FIRST DAY OF SCHOOL!!

Sasiwaans Immersion School

Volume 1, Issue 1

September 2014

The first few weeks of school can be hard on the PARENT, sometimes it can be hard for the child too.

RELAX! Your child is in good hands, we have great teachers here that are highly trained for crying parents.

Joking aside, truth be told, your child will have one of two, VERY normal reactions. 1. he/she will cry– this is normal, TRUST ME, it only lasts 5-10 minutes. They will meet their teachers, their classmates, then they will be PERFECTLY FINE. 2. your child will NOT cry, and he/she will get off that bus and walk in the school like they own the place!

Parents, I know how hard it is to see your baby off to school, I've been there. At Sasiwaans, your child will learn daily routines, play with other children, and speak and Understand Anishnabemowin.

Here's a few things I found on the internet to help with this separation anxiety issue. I found that your babies feel that you don't want to let them go, that makes it harder for them to let go. So, here it is; your child understands more than you think. Prepare him/her for your departure by talking about his future endeavors; 'you're going to have so much fun!!" 'you're going to see your new friends" "Mommy will see you when I pick you up." reassure him/her that you will be back, you're not leaving them.

Try to stay calm and positive– even if he's hysterical. Talk to him calmly and reassuringly. Tell your baby you love him more. Have a great day. Hug.

The anxiety will dissipate , and you both will be better in a month!!

We at Sasiwaans will be here for your babies. No need to worry!! :)

SASIWAANS MAIN OFFICE
989-775-4470

Anishnabe Language Dept.
989-775-4026

Isabelle Osawamick
989-775-4110

SCA
989-775-4453

Bus Drivers

- Mister Terry
  330-3798
- Miss Terri
  330-5574
- Miss Stephanie
  330-3278
- Miss Gidget
  330-0782
- Miss Jo
  330– 4382

Hours and Operations

School Starts: 8:00 a.m.

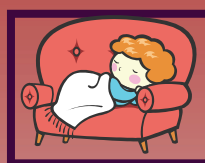
Regular Sign-in Begins: 8:00 a.m.– 8:15 a.m.

Late Sign-in is from 8:15 a.m.– 8:30 a.m.

Call by 8:15 a.m. if your child will not be in attendance for that day.

989-775-4470

No Student will be accepted AFTER 8:30 a.m. to reduce classroom disruptions.



Everything your child needs for school

We all want to dress our little girls so pretty and our boys so sharp for the school day, but the reality is THEY GET DIRTY!! It's advised to dress your children in play clothes and save dressy clothes for other times.

With that being said; AGAIN Your child will get dirty at school so it's very necessary to bring in a couple pairs of clothes for the week: **Extra pants, socks, underwear or diapers, shirts and shoes**. It's VERY important that you write your child's name on all items or else they will most likely find a new home.

You can bring in a CRIB size blanket and a small pillow if you'd like, anything larger presents safety issues. Remember they'll need to have names on them as well.

If you would like to donate an outfit to the school for extras it would be greatly appreciated and welcomed.

Potty Train In Sessions

The book Potty Training Boys the Easy Way: Helping Your Son Learn Quickly – Even if He's a Late Starter by Caroline Fertleman and Simon Cove suggests starting off with potty training sessions. This means that you'll want to train your child in the morning and afternoon for a few hours at home. Let him eat, drink and play as normal, but every 15 minutes put him on the potty. At the end of a session, revert back to a diaper or pull-up and go on with your day. When you get home, have another session. On the third day, go for an all-day session. If you leave the house, have a spare potty in the car or visit places you're sure have public restrooms.

Snack Suggestions

There will be a snack schedule for your child. Parents are responsible for bringing in a snack for the whole class. We suggest the following and respectfully request parents to avoid high sugar, starch, or heavy carbohydrate snacks. Here are a few suggestions on what to bring in.

Fresh fruit/vegetables

Yogurt (No crush cups or dye please)

Crackers (low sodium)

Bite size Cheese

Luncheon meat

Juice (high fructose corn syrup free & or low sugar)

Sandwiches

Peanut butter & Jelly. One loaf will be enough for all children.

