



# January 2014 Mnidoo Giizis

## Miino Nimkodaading! Happy New Year!

### 2013 Christmas Program



#### Important Numbers

- \* ALRD Main office  
775-4026
- \* Sasiwaans  
775-4470
- \* Isabelle Osawamick  
– Language Outreach Specialist  
775-4110
- \* Saginaw Chippewa Academy  
775-4453

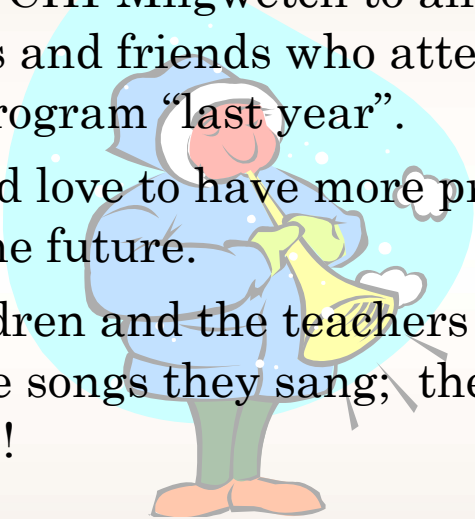
#### BUS DRIVERS

- \* Mister Terry  
330-9345
- \* Miss Terry  
330-5574
- \* Miss Stephanie  
330-3278
- \* Miss Gidget  
330-0782

The Sasiwaans & ALRD Staff would like to send out a CHI-Miigwetch to all those Parents, families and friends who attended the Christmas Program “last year”.

We would love to have more programs like this in the future.

The children and the teachers practiced hard with the songs they sang; they did an awesome job!!



### REMINDER:

January 30 & 31st  
Parent Teacher Conferences  
Schedules will be coming a  
week before



Welcome to 2014!!! With a new year comes a new beginning, RESOLUTIONS you've set for yourselves to accomplish this year. Some of us have Goals to Lose weight and be healthy. I was asked; "what is a good snack to bring to school?" well, I didn't have a good answer so I Googled it; I came up with an idea to do an article in the New Years Newsletter about being Healthy.

We ALL want to be healthy and we want our babies to be also. Here's what I found in my research on eating a healthy balanced diet; but I will get with you on the 9 nutrients (*a substance that provides nourishment, the minerals that a plant takes from the soil or the constituents in food that*

*keep a human body healthy and help it grow*) that every child should be getting on a daily basis.

But first, did you know that a healthy lifestyle begins with a proper diet? Healthy eating is important for the proper growth of bones, teeth, muscles, and a healthy heart. Did you know that Childhood obesity is on the rise? By promoting a healthy diet for your child (as well as yourself) he or she can maintain a healthy weight and stay healthy as they grow into young adults. Your Child's daily diet can affect their growth and development well into their teens

Children between the ages of 2 and 5 may grow more than 2 inches per year and gain an average of 4-5 lbs. For a

child to maintain proper growth and weight; a good diet is essential. Parents; you can help your children by educating yourselves about healthy eating and setting good examples at home.

Now here's that list of 9 Nutrients for your child (and you; of course). With this list, you will get an idea of what kinds of snack ideas to bring to school. I will also give you some ideas. :)



## 9 Nutrients for your Child

We all need these in our daily diets.

1. **Protein**– helps a child's body build cells, breaks down food and turns it into energy, fights infection and carries oxygen. **Foods that contain high levels of protein are: Meat, Poultry, Fish, Eggs, Nuts, Beans, & Dairy Products.**
2. **Carbohydrates**– the latest "diet trend" is to cut out the carbohydrates, but they're actually the bodies source of energy, they help a child's body use fat & protein for building and repairing tissue. They come in different forms such as; sugar starches and fiber; but kids should be eating more starches and fibers and less of the sugar. Food that contain high levels of carbohydrates include: **Breads, cereals, rice, crackers, pasta and potatoes.**
3. **Fats**– are a great source of energy for kids and are easily stored in a child's body. They are important in helping the body to properly use some of the other nutrients it needs. Food that contain high levels of fat are: **Whole Milk dairy products, cooking oils, meat, fish**

and nuts.

