Children's Program

Monday	Tuesday	Wednesday	Thursday	Friday
		1	**2** Trip to Jackie's Farm	**3** **P.A. Day**
6 Red Hill Walk	**7**	**8**	**9** Trip to Jackie's Farm	**10**
13 Trip to Cherry Hill	**14**	**15**	**16** Trip to Jackie's Farm	**17**
20 Red Hill Walk	**21**	**22** Trip to Kanata Longhouse	**23** Trip to Jackie's Farm	**24** Trip to Library
27 Red Hill Walk	**28**	**29**	**30** Trip to Jackie's Farm	

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Trip dates: Please dress accordingly for the weather
Trip's to Jackie's Farm: Please ensure children have used bathroom and have eaten breakfast before arriving for school. ***Always pack a change of clothes***

1869 Main Street East, Hamilton, ON 905-549-4884 Fax: 905-549-7337 www.niwasa.ca

Parent/Community Programs

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Women's Hand Drum 1030-1130 Women's Wellness Bath bomb Workshop 12-2 Ojibwe Class 5-7	**2**	**3** **P.A. Day**
6 Budgeting workshop 1-3 ***CHP***	**7**	**8** Women's Hand Drum 1030-1130 Ojibwe Class 5-7	**9**	**10** Dance Workshop 1-2:30 ***CHP***
13 Blanket making 1-3	**14** Seeds workshop 1-2 ***CHP*** Parent Meeting 6-7 pm	**15** Women's Hand Drum 1030-1130 Ojibwe Class 5-7	**16**	**17** Salad in a Jar! 1-230pm ***CHP***
20 Indigenous Cooking kitchen 1-3 ***CHP***	**21** Fundraising Bingo 6-8pm	**22** Women's Hand Drum 1030-1130 Ojibwe Class 5-7	**23**	**24** Just Bead It! 10-2:30 ***CHP***
27 Yoga 1-2:30 ***CHP***	**28**	**29** Women's Hand Drum 1030-1130 Ojibwe Class 5-7	**30** Eating well on a Budget! 1-230pm ***CHP***	

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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
905-549-4884 Fax: 905-549-7337 www.niwasa.ca

Monthly Classroom Update

October was an exciting month for all of us. We had our weekly trips to the farm and the Red Hill, as well as a trip to Confederation Park and the Pumpkin Patch. Uncle Kelly came into the classroom and shared teachings on the trees and the leaves. The children celebrated the Moon of the Falling Leaves by collecting leaves on their weekly excursions and using them in the classroom for art activities, science displays and tree identification. The children have also enjoyed discovering all of the different types of leaves and nuts that they are encountering on their hikes. One of their favourite activities to do at the farm right now is to collect acorns and hickory nuts and crack them open to reveal the nuts inside. They watched squirrels at Confederation Park collecting nuts for the winter and enjoyed watching one squirrel in particular biting it's way into a walnut while balancing on a branch. We talked about how nuts are baby trees and when they get planted inside Mother Earth, she can grow a baby tree (similar to how babies grow inside of mommy's tummies). The children have been learning to match the leaves with the nuts or pinecones that come from a particular tree.

November is the month where we celebrate the "Freeze Up Moon" and the Ancestors. We are hoping to bring the children to Kanata village in Brantford so that Uncle Kelly can give them a tour of the Longhouse and the children can learn how their Ancestors used to hang their foods and medicines before the "freeze" came.

We will continue our weekly trips to the Red Hill (every Monday) and to the farm (every Thursday). The teachers wanted to express to all of you how much we appreciate the effort you are making to ensure the children are well prepared for these outings (extra clothes in backpacks, sturdy footwear, proper clothes etc) It makes the experiences so much more enjoyable for everyone.

Thank you for working with us to provide positive opportunities for the children to learn from Mother Earth and to form meaningful relationships with the natural world.

Nya:weh Miigwech,
Sarah, Jackie and Esmeralda

MOHAWK WORD LIST

Snowing - **yo'keren'oh**
Snowshoe(s) - **kahwe'nkare**
Happy - **Wakatshennonni**
Hat - **Anònwarore**
Coat - **Atyàtawai'**

OJIBWE WORD LIST

Freeze - **aakwaji**
Rain arrives - **bagamibiisaa**
Forest Trail – **dawaakwa`igan+an**
Around the birds - **Gewitaa-bines**
Walk in rainy weather – **gimiwanose**

Moms, Aunties, Grandmas...

