

Manidoo-Giizisoons (Little Spirit Moon) December 2016

Red Cliff Education Division Newsletter

ECC Winter Holiday Party

The Holiday's are upon us and we want to celebrate!! The ECC Winter Holiday party will be Friday, December 16th, 2016 at the Red Cliff Youth Center from 10:00am to 12:00 (noon). The ECC will provide activities, a wonderful lunch, and gifts for the children. The event is first-come, first-served so be prepared to wait to see Santa. This event is open to the community.

ECC Winter Break Dec. 19th-Jan. 2nd

Special points of interest:

- Home Base Social Dec. 2 10-noon @ ECC
- ECC Early Release Dec. 15th at 11:30am
- ECC Winter Break Dec 19th-Jan. 2nd, Classes resume Tuesday Jan. 3rd.

Inside this issue:

ECC/Community Event Calendar

Health/Nutrition

Attendance Works

Parent resources

Employment Opportunities

Menu

ECC Attendance so far……..

Center-based attendance has been great so far!.....for most. We still have those very few students that are missing more than one day a week due to various reasons and this is concerning to us. We strive to have children here at all times and limit unnecessary absences. Children that are not present at school are missing valuable time with their teachers and peers. When your child is at school they are learning social skills, self-help skills (putting their winter gear on by themselves, using the restroom, hand washing, tooth brushing, mealtimes) math and science, literacy skills, Ojibwe language and culture, and the value of routines. In addition children are receiving individualized education from Special Education Instructors.

October Early Head Start (Waabooz, Amik, Makwa, Esiban) average daily attendance: 89.5%

Congratulations to the Makwa room-they had 99% presence in the month of October! Way to go!!

October Head Start (Migizi, Maiingan, Mashkodebizhiki) average daily attendance: 91%

Please strive to have your child at school every day! And when they are absent please contact us. Keep up the great work and together we will help our children be great lifelong learners!

Manidoo-Giizisoons
(Little Spirit Moon)
December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Home Base Social 10-Noon	3
4 St. Francis Bazaar starting @ 10am, LW	5 Tribal Council Mtg	6	7 JOM Mtg	8 Policy Council Meeting 12:30 in Trailer	9	10
11	12	13	14 Bayfield Middle/High Winter Concert @ 6:30pm	15 **<u>**ECC Early Release @ 11:30am**</u>** *Bayfield Elem. Winter Concert 1:30pm	16 ECC Winter Party Youth Center 10-12pm *All Staff Mtg	17
18 **ECC CLOSED for Winter Break December 19th-**	19 **Closed Winter Break**	20 **Closed Winter Break** **Tribal Council Mtg**	21 **Closed Winter Break** **Housing Mtg**	22 **Closed Winter Break Bayfield Closed**	23 **Closed Winter Break Bayfield Closed**	24
25 **January 2nd**	26 **Closed Winter Break Bayfield Closed**	27 **Closed Winter Break Bayfield Closed**	28 **Closed Winter Break Bayfield Closed**	29 **Closed Winter Break Bayfield Closed**	30 **Closed Winter Break Bayfield Closed**	31
Jan. 1st New Years Day	2 **ECC/Tribe/ Bayfield Closed**	3 **ECC Classes Resume**	4	5	6 **Home base Social 10-noon**	7

Manidoo Giizisoons

2016

Agongos
Home Based December News



We would like to welcome Michelle Smith to our Home Base Visiting Staff!

We are excited to start our Christmas projects and keep working on our curriculum!

Throughout the month we will be bringing in more PAT activities and Ojibwemowin handouts!



December Ojibwemowin

- Zoogipon: It snows
- Bakwezhigaans(ag): Cookie(s)
- Agoojigan: A present
- Mikwam: Ice
- Gisinaa: Cold Weather
- Nibaa Anama'e Giizhigad: Christmas

Aaniin ezhiwebak!

What's Happening!

- Home Base Social: Dec. 2nd: 10am-Noon
- Dec. 5th: 90th Day!
- Dec. 16th: ECC Winter Party @ Youth Center: 10am-Noon
- ECC Closed for Winter Break Dec. 19th-Jan. 3rd!!!



Miigwech!

- Haley ext. 236
- Michelle ext. 237
- Amaris ext. 238

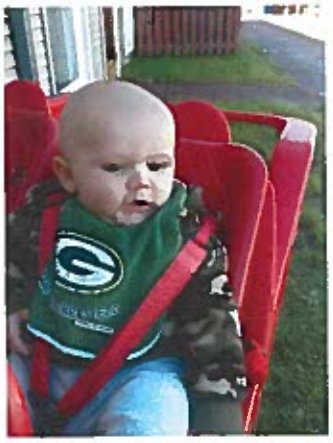
"Apane ji-mikwendamang gaa piimiinigooyang Anishinaabe bimaadiziiwin!"

Waabooz News















Our Waabooz babies are growing up so fast!

We enjoy doing fun activities in the classroom: painting, reading, and singing songs.

We also enjoy being outdoors: going on walks and exploring the playground equipment.

But Winter is fast approaching, so please remember to pack warm winter gear, we do try and go outside everyday weather permitting.



MIIGWECH,

Ms. Tiffannie, Ms. Judy, and Ms. Angela

715-779-5030 x 224

A

Amik –newsletter





Wow where did the time go? We are so busy having fun and learning,making friends and we know lots of ojibwe com-mands,thre part directions.Hear some of things we are doing and working on.



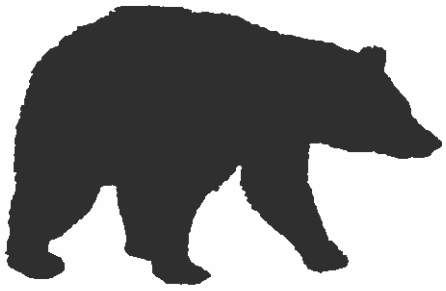












Makwa

December 2016

Dear Parents,

We very much enjoyed our parent/teacher conferences with you and hope you had a great Thanksgiving!

November was a busy month with all our projects and activities. It was also very nice to have such mild weather. Your children loved being able to go outside almost every day.

The school themes for December are Christmas and the holidays. We have many activities and crafts planned for your children. We will be going outside as much as possible, so please send clothing and footwear appropriate for the weather.

Ms. Maggie and Mr. Fred

ESIBAN NEWS



December 2016

News and Plans

This month we are learning about the holidays and baboon/hibernation. We will be learning about giving, the four values and making crafts for our elders. We will also be learning about what hibernation is.
Please remember to check mailboxes daily, many important papers are sent home regularly!

-Mrs. Nadine and Miss. Melissa

Reminders

- 12/16 ECC Winter Party
- 12/19-01/02 Closed for Winter Break
- 01/03 ECC Classes Resume

Ojibwemowin

- Snow- Zoogipoon
- Reindeer- Adik
- Gift- Miigiwewin
- Give- Miizh

What we are doing

Marta- enjoys playing with the babies!
Randall- loves playing with the cars!
Emma- loves doing puzzles!
Pamela- enjoys reading books!
Elizabeth- enjoys playing dress up with her friends!
Jalen- loves to play the drum!
Joe- likes to play with playdough!
Cali- loves playing outside!



Mashkodebizhiki

Boozhoo! It is that time of year again when the weather turns bitterly cold and the kids want to be outside all the time. Please remember to send appropriate gear to school so your child can get the most out of their outdoor experience. Snow pants, hats, warm jackets, winter boots and warm gloves are all necessary for your child to be comfortable outside. Also, remember to check on their extra clothes. There are many times that pants and socks get really wet from the snow and the kids are much more comfortable when they can change.

Don't forget to mark everything!

It is also that time of year when all kids can think about is what they are going to get for Christmas. They get so stuck on thinking about what they want they forget to think of what others may want or need. We are sure you may think they are too young to understand but you would be surprised at how giving and thoughtful kids this age naturally are. This year, instead of focusing on what the kids want given to them, we are going to focus on what they can do for others. Our book focus for this month will be "Have you filled a bucket today?"

As with everything we do we welcome any thoughts or ideas on how to make this season of giving a great one.



DON'T FORGET...the ECC Christmas party is on Friday December 16th at the youth hall from 10-12. School will be closed starting the 19th of December and will resume the 3rd. of January. We hope you enjoy the time with your child and remember that it isn't how much money you spend or how many gifts are under the tree but how memories are made!!

Merry Christmas !!! from Ms. Karen and Ms. J.



MANIDOO-GIIZISOON S

Maiingan Classroom News

This month we'll learning about Manidoo-Gizisoons "Little Spirit Moon".

Telling stories about what is the meaning of giving.

How to dress and keep warm: snow pants, hats, mitts and boats.

Learning about and how to keep from spreading "GERMS or Sneeze come out."

Working towards learn three new colors green, blue and white

Activities: building snowman, decorating a tree, making bells, reindeers and matching pictures with words.

Learning a lot how to improving young ones literacy using the areas of books, blocks, animals, and cooking.

Writing the letters in our first names, recognizing and know what that alphabet letter is.

Math and numbers

Ms. Alicia & Ms. Patsy



Migizi News

Soon it will be time for the snow to start falling! The children get so excited to see all that white stuff but along with the snow comes the cold and flu seasons. Please dress your child for the weather and remember to call us if they are sick.

We only have 12 school days in December so there will be a lot of fun activities going on in the classroom. We hope to see all the children here to help us get the Holiday season going.

We will be reading the book Elf on the Shelf, which is a favorite of the children. Another book will be Have You Filled a Bucket Today?

The class will be focusing on "GIVING" instead of "TAKING" or "I WANT"

There will be numbers, literacy, and sensory going on throughout the classroom with the games and activities planned for this month.

Thank-You for coming to the Parent-Teacher Conferences it always gives us pleasure to speak about the wonderful children and their progress.

Diann and Kathy

Notice ECC Parents

EARLY RELEASE
December 15th @ 11:30 a.m.

The ECC will close early
December 15th, 2016
so staff and families can attend the K-5 Winter Concert at the Bayfield School



The buses will transport Head Start children at 11:30 a.m.
EHS parents must pick up their children by 11:30a.m.

~No Childcare on this day~
Sorry for any inconvenience

This Early Release decision is approved by the Parent Policy Council

ECC Holiday Party

Friday, December 16, 2016
10:00 - Noon
@ Red Cliff Youth Center

Join us for a special gathering, visit from Santa and a feast.





SIDS, CANS



&

Shaken Baby Syndrome

Training

December 28, 2016

9 am to Noon

In Memengwaa at ECC

If you have any questions please call Kim Gordon

@

715-779-5030 ext 253



HNDAC MEETING

HEALTH NUTRTION AND DISABILITIES ADVISORY BOARD



ATTENTION: ALL PARENTS

You are invited to attend the Health Nutrition and Disabilities Advisory Committee (HNDAC) Meeting.

This Committee meets twice a year to address ways to improve the care and safety of the children, staff, our community and visitors that enter the doors of the Red Cliff Early Childhood Center.