4. **Calcium**–is essential in helping to build a child's healthy bones and teeth. It's also important for blood clotting and for nerve, muscle, and heart function. Foods that contain high levels of calcium are: **Milk, cheese, yogurt, ice cream, egg yolks, broccoli, spinach, and tofu**
5. **Iron**–necessary for a child to build a healthy blood that carries oxygen all over the body food that contain high levels are: **Red meats, liver, poultry shellfish, whole grains, beans, nuts, iron-fortified cereals.**
6. **Folate**– necessary for soon-to-be moms, is also important for kids. One of the B vitamins, foliate is necessary for healthy growth & development of a child's cells. Lack of this vitamin can cause anemia. (*a blood condition in which there are too few red blood cells or the red blood cells are deficient in hemoglobin, resulting in poor health*). Foods that contain high levels are: **whole grain cereals, lentils, chickpeas, as-**

**paragus, spinach, black or kidney beans, Brussels sprouts.**

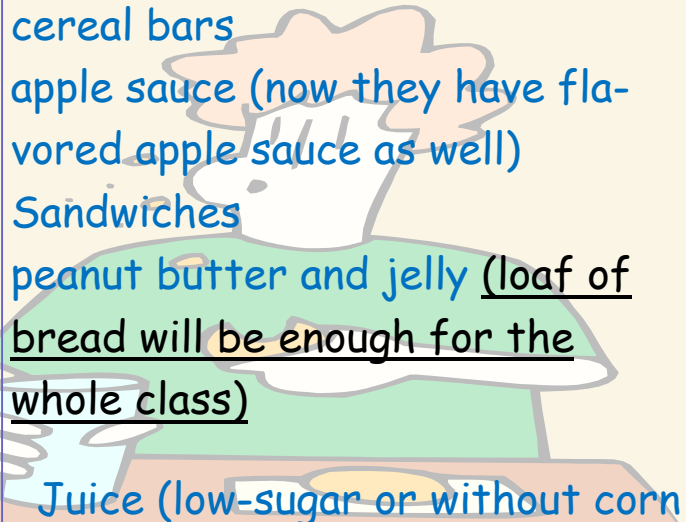
7. **Fiber**– helps produce bowel regularity in a child. It can also play a role in reducing the chances of heart disease and cancer later in life. Foods that contain high levels are: **Whole grain cereal, chickpeas, lentils, kidney beans, seeds, nuts.**
8. **Vitamin A**–serves a variety of purposes in kids and adults. It helps growth, assists the eyes in adjusting to dim and bright lights, keeps skin healthy, and works to prevent infection. Foods containing Vitamin A include: **carrots, sweet potatoes, squash, apricots, spinach, broccoli, cabbage, fish oils, egg yolk.**
9. **Vitamin C**– does more than just fighting off the common cold. It also holds the body's cells together, strengthens the walls of blood vessels, helps the body heal wounds, and is important for building strong bones and teeth. Foods that contain high levels are: **citrus fruits (such as oranges), strawberries, tomatoes, potatoes, melons, cabbage, broccoli, cauliflower, spinach, papayas, mangos.**

## Good Snack Ideas

fruit  
dried fruit  
yogurt  
crackers  
cheese  
granola bars  
graham crackers  
pretzels  
cereal



cereal bars  
apple sauce (now they have flavored apple sauce as well)  
Sandwiches  
peanut butter and jelly (loaf of bread will be enough for the whole class)  
Juice (low-sugar or without corn)



**Learned Self-reliance -**  
*The Negative Effects of Spoiling Children* - by [Madisyn Taylor](#)

***When children are spoiled we do them a great disservice because they are not being allowed to earn and learn.***

Parents are moved by instinct to love, nurture, and provide for their offspring. Because our children are so much a part of us, we want to see them blissfully happy. Also, our own desire to be liked, materialist pressures, and a fervent wish that our children have everything we lacked as youngsters can prompt us to spoil them. However, while it might seem that buying your child expensive gifts will give them

fond memories of childhood or that you can heal your emotional wounds by doting on your sons and daughters, you may be unconsciously interfering with your children's evolutionary development.

One of the most precious gifts you can grant your children is the true independence they gain when they learn to earn what they covet and become stewards of their own happiness. Try allowing your children to experience life to the fullest. Let them work and earn what they want. When the time comes for them to go to college and enter the workforce, you will have the confidence that you have raised a child that can both enter and contribute to society confidently.