Join us for a women's Hand Drum Circle!

There is no child minding available however your little ones are welcome to join in drumming or play next to you.
Bus tickets available-Snacks provided

No experience required-we have hand drums you can use!

10:30-11:30am @ Niwasa
Every Wednesday

PLEASE JOIN US FOR:

WOMEN'S WELLNESS

HOMEMADE BATHBOMB WORKSHOP

WEDNESDAY NOV. 1ST 2017

12:00 TO 2:00 LUNCH IS INCLUDED

NIWASA: 93 DELENA AVE N.

CHILD MINDING PROVIDED

POSITIVE GATHERING SPACE FOR WOMEN! HELD ON THE FIRST WEDNESDAY OF EACH MONTH

TO REGISTER PLEASE CALL: ALYSHA @ 905-549-4884

Budgeting Ba$ics

Planning where your money goes~ instead of wondering where it went!

A 90-minute workshop
on developing a simple, basic
Spending Plan
that will help you plan on where
your money should go,
let you live generously,
and help you stay out of debt!

Budgeting Ba$ics Workshop

Monday November 6th
1:00-2:30 pm
Child minding and bus tickets available
GIVEAWAYS for ALL PARTICIPANTS!

Register with Alysha 905-549-4884

Hamilton

Service Canada

PARENTS and CAREGIVERS!

Join us for an afternoon of blanket making and storytelling!

Monday, Nov 13th
1-3pm
93 Delena Ave N

Bus tickets and child minding available
REGISTER WITH ALYSHA 905-549-4884

FREE-limited space!

Dance Workshop with the White Pine Dancers!

Learn Iroquois and Pow Wow Dancing

Friday, November 10
1-2:30pm
93 Delena Ave N.

RSVP with Alysha 905-549-4884

Service Canada

NIWASA
Kendaaswin Teg

Free Workshop!

Salad in a Jar!

Want to learn more ways to make your salad and salad dressing?

Want to try new veggies? Come and join us to spice up your salad!

Please join us for our Salad in a Jar workshop in partnership with the Dietician from De dwa da des nyes Aboriginal Health Centre

where:

1869 Main Street East,
Hamilton ON, L8H 1G2

when:

November 17, 2017
1 to 2:30pm

r.s.v.p.

905-549-4884

Child minding provided!

Service Canada

De dwa da dehs nye>s Aboriginal Health Centre

NIWASA Kendaaswin Teg

COOKING KITCHEN

Come cook with us and bring home food for your family to enjoy!

Monday, November 20th
1-3pm
Niwasa 1869 Main St E

Please register 905-549-4884

NIWASA
Kendaaswin Teg

Service Canada

PARENT MEETING

Plan to attend
November's Parent Meeting!

TUESDAY, NOVEMBER 14
6-7 pm

Niwasa Lower Level

Child minding and bus tickets available

We will be discussing the children's winter feast, children's gifts and gathering input for Niwasa's cultural curriculum

RSVP 905-549-4884

Parents are expected to attend monthly meetings.
Meetings count toward your volunteer hours.

TOY BINGO!

Niwasa Fundraiser

Tuesday, November 21
6-8pm
93 Delena Ave. N.

GRAND PRIZE: Over night Fallsview Water Park Package for Four!

ADULTS ONLY PLEASE

ONE strip booklet $5.00
Four one strip books $18
For 10 rounds of bingo!
PLUS
Special #1 Gift Card Prize
$2 per strip
Special #2 Water Park
$3 per strip

JUST BEAD IT!

Photo compliments of Mohawk Mocs

Come bead with buddies!

- Lunch is provided
- Free workshop- Instruction and materials are provided by Mohawk Mocs
- We will be making key chains
- All are welcome
- Call 905-549-4884 to register
- Limited space available

Note: No child minding will be available for this program. Please make alternative arrangements for your children.