Healthy Snack Choices

Anish-na-be-mo-win Classes

Tuesday's & Thursday's

from 6:00 p.m.– 7:00 p.m.

Wednesday's

from 12noon– 1:00 p.m.

As stated in your child's acceptance letter, Parents/Guardians will be REQUIRED to attend no less than eight (8) ALRD Outreach Language Classes per semester. If parents/guardians are enrolled in SCTC Language course or attends regular classes offered by other sources; this requirement may be waived but you must report your activities to Isabelle or Angela. Other ALRD events and activities may count towards your Anishnabemowin Class requirement; so be sure and attend ALRD community events.

If you cannot make one of these classes and really want to attend one please call Isabelle at 775-4110. she will work around your schedule .

WHO'S IN YOUR CHILD'S CLASS? HERE'S AN INTRODUCTION OF YOUR CHILD'S TEACHERS AND APPRENTICES

Naanooshkaasag

Primary Teacher: Patricia Osawamick

Secondary Teacher: Yvette Pitawanakwat **Apprentices:** Charmaine Shawana, Tony Perry

Megisiisag

Primary Teacher: Margaret Flamand

Secondary Teacher: Carrie Huron

Apprentices: Carrie Wemigwans & Preston Chippeway

Pichiinsag

Primary Teacher: Danita Mandamin

Secondary Teacher: Larry Kimewan

Apprentices: Alicia Dudek & Summer Raphael

Maangoonsag

Primary Teacher: Edward Trudeau & Carol Bob

Chiijaakaasag

Apprentice: Jacqueline Ortiz

Mangoonsag & Chiijaakaasag are combined classes located at the Saginaw Chippewa Academy School.

Parent Advisory Committee

If you would like to take an active part of Sasiwaans Parent Committee; Please call Rhonda Quigno as soon as possible. The first meeting will be held at 5 p.m. on Tuesday September 30, 2014 at the ALRD Office. (the Entrance to the Trailer Park & SCA). Miijim will be provided, with Language Class immediately following.

Parents/guardians are encouraged to participate in the PAC which will meet monthly. Working closely with the ALRD/Sasiwaans staff, the committee plans events for students and their families throughout the school year. They are also in charge of fundraising for school projects and field trips. All parents/guardians are welcomed to participate. This is an opportunity for the entire family to learn more about Sasiswaans and help support events/activities that support language acquisition and academics.

Speaking of Volunteering. Volunteers are always welcome! The ALRD/Sasiwaans is always in need of 'em! Parents, Guardians, family members who would like to volunteer on a regular basis will be required to undergo a fingerprinting background check. ALRD will reimburse up to 10 individuals for their acceptable background check with a commitment of at least 4 hours and up to 20 hours /week. A volunteer schedule will be created to keep consistency in the classroom. Parent/Guardians will not be placed in the same room with their children. Please contact Angela if you're interested in volunteering. Miigwetch!

Sleepy Time!!

Sleep is a vital need 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 Its important for parents to start early and help their children develop good sleeping habits. How much sleep should your child get? Each child is different and has different sleep needs. Here's a chart that presents recommended hours of sleep that includes naps for children up to five years old.

AGE	Hours of Sleep
0-2 Months	10.5-18
2-12 Months	14-15
1-3 Years	12-14
3-5 Years	11-13

Children Need & Thrive On Routine

The #1 tip for good sleeping habits in children is to follow a nightly routine. A bedtime ritual makes it easier for your child to relax, fall asleep and sleep through the night.

Typical Bedtime Routine

- Have a light snack
- Take a bath
- Put on PJ's
- Brush Teeth
- Read a Story
- Make sure the room is quiet & at a comfortable temperature.
- Put your Child to bed
- Say goodnight and leave

Helpful Tips

- Make bedtime the same time every night
- Make bedtime a positive & relaxing experience w/out TV or videos. According to one recent study , TV prior to bed can lead to difficulty falling asleep. Save your child's favorite relaxing, non-stimulating activities until last and have them occur in the child's bedroom.
- Keep the bedtime environment (light, temperature). The same all night long.