When children are not afforded the opportunity to explore self-reliance, to understand

that with possession comes price, and to fulfill their own needs, they develop a sense of entitlement that blinds them to the necessity of hard work and the needs of others. We may spoil children because giving them gifts is pleasurable. Or we may want to avoid conflict out of fear that our children won't love us. Yet children who are given acceptance, love, and affection in abundance are often kinder, more charitable, and more responsible than those whose parents accede to their every material demand.

Continued on pg. 4

They develop a strong sense of self that stretches beyond possessions and the approval of their peers, and as adults they understand that each individual is responsible for building the life they desire.

If you find yourself giving in to your child's every whim, ask yourself why. You may discover that you are trying to answer for what you feel is lacking in your own life.

Rearing your children to respect the value of money and self-sufficiency as they grow

from infants to young adults is a challenging but rewarding process. It can be difficult to watch a child struggle to meet a personal goal yet wonderful to be by their side as they achieve it. Your choice not to spoil your children will bless you with more opportunities to show them understanding and compassion and to be fully present with them as they journey toward adulthood.



## Parent Committee/Volunteers

Just to let you know, ONCE again, we still have a Parent Committee. Are you wondering what do you do at a PARENT COMMITTEE? Well, do you have ideas or suggestions that we can use for Fundraisers? Or Holiday events? Or even Graduation?

Parents if you want to be more involved in your Child's Sasiwaans Career, a Committee is an ideal place to start!!

Can't commit to a Committee? Well, you can always Volunteer to sit in on a class? You can still make suggestions to the Parent Committee. All you have to do is fill out an application for a background check, and get your fingerprints taken.

If you're interested leave your information with Rhonda Quigno. give her a call 775-4470 or email her:

[rhoquigno@sagchip.org](mailto:rhoquigno@sagchip.org)





## Sweet Potato Fries

Prep Time: 10 minutes

Total Time: 35 minutes

Makes: 6 Servings

Serving size: 4 or 5 wedges

**Nutrition Information (per serving):** Calories 171, Carbs 30g, Fiber 5g, Protein 2g, Total Fat 5g, Saturated Fat 1g

### You'll Need:

- 2 tablespoons olive oil
- 1 1/2 teaspoons chili powder
- 2 pounds sweet potatoes (about 4 small)
- 1 1/2 teaspoons kosher salt


1. Preheat the oven to 425°F. Cut each sweet potato in half lengthwise, and place it flat side down on a cutting board. Cut the potato halves into 1-inch-wide wedges.


2. In a small bowl, combine the oil, chili powder, and 1 teaspoon of the salt. Place the potatoes on a roasting pan and brush with the oil mixture. Lay potatoes flesh side down on the pan and put the pan in the oven.

3. Cook until potatoes, turning once, until soft, 20 to 25 minutes. Remove the pan from the oven and season with remaining 1/2 teaspoon salt. Let the wedges cool for a bit, and serve warm.

For dunking, ketchup always works (at 15 calories per tablespoon), or try a squeeze of fresh lime juice for a British chips-and-vinegar effect.

## Stick Stack Pancakes

Makes 12 to 14 mini 

- 1 3/4 cups unbleached all purpose flour
- 3 tablespoons packed light brown sugar
- 1 tablespoon baking powder
- 2 tablespoons flax 
- Pinch of ground cinnamon
- 3 eggs
- 1 teaspoon vanilla extract
- 1 tablespoon unsalted butter, softened
- 1 cup milk
- 4 strawberries, cut widthwise into thin slices
- 2 kiwis, peeled and sliced widthwise into circles
- 1/4 cup blueberries

You'll also need: 4 skewers

1. combine the flour, brown sugar,

baking powder, flax meal, and cinnamon.

2. 2. Combine the eggs and vanilla in a mixing bowl. Add the butter and milk. Slowly add the egg mixture to the flour mixture. Stir until smooth. Chill in the freezer for 5 minutes.

3. Preheat a griddle to low. Lightly spray the griddle with nonstick spray. Ladle the mixture onto the griddle to make 2-inch mini pancakes.

4. When the pancakes start to bubble lightly and the edges turn golden brown, flip them over. All bitty bakers should flip around the kitchen, as if *they* were just flipped with a spatula. Cook on the other side for one to two more minutes, until the pancakes come off the griddle easily with a spatula.

