

Head Start Preschool

December 2017

Children's Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 P.A. Day
4 Red Hill Walk	5	6	7 Trip to Jackie's Farm	8 Health Visit
11 Hidden Valley trip	12 Seeds of Empathy	13	14 Trip to Jackie's Farm	15
18 Red Hill Walk	19 Winter Gathering	20	21 Trip to Jackie's Farm	22
25	26	27	28	29

[Trip dates:](#) Please dress accordingly for the weather

[Trip's to Jackie's Farm:](#) Please ensure children have used bathroom and have eaten breakfast



Head Start Preschool

December 2017

Parent/Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 P.A. Day
4 Shawl Making 1-3	5 Beading 4:30pm CHP	6 Women's Wellness 12-2	7	8
11 Winter Warm Up 12-2:30	12 Beading 4:30pm CHP	13 Women's hand drum 10:30-11:30	14	15
18 Crockpot Prep 4:30pm CHP	19 Beading 4:30pm CHP	20 Women's hand drum 10:30-11:30	21	22
25	26	27	28	29



Attend the programs marked **CHP** and receive
a ballot to be entered into a monthly draw!

1869 Main Street East, Hamilton, ON
93 Delena Ave N, Hamilton, ON



Monthly Classroom Update

November was an exciting month for the children. We had a chance to witness the migration of the salmon at the Red Hill. Uncle Kelly shared teachings about how the adult Salmon transfer all of their teachings and wisdom to their children through the eggs that they leave upstream. When the baby salmon emerge from the eggs, they already have all of the wisdom that their parents passed to them during their difficult swim upstream. It was beautiful to be able to see the salmon so close to home. At the Red Hill, the children also enjoyed witnessing how the bugs are changing. The children are still able to find bugs, but it is becoming much more difficult as the temperatures drop and the bugs are preparing and finding shelter for the upcoming winter.

Uncle Kelly came in to share some stories about the Freeze Up Moon. He brought ice into the classroom which the children used to make beautiful winter pictures. He also travelled with the children to Kanata where he shared teachings about the Longhouse and how Haudenosaunee People hang their medicines in the longhouse in preparation for the winter. Uncle Kelly also shared the story of Nanaboozhoo and how the Turtle Got It's Shell.

December is the month that we celebrate the Little Spirit Moon. We are looking forward to our winter celebration together on the 19th and hope you will all be able to join us for the giveaway.

Nya:weh Miigwech,
Sarah, Jackie and Esmeralda

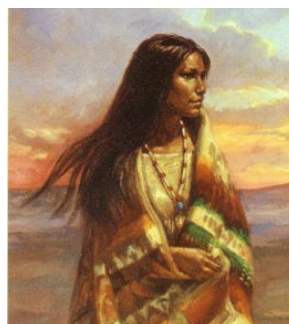
MOHAWK WORD LIST

Snowing - **yókeron'onh**
Winter - **kohsera'kéne**
Give to someone -
kheyawis
Ice - **Owise**

OJIBWE WORD LIST

Snow - **Goon**
Winter - **Bboon**
Stories - **Debaajimo**
Little Spirit Moon -
Bangi Manido Giizis
Give Away (gifts) -
Miigiwe

Women's Shawl Making and Teachings



With Kathleen from the
Indigenous Diabetes Health Circle

Monday, December 4th 1-3pm

93 Delena Ave N

Childminding and bus tickets available

Register with Rebecca (905)549-4884 x224

WOMEN'S WELLNESS

Wednesday December 6th

12-2pm lunch provided

Childminding available

Register with Rebecca 905-549-4884 x224



please note—there will be no drumming circle this day

Just Bead It!

Three Part Series

December 5th, 12th and 19th, 2017

From 4:30-7:30pm

1869 Main Street East, Hamilton, ON L8H 1G2

- Supper provided
- Adult only
- Bus tickets available
- Call 905-549-4884 to Register!