Encourage Children To Fall Asleep On Their Own

Have your child form positive associations with sleeping. A child should not need a parent to help him/her fall asleep. One recent study demonstrates that having your child sleep in your bed puts them at risk for suffocation or strangulation. The child who falls asleep on his or her own will be better able to return to sleep during normal night time awakenings and sleep throughout the night.

Discourage Nighttime Awakenings

When you go to your child's room every time he/she wakes during the nigh, you are strengthening the connection between you and sleep for your child. Even babies who are held and cuddled when they wake in the middle of the night soon learn to expect this and do not learn to go back to sleep on their own. Except during conditions when the child is sick, has been injured or clearly requires your assistance, it is important to give your child a consistent message that they are expected to fall asleep on their own.

Some Common Facts and Myths About Children & Sleep

Myth #1 Put children on their Stomachs. Babies should be put to sleep on their backs. According to the "back to Sleep" program, this lowers the risk of dying from Sudden Infant Death Syndrom (SIDS).

Myth #2: Parents should wait until a child is fully asleep before putting a child to bed. Children should be put to bed when they are drowsy, but awake.

Myth #3: Children will sleep longer at night if they do not take a nap. For young children, nap & nighttime sleep are both necessary & independent of each other. Children who nap well are usually less cranky & Sleep better at night. Although Children differ, after six months of age, naps of 1/2 to two hours duration are expected

Sleepy Time!! (cont)

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ozhibiigewin (alphabet)

Short Vowels				Long Vowels			
	a	i	o	aa	ii	oo	e
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	shi	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.

Mdaas sock
Mdaa-san socks

Mki-zin *shoe*
Mki-zi-nan *shoes*
Miik-nod *pant* *(any pants)*

Biis-ko-waa-gan coat

Pab-gwe-yaan shirt/t-shirt (any shirt)

Bii-too-gwi-win underwear (any underwear)

Bii-too-gwiw-i-nan underwear (plural)

Wiik-wan hat/cap

Mji-go-den dress

Biis-kan _____. Put on the _____. (insert any clothing in bracket)

Giis-kan _____. Take off the _____. (insert any clothing in bracket)

**** ii's have a long ee sound.***
**** n has a nh nasal sound.***
**** g has a hard sound as in "get".***

In Anishinaabemowin, the word "the" is called <u>given</u>, because it is part of the word. It's a given that it's there, but it is not written in. It's not a separate word as in english.

For example, when you say "put on the hat", you would say **Biiskan wiikwan.** (the word "the" is part of the word in "wiikwan".

Sasiwaans Ensa Giishigak kidwinan

Sasiwaans Everday Words

Oosh-te Maam-pii	Ooh-sh-tay Mom-pee	Over here
Aambe baapiitoon	Um-bay baa-pee-toon	Wait for it now
Aaniish ezhinikaaziyin	Uh-neesh– ezh-i-ni-cause-ee-yin	What's your name
___ndizhinikaaz	___n-di-zhi-ni-cause	My name is___
Baapiijigen	Baa-pee-chi-gen	Wait your turn
Odaaminan	Oh-dah-min-un	Go and play
Aambe odaaminidaa	Um-bay oh-dah-min-i-duh	Let's go and play now
Owiidooko___	Oh-wee-doe-koh___	Let go play with___
Aambe owiidookwada	Umbay oh-wee-doe-kway-dah	Let's go play with him/her now
Zhiitaan	Zhee-taan	Get ready
Zhiitaadaa	Zhee-taa-daa	Let's get ready
Kiizhiitaa na?	Key-zhee-taa Nah?	Are you ready?
Biinjigen	Bean-chi-gen	Clean up
Aambe biinjigeda	Umbay bean-chi-gay dah	Let's clean up now
Zhinomoshin	Zhin-oh-moe-shin	Show me
Gijitoon	Gi-chi-tone	Try it

ii= have a long ee sound as in feet J= ch sound as in Cheat

g= has a hard sound as in Get ge= sounds like the ay in gay

Adding aambe in front of a verb usually means "To act quickly"