5. Layer the pancakes and fruit on the skewers. Dip in maple syrup and eat one layer at a time.

*From the book Bean Appetit by Shannon Payette Seip and Kelly Parthen, with Carisa Dixon*





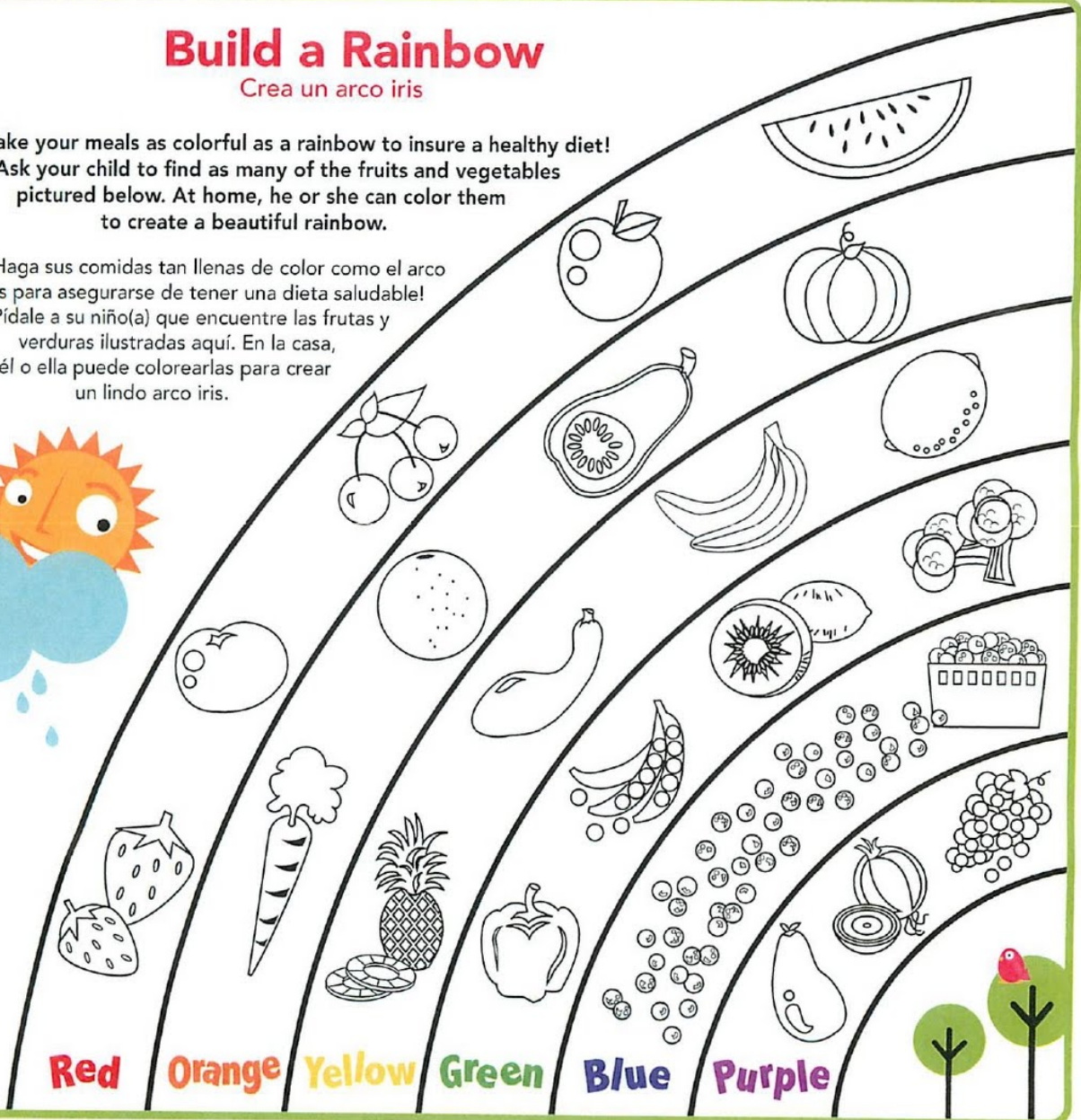
# Supermarket Explorer

## Build a Rainbow

Crea un arco iris

Make your meals as colorful as a rainbow to insure a healthy diet!  
Ask your child to find as many of the fruits and vegetables pictured below. At home, he or she can color them to create a beautiful rainbow.