You are invited to the Niwasa

Children's Feast &

Mini Social

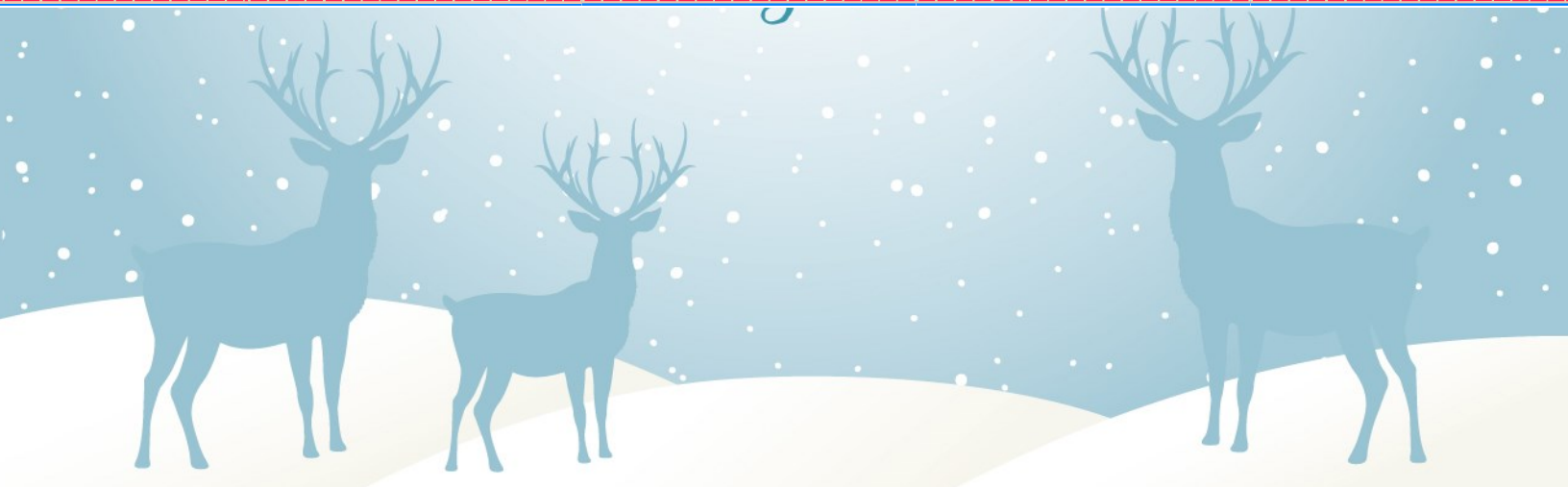
Tuesday December 19th

12pm-2:30pm

93 Delena Ave North

RSVP by Friday December 11th (905)5494884

There will be no regular classes this day and no buses will be running.





Parents, it's getting cold outside....join us for a

WINTER WARM UP!

We have partnered up to provide a flurry
of free activities for you!

Monday December 11th

12-2:30pm

93 Delena Ave North

Lunch provided Childminding available

Make gifts to giveaway or keep for yourself!

LIMITED SPACE– Register With Rebecca

905-549-4884 x224



NIWASA
Kendaaswin Teg



CROCKPOT PREP

Meal prep made easy!

December 18, 2017 | 4:30pm to 7:30pm

1869 Main St. East, Hamilton, ON L8H 1G2

Call 905-549-4884 to Register!

Come Join us for a free workshop on creating delicious crockpot meals perfect for the colder months! Participants will be prepping their own crockpot meals that they can take home to cook for their families.

NOTE: Please inform us of any allergies!

- Bus tickets available
- Ballot provided to enter in monthly draw!



**Service
Canada**

Niwasa Early Learning Centre



Parents and Caregivers with children six years and under can drop-in to this free program for early Land Based Literacy Activities, Nutrition Programs, and Interactive Play.

We welcome all families. **FREE** for everyone!

Bus tickets and nutritious lunch will be provided each programming day.

Programs at Pinky

Address: 192 Wentworth Street North, (Norman Pinky Lewis Rec. Centre)

Family Gathering Time

Join Niwasa Early Learning Facilitators for traditional stories, songs and rhymes to promote literacy and numeracy in the Early years. **Please check calendar for Teachings with Kelly.**



Public Health Nurse Visits

The Public Health Nurse is available to provide information and support for pregnancy, breastfeeding, parenting, family health, nutrition and introduction to community services. Please ask our facilitator for date and time of next PHN visit

Home Management Worker

**Every second Tuesday of the month from
Time: 10:45- 11:00pm.**

Topics of interest may include; Basic Budgeting, Community Supports, Goal Setting, Problem Solving, Time Management, Self-Esteem, Personal Hygiene and Self Management Series

Little Chef's

Families are welcome to come join us once a month in preparing simple and nutritious snacks.