This invitation is open to you as a Parent, Guardian and Community member to join us. **Fun, input, laughter is enjoyed by all.**

Join us: Thursday 29th of December, 2016 - 3:15 pm
@ the ECC Mememgwaa Trailer



FOR MORE INFORMATION CALL PATT @ 715-779-5030 EXT. 256

Red Cliff Early Childhood Center
Policy Council Regular Meeting MINUTES
October 13th 2016 @ 12:30
ECC Memengwaa Trailer

Confidentiality Training with Doug Defoe, Red Cliff Human Resource Director
Present-Mandi LaFernier, Misty Nordin, Tara Albert, Cheri Defoe, Steven Boyd, Nicole Boyd, Lavonne Goslin, Dee Gokee-Rindal, Jamie Goodlet Cindy Garrity, Andrew (Andy) Volak and Chantell LaFernier. All new members, volunteers and subs signed required forms by ECC/Tribe. Doug covered Tribal and ECC policies, examples and thorough discussion of standards and procedures. Volunteers were also informed they must make an appointment with HR to complete their back ground check, drug testing and finger printing.

Election of Officers for 2016-2017 Policy Council
Misty Nordin motioned to elect *Nicole Newago as Chairperson*, second by Mandi LaFernier, all in favor, motion carried.
Mandi LaFernier motioned to elect *Misty Nordin as Vice-Chairperson* (Misty accepts), second by Tara Albert, all in favor, motion carried.
Misty Nordin motioned to elect *Cheri Defoe as Treasurer/Secretary* (Cheri accepts), second by Tara Albert, all in favor, motion carried.
OfficersAppointed.

Meeting called to order by Vice Chair Misty Nordin at 12:57 pm.

Policy Council Members Present: Cheri Defoe, Mandi LaFernier, Misty Nordin, Tara Albert and Steven Boyd-appointed Tribal Council Liaison. Quorum Present

Policy Council Members Absent: Nicole Newago, Salena Bressler and Amanda Teschner

Others Present: Nicole Boyd, Head Start Director; LaVonne Goslin, Early Head Start Director; Cindy Garrity, Family Service Manager and Dee Gokee-Rindal, Administrator.

Approval of Agenda
Motion by Tara to approve agenda with change, second by Cheri, all in favor, motion carried.

Training & overview of the ECC Policy Council Binder
Nicole covered all binder contents including ECC Policy & Procedures, Governance Policy, Internal Dispute Resolution Procedures, HS and EHS PIR's, Service Plans, Self-Assessment, Community Assessment, Program information and Informational Memorandums (PI'S and IM'S), Calendar and the New Performance Standards.

Approval of Minutes
Motion by Cheri to approve minutes of July 12th, 2016, second by Tara Albert, all in favor, motion carried.



ST. FRANCIS BAZAAR

SUNDAY, DECEMBER 4, 2016

LEGENDARY WATERS EVENT CENTER

CHILDREN'S GAMES AND RAFFLES

STARTING AT 10 AM

FAMILY BINGO, CHINESE RAFFLES

BIG RAFFLES, 50/50 RAFFLES

STARTING AT 1 PM

FOOD, FUN, FAMILY AND FRIENDS

COME AND ENJOY!

OPEN HOUSE

Thursday Dec. 8th 10:00-2:00

Red Cliff Fire Hall

LCO Community College will be delivering 2 classes in Spring 2017 at the Red Cliff Fire Hall. Spring semester starts Jan. 17th 2017

NAS 101 Ojibwemowin I

Mon/Wed 5:00-7:00

ART 105 3-D Native Arts-Beading & Moccasin-making

Tuesdays 4:00-7:00

Come on down, grab a plate of nachos, and check out what we have to offer! Our knowledgeable staff can help!

Start Here, Go Anywhere!

Event Sponsored by Circle of Care Project: Red Cliff Band of Lake Superior Chippewa, Education Division

Foundations of Fetal Alcohol Spectrum Disorders:

Working with Children & Families Affected

WHOM SHOULD ATTEND?: RED CLIFF COMMUNITY MEMBERS, FAMILIES AND PROVIDERS WHOM SERVE THE RED CLIFF COMMUNITY!

WHAT : A TRAINING/RESOURCE DISCUSSION ABOUT FETAL ALCOHOL SPECTRUM DISORDERS AND EFFECTS IN OUR COMMUNITY, STATEWIDE AND NATIONALLY

WHERE: LEGENDARY WATERS MEETING ROOM

WHEN: FRIDAY, DECEMBER 09, 2016

SIGN IN: AT 8AM, **EVENT** 8:30AM-12PM

About the Speaker:



Georgiana Wilton, PhD, Senior Scientist
University of Wisconsin School of Medicine and Public Health
Department of Family Medicine and Community Health
1100 Delaplaine Court
Madison, WI 53715
Phone: (608) 261-1419 / Fax: (608) 263-5813
Georgiana.Wilton@fammed.wisc.edu

Dr. Wilton is a senior scientist in the University of Wisconsin Department of Family Medicine and Community Health. She is currently the principal investigator of several research and outreach projects addressing the prevention, identification, and treatment of Fetal Alcohol Spectrum Disorders (FASD). Georgiana's research has included Screening and Brief Alcohol Intervention (SBI) to reduce the risk of an alcohol-exposed pregnancy and efficacy of medical education activities. She is currently working with Tribal clinics in Wisconsin to infuse SBI services into primary care and community health. As a rehabilitation psychologist, she conducts assessment and aftercare services to individuals and families affected by FASD, including adapting alcohol treatment programs. She provides extensive training and consultation to clinicians and service providers nationally. Georgiana has worked in the disabilities field for 30 years with a focus on FASD.

No cost to attend! **Pre-registration is appreciated to ensure enough materials for all. Contact: Angela Berg at 715-779-5030 x261**

We would Love to see you there!

"Grass roots involvement is the key to prevention "

Special Acknowledgement to: Booshke Giin: Red Cliff Community Health Center

Santa & Mrs. Claus Arrive on the Ferry at Bayfield Lakeside Pavilion

Name: Santa & Mrs. Claus Arrive on the Ferry at Bayfield Lakeside Pavilion

Date: December 10, 2016

Time: 11:30 AM - 1:00 PM CST

Website: Bayfield Hometown Holiday Season [http://bayfield.org/bayfield-activities/hometown-holiday-season/]



Event Description:

Santa and Mrs. Claus will catch a ride to Bayfield on the Madeline Island Ferry. Upon their arrival at the Bayfield Pavilion, kids will get an opportunity to meet Santa, share their wish lists and receive a "goody bag" from Mrs. Claus. Please remember to bring your own camera for this photo opportunity! Snacks will be provided compliments of the Bayfield Chamber and Visitor Bureau.

Location:

The Bayfield Lakeside Pavilion
2 E Front Street
Bayfield, WI 54814
View a Map

Date/Time Information:

Saturday, December 10
11:30 am - 1:00 pm

Contact Information:

800-447-4094 715-779-3335
Send an Email [chamber@bayfield.org]

Fees/Admission:

Free Event

Set a Reminder:

Enter your email address below to receive a reminder message.

Enter Email Address

-- Select Days Before Event --

Legendary Waters Holiday Boutique



Craft and Bake Sale



Friday December 16, 2016 3:00pm - 7:00 pm

Saturday December 17, 2016 10:00am - 3:00 pm

Contact Deb Topping @ (715)779-5173

to reserve your space.

$15 per space (up to 2 tables)



Kids Christmas Party

Sunday, December 18th,

Noon – 3:00 p.m.

Legendary Waters Resort & Casino

Ages: Infant to 12 years old

Punch & Cookies will be served.

If you would like to volunteer to help wrap presents or assist at the party, please contact the Administration office @ 715-779-3700.



Holiday Turkey Giveaway

You will be able to pick up your certificate at the Tribal Office **December 15th & 16th, and the week of December 19th. From 9am to 4pm Daily.**





Please stop in at the Tribal Office and sign up to get your certificate so you can pick up your turkey from the Food Distribution Building. Be prepared to show your Tribal ID when getting your Certificate. Make sure you bring something in with your current physical address as well. If someone wants you to pick up for them they must call ahead of time to arrange it.

For more info or if you have any questions please call Administration Office at 715-779-3700.

ONE PER HOUSEHOLD

News from LCO Community College North

We've had a great semester at LCO North, as the semester is coming to a speedy end in the middle of December. We already have our schedule fired up for the Spring semester and have seen a great increase in interest for classes from our surrounding communities. We've seen a dramatic increase in students from Red Cliff due to the fact that we are offering 2 classes at the Red Cliff Fire Hall. The classes will be:

NAS 101 Ojibwemowin I on Mondays & Wednesdays from 4:00-6:00

ART 105 3-Dimensional Native Arts-Moccasin-making & Beading Tuesdays from 4:00-7:00

An Open House at the Fire Hall on Thursday, December 8th from 10:00-2:00. Stop in, grab a plate of Nachos, meet some of our staff, and see what we have to offer! You can find out everything you ever wanted to know about heading to college but were afraid to ask! Watch for our postings on the tribal website!

LCOOCC-North
Spring 2017 Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:25	BUS 106 Financial Math Rm 206	BUS 112 05 Food & Beverage Management ZOOM SCI 102 05 Gen. Animal Biology Rm 206	BUS 106 Financial Math Rm 206	BUS 112 05 Food & Beverage Management ZOOM SCI 102 05 Gen. Animal Biology Rm 206	ONLINE OPTIONS MTH 113 Basic Statistics PSY 242 Human Growth & Development
10:30-11:55	ALP 108 05 Basic English Rm 202 MTH 112 05 Intermediate Algebra Rm 206	BUS 107 05 Casino Hosp. & Tourism ZOOM CPS 101 05 Computer Apps. Rm 201 BUS 260 05 Business Communications Rm 206	ALP 108 05 Basic English Rm 202 MTH 112 05 Intermediate Algebra Rm 206	BUS 107 05 Casino Hosp. & Tourism ZOOM CPS 101 05 Computer Apps. Rm 201 BUS 260 05 Business Communications Rm 206	1 credit Each HTH 231 Nav. Healthcare 1HTH 232 Food for Fitness HTH 233 Body/Mind/Spirit
12:00-1:00	LUNCH/MEETINGS	LUNCH/MEETINGS	LUNCH/MEETINGS	LUNCH/MEETINGS	LUNCH/MEETINGS
1:00-2:25	ENG 112 05 Fundamentals of Speech Rm 206 NAS 230 05 Ojib Lit. & Storytelling Rm 202	BUS 125 05 Intro to Personal Finance Rm 206 EDC 251 05 Environ. Ed. Teaching Rm 202	ENG 112 05 Fundamentals of Speech Rm 206 NAS 230 05 Ojib Lit. & Storytelling Rm 202	BUS 125 05 Intro to Personal Finance Rm 206 EDC 251 05 Environ. Ed. Teaching Rm 202	SOC 205 Sociology of Race, Diversity, & Ethnicity PSY 210 General Psychology [Graduating Students Only]
2:30-3:55	ENG 109 05 Adv. College Writing Rm 206 NAS 212 05 WI Native History Rm 206	EDC 270 05 Early Child Program Management Rm 202	ENG 109 05 Adv. College Writing Rm 206 NAS 212 05 WI Native History Rm 206	EDC 270 05 Early Child Program Management Rm 202	
4:00-5:25	ENG 223 05 Lit. for Children Rm 206		ENG 223 05 Lit. for Children Rm 206		
5:30-8:25	NAS 102 05 Ojibwemowin 2 Rm 202 5:00-7:00 BUS 265 05 Small Business Management Rm 206 NAS 101 15 Ojibwemowin I 4:00-6:00 Red Cliff Fire Hall	NAS 222 05 Intro to Tribal Gov. Rm 202 5:00-7:00 ART 105 15 3-D Native Arts Moccs & Beading 4:00-7:00 Red Cliff Fire Hall	NAS 102 05 Ojibwemowin 2 Rm 202 5:00-7:00 NAS 101 15 Ojibwemowin I 4:00-6:00 Red Cliff Fire Hall	NAS 222 05 Intro to Tribal Gov. Rm 202 5:00-7:00 BUS 240 05 Principles of Management Rm 206	