¡Haga sus comidas tan llenas de color como el arco iris para asegurarse de tener una dieta saludable!  
Pídale a su niño(a) que encuentre las frutas y verduras ilustradas aquí. En la casa, él o ella puede colorearlas para crear un lindo arco iris.



Red Orange Yellow Green Blue Purple



**Eat Smart**  
for a **Great Start**

**PBS**  
**parents.org**



# Kidwenan



gaaskaanaabaakwewok	gaa ska naa baakwe wok	they are thirsty
ngaaskanaabaakwe	n gaa ska naa baa kwe	i am thirsty
kaaskanaabaakwe na?	kaa ska naa baa kwe na?	are you thirsty?
mnikwe	m ni kwe	she/he is drinking
mnikwewok	m ni kwe wok	they are drinking
minkwen	m ni kwen	drink (speaking to one)
nibiishminkwen	n biish m ni kwen	drink water (speaking to one)
depsinii	dep si nii	she/ he is full
depsiniwok	dep si nii wok	they are full
gdepsinii na?	g dep si nii na?	are you full?
Bakade	Ba ka de	She/ he is hungry
Bakadewok	Ba ka de wok	They are hungry
Nbakade	n ba ka de	I am hungry
Gbakade	g ba ka de	You are hungry
Gbakade na?	g ba ka de na?	Are you hungry
Wiisini	Wii si ni	She/ he is eating
Wiisiniwok	Wii si ni wok	They are eating
Wiisinidaa	Wiis ni daa	Let's eat
Wiisnin	Wiis nin	Eat. (speaking to ONE)
Wiisnik	Wiis nik	Eat (speaking to more than one)
Bi-wiisnin	Bi wiis nin	Come & Eat (spk.to one)
Owiisnin	O wiis nin	go and eat (spk. to one)



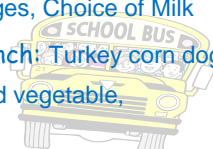

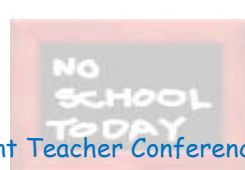
Mangwaang	Man waang	Fruits
Wiigwaasmin	Wii gwaas min	Cherry
Mshiimin	m shii min	Apple
Mskomin	m sko min	Raspberry
Zhoomin	Zhoo min	Grape, raisin
Odemin	O de min	Strawberry
Mnoomin	m noo min	Rice
Pkwezhigan	P kwe zhi gan	Bread
Nenaabagaan	Ne naa ba gaan	Oatmeal,
Waabshka mnoomin	Waab shka m noo min	White rice
Naangan	Naa gan	Plate
Ndonaaganim	n do naa ga nim	My plate
Mijjim	Mii jim	Food
Doodooshaaboo	Doo doo shaa boo	Milk
Noonaaganaaboo	Noo naa ga naaboo	Milk
Ozaawa-mijjim	O zaaw a mijjim	Cheese
Giziidonegaanhs	Gi zii do ne gaanhs	Napkin
Mookaman	Mook maan	Knife
Emkwaan	Em kwaan	spoon
<b>Giigoonh</b>	<b>Gii goonh</b>	<b>Fish</b>
Mskodiisminak	m sko diis mi nak	Beans
Pigaanak	Pi gaa nak	Nuts
Waawanoon	Waa wa noon	Eggs
Waashkeshi-wiiaas	Waash ke shii wii yaas	Venison, deer meat
Wiiaas	Wii yaas	Meat
Mzisenh	m zi senh	Turkey
Baakaakwaanh	Baa kaa kwaan	Chicken
Netaawig	Ne taw ging	Vegetables
Jiisenhs	Jii senhs	Carrots
Piniik	Pi niik	Potatoes
Mandaamin	Man daa min	Corn
Jiis	Jiis	Turnip
Zhaagaangwash	Zhaa gaan gwash	Onion
Mnijiiminak	m ni jii mi nak	peas

