we are doing, is dressing our children for the weather. The warmer they are, the more they will enjoy spending time outside. Here you will find a visual chart (above) of how we should dress based on the weather.

Here are some fun snow activities to keep your children engaged while playing outside in the snow:



- * **Building with Snow Blocks:** all you need is a plastic bucket or container of some sort. Have the children stack their snow blocks to create and use their imagination.
- * **Hunt for Snow Prints:** Take the children on a walk and have them search for different animal footprints
- * **Snow Pile Olympics:**

- **Long Jump:** Draw a starting line in the snow. Children stand at the starting line and jump as far as they can. Compare footprints to see who jumped the farthest.
- **Snowball Throw:** Children stand at a starting line to see how far they can throw snow balls.
- **Snow Pile Hurdles:** The children can help make piles of snow, then run through the area jumping over the piles as they come to them.

Leech Lake Subsidy Program

Does your family need assistance helping pay for childcare? Our Leech Lake Subsidy Program is taking applications for families with children who meet our eligibility requirements.

Our eligibility requirements are:

- * Your family must live of the Leech Lake Reservation or within 7 miles of the boundaries
- * Have a child age 0-12 years old
- * Be employed or attending job training
- * Meet income eligibility based on your household size
- * Yourself or child must be enrolled in a federally recognized tribe

If you have any questions or are interested in an application please reach out to me.

Nicole Collins, Child Care Specialist

Nicole.Collins@llojibwe.net 218-335-4431

Shaniya's Shenanigans: Fun Family Friendly Recipe



Cooking family activities can be time consuming and messy, but these are adorable and super easy to assemble while spending time with your children, with no huge commitment to clean up after.

Winter Hat Cupcakes:

Items needed:

- Cupcakes (store bought or home-made)
- Strawberries
- Whipped Cream
- Powdered Sugar

Directions:

- Cut the tips off of the cupcake, only leaving 1-2 inches of the bottom portion of the cupcake
- Put a layer of whipped cream on the bottom half of the cupcake
- Put a strawberry on top of the whipped cream
- Put a tiny dot of whipped cream on top on the strawberry
- Sprinkle with powdered sugar!

Tonya's Tips: Start Your New Year Off with Winter Maintenance for Your Home

The new year is a great time to get off on the right foot with the maintenance on your house. Simple checks and fixes can help with energy bills and your family's health and safety. Here's a few quick checks for your winter maintenance:

- ◇ Replace furnace filter
- ◇ Check smoke and carbon monoxide alarm batteries
- ◇ Check windows and doors for gaps
- ◇ If you have a chimney and fireplace, inspect them.
- ◇ Inspect and clean your dryer hose and vent.
- ◇ Check roof for ice dams and heavy snow build up- remove if necessary

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@llojibwe.net
 218-335-8249



George's Goods: Cooking with Kids: Spaghetti & Meatballs with Hidden Veg Sauce

For the meatballs

- 300g good quality pork sausage (about 4 large or 8 chipolatas)
- 500g lean beef mince
- 1 small onion, coarsely grated
- 1 carrot, finely grated
- 1 tbsp dried oregano
- 50g parmesan, finely grated, plus extra to serve
- 1 medium egg
- 1 tbsp olive oil

For the tomato sauce

- 1 tbsp olive oil
- 1 courgette, coarsely grated
- 3 garlic cloves, finely grated
- 1 tbsp tomato purée
- pinch caster sugar
- splash red wine vinegar
- 2x tins chopped tomato

To serve

- cooked spaghetti

Recipe from *bbcgoodfood*

STEP 1- Children: Squeeze all the sausage meat out of the sausage skins into a large bowl and add the mince. Tip all the rest of the meatball ingredients, except the olive oil, into the bowl and season with black pepper then squish everything together through your hands until completely mixed. Keep an eye on younger children to make sure they don't taste any of the raw mix.

STEP 2- Children: Roll the meatball mix into walnut-sized balls and place them on a plate – this is a job children as young as 2 can help with and a great job to help teach older children basic division.

STEP 3- Grown ups: While the children are rolling the meatballs make the sauce. Heat the oil in a large saucepan. Add the courgette and garlic and cook for 5 mins until soft and mushy. Stir in the tomato puree, sugar and vinegar leave for 1 min then tip in the tomatoes and simmer for 5 mins. If your children like courgettes then you can leave the sauce chunky. But if, like mine, they hate courgettes then blitz the sauce with a hand blender – either way continue to simmer sauce gently while you cook the meatballs. If your child is confident with heat, from 7+ they can cook the sauce with supervision.

STEP 4- Grown ups: Heat the oil in a large frying pan and, working in batches, brown the meatballs on all sides then pop them into the sauce – continue to simmer the sauce for 15 mins, stirring very gently until the meatballs are cooked through. Serve with cooked spaghetti, extra grated Parmesan and a few torn basil leaves your child has picked and torn.



Becca's Bin of Bliss: Family Budgeting-Money Saving Tips

These are a few ways you could save a few extra dollars during the year. Take a look at your family's budget and see where you could make some changes. These are a few that have worked for me in the past.

1. Make a family budget spreadsheet

- ◆ Estimated Monthly Income – Wages & Other sources (Example: MFIP/SNAP/SSI)
- ◆ Estimated Monthly Expenses – Utilities, Loans, & Rent/Mortgage

2. Reduce Grocery Bill

- ◆ Make a shopping list
- ◆ Create a Meal Plan or Prep Family Freezer Meals
- ◆ Reduce waste – Use left overs or Use pantry items first

3. Subscriptions

- ◆ Reduce the number of subscriptions
- ◆ Prioritize between the ones you need and want

4. Energy Saving/Recycle

- ◆ Turning off the water when not using
- ◆ Switch off lights and devices when not using
- ◆ Adjust thermostat
- ◆ Buy reusable items – metal straws, cloth napkins, beeswax wrap, and reusable water bottles

5. Stash your cash

- ◆ Save all loose change – Coins add up!
- ◆ Save your \$1.00 bills all month or all year – It's up to you
- ◆ Give up that 1 specialty coffee per day/week – (Adds up at the end of the year)



January Ojibwe



Gii-soogipon. It snowed.

Zoogipon. It's snowing.

Goon. Snow.

Gisinaamagad. It's cold outside.

Dakaanimad. It's a cold wind.

Biboon. It is winter.

Gidaa-giizhoo'omin We should dress warm.

Cora's Corner: Indoor Activities For When It's Just Too Cold

As the weather gets colder and we are unable to bring out kids outside to play, finding activities to do inside can be challenging! Here are a few ideas of activities to do with children inside:

- * **Bring snow inside-** Find a small... or large bucket and bring some snow inside, let children play with it or have paint and let the children paint!
- * **Make tissue paper stained class suncatchers-** using tissue paper, construction paper (for outline) and clear contact paper.

* **Indoor obstacle course-** Use household items to create an obstacle course. Couch cushions to jump on, chairs to crawl under, etc.

* **Indoor camping-** set up a tent in the living room! Have flashlights, eat s'mores, tell stories.

Find more ideas at: <https://kidsactivitiesblog.com/63623/indoor-activities-winter/>



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