PLEASE POST

Design Contest:
Logo for "Native Breastfeeding Coalition of Wisconsin"

The Great Lakes Inter-Tribal Council's program **Breastfeeding: The Traditional Way** is looking for original designs to be used by the newly formed **"Native Breastfeeding Coalition of Wisconsin"**. The logo will be used throughout the State of Wisconsin for all Tribes to promote and support breastfeeding in our Tribal Communities. The theme should reflect that breastfeeding is normal, natural, and the healthiest, most traditional way to nourish our babies. Culturally appropriate designs may be in color or black and white.

This design contest is open to all Tribal Members and Descendants from any of the 11 Tribes in the State of Wisconsin, both youth and adults. The chosen design will reward the artist with a $50 Visa Gift Card and a Certificate of Appreciation.

Original designs must be submitted:

- on an 8 x 11 white sheet of paper
- as a finished product (as close as possible)
- by January 15, 2017 to:

  Great Lakes Inter-Tribal Council
  Breastfeeding: The Traditional Way
  PO Box 9
  Lac du Flambeau, WI 54538

Designs submitted will be reviewed and chosen by Coalition Members; slight modifications may be discussed for final design. Winning design artist(s) will be required to sign a "Design Assignment Agreement" which "transfers, conveys, assigns and delivers to the Coalition all rights, interests and title in the Design."

Questions - Call Jennifer at Great Lakes Inter-Tribal Council 715-588-1091

WITC - GED/HSED & Adult Education Classes

Enroll Today!!



Don't wait another day!
Enroll now to earn your GED!



GED/HSED and Adult Education Classes Available at:

Red Cliff Library

Earn your GED/HSED or just brush up on your basic skills in Reading, English, Grammar, Science, Social Studies, and Math – that you will need to continue your education or enter the workforce with confidence.

Courses are self-paced with instructor assistance, and **you can enroll at any time during the term.**

Classes are FREE!

Fall Schedule

Aug. 29th-Dec. 19th, 2016

Mondays, 12:00 – 3:00 p.m.

Instructor: Theresa Beckman

For More Information Contact

Drew Emmert: 715-682-4591 Ext. 3118
drew.emmert@witc.edu

Or

Theresa Beckman: 715-682-4591 Ext. 3430
theresa.beckman@witc.edu

Or

Krystle Topping, Red Cliff Education Director: 715-779-3700
krystle.topping@redcliff-nsn.gov



Be the Next GED SUCCESS STORY

WITC Wisconsin Indianhead Technical College

Experience. Success.

PARENTING | THE | PRESCHOOLER

Because kids don't come with an instruction manual

Responding to Scary Events

fyi.uwex.edu/parentingthepreschooler/

Tips to Help Preschoolers Process Scary Events

- Watch for changes in behavior, such as tantrums, lost appetite or unusually quiet or angry behavior.
- Distracting children from feeling sad or worried won't make the feeling go away. Instead, notice children's feelings and help children find ways to feel better: "I see you are sad. I feel sad sometimes too, and it helps when I talk about it or ask for a hug."
- Help children label their feelings: "Are you *mad* that our car was broken in the accident? Are you *scared* that it might happen again? Do you want to talk about it?"
- Be truthful when talking about scary events even if it means saying, "I don't know." ("I don't know why this happened. It is scary but I love you and I'm going to care for you.")
- Avoid making the event even scarier. Limit the news reports and adult conversations children hear about scary events.
- Encourage play. Children often work through their fears when drawing or playing make believe.
- Keep your routines. Familiar environments and patterns can help children feel secure.

Calm Parent, Calm Child

What frightens children? In most cases they are scared by the tension and uncertainty they observe as their own parents and caregivers watch the news. When we turn the volume up and obsessively watch the news reports with worried brows, our children get worried too.



UW Extension
University of Wisconsin-Extension

Teaching Children Through Our Actions

Children look to the adults around them for cues on how to respond. If parents and other caregivers are calm, children will also respond calmly. Check your own emotional response to events to prevent stress in children.



"Look for the Helpers"

Remember that children can even be scared or emotionally overwhelmed by things we, as adults, might not find scary. For instance, commercials about the sick animals in an animal shelter or hungry children elsewhere in the world may alarm children. Fred Rogers famously said, "Look for the helpers. You will always find people helping." You can help children reframe scary or sad situations by looking with them for the "helpers"—doctors, firefighters, veterinarians, volunteers. Looking for and talking about these helping people with children assures them that even during scary events, safe spaces and people can be found.

Learning Emotional Habits to Last a Lifetime

Emotions are a healthy response to stressful and scary situations. It is alright to cry or punch a pillow. However, every frustrating or scary event in a child's life is also an opportunity to teach *emotional self-control* and a healthy style of coping. Think for a moment about athletes in the middle of a game. When the referee calls a foul on a player they all respond differently. One player might slam the ball down or yell mean words at the ref, while another player may shake his head in disbelief but continue to play the game in a respectful way. The first athlete responded in an immature way, while the second player responded maturely. We can show our children how to respond in a mature way to life's challenges by teaching children healthy coping skills and modeling how to stay calm.

UW-Extension Family Living Programs

"Raising Kids, Eating Right, Spending Smart, Living Well"

UW Extension
University of Wisconsin-Extension

Link To References

For more information, please contact:
Bayfield County UW - Extension
Family Living Program
715-373-6104

http://bayfield.uwex.edu
www.facebook.com/BayfieldCountyUWEX

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MONEY $MART

in Head Start



Issue B

In This Issue

- Learning starts at home
- What can preschoolers learn about money?
- Fun Money Activities
- Reading About Money
- To $um It Up

Children and Money

Did you know that children start forming attitudes, beliefs and behaviors about money before they even start school? Early lessons around money help set the stage for lifelong money habits.

Learning starts at home

Parents are the first and most important teacher in a child's life. A recent study found that about half of the people interviewed said their parents talked to them about money as they were growing up. People whose parents talked to them about money did better on a financial quiz than people who didn't have money talks at home as children. (Plus people who later took a class on money did even better on the quiz. It all adds up!)

A goal for many parents is for their child to be financially responsible and comfortable. Modeling healthy attitudes toward money will help teach preschoolers important early lessons about saving, using credit, setting goals, and choices about how your family spends their earnings. Even if parents don't sit down and talk with their children about money, chances are children are still watching and learning. Through fun activities, play and reading, you and your child can begin to learn and build healthy money habits that may last a lifetime.

What can preschoolers learn about money?

Think about the last spending decision you made. You likely had to plan, prioritize, maybe even save up and control impulse spending along the way? There's a lot that goes into managing money. New research shows that children between 3-5 years old are at an ideal age to start learning skills that could help with long term money habits.

Planning: Preschool children can understand the idea of delayed rewards, such as finishing work before playing or getting a reward only after something is done. Making a choice and comparing what is good and not-so-good about each one helps preschooler's learn and practice decision-making skills.

Money: At a very early age, children start to figure out that you need money to buy things and that some things cost more than others. Parents can talk about how people use their skills and time to earn that money. As children learn about counting, sorting, and patterns, that's a great time to learn the difference between coins and paper money too.

"Me": Preschoolers are busy learning about themselves and their place in the world. Ask any parent who has ever had a 2-year old tell them "no!" Young children are beginning to learn self-control, flexibility, and follow through. These are all important skills for setting—and sticking with—personal money goals.

UW Extension
University of Wisconsin-Extension

Fun Money Activities

- **Make a Piggy Bank.** Your child can make their own piggy bank using a clean empty food tub or plastic jar. Use craft items and scrap materials from around the house to decorate it. Let your child find a special place to keep their new bank.
- **Have a Scavenger Hunt.** Hide a few coins in your home and let your child look for them. As your child finds money, you can tell them the name of each coin and let them add the coins to their new bank. Young children can learn to sort the coins into patterns, such as all pennies or nickels, or all brown and silver coins. Children older than 5 years start to learn that each coin is worth a different amount of money and can practice adding up their coins.
- **Make a Savings Chart.** Making a chart will help your child think about and keep track of something he or she wants. It might cost money or it could also be for a special treat, like having a friend over. To make a chart, draw as many boxes as your child would need to earn in coins or stickers for special chores to reach the goal. Your child can color in the boxes as they add coins to their bank, or add stickers to the boxes as they are earned. When the boxes are full, celebrate reaching the goal! (Parents can make a goal chart too.)

Reading About Money

Reading can be a fun way to learn about money. Books can help start positive talks about goals, saving, and spending.

Tips for reading to your child:

- Hold the book (or have your child hold the book) so that all of you can easily see it.
- Have your child guess what happens next.
- Talk about what people in the book do with their money and the decisions they make.
- Ask, "What did you like about the story?"

Recommended Children's Books:

Below are just a few of the children's books that have a financial lesson. Some libraries may even have a parent guide that will be given to you when you check out the book.

- Just Shopping with Mom
- A Bargain for Frances
- A Chair for My Mother
- Alexander, Who Used to Be Rich Last Sunday
- Sheep in a Shop

Visit the website <www.consumerfinance.gov/money-as-you-grow> or ask your local librarian or UW-Extension office for more information on the "Money as you Grow" program.

For More Information…

Contact your local UW-Extension Family Living Educator for more financial education resources. Go to www.uwex.edu/ces/cty/ to find your County office.

For help with balancing your monthly spending plan, contact a non-profit Certified Consumer Credit Counselor online at www.debtadvice.org or by calling 800.388.2227.

To $um It Up:

$ Preschoolers can learn skills that will help them handle their money well as adults.

$ Family activities can spark talks about earning, saving, and planning.

$ Reading books with stories about money is a fun way to talk about spending and goals.

$ Talk about spending decisions at the store to make the most of those everyday money moments!

