

December 2013 Sasiwaans



REMINDER!!!

**Christmas Concert
December
11, 2013**

Christmas Concert!!!!

December 11, 2013



Important Numbers

- ☺ ALRD Main office
775-4026
- ☺ Sasiwaans
775-4470
- ☺ Isabelle
Osawamick- ALRD
Outreach Specialist
775-4110
- ☺ Saginaw Chippewa
Academy
775-4453

BUS DRIVERS

- ☺ Mister Terry
330-9345
- ☺ Miss Terry
330-5574
- ☺ Miss Stephanie
330-3278
- ☺ Miss Gidget
330-0782



Angel/Star Tree Children



We as Parents have so much to offer to our children; the gift of love, knowledge, and respect just to name a few. This time of year we teach them the gift of **GIVING**. Sasiwaans has picked out 4 Children; 2 from the Angel and 2 from Star Tree kids (2 Different Programs). Parents we're asking for help by giving a small cash(loose change) donation to help give these sweet little Angels a Wonderful Christmas. Also we're looking for a few

good Parents to volunteer to go shopping for these babies on December 4th @ 9:30 a.m.

WE Have Twins!!! They're a pair of 3 year old girls from South Dakota.

For our Angel Tree Program Babies... all they want are Coats, hats/gloves socks and Barbies!! & toys

Gifts for this program should be returned on Friday December 6th.

Our Baby girl from the Star Tree Program is 2 years old. She wants a Dollhouse, little people to live in her house, a

music box, and baby dolls, some clothes for herself & some boots

The Baby boy wishes he had some toy cars and blocks, pants, shirts, and sweaters.

If you wish to have an Angel or Star Tree Child you can call Lou Bruner 775-4200 (Angel Tree) or Emily Wiggins (Star Tree) 775-4613.

Miigwetch!

Zhiibigen Ogitchidaw niniwag miinwaa kwewag (write Veteran Men and Women)

When filling out your Christmas cards,
Take a card and send it to:

Holiday Mail for Heroes
PO Box 5456
Capitol Heights, MD
20791-5456

Pass this on and think of how
many cards these wonderful
people who have sacrificed so
much would get.

Please share,
It's the least we can do
to show our love and support.

Deadline is December 6th 2013



*Speaking of gifts!! Tis the Season of **Christmas CARDS!!!!**
With the Holidays coming up **FAST** the Sasiwaans Chil-
dren are getting ready to make some Christmas cards for
our **HERO'S !!!** What a great opportunity to show our
Soldiers that we are here for them, and that we support
them and that we are honored to have them fighting for
our Country.*

*This is something that you can do as a family also. If you
would like for you; you can bring in signed cards to the
Princess Auntie Wanna.*



Zhaash-gwa Maa-jii Ksi-na (It's already cold)



On the days school is in ses-
sion please remember to send
extra **gloves/mittens, hats,**
and **socks.** And as always
extra sets of clothes. **Play**
clothes and extra shoes to
keep in their cubbies. **PLEASE**
put your child's name on ALL
pieces of clothing. (so they
don't find another home).

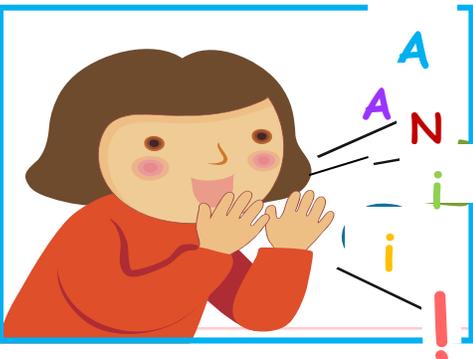
On the same note, **FLU** and
COLD season is also amongst

us!! Deciding when to keep your
child home is not always easy.
But when they're truly sick they
need to stay home to prevent
spreading the illness to other
children and Sasiwaans staff.



**WHEN IS YOUR CHILD TOO
ILL TO COME TO SCHOOL??** If
he/she has a deep or Uncon-
trollable cough, lack or en-
ergy, even without a fever
(these are **COLD** symptoms).
If your child has a fever
(100 degrees) and is cough-
ing, sneezing, sore throat,
vomiting, achy, these are
symptoms of the FLU.

WANTED!



I'm not sure if you're aware of this
BUT Sasiwaans has a Parent Com-
mittee!! Didja know that?? We're
looking for a few good mom's and
dads to be a part of their babies
Sasiwaans
career.