Parent Programs

93 Delena Avenue North
1869 Main Street East



Check our monthly calendar for programs dates and times and location

*Please call and register for our parent programs at Niwasa Kendaaswin
Teg 905-549-4884*

Early Learning Centre Services

- Toy Lending and Resource Library
- Check It Out Drop ins
- Traditional Storytelling/ Family Gathering Time
- Parent and Child Mother Goose/Infant Massage Program
- Math and Early Literacy Program
- Traditional Parenting Group
- Public Health Information Sessions
- Play based learning

Contact Information

www.niwasaheadstart.com

Click on Early Years & Outreach
Calendar

Phone: (905) 549-4884 Ext.227



December 2017



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
	Main/Delena	Pinky	Main/Delena	Pinky		
					1 PA Day	2
3	4 *1:00pm-2:30pm Parent Programs	5 9:30-2:00pm Drop In @ Pinky Site 10:30 am *Baby Picasso	6	7 9:30-2:00pm Drop In @ Pinky Site	8	9
10 Note: *Registered Programs Please contact Alysha Niwasa at 905-549-4884 to register	11 *1:00pm-2:30pm Parent Programs 1-2:00 Ask PHN Lorraine	12 9:30-2:00pm Drop In @ Pinky Site 10:45am-11:45am Home Management with Karen	13	14 9:30-2:00pm Drop In @ Pinky Site 10:30am-11:30am Teaching with Kelly	15	16
17	18 *1:00-2:30pm Parent Programs	19 9:30-2:00pm Drop In @ Pinky Site Librarian visit 12pm	20	21 9:30-2:00pm Drop In @ Pinky Site *10:30am Little Chef's	22	23
24	25 Christmas Day Closed	26 Boxing Day Closed	27 Closed	28 Closed	29 Closed	30

December Menu

For the week of December 4, 2017

Mon 4	Tues 5	Wed 6	Thurs 7	Fri 8
Cereal with fruit	Egg mcmuffin with Veggies	Waffles with berries & yogurt	Toasted bagels with veggies	Raisin toast with fruit
Veggies & dip with Kielbasa	Fresh fruit	Crackers, cheese & veggies	Fresh fruit	Naan bread with veggies & dip
Grill cheese & garden salad	Broccoli bake with dinner rolls & veggies	Beef stroganoff with French loaf & Veggies	Chicken stew with biscuits	Fish & chips with veggies

For the week of December 11, 2017

Mon 11	Tues 12	Wed 13	Thurs 14	Fri 15
Cereal with fruit	Breakfast wraps with veggies	Pancakes with berries & yogurt	Toasted bagels with cream cheese & veggies	Toast with hard boiled eggs & veggies
Crackers, cheese & veggies	Fresh fruit	Pepperettes with veggies & dip	Fresh fruit	Fresh fruit
Perogies with bacon	Cream of broccoli soup with biscuits	Baked chicken with rice, cranberries & veggies	Tuna wraps with garden salad	Pasta with meat sauce & veggies with garlic bread

For the week of December 18, 2017

Mon 18	Tues 19	Wed 20	Thurs 21	Fri 22
Cereal with fruit	Winter Gathering with Families	Waffles with berries & yogurt	Toasted bagels & veggies	Breakfast wraps with veggies
Crackers with cheese & veggies		Kielbasa with veggies & dip	Fresh fruit	Fresh fruit
English muffin pizza with salad		Macaroni & cheese with veggies & French loaf	Taco bake with naan bread & veggies	Roasted squash soup with biscuits

NELCC Menu ONLY

For the week of December 25, 2017

Mon 25	Tues 26	Wed 27	Thurs 28	Fri 29
CLOSED	CLOSED	Cereal with fruit	French toast with berries & yogurt	Toast with scrambled eggs & veggies
		Grill cheese with vegetable soup	Make your own taco's	Fish & chips with coleslaw

Fresh fruit is served for every afternoon snack

Milk and Water are served at each snack and meal