"Money Smart in Head Start" is provided by UW-Extension Family Living as part of the Head Start Financial Capability Project funded through the Annie E. Casey Foundation and reviewed by Peggy Olive, Financial Capability Specialist, UW-Madison/Extension. Authored by Nancy Vance, Family Living Educator, UW-Extension Clark County, University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. Copyright © 2015 by the Board of Regents of the University of Wisconsin System doing business as the division of Cooperative Extension of the University of Wisconsin-Extension. All rights reserved. An EEO/Affirmative Action employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.

MONEY $MART
in Head Start
Issue 2



In This Issue

- A Spending Plan
- Track Your Spending
- How to Start a Spending Plan
- For More Information
- To $um It Up

Spending Your Money

What does the word "budget" mean to you? Pinching your pennies or clenching your wallet? Now think about the words "spending plan."

A Spending Plan:

- Makes it easier to put your money where you want it to go.
- Helps you think about where you can spend your money. It's more fun than thinking about all the places you can't spend it!

A spending plan is like a road map for your money. It gets you headed in the right direction for:

- Making ends meet day to day.
- Saving for future goals.
- Getting through unexpected or emergency expenses.
- Not having to depend on credit.
- Talking about money with your family.

Where you spend your money is personal. The goal is to spend money on those things most important to you and your family.

Track Your Spending

Everyone can benefit from knowing where their money goes each month. Tracking your spending can help you find spending leaks that you may have forgotten about — DVD rentals, eating out, maybe an extra tank of gas.

Try one of these ideas:

→ Save receipts or write down the amount whenever you buy something in a notebook or on a calendar.

→ Use your checking account register or monthly bank statement to track all the checks and withdrawals you have in a month and how the money was used.

→ Try a free online budgeting program, like www.smartaboutmoney.org, which helps you sort expenses into major spending areas like food, housing, car, and kids every month.

→ Download an app on your phone. Popular free apps include MINT or EXPENSIFY, an app that lets you take pictures of your receipts on the go and categorize them.

Tracking will give you a good picture of where your money is going. This will help you make future decisions about your spending and what you want your money to do for you.

How to Start a Spending Plan:

Step 1 – Figure out the **Total Monthly Income** for your family. This is how much money you have to work with all month. This might include:

- "Take home" pay – after taxes
- Tips or side jobs
- Unemployment compensation
- Child support
- Social Security or veteran's benefits

Step 2 – Write down your **Total Monthly Expenses**. This means figuring out where your money goes.

It can help to think about your monthly expenses by the types of bills:

- Fixed expenses are the same every month, such as rent or house payments, car payments, utility bills, insurance, child care, or student loans.
- Flexible expenses change from month to month, but you know you'll spend some money on them. Think about food, gas, car repairs, doctor bills, pets – well, you get the picture.
- Occasional expenses come a few times a year: things like holiday and birthday gifts, your car registration, oil changes, and back -to-school shopping.

Occasional expenses can throw monthly spending out of whack. When you can, save a few dollars each month to pay those bills. A few dollars tucked aside will help with an **unexpected** bill too!

Step 3 – Compare your monthly income and expenses.

If you have more money coming in than you're paying out, you are on your way to building savings, paying off debt, or reaching a money goal.

If your expenses are higher than your income, which of these ideas will you try?

- ☐ **Increase your income** – Can you add a part-time job? Could you make some money from a hobby or skill, like fixing cars or babysitting?
- ☐ **Reduce your spending** – Look at the flexible expenses from your list. Are there some things you would be willing to cut back on?
- ☐ **Look around your home** – Do you have things to sell for a one-time source of cash? Maybe clothes that your kids have outgrown, DVDs you never watch, or other items you no longer use. Selling stuff can help you catch up on a bill, but won't help you balance your monthly spending and income over the long run.

For More Information...

Contact your local UW-Extension Family Living Educator for more financial education resources. Go to www.uwex.edu/ces/cty/ to find your County office.

For help with balancing your monthly spending plan, contact a non-profit Certified Consumer Credit Counselor online at www.debtadvice.org or by calling 800.388.2227.

To $um It Up:

$ A "spending plan" is a roadmap to help you head in the right direction.

$ You have more control over some expenses than others.

$ Tracking can help you know where your money goes. This helps you make future decisions.

$ Bottom line — are you happy with where your money is going?

"Money Smart in Head Start" is provided by UW-Extension Family Living as part of the Head Start Financial Capability Project funded through the Annie E. Casey Foundation and reviewed by Peggy Olive, Financial Capability Specialist, UW-Madison/Extension Authored by Ruth N. Schriefer, Family Living Agent, UW-Extension Iowa County, University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. Copyright © 2015 by the Board of Regents of the University of Wisconsin System doing business as the division of Cooperative Extension of the University of Wisconsin-Extension. All rights reserved. An EEO/ Affirmative Action employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.

Nutrition Nuggets™

Food and Fitness for a Healthy Child

December 2016



BEST BITES

Stock up on cranberries

Remember to stash extra bags of fresh cranberries in your freezer this month. Although these antioxidant powerhouses are available in supermarkets only during late fall and early winter, they freeze well for up to 12 months. Try serving fresh cranberry sauce with roast chicken—it's a delicious combination any time of the year.

Winter-weather layering

To help your child stay comfortable during cold-weather activities, encourage him to wear layers. First comes a snug bottom layer made of polyester or wool to move sweat away from his skin. Then, add an insulating layer to retain heat. Top it off with a waterproof outer layer to keep him dry and block the wind.

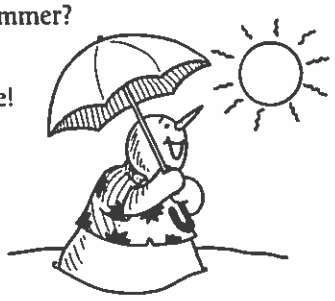


DID YOU KNOW? Fight cold and flu season with the help of the right foods. Yogurt's good bacteria protect our digestive system against germs. The vitamin C in oranges, lemons, and limes can reduce a cold's duration. And then there's chicken soup, a winter favorite that helps the body rid itself of viruses and bacteria.

Just for fun

Q: What do you call a snowman in the summer?

A: A puddle!



Incorporate nutrients—playfully



Calcium, vitamin D, potassium, and fiber are in short supply in many children's diets. Try these strategies to boost your youngster's intake of these important nutrients.

Breakfast stars

Many breakfast foods are rich in calcium. Help your child write a list of these foods, such as milk, cheese, and fortified orange juice and cereal. Each time he eats one, he can draw a star next to it. How long before he reaches 10 stars? 20 stars? 30 stars?

Rainy day vitamin D

Vitamin D is made in the skin when it is exposed to sunlight. The vitamin is also in some foods, including tuna, salmon, and egg yolks. On a rainy day when your youngster can't play outside, cook a meal together featuring one of these foods. Tuna salad sandwiches, baked salmon fillets, or scrambled eggs are all easy options.

Veggie color wheel

Produce often has potassium. Ask your child to draw a color wheel on a paper plate and glue on pictures of matching fruits and vegetables—for example, bananas in the yellow section and kale in the green. Let him add a spinner (cut a cardboard arrow, and attach it with a brad). Each day, he could spin to pick a fruit or vegetable to try.

Fiber ABCs

Challenge your youngster to come up with a "fiber food" that starts with each letter of the alphabet. (*Hint:* All plant-based foods have fiber.) He could look for foods like these while you're grocery shopping: apples, barley, carrots, and dates.

Cook once, eat twice



Shorten kitchen time by doubling your favorite healthy recipes and freezing the extra for later. Use these tips.

Freeze this, not that. Soups, stews, beans, cooked meats and poultry, mashed potatoes, grated hard cheeses, casseroles, and breads all freeze well. Not so with soft cheeses, baked potatoes, cooked pasta, or moisture-laden raw foods like cucumbers, oranges, lettuce, and watermelon.

Store. Wrap frozen foods airtight to maintain freshness. Get your child involved by having her help package and label them with the contents and date. She could even add her initials so she'll enjoy eating "her" meal!

Defrost. For food safety, always defrost items in the refrigerator or a microwave.

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Active fun for a crowd

Holiday get-togethers are a perfect time for grown-ups and children to team up for active fun. Here are ideas.



Juggle balloons. Start with one balloon per person. Work cooperatively to keep all the balloons in the air. Then, try using two or three balloons per person. *Variations:* Play "no hands"—players have to juggle the balloons with their elbows, wrists, heads, knees, or feet.

Organize a soccer game. Head to a field, and divide up into teams, balancing out ages and soccer experience. Consider leaving the goals unattended for a high-scoring game! Another benefit: Everyone will be running during the whole game (goalies sometimes spend more time watching than playing).

Play snowball golf. In a snow-filled area, set up a "golf course" by identifying 18 targets—say, the side of a fence, a large rock, or a tree branch. Players take turns throwing a snowball at each target, trying to hit it in as few throws as possible. Just like in golf, the person with the lowest score wins.

PARENT TO PARENT A cooking playdate

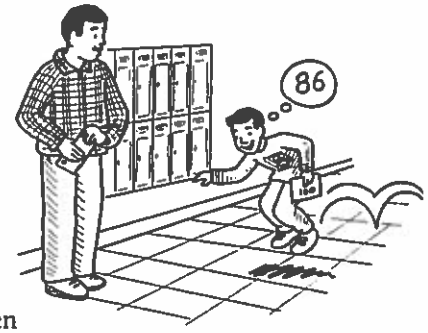
My daughter Julie likes to cook, so I wasn't surprised when she asked to invite a friend over for a cooking playdate. We found a clever idea online for pizza skewers and got the ingredients ahead of time.



Then, when Julie's friend arrived, they washed the cherry tomatoes and rolled small balls of pizza dough. They had fun alternating them on wooden skewers and brushing them with olive oil. While I broiled the skewers, the girls heated marinara sauce in the microwave. They sprinkled shredded mozzarella on the skewers, and I returned them to the broiler until the cheese melted.

After the skewers cooled, the girls enjoyed dunking the pieces in the marinara sauce. Both said it was the best pizza they had ever eaten! And before Julie's friend left, they made plans for another cooking playdate next week.

ACTIVITY CORNER Fitness x 2



With these activities, your youngster will work on his math skills while getting a workout:

- Ask your child to estimate the steps it would take him to walk from your front door to the mailbox. Then, have him walk and count. How close did he come? Or he might estimate the number of hops—and then hop down the hall or walkway to check.
- Mark a starting line. One by one, each player leaps forward as far as he can. Another player marks where the person's feet landed. Have your youngster measure each person's jump. Who will jump the farthest?
- Call out an equation. Then, players race around the yard or house to find objects totaling the solution. For example, yell "9 – 2," and a player might gather 7 leaves or 7 blocks. The first person back with the right number of items gets to call out the next math problem.

IN THE KITCHEN Yummy food gifts

Help your child make food gifts like these to give to teachers and relatives. He could even add a gift tag with a note like "Happy healthy holiday!"

Fruity granola

In a bowl, mix 4 cups rolled oats, 1½ cups pumpkin and sunflower seeds, ½ tsp. salt, ½ tsp. ground cinnamon, ½ cup oil, ½ cup maple syrup, 1 tsp. vanilla extract, and ⅔ cup chopped dried fruit. Spread on a large foil-lined baking sheet. Bake at 325° for 15 minutes. Let cool completely. Store in an airtight container.



Spiced apricot tea mix

Combine 5 tbsp. loose decaf or herbal tea, 6 chopped dried apricots, 4 tbsp. chopped crystallized ginger, 2 tsp. whole allspice, 2 tsp. whole cloves, and 6 crushed cinnamon sticks. Store in a metal tin. Enclose these directions: "To use, place 2 heaping tsp. in a tea infuser. Steep in hot water for 3 minutes."

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
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www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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FEEDING YOUR TODDLER

(1-3 YEARS)

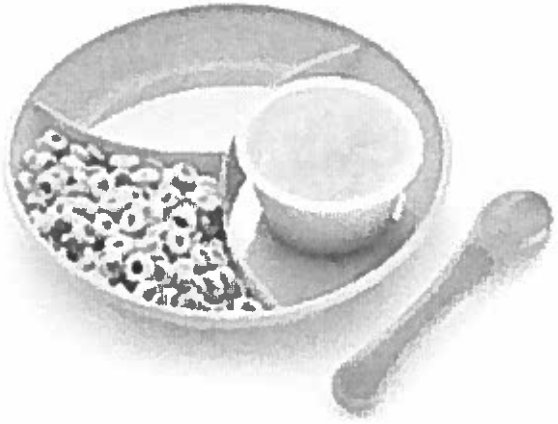


BREAKFAST



LUNCH





SNACK



DINNER

NOVEMBER 2014

SMART CHOICES FOR FEEDING TODDLERS

Why Is This Important?

- Many parents worry they are not feeding their toddler enough. But serving sizes for toddlers are smaller than serving sizes for adults and each child is different. Your role is to provide healthy choices for your toddler and let them decide how much they want to eat.
- Establishing healthy meal routines is an important step in healthy toddler development. Ideally, mealtimes should take place at regular times, at a table with limited distraction, and children should be encouraged to feed themselves with adult support as needed.

Nutritional Information

- Serving sizes for toddlers are much smaller than serving sizes for adults. A serving of veggies is about ¼ cup.
- A typical serving size for a toddler drink is 4-6 ounces.
- Your toddler (and you too!) needs food from all five of the food groups—grains, protein, vegetables, fruit, and dairy. Try offering a variety of foods from these groups at meal and snacks.

Mealtimes

- Your toddler may eat more some days and less on others. Don't worry, this is normal! Keep offering regularly scheduled meals and snacks.
- Allow your toddler to tell you when she is full. This teaches them to listen to their body for signs of hunger or fullness.
- Try using child-size plates, bowls, and utensils for "right-size" portions for your toddler. Using child-size utensils also makes it easier for your toddler to eat.
- Limit distractions during meal and snack times to allow your toddler to enjoy the food. Turn off the TV and sit at a table.

Snacking

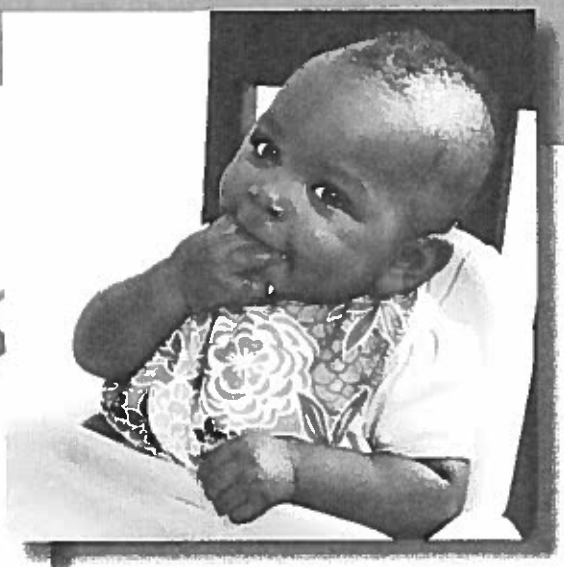
- Toddlers get hungry between meals. Snack time is a great chance to feed your toddler healthy foods (like fruits and veggies).
- Remember to have a start and end time for snack time. Toddlers should not be snacking (or grazing) all day.
- Remember snack time does not have to mean junk food time. Snacks can be healthy and easy to prepare.

Beverage Choices

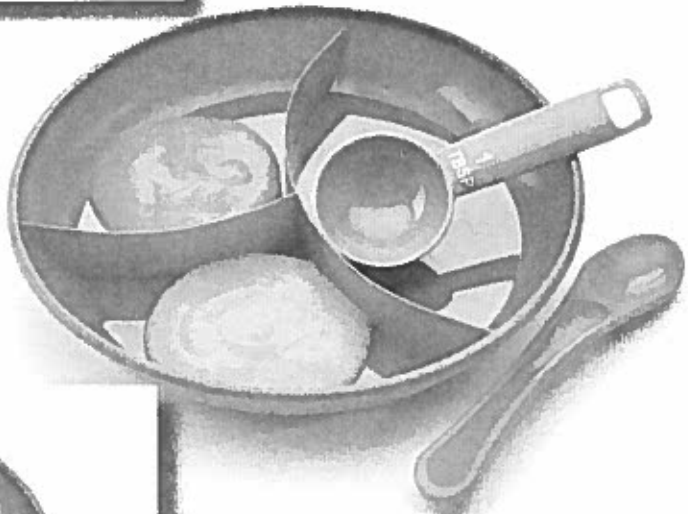
- What your toddler drinks is very important too! Water and milk are the best choices for toddlers. Children 1-2 years old should drink whole milk unless otherwise directed by their doctor and children over two should drink low-fat milk (Skim, 1% or 2%).
- Limit 100% juice to 1 time a day if at all and try to avoid other sugar sweetened beverages.
- Encourage toddlers to drink from cups and avoid use of bottles or sippy cups.

FEEDING YOUR 9 MONTH OLD

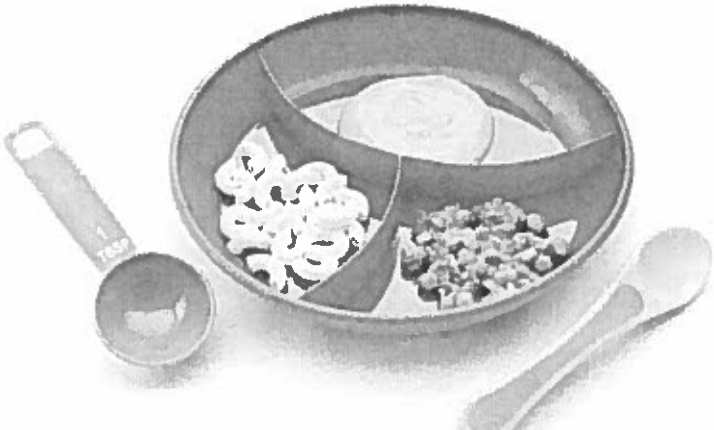




BREAKFAST



LUNCH



DINNER

NOVEMBER - 2016

SMART CHOICES FOR FEEDING A 9 MONTH OLD

Why Is This Important?

- Many parents worry they are not feeding their baby enough food. But serving sizes for infants are much smaller than for adults.
- It is hard to know how much to feed a baby. It is important to remind parents that their baby may eat more or less than this depending on their age, gender and feeding patterns.

Nutritional Information

- Serving sizes for infants are very small. A serving of veggies is only 1 Tablespoon.

Transition to finger foods

- By around 9 months, your baby might enjoy many soft, solid foods. This transition to finger foods is an exciting and fun time for parents and babies! However, there are many important things to keep in mind during this time:
  - Soft foods include infant cereal, soft fruits and cooked vegetables, and strained meats.
  - Cut soft foods into small, baby-bite size pieces, no larger than one-half inch, to prevent choking.
  - Your baby does not need much solid food. Start with 1 Tablespoon of each type of food, each time you feed your baby. This will also help you to avoid wasting food.
  - Remember your baby still needs formula and/or breast milk through the first year.
  - Also, continue to offer infant cereal during this time to ensure your baby gets important minerals and vitamins necessary to grow healthy.
- Don't forget to keep offering a variety of foods including fruits and vegetables. Too often during this time healthy foods are replaced by unhealthy snack items like French fries, chips, and other non-nutritious items.

Introducing New Foods

- Did you know a child might need to try a new food 10-15 times over several months before accepting a new flavor, food or texture?
- Don't give up! The more flavors and textures babies try and taste in their first year the more likely they will be to eat a variety of foods as they grow.

Establishing Meal Time Routines

- Now is a great time to begin enjoying family meals. When possible, include your baby in family mealtime including customs and manners.
- Remember it is important for babies to see you eat healthy foods and use proper table manners.
- Children who eat regularly scheduled meals and snacks are more prepared to learn and less likely to overeat at meals.
- Allow mealtime to end when your baby does not want to eat anymore. You may notice that your baby turns away from the food, or cries to tell you he/she is full. This teaches her to listen to her body and know when she is full; a skill that will help her maintain a healthy weight later in life.

What about Other Ages of Infants?

- Use this flip chart page as a benchmark for parents to understand average portion sizes for solid foods.
  - A 6-month-old baby will eat less than this. Parents should offer even softer foods, with more liquid. This helps baby swallow more easily as he/she is just beginning to learn how to eat solids.
  - An 11/12-month-old baby will probably eat more than this. Parents should offer more solid "finger-foods" and less formula and/or breast milk.
- As your baby becomes a toddler, he or she will eat more solids and less formula and/or breast milk.



Happy Healthy Holidays

During the holiday season, it's likely you and your family will be attending numerous holiday parties and possibly even hosting one. So how can you make the festivities a little healthier for your children?

1. **Bring healthier snacks.** If you're going to someone else's house, try a recipe that incorporates fruits and vegetables with a low-fat dip, make homemade pizzas on whole wheat, or bring a fruit salad with a yogurt dip.
2. **Incorporate healthier substitutes.** Find ways to swap out ingredients in holiday recipes for healthier alternatives to lower the amounts of fat, added sugar, and calories children consume.



3. **Make healthy drinks easy to grab.** Make sure water is easy to grab for children. To make the healthier options a little more appealing to children. Try making some fun ice cubes out of 100 percent fruit juice or offer seltzer water.
4. Don't bring ravenous children. Never take children to a holiday party on an empty stomach because it leads to less self-control and more overeating on empty calories. Aim to keep children on a regular schedule with three meals a day and healthy snacks.
5. **Involve kids in the preparation.** Children can be involved in the holiday food preparation as early as their toddler years. Remember to make it appropriate for their skills and age levels.
6. **Be a healthy role-model.** Show your children that you eat a variety of foods and monitor your own portion sizes at holiday celebrations. Families and parents are the number one role models for these behaviors.
7. **Shift the festivities' focus.** Make the holiday festivities more about enjoying family, traditions, and activities, rather than the food.
8. **Encourage kids to get moving.** Exercise is important during the holiday season and recommended that children get an hour a day, every day. Try to balance out some of the increased treats with increased activity.
9. **Keep sleep schedules consistent.** With all the holiday excitement, it can be difficult for children to unwind from the festivities and get a good night's rest. Try to stick to your child's regular bedtime schedule as often as possible.
10. **Reinforce regular hand washing.** To help keep children from spreading germs or contracting an illness at the holiday celebrations, ensure children regularly wash their hands. Children should wash their hands for 30 seconds or have them sing happy birthday twice while washing and then dry with a clean towel.