If you have great ideas on how to

raise some extra Zhoonyaa for fu-
ture activities like' fieldtrips, end of
school celebrations or graduations,
you're the person for this Commit-
tee!!

For more info, or to sign up contact
Mary Shomin 775-4026 or Rhonda
"Princess Auntie Wanna" Quigno



Gindaaso gdo-binoojiimak (Read to your Babies)



How important is it to read your child? Well, studies shows that reading to your child for 20 minutes each and every day prepares him/her for school. Reading aloud is the easiest and most effective way to prepare a child for school. Kids who are read to when they are very young are more likely to do well in school overall. Reading aloud stimulates their language and literacy skills as well as building motivation, curiosity and memory.

Children who are read to development vocabulary. Did you know that 80% of a child's brain develops before age 5? Kids are sponges when they are little. Ever notice that when you say ONE word to them and they repeat it?? Say positive words to them, when you read they hear words they don't normally encounter in daily conversations. BOOKS build vocabulary.

The more a child reads, the farther the child goes in school. It doesn't matter who you are, where you come from or what your parents do; research shows that the more age-appropriate books in a child's home, the more schooling they will finish. PERIOD. Get as many books as

you can and watch them learn!! It's very REWARDING!

Passion for books. Reading to your child builds family relationships. Children learn to love reading books, have you ever wanted a child to settle down? Break out a book and start reading aloud and watch your baby's mind start racing with curiosity as she comes sits on your lap and cuddle while you read!!

Children learn how to handle stress and new experiences from books. Stories are a great way to help children transition from one milestone to another (starting school, moving) or how to handle stressful situations (losing a pet, gaining a new sibling). There are relevant children's books for almost every situation and they can really help explain things to them on their level.

There are so many other reasons to read to your child, how crucial it is to their development; but it's start!!!!

The Importance of Sleep- (Chi-pii-ten-daaw-gwad nbaang)

Sleep is a vital need, essential to a child's health and growth. Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioral problems and moodiness.

That is why it is important for parents to start early and help their children develop good sleep habits. How much sleep should my child get?

Each child is different and has different sleep needs. This chart presents recommended hours of

sleep that includes naps for children up to five years of age.

How Much Sleep Should My Child Get?



0 - 2 months	10.5 - 18
2 - 12 months	14 - 15
1 - 3 years	12 - 14
3 - 5 years	11 - 13
5 - 12 years	10 - 11

SleepforKids.org – The National Sleep Foundation

Age Hours of Sleep

ozhibiigewin (alphabet)

	<u>a</u>	<u>i</u>	<u>o</u>	<u>aa</u>	<u>ii</u>	<u>oo</u>	<u>e</u>
b	ba	bi	bo	baa	bii	boo	be
p	pa	pi	po	paa	pii	poo	pe
d	da	di	do	daa	dii	doo	de
t	ta	ti	to	taa	tii	too	te
g	ga	gi	go	gaa	gii	goo	ge
k	ka	ki	ko	kaa	kii	koo	ke
j	ja	ji	jo	jaa	jii	joo	je
ch	cha	chi	cho	chaa	chii	choo	che
z	za	zi	zo	zaa	zii	zoo	ze
s	sa	si	so	saa	sii	soo	se
zh	zha	zhi	zho	zhaa	zhii	zhoo	zhe
sh	sha	shi	sho	shaa	shii	shoo	she
m	ma	mi	mo	maa	mii	moo	me
n	na	ni	no	naa	nii	noo	ne
w	wa	wi	wo	waa	wii	woo	we
y	ya	yi	yo	yaa	yii	yoo	ye
'	'a	'i	'o	'aa	'ii	'oo	'e

e= ay which will have the sound in say another example would be Anishnabe which will sound like Uh-Nish-Nah-Bay

The children are learning this "Alphabet" as a song, it's considered an exercise to learn the pronunciation of the language. Anishnabemowin is a double vowel language; this alphabet helps you READ and UNDERSTAND and pronounce the words I'm sharing with you.