November 24, 2017 @ 10AM to 2:30PM

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

Service Canada

Niwasa Kendaaswin Teg
Kayla@niwasaheadstart.com

NIWASA
Kendaaswin Teg

Beginner Yoga

Come try a free beginner yoga class! Bus tickets, light snacks and childminding provided!

November 27, 2017 at 1 to 2:30pm

at 93 Delena Ave North

Hamilton, ON

Call to register at (905)549-4884

NIWASA
Kendaaswin Teg

Service Canada

Eating well on a budget…

Whether money is tight for your family (or not), our Eating Well on a Budget workshop offers tips and tricks to feed your family healthy foods without breaking the bank! Workshop is free and ALL ARE WELCOME!
In Partnership with Charlotte Chan, Dietitian from De dwa da des nye>s

November 30, 2017 @ 1 to 2:30pm

Niwasa Kendaaswin Teg, 1869 Main St. East, Hamilton ON L8H 1G2

Service Canada

De dwa da dehs nye>s Aboriginal Health Centre

NIWASA Kendaaswin Teg

NIWASA
Kendaaswin Teg

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)
Hours: Tuesday and Thursday from 9:30am—2:00pm

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 Nurse Visits

The Pubic Nurse is availa-ble to provide

Health

Health 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
- Tranditional 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

November 2017

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

November Menu

For the week of November 1, 2017				
Mon	Tues	Wed 1	Thurs 2	Fri 3
		Waffles with berries & yogurt	Egg mcmuffin with Veggies	P.A. Day Banana bread & fruit smoothie
		Naan bread with hummus & veggies	Fresh fruit	
		Pasta with meat sauce & veggies & garlic bread	Chicken & corn hash brown bake with French loaf	Sheppard's pie with veggies & dinner rolls

For the week of November 6, 2017				
Mon 6	Tues 7	Wed 8	Thurs 9	Fri 10
Cereal with fruit	Breakfast wraps with veggies	Pancakes with berries & yogurt	Toasted bagels with cream cheese & veggies	Hard boiled eggs with toast & veggies
Cheese & crackers with veggies	Fresh fruit	Veggies & dip with crackers	Fresh fruit	Fresh fruit
Grill cheese & vegetable soup	Chicken wraps with salad	Beef stroganoff with veggies & dinner rolls	Broccoli bake with veggies & French loaf	Tuna wraps with roasted veggies

For the week of November 13, 2017				
Mon 13	Tues 14	Wed 15	Thurs 16	Fri 17
Cereal with fruit	Raisin toast with WOW butter & fruit	Egg mcmuffin with Veggies	Toasted bagels with cream cheese & veggies	Waffles with yogurt & berries
Crackers, cheese & veggies	Pepperette with veggies & dip	Fresh fruit	Fresh fruit	Naan bread with hummus & veggies
English muffin pizza with salad	Fish & chips with coleslaw	Chicken wraps with roasted veggies	Beef fried rice with veggies & dinner rolls	Macaroni & cheese with French loaf & Veggies

For the week of November 20, 2017				
Mon 20	Tues 21	Wed 22	Thurs 23	Fri 24
Cereal with fruit	Toasted English muffin with veggies	Pancakes with yogurt & berries	Raisin toast with fruit smoothie	Hard boiled eggs with toast & veggies
Crackers & cheese with Veggies	Fresh fruit	Hummus with naan bread & veggies	Veggies with pepperettes	Fresh fruit
Perogies with bacon & veggies	Beef & barley stew with Biscuits	Taco bake with naan bread & veggies	Chicken pot pie with roasted Veggies	Cheese tortellini with veggies & garlic bread

For the week of November 27, 2017				
Mon 27	Tues 28	Wed 29	Thurs 30	
Cereal with fruit	Toasted bagels with cream cheese & veggies	Waffles with berries & yogurt	Egg mcmuffin with Veggies	
Cheese cubes with veggies & dip	Fresh fruit	Veggies with kielbasa & crackers	Fresh fruit	
Fish & chips with veggies	Cream of broccoli soup with biscuits	Pasta with meat sauce & veggies with garlic bread	Baked chicken with rice & veggies	

Fresh fruit is served for every afternoon snack

Milk and Water are served at each snack and meal