FOOD WISE
Healthy choices, healthy lives.

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Facts About Toy Injuries

Prevent Blindness
Our Vision Is Vision®

Prevent Blindness Wisconsin
759 N. Milwaukee Street,
Suite 305
Milwaukee, WI 53202
414.765.0505

Prevent Blindness wants everyone to know about the potential hazards some toys may have. In fact, the U.S. Consumer Product Safety Commission (CPSC) reports that there were an estimated 251,800 toy-related injuries treated in U.S. hospital emergency departments in 2014. The CPSC also reported the following statistics:

> 42 percent of the estimated emergency department-treated injuries are classified as lacerations, contusions, or abrasions.

> 44 percent of the estimated injuries were to the head and face area, the most commonly affected area of the body.

> Males accounted for 147,500 (59 percent) of the estimated toy-related injuries in 2014.

> Of the 251,800 estimated toy-related, emergency department treated injuries, an estimated 183,800 (73 percent) happened to children younger than 15 years of age; an estimated 173,300 (69 percent) occurred to children 12 years of age or younger; while an estimated 84,400 (34 percent) happened to children younger than 5 years of age.



Prevent Blindness strongly recommends:

> Read all warnings and instructions on toys.

> Avoid toys with sharp or rigid points, shafts, spikes, rods, and dangerous edges.

> Keep toys intended for older children away from younger children.

> Avoid flying toys and projectile-firing toys; these pose a danger to all children, particularly those under five years old.

> Be aware of items in playgrounds and play areas that pose potential eye hazards.

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Source: Tu, Yongling, 2015, Toy-Related Deaths and Injuries, Calendar Year 2014, U.S. Consumer Product Safety Commission, Nov. 2015, (https://www.cpsc.gov/s3fs-public/pdfs/ToyReport2014.pdf)

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USDA ChooseMyPlate.gov

United States Department of Agriculture



The MyPlate Daily Checklist (formerly Daily Food Plan) shows your food group targets – what and how much to eat within your calorie allowance. Your food plan is personalized, based on your age, sex, height, weight, and physical activity level. For a more advanced experience, you can create a personal daily food plan using the SuperTracker's MyPlan. You will be asked to create a profile, and you can register to save it if you want. You can then use some or all of the SuperTracker's other features.



For professional reference, all of the MyPlate Daily Checklists are available below. Cross reference the calorie level and the age group in the table below. You should use this table only if you already know which MyPlate Daily Checklist you are looking for. If not, calculate your own MyPlate Daily Checklist.

Do you know which Checklist you are looking for?

If you already know which MyPlate Daily Checklist you are looking for, access it below. If not, calculate your own Daily Food Checklist. Note: If you are on a mobile device, you may need to rotate your phone to see the full table.

AGE GROUP	CALORIE LEVEL								
Ages 2-3	1,000	1,200	1,400						
Ages 4-8	1,200	1,400	1,600	1,800	2,000				
Ages 9-13	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Ages 14+	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200

Last Updated: Jul 22, 2016

RED CLIFF BAND
of Lake Superior Chippewa

- Employment Opportunities
- Job Openings
- Job Application
- Law Enforcement Job Application
- Background Information Disclosure Form (HFS-64)
- Tribal Benefits Sheet

:: Job Openings ::

Current Openings

Job Center of Wisconsin displays open job orders maintained by the Job Center of Wisconsin.
Link to Job Center of Wisconsin

All jobs require that you use the Job Application posted on this site and require a Background Information Disclosure (also posted).

Disclosures

Current Openings for the Red Cliff Tribe

Dental Assistant II
DEADLINE: December 1, 2016

Public Health Nurse, Community Health Director
DEADLINE: December 5, 2016

Laboratory Medical Assistant
DEADLINE: December 5, 2016

Indian Child Welfare Worker
DEADLINE: Open Until Filled

Assistant Zoning Administrator / GIS Manager
DEADLINE: Open Until Filled

Family/Human Services Administrator
DEADLINE: Open Until Filled

Medical Coder (1 to 3 positions)
DEADLINE: Open Until Filled

Physical Therapist
DEADLINE: Until Filled

Tribal Admin Liaison
DEADLINE: Until Filled

Tribal Law Enforcement Officer – Part Time
DEADLINE: Until Filled

Chief Financial Officer
DEADLINE: Open Until Filled

* * * Current Openings for Legendary Waters Resort & Casino

Click Here to view Current Legendary Waters Resort & Casino Job Openings

* * * Current Openings for GLITC

Great Lakes Inter Tribal Council Job Postings

Great Lakes Inter Tribal Council - Program Administrative Assistant SPF-PFS
DEADLINE: November 28, 2016

* * * Current Openings for School District of Bayfield, WI

Click here for Available Job Vacancies at Bayfield School

Substitutes Vacancies at Bayfield School

Academic Tutor/Interventionist at Bayfield School

* * * Current Openings for Family Forum

Family Forum Job Openings

Family Forum Head Start Bus Driver

* * * Current Openings for Bay Area Home Health

Bay Area Home Health - Personal Care Workers / Supportive Home Care Workers / Certified Nursing Assistants

* * * Current Openings for UW Extension

Current Opportunities for UW Extension

* * * Current Openings for the USAJobs.gov

National Park Service - Supervisory Facility Operations Specialist GS-1640-11/12

DEADLINE: December 5, 2016

National Park Service - Maintenance Worker WG 4749-05

DEADLINE: December 6, 2016

National Park Service - Park Ranger (P) GL-0025-07/GL-09

DEADLINE: December 9, 2016

National Park Service - Visitor Use Assistant (Fee Collection) GS-0303-05

DEADLINE: December 14, 2016

National Park Service - Visitor Use Assistant (Fee Collection) GS-0303-05

DEADLINE: December 14, 2016

*** * * Current Openings for the BIA.gov**

BIA Fire & Forestry Job Openings

*** * * Current Openings for the Forestry Service**

2016 Pathways Hiring Event

Public-Outreach-CNNF_GD-WB-ResourceAssistant-Flyer

*** * * Current Openings for the Wisconsin Dept. of Transportation**

IT Project Leader - Deadline Extended
DEADLINE: December 4,2016

*** * * Current Openings for the ATS-Associated Training Services**

ATS-Associated Training Services

*** * * Current Openings for the UMOS National Farmworker Jobs Program (NFJP) Training**

Welding and CDL Job Skills Training

NFJP flyer

NFJP brochure 2016

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JOB DESCRIPTION

POSITION: Dental Assistant II

LOCATION: Red Cliff Community Health Center

SALARY: $14.00-17.00, Negotiable depending on qualifications

THIS IS NON EXEMPT POSITION

SUPERVISOR(S): Dentist and Dental Director

JOB SUMMARY: Serves as a certified or registered dental assistant aiding the dentist in performing restorative, prophylactic, endodontic and surgical procedures.

DUTIES AND RESPONSIBILITIES:

1. Performs limited intra-oral procedures and chair side assistant duties in all phases of prosthodontic, surgical, endodontic as provided in general dentistry.
2. Receives and routes patients and assists patients in completing medical history questionnaire.
3. Charts examination and treatment information as relayed by the dentist.
4. Maintains dental equipment in a clean and operative condition, including sterilization of instruments, materials and equipment.
5. Properly lays out all instruments and materials needed for each treatment, prepares all tray sets for operative, endodontic and surgical procedures.
6. Instructs patients in preventive dental care; demonstrates brushing and flossing techniques and use of disclosing tablets, explains the cause of decay and its relationship to diet.
7. Takes radiographs, impressions for study models, applies rubber dam, removes sutures, performs prophylaxis and applies topical fluoride.
8. Obtains and records vital signs as directed by dentist.
9. Relays dentist's instruction to patients for post-op care.
10. Maintains and records for supply levels and order supplies to be used and charting forms
11. Applies sealants as directed by dentist.
12. Aids in training of trainee dental assistants. Demonstrates clinic maintenance, chair side assistance and radiographic duties regularly performed. Observes and advises trainee as they perform these duties.
13. Pours and trims models and fabricates custom temporaries.
14. Completes or is trained on repairs of dentures and partials and fabricates acrylic partials as directed by the Dentist either on the job or by means of training programs.
15. Maintain the confidentiality of all client specific information and data in accord with federal and state guidelines and requirements.
16. Present a professional, caring image for the Health Center and its programs.

a. Maintain a cooperative relationship with other Health Center staff and co-workers.
b. Demonstrate tact, courtesy, and respect in communication and interaction with Health Center patients, visitors, and staff and with outside agencies and programs.
c. Promote a working environment noted for effective cooperation and collaboration between programs, services, and co-workers.
d. Dress appropriately to promote professionalism within the Health Center.

17. Utilize the resources, materials, office supplies, equipment and physical plant allocated for use by the Red Cliff Community Health Center in accord with professional practice norms and Tribal policy.
18. Participate in quality assurance measures conducted within the Health Center.
19. Adhere to a professional code of conduct and applicable federal and state laws and regulations in the discharge of these assigned duties.
20. Attend staff and other meetings, in-services, and other events as directed by supervisor.
21. Willing to learn or has experience placing and contouring restorations as directed by the Dentist or training facility. These assignments will vary from time to time due to the cyclical nature of these program efforts.
22. Performs other job related duties as directed by the immediate supervisor or Tribal Administration.

SUPERVISORY AUTHORITY: None

QUALIFICATIONS/KNOWLEDGE:

1. Individual who is accredited by the American Dental Association that included radiographic techniques, darkroom/processing and film mounting. (Completion of the Dental Assistant training program and work experience should aid the applicant to gain appropriate knowledge in order to take the test.)
2. Prefer knowledge of oral anatomy and bone structure of the face to take diagnostic dental radiographs.
3. Prefer basic dental disease prevention techniques, basic dental terminology and record keeping procedures.
4. Prefer knowledge of sterilization and infection control techniques.
5. Must have valid driver's license, vehicle, and at least liability insurance. Must also be eligible for the Tribe's vehicle insurance. Maintain driver's status as a condition of employment.

PERSONAL CONTACTS: Daily contact with patients, visitors, primary care providers, Tribal and Health Center Administration, and other Health Center staff.

PHYSICAL REQUIREMENTS: The duties assigned to this position involve bending, stooping, lifting, and carrying. Items may be placed on overhead storage. Weights to be carried are usually less than 50 pounds. At times, the Dental Assistant will be required to personally assist patients.

WORK ENVIRONMENT: Red cliff Community Health Center; office and clinic settings. Exposure to hazards within the health care industry. Work setting must be maintained as a clean, nonsmoking, well-ventilated area in compliance with all applicable safety regulations.

TRAVEL REQUIREMENTS: May require overnight travel to attend meetings or training.

Indian preference will be applied in the case of equally qualified applicants, but all qualified applicants will be considered.

APPLICATION SUBMITTAL REQUIREMENTS:

The following items are required for this position:

1. Completed Tribal Application; available on the tribal website
2. Tribal Background Investigation Disclosure; available on the tribal website
3. Post-secondary transcripts; if applicable

POSTED: November 17, 2016
DEADLINE: December 1, 2016 at 4:00 p.m.

FOR FURTHER INFORMATION:

Red Cliff Tribal Administration Building
Human Resources Department
88455 Pike Road
Bayfield, WI 54814
www.redcliff-nsn.gov
susie.gurnoe@redcliff-nsn.gov

(715) 779-3700 ext. 4268

The Red Cliff Tribal Council has a Drug Free Work Place Policy and adheres to the intent of the Drug Free Work Place Act. All new hires are subject to a drug test prior to starting.

ALL APPLICANTS FOR EMPLOYMENT WITH THE RED CLIFF TRIBE ARE SUBJECTED TO THE BACKGROUND INVESTIGATION AND OTHER REQUIREMENTS OF RCCL CHAPTER 43, AND THAT YOU ARE UNDER A CONTINUEING OBLIGATION TO SUPPLEMENT THIS APPLICATION FOR EMPLOYMENT WITH INFORMATION CONCERNING ANY CONVICTIONS THAT OCCUR AFTER COMMENCEMENT OF EMPLOYMENT WITH THE TRIBE.

Back To Employment Page

JOB DESCRIPTION

POSITION: Laboratory Medical Assistant

LOCATION: Red Cliff Community Health Center

THIS IS A FULL TIME NON EXEMPT POSITION

SALARY: $12-14.00 per hour depending upon experience

SUPERVISOR: Clinic Manager and Health Administrator

JOB SUMMARY:
The medical assistant supports the Lab Technician in care and treatment of individuals served by the Red Cliff Community Health Center Lab and clinical services. This position is one of several support or ancillary personnel, who perform assigned duties in a collaborative manner.

DUTIES AND RESPONSIBILITIES:
LABORATORY:

1. Draws and collects specimens for patients and prepares the specimens for routine testing or packages them for referral to the reference laboratory.
2. Performs/monitors limited routine tests in hematology, chemistry, urinalysis and serology.
3. Adheres to all quality control requirements in laboratory.
4. Reports laboratory test results to the ordering provider in a timely manner.
5. Monitors when referral laboratory reports are sent and returned.
6. Performs routine laboratory testing available, within compliance and under the supervision of a lab technician, physician, nurse practitioner or registered nurse.
7. Assist with daily identification of scheduled patients whom are due for preventative and chronic care labs to ensure maximum packing of visit and all needs are addressed.
8. Utilize current computer software programs to identify patient needs.
9. Work collaboratively with the Family Practice teams and Care Managers to address patient care needs.

GENERAL:

1. Provides coverage for clinical services as needed and prepares patients to be seen by the Provider:
    a. Escort patients from the waiting area to the exam room.
    b. Complete and record vital signs, screenings, and education per Clinic policy.
    c. Solicit and record specific patient information regarding purpose of visit.
    d. Instructs and prepares patient for physician visit.

e. Enters information into electronic health record as appropriate.
f. Informs PCP of patient's presence in the exam room and of other pertinent information.
g. Clean and refurbish exam rooms between patients in accord with prescribed clinic policy.

2. Provide safe, accurate and clinically competent care to patients through telephone triage, lobby screening, and direct patient care.
3. Carries out established techniques for administration of medications, vaccines and obtaining specimens.
4. As needed assists provider with diagnostic procedures, examination, treatments and dressing changes. This may include surgical assisting.
5. Safely and proficiently operates clinic and patient care equipment within level of expertise.
6. Recognizes variations of normal and/or urgent health problems and seeks appropriate assistance.
7. Provides patient education material and information as directed.
8. Completes assignments within legal limits of the certification of the State.
9. Effectively communicates with staff to provide information that contributes to effective operations.
10. Observes, listens and is responsible to what others communicate.
11. Clearly conveys information regarding patient status to Nursing and/or provider.
12. Uses established channels of communication to express personal or work related needs, suggestions and/or concerns.
13. Maintain an appropriate inventory of clinic, treatment room, and laboratory supplies, forms, patient handouts, and routine equipment.
    a. Order replacement items according to Health Center policy to insure accurate inventory control and proper fiscal accounting.
    b. Clean and prepare the treatment room and the team care area on a daily basis or more often, as necessary.
    c. Clean and sterilize medical equipment.
14. Participate in quality assurance and other efforts that assure appropriate care and services.
15. Follow procedures established for universal precautions and sterile techniques.
16. Maintain strict confidentiality and safeguard the privacy of patients in common areas of the clinic.
17. Direct assigned clinic system duties such as, but not limited to:
    a. Clinic medical supply: maintain an inventory, tracking of expiration dates, and ordering system.
    b. Medication supply: maintain an inventory, tracking of expiration dates, and ordering system.
    c. Clinic sterilization processes: maintain policies, procedures, quality checks, daily checklist, and trains staff.
18. Present a professional, caring image for the Health Center and its programs.
    a. Maintain a cooperative relationship with other Health Center staff and employees.
    b. Demonstrate tact, courtesy, and respect in communication and interaction with Health Center patients, visitors, and staff and with outside agencies and programs.
    c. Promote a working environment noted for effective cooperation and collaboration between programs, services, and co-workers.
19. Maintain a clean and safe physical environment. Alert administration and/or Health Center staff to problems and difficulties, as circumstances may warrant.
20. Advance job knowledge and skills through continuing education efforts with the approval of Health Center Administration.
21. Attend staff and other meetings, in-services, and other events as directed by supervisor.
22. Participate in the implementation of grants, contracts, or projects being carried out under the auspices of the Red Cliff Community Health Center and at the direction of the Administrator of the Health Center. These activities are to comply with the directives of Tribal and Health Center Administration and to fulfill the conditions and stipulations of the grant, contract, or project. The specific duties will reflect the individual grant, contract, or project and the concurrent needs and resources of the Health Center. These assignments will vary from time to time due the cyclical nature of these program efforts.
23. Perform other duties as assigned.

SUPERVISORY AUTHORITY: None

QUALIFICATIONS:
1. High school diploma, HSED, or GED.
2. Graduate of accredited Medical Assistant Program.
3. Certification or must obtain within one year of hire.
4. Current CPR certification or must become certified within 90 day of hire.
5. Valid driver's licenses, reliable transportation and proof of vehicle insurance. Must maintain driver's eligibility as a condition of employment.

KNOWLEDGE:
1. Working knowledge of medical terminology.
2. Personal abilities and maturity to function in a fast paced environment, to interact positively with individuals in distress, and to deal appropriately with potential medical emergencies.
3. Demonstrates good public relations and customer service skills.
4. Proven ability to work as a team member.
5. Basic computer skills.

PERSONAL CONTACTS:
Daily contact with clients, visitors, vendors, Tribal and Health Center Administration, and other Tribal program staff.

WORK ENVIRONMENT:
1. Red Cliff Community Health Center; office and clinic settings.
2. Exposure to hazards of the health care industry.
3. Work setting must be maintained as a clean, nonsmoking, well-ventilated area in compliance with all applicable safety regulations.

PHYSICAL REQUIREMENTS:
The duties assigned to this position involve bending, stooping, lifting, and carrying. Items may be placed on overhead storage. Weights to be carried are usually less than 50 pounds.

TRAVEL REQUIREMENTS:
May require overnight travel to attend meetings or training. May be asked to perform visits to patient homes.

Indian preference will be applied in the case of equally qualified applicants, but all qualified applicants will be considered.

BEHAVIOR:
The vision, goals and objectives of the Red cliff Band of the Lake Superior Chippewa Indians requires the Assistant Assistant/ Data Entry to perform in both a professional and personable manner. The manner in which the employee relates to fellow employees, customers and visitors is considered parallel in importance to technical knowledge and ability. Respect and consideration given to the dignity of each customer, visitor and fellow employee is a requisite of successful job performance. Any Behavior or Attitude that tarnishes the Name or Image of the red Cliff Band of Lake Superior Chippewa will be subject to immediate disciplinary action up to and including termination.

POSTED: November 21, 2016
DEADLINE: December 5, 2016

FOR FURTHER INFORMATION CONTACT:

Red Cliff Human Resources Department
88455 Pike Road,
Bayfield, WI 54814
(715) 779-3700 ext. 4268
www.redcliff-nsn.go
susie.gurnoe@redcliff-nsn.gov

The Red Cliff Community Health Center is a Drug-Free Workplace in accord with the Drug-Free Workplace Act of 1988, P.L. 100-690, and has a Drug-Free Workplace Policy in effect.

All applicants for employment with the Red Cliff Tribe will be subject to the background investigation and other requirements of RCCL Chapter 43, and are under a continuing obligation to supplement this application for employment with information concerning any convictions that occur after commencement of employment with the Tribe.

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JOB DESCRIPTION

POSITION: Indian Child Welfare Case Worker

LOCATION: Red Cliff Reservation

SALARY: $14.00 per hour/40 hours per week

THIS IS A REGULAR FULL-TIME NON-EXEMPT POSITION

SUPERVISOR(S): Indian Child Welfare Director

JOB SUMMARY: The primary goal of the Indian Child Welfare Department is to prevent the breakup of Red Cliff families and to prevent the permanent removal of Tribal Children from the custody of their parents. The person selected for this position will be required to respond, report, investigate and follow through on allegations of child abuse/neglect as well as provide case management services to families in the tribal court system and families in crisis. Requires an on call status for emergency and/or crisis intervention.

DUTIES AND RESPONSIBILITIES:

1. To accept referrals regarding minors alleged to be in need of care.
3. To make such other investigations as ordered by the Children's court or authorized by this court.
4. To develop case plans concerning any minor, if an investigation supports an administrative or judicial finding that the minor is in need of care.
5. To make reports to the Children's Court and to provide information or referrals to recognized child welfare agencies having an interest or service role concerning a Tribal child.
6. To maintain a confidential system of records, subject to disclosure to a non-party only upon order of the Children's Court.
7. Subject to the approval of the Tribal Council, negotiate service agreements with other recognized child welfare agencies.
8. Pending a determination of the minor's status to prevent risk of immediate harm by or to the minor, take into emergency custody and provide emergency placements.
9. Comply with all reporting requirements for funding sources as well as required internal reporting requirements.
10. Conduct home visits on a regular basis.
11. Meet with Family Service Staff and other Tribal/County Programs to provide case management for clients.
12. Attend and participate staff and other meetings, Child Protection Team meeting, in-service, training and other events as directed by supervisor.
13. Provide or refer to appropriate agency individual/family counseling services for youth and their families involved with the Indian Child Welfare Department.
14. Assist the prosecutor with filing petitions; conduct investigations and case studies as necessary.
15. Assist families in whatever way possible to carry out their court ordered plans and work cooperatively with county and other social service agencies to ensure that services provided are appropriate and culturally relevant.
16. Present a professional, caring image to clients, of the Indian Child Welfare Program and Family Services Programs.
17. Promote a working environment noted for effective cooperation and collaboration between programs, services and co-workers.
18. Provide telephone or in person testimony to off reservation child protection cases.

19. Perform other duties as assigned

SUPERVISORY AUTHORITY: None

KNOWLEDGE:

1. Knowledge of Indian Child Welfare Act and the uniqueness of the Red Cliff Community.
2. Knowledge of tribal and county service providers.
3. Knowledge of the unique culture of Red Cliff and extended family system.

QUALIFICATIONS:

1. Bachelor's degree in social service related field, including; Sociology, Psychology, or a Bachelor's degree in Social Work.
2. A minimum of one year experience working in a Child Protection/Indian Child Welfare Department.
3. Training in ICWA (Indian Child Welfare Act) and knowledge of the uniqueness of the Red Cliff community. Must be prepared to be a 'Qualified Expert Witness' according to the ICWA act.
4. Training or knowledge of historical trauma and how it affects the Red Cliff Community.
5. Must have basic understanding of the extended family system as it exists in Red Cliff.
6. The experience/ability to take an active role in the grant and budget development process.
7. Experience working closely with families, performing home visits, performing needs assessments.
8. In-depth knowledge of Tribal and County Service Providers.
9. Training in Targeted Case Management (Medicaid)
10. Training in CANS (Child and Adolescent Needs and Strengths)
11. Valid driver's licenses, reliable vehicle and proof of vehicle insurance. Must maintain driver's eligibility as a condition of employment.

PERSONAL CONTACTS: Daily contact with clients, visitors, other Tribal staff, Bayfield County staff, other Tribal ICW programs and other county and state social service programs.

PHYSICAL REQUIREMENTS: The duties assigned to this position involve bending, stooping, lifting, over head lifting and carrying items up to 50 pounds.

WORK ENVIRONMENT:

1. Indian Child Welfare Office
2. Appearances in Tribal Court
3. Residences in the Tribal Service Area.

TRAVEL REQUIREMENTS: Will require overnight travel to attend meetings, training, and transporting clients. Home visits to clients in the Red Cliff Service Area.

RE-POSTED: November 22, 2016
DEADLINE: Open until filled

FOR FURTHER INFORMATION:

Red Cliff Tribal Administration Building
Human Resource Department
88455 Pike Road
Bayfield, WI 54814
www.redcliff-nsn.gov
susie.gurnoe@redcliff-nsn.gov

(715) 779-3700 ext. 4268

The Red Cliff Tribal Council has a Drug Free Work Place Policy and adheres to the intent of the Drug Free Work Place Act. All new hires are subject to a drug test prior to starting.

ALL APPLICANTS FOR EMPLOYMENT WITH THE RED CLIFF TRIBE ARE SUBJECTED TO THE BACKGROUND INVESTIGATION AND OTHER REQUIREMENTS OF RCCL CHAPTER 43, AND THAT YOU ARE UNDER A CONTINUEING OBLIGATION TO SUPPLEMENT THIS APPLICATION FOR EMPLOYMENT WITH INFORMATION CONCERNING ANY CONVICTIONS THAT OCCUR AFTER COMMENCEMENT OF EMPLOYMENT WITH THE TRIBE.

Back To Employment Page

Want to join our team?

We accept applications on an ongoing basis to consider as employment opportunities become available. All general applications are retained for one year from the date of receipt. Legendary Waters Resort & Casino is dedicated to providing exceptional guest service in all of our departments. Reliable, courteous individuals interested in joining our fun and exciting team are encouraged to submit an application.

DOWNLOAD OUR APPLICATION HERE (HTTP://LEGENDARYWATERS.COM/WP-CONTENT/UPLOADS/2016/07/JOB-APPLICATION22.PDF)

Minimum Qualifications:

- Must be 18 years or older.
- High school diploma or equivalent (GED).
- Must be physically able to perform all aspects of position duties.
- Reliable means of transportation to and from work.
- Must be able to interact well with the public and co-workers.
- Must be able to pass a background investigation and obtain a Gaming License.
- Must submit to and pass drug and alcohol tests.

The Red Cliff Tribal Council has a drug free work place policy and adheres to the intent of the drug free work place act. All new hires are subject to a drug test prior to starting. Not a smoke free environment.

Current Openings:

- Wait Staff

Department	Food & Beverage
Supervisor	Wait Staff Supervisor / Food & Beverage Manager
Wage	$4.50 / hr plus tips
Shift	Days/Nights/Weekends
Classification	Non-gaming / Gaming license required
Position	Full-time, Non-exempt

JOB SUMMARY:

Under the direction of the Wait Staff Supervisor and/or the Food and Beverage Manager, this position will serve customers by taking orders, serving food and preparing tables. An important part of the work is to make customers feel welcome and comfortable during their meal. To provide friendly, excellent service to every guest who dines in the restaurant. Applicants should be advised that the Tribe reserves the right to disqualify applicants whose prior activities pose a threat to public interest. Friendly, professional attitude required at all times. Must be willing to work weekends, nights, and holidays. Neat, clean appearance is a must. Native American preference but all qualified applicants will be considered.

JOB QUALIFICATIONS:

- Must have experience and/or knowledge of serving food and beverages.
- Knowledge of Restaurant POS touchscreen system.
- Must be able to accurately process money transactions providing change when necessary.
- Must be able to provide customers with service in a timely, friendly, professional manner.
- Excellent customer service skills
- High standards of personal hygiene.
- An awareness of health and safety issues.
- The ability to remain calm under pressure.
- Ability to multi task.

DUTIES & RESPONSIBILITIES:

- Must adhere to Legendary Waters Resort & Casino's policies and procedures.
- Must adhere to all appearance and uniform standards.
- Greeting guest as they arrive and show them to their table.
- Giving out menus and taking orders for food and drinks.
- Serving food and drinks.
- Returning to each assigned table periodically to ascertain whether additional items are desired.
- When guests have completed their meal, a dessert is suggested and the check is presented.
- Acknowledges and responds to guest immediately
- Making sure tables are clean and tidy.
- Stock and maintain wait station.
- Follow opening and closing procedures for wait stations and seating areas.
- Ability to lift 25 lbs.
- Stand and walk for long periods of time.
- Perform other duties as required.

+ Staff Accountant

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Job Search

Hot Deals

Narrow search by:

Any Category

Enter Keyword

Any Employer

Search

Results Found: 4

Sort by: A-Z Category

Bayfield Inn, The

20 Rittenhouse Avenue Bayfield, WI 54814

Contact:
Nate Lawyer
Send Email
Phone:(715) 779-3363

MAP
VISIT WEBSITE

Food & Beverage Director

Category: Food Industry and Restaurants

The Bayfield Inn (Bayfield, WI) is seeking a professional Food and Beverage Director to oversee all F&B operations and deliver an excellent guest experience. Candidate must be able to forecast, plan and manage all phases of the F&B department to include: Oversee day to day operations of hotel restaurants & bars. Excellent communication & leadership skills. Ability to spot & resolve problems efficiently. Mastery in delegating multiple tasks. Lead F&B team by hiring & training ...read more →

Wilderness Inquiry

33095 Little Sand Bay Road Bayfield, WI 54814

Contact:
Ann Koller
Send Email
Phone:(612) 676-9400

Outdoor Leader at Wilderness Inquiry

Category: Non-Profit and Social Services

OVERVIEW: Outdoor Leaders are the backbone of our adventures at WI. Outdoor Leaders staff all WI events, from single day programming to extended trips. In the summer season, most extended trips are 3-6 days in duration, simultaneously we are running local single day trips. Our activities on these trips range from canoeing, kayaking, hiking, and land-based educational programming. TIME/WAGE: Outdoor Leaders are classified according to skill and experience—from assistant to senior trainer—and ...read more →

MAP
VISIT WEBSITE

Superior Body Massage & Spa

33 N First Street Bayfield, WI 54814

Massage Therapist Position Available

Category: Personal Care and Services

Superior Body Massage & Spa has an opening on our spa team for a new Massage Therapist. This is a part-time position offering flexible hours and a wonderful work environment along with the possibility of expanded hours in the spring. Applicants must hold a valid Wi Massage Therapist license. Please contact Anna to learn more about Superior Body and the position.

Contact:
Anna Johnson
Send Email
Phone:(715) 209-0428

MAP
VISIT WEBSITE

Mt. Ashwabay Ski and Recreation Area

32525 Ski Hill Road Bayfield, WI 54814

Lift Operators - Winter 2016/2017

Category: Sports and Recreation

Available Position Lift Operator Assist in the safe loading and unloading of the chairlift and paddle-tows, and check lift ticket validity, while providing excellent customer service by interacting with all lift passengers. Job Description Lift Operator Tend gasoline, diesel, or electric lift to transport riders up slope. Instruct, greet, and assist guests on the safe boarding of lifts. Work schedules may be between Wednesday and Sunday, December through March. Responsibilities Include: • Monitor ...read more →

Contact:
Send Email
Phone:(715) 779-3227

MAP
VISIT WEBSITE

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DECEMBER 2016

MANIDOO-GIIZISOONS

NITAM ANOKII-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIIYO-GIIZHIGAD	NAANO-GIIZHIGAD
			1B CORNCHEX, CC, ORANGES, TOAST, JELLY L TUNA HD, PEAS, CANTALOUPE S CC/PEARS	MENU SUBJECT TO CHANGE
5B RICE PUDDING, TOAST, BERRIES, L KIELBASA, MAC/CHEEZ, GR BEAN, HONEYDEW S NUTRA BAR/FR CUP	6B KIX, PEARS, CC, MUFFIN L BEEF BARLEY SOUP, CHEEZ SND, SALAD, CARROTS, PEACHES S CARROTS/CC DIP	7B CHEERIOS, BANANA, YGT, BAGEL, CR CH L CHIX ALFREDO, PEAS, CANTALOUPE, BR STICK S BERRIE PIZZA	8B WAFFLE, BLUEBERRIES, CC L HAM/SCALLOP PT, CORN, TR FRUIT, BUN S VEG/DIP/MILK	
12B FR TOAST, YGT, STRAWBERRIES L SPAGHETTI, CORN, PEARS, GR STICK S JUICE/CRACKERS	13B RICE CHEX, PEACHES, CC, BAGEL L CHEEZ/PT/WR SOUP, PBJ, PEAS, TR FRUIT S CARMEL APPLES/MLK	14B HB OATS, BANANA, YGT, ENG MUFFIN L PORK CHOPS, POTATO, CARROTS,BISCUIT,APPLS S FRUIT CANDY CANE	15B OATMEAL, RASPBERRIES, TOAST, JELLY L PIZZABRG, PEAS, PEARS, PUDDING, S PARTY MIX/JUICE	MILK SERVED WITH ALL MEALS
WINTER BREAK ECC CLOSED	WINTER BREAK ECC CLOSED	WINTER BREAK ECC CLOSED	WINTER BREAK ECC CLOSED	
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