Sasiwaans Ensa Giishigak Kidwinan

Sasiwaans Everday Words

Mno Nii-baa-na-maang	Mi-No- Knee-bah-Nuh-Mung	Merry Christmas
Maam-wi Naad-maad-da.	Mom-wi- Not-maahd-da	Let's all help each other.
Naa-daa-mo-shin	Naah-duh-moe-shin	Help me.
Gnoon-shin	Gi-noon-shin	Talk to me.
Gzaa-gin	Gi-zaah-gin	I love you
Bi-nin-mo-shin.	Bi-nin-moe-shin	Hand it to me
Aab-too-jiin-shin.	Aahb-toe-jean-shin	Hug me
Gde-bwe-toon	Gi-deh-bway-tone	I believe you
Ga-wii-doo-koon	Gah-wee-doe-cone	I will play with you
Giin-taa-mi.	Giin-tah-mi	It's our turn
Niin-taam	Knee-n-taahm	It's my turn
Gdo Mno-zhi-web-iz	Gi-doe Mino-zhi-we-biz	You are kind
Nba-ka-de	N-bah-kah-day	I'm hungry
Ngaas-knaa-ba-gwe	n-gahs-ki-naah-bah-gwey	I'm thirsty
Ndep-si-nii	N-dep-si-knee	I'm full
Bi-wii-dook-mi-shi-naang	Bi-wee-doke-mi-shi-nung	Come eat with us



Mnidoo Giisoonhs



December 2013

Monday (Ntam-giizhigat)	Tuesday (Niizh-giizhigat)	Wednesday (Nswi-giizhigat)	Thursday (aabta-yiing)
2)	3) 6:00-7:00 Language Classes @ALRD Portable	4) Margaret's Class going to the Library 12 Noon Language Classes @ALRD Portable	5) Danita's Class going to the Library 6:00-7:00 Language Classes @ALRD Porta- ble
9)	10) 6:00-7:00 Language Classes @ALRD Portable	11) 12 Noon Language Classes @ALRD Portable 6:30-8:30 Christmas Concert @ Tribal Gym	12) 6:00-7:00 Language Clas- ses @ALRD Portable
16)	17) 6:00-7:00 Language Classes @ALRD Portable	18) Margaret's Class going to the Library 12 Noon Language Classes @ALRD Portable 12 Noon Language Classes @ALRD Portable	19) Danita's Class going to the Library 6:00-7:00 Language Classes @ALRD Porta- ble
23)	24)	25)	26)
Niibaa-namaang Christmas Break			



School will resume January 6, 2014!!

Mno Nim-ko-daa-ding!!

Happy New Year!!!!





Mnidoo Giisoonhs

December 2013



Sasiwaans Kizhebaa-wiisning & Naakwe-Wiisning Menu

(Ntam-giizhigat) Monday	(Niizh-giizhigat) Tuesday	(Nswi-giizhigat) Wednesday	(aabta-yiing) Thursday
2) Breakfast: Cheese Omelet, oranges, milk Lunch: Turkey corn dog, broccoli/cheese, fruit cocktail, milk	3) Breakfast- Cold cereal, yogurt, pears, milk Lunch- Grilled cheese sandwiches, tomato soup, carrots/ranch, apples, milk	4) Breakfast-Whole Grain Banana muffin, hard boiled eggs, orange juice or milk Lunch- Chicken nachos, peaches, milk	5) Breakfast- Oatmeal, applesauce, milk Lunch: Sloppy Joes, sweet potato fries, pineapples, milk
9) Breakfast- WG breakfast pizza, fruit cocktail, milk. Lunch-Chicken nuggets, cooked carrots, pineapples, milk	10) Breakfast- Cold Cereal, yogurt, pears, milk Lunch- Mac n' Cheese, cucumbers/ranch, applesauce, milk	11) Breakfast- WG French toast, peaches, milk Lunch- Turkey, mashed potatoes, corn, fruit cocktail, milk	12) Breakfast- Oatmeal, applesauce, milk Lunch- Cheeseburger, sun chips, green beans, peaches, milk
16) Breakfast- Apple Cinnamon muffin, mandarin oranges, milk Lunch- Hot ham n' cheese a bagel, sweet potato fries, pears, milk	17) Breakfast- Cold Cereal, yogurt, pears, milk Lunch- turkey tacos, rice and beans, grapes, milk.	18) Breakfast- Pancakes, apple juice or milk Lunch- Grilled chicken sandwich, tator tots, oranges, milk	19) Breakfast- Oatmeal, peaches, milk Lunch- Fish sticks, dinner roll, broccoli, pineapples, milk
23) Winter Break!!! See you Next YEAR!!! January 6, 2014			