

CATTARAUGUS

ECCLC

NEWSLETTER

Nisgawaknehary

Niyo'nota:a	February
O'notah	March
Ganö'gad	April
Wëö:dahgwa'	May
Yaikneh	June
Saisgekneh	July
Hayë:nia'	August
Gëdë'ökneh	September
Gahsakneh	October
Jodto:h	November
Nisah	December

HAPPY NEW YEAR



2015



12857 Rte. 438
Irving, NY, 14081
716-532-0505

Monday-Friday 7:30-5:30

BIRTHDAYS

Miss Janice Wed. Jan. 6th
Aleah Redeye Fri. Jan. 8th
Karson Conant Sat. Jan. 9th
Shaaylyn Williams Wed. Jan. 13th
Arielle Young Thurs. Jan. 14th
Corrah Thomas Fri. Jan. 15th
Miss Marie Sat. Jan. 16th
Mahnex Harjo Mon. Jan. 18th
Mason Snyder Wed. Jan. 20th
Jett Jimerson Thurs. Jan. 21st
Jace Jimerson Thurs. Jan. 21st
Quinn Cooper Thurs. Jan. 21st
Ella Jimerson Mon. Jan. 25th
Kaiden Spruce Thurs. Jan. 28th
Jacob Parker Fri. Jan. 29th
Logan Cooper Sat. Jan. 30th
Nuriyah Tallchief Sun. Jan. 31st

Ao'e:sad Hohsashehoh, Ao'e:sad Hohsashehoh

Ao'e:sad Hohsashehoh [EVERY BODY], Ao'e:sad Hohsashehoh!

(I am thankful you are born AKA Happy Birthday X4)

Do:nisosiya'goh, Do:nisosiya'goh

Do:nisosiya'goh, Do:nisosiya'goh!?

(How many winters have you seen? AKA How old are you? X4)

Marie Nephew**After School 1
Lead Teacher**

Miss Marie continues to be very knowledgeable of ECLC policies & procedures. She is very helpful when she submits her paperwork & other important information (including her newsletter submissions) in a punctual manner. She becomes accustomed to changes that may be made which makes her dependable as a Lead Teacher.

She is an outstanding problem solver! *She's just an overall team player.*

Not done yet!! -She also continues to create strong relationships with her After School kids & daycare children. There is a mutual feeling of love & respect between her & the children. She has a way of engaging them to help them learn.

We would like to congratulate Marie as we acknowledge her as our January Employee of the Month! Thank you for your hard work, reliability, & most importantly your *consistency of delivering outstanding performances!*

Welcome our Newest Staff Members!**Gaehnew Printup** is our *After School Coordinator*

*Gaehnew belongs to the Tuscarora Nation. He has 2 children (4 years & 6 months). He enjoys playing lacrosse, studying language, singing, dancing, & being active. He currently attends Syracuse University for the Iroquois Linguistic Program. He has great plans & outlooks on the program. He will be a great asset to our center. Feel free to contact him with any questions, suggestions, or input about the program.

Rayna Parker joined the Infant Room as a *Teacher Assistant*

*Rayna has a daughter that is about to be 2 years old. She enjoys sewing, art, & spending time with her daughter. One of her goals as a T.A. is to obtain her Childhood Developmental Associate (CDA). She is very nurturing & is a perfect fit in the Infant Room.

THIS MONTH

PARENT COMMITTEE MEETING

Tuesday, January 12th 2015

5:30-6:30 PM

Topics: February & March Events
DINNER & CHILDCARE PROVIDED!