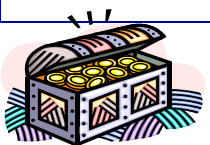


# Mnidoo Giizis 2014

<b>Monday</b> <b>(Ntam-giizhigat)</b>	<b>Tuesday</b> <b>(Niizh-giizhigat)</b>	<b>Wednesday</b> <b>(Nswi-giizhigat)</b>	<b>Thursday</b> <b>(aabta-yiing)</b>
		1) 	2) 6:00-7:00 Language Classes @ALRD Portable
6) <b>WELCOME BACK!!!!</b> 	7) 6:00-7:00 Language Classes @ALRD Portable	8) 12 Noon Language Classes @ALRD	9) 9:30 Danita's Class Library day 10:30 Ed's Class' Gym day 6:00-7:00 Language Classes @ALRD Portable
13)	14) 6:00-7:00 Language Classes @ALRD Portable	15) 11:00 Margaret's Class' library day 12 Noon Language Clas- ses @ALRD	 16) 10:30 Ed's Class' library day 6:00-7:00 Language Clas- ses @ALRD Portable
20) <b>NO SCHOOL MLK DAY</b> <i>I Have A Dream</i>  <b>Martin Luther King, Jr. Day</b>	21) 6:00-7:00 Language Classes @ALRD Portable 	22) 12 Noon Language Classes @ALRD	23) 9:30 Danita's Class Library day 10:30 Ed's Class' Gym day 6:00-7:00 Language Classes @ALRD Portable
27)	28) 6:00-7:00 Language Classes @ALRD Portable	29) 11:00 Margaret's Class li- brary day  12 Noon Language Classes @ALRD	 30) Parent Teacher Conferences Today & Tomorrow

# Mnidoo Giizis 2014

Monday (Ntam-giizhigat)	Tuesday (Niizh-giizhigat)	Wednesday (Nswi-giizhigat)	Thursday (aabta-yiing)
<b>Breakfast &amp; Lunch Menu</b> 		1) 	2)
6) Breakfast: French toast, oranges, Choice of Milk Lunch: Turkey corn dogs, mixed vegetable, 	7) Breakfast: Oatmeal, pears, choice of milk Lunch: Chicken tenders, mashed potatoes, chicken gravy, WG roll, green beans,	8) Breakfast: WG pancakes, fruit cocktail, choice of milk Lunch: Meatballs in sauce, Brown rice, carrots, Wg dinner roll, peaches,	9) Breakfast: Oatmeal, applesauce, choice of milk Lunch- Soft beef WG taco, refried beans, lettuce, tomato, mandarin oranges,
13) Breakfast: WG breakfast pizza, oranges, choice of milk Lunch: WG breaded chicken on a bun, tater tots, broccoli/ranch, fruit cocktail,	14) Breakfast: Oatmeal, pears, choice of milk Lunch: Ravioli, WG dinner roll, green beans, pineapple, Choice of milk	15) Breakfast: French toast, fruit cocktail, choice of milk Lunch: Sloppy joes, sweet potato fries, peaches, choice of milk	16) Breakfast: Oatmeal, applesauce, choice of milk Lunch: WG French toast, hash brown, scrambled egg, orange juice,
20) 	21) Breakfast: Oatmeal, pears, choice of milk : Lunch: Macaroni & cheese, cucumbers/ranch, applesauce, choice of milk	22) Breakfast: Egg & cheese omelet, banana, choice of milk Lunch: Turkey taco w/tortilla shell rounds, rice and beans, grapes, choice of milk	23) Breakfast: Oatmeal, applesauce, choice of milk Lunch: Grilled chicken patty On WG bun, tater tots, peaches, choice of milk
27) Breakfast: WG pancakes, pineapple, choice of milk Lunch: Macaroni & cheese, cucumbers/ranch, applesauce, choice of milk	28) Breakfast: Oatmeal, pears, choice of milk Lunch: Chicken nachos, shredded lettuce, diced tomato, mandarin oranges, choice of milk	29) Breakfast: French toast, fruit cocktail, choice of milk Lunch: Hot ham & cheese on WG bagel, sweet potato fries, pears, choice of milk	30) 



Breakfast \$1.00 and lunch \$2.25 that's \$3.25 a day for the week it ='s \$13.00 for this month it will be \$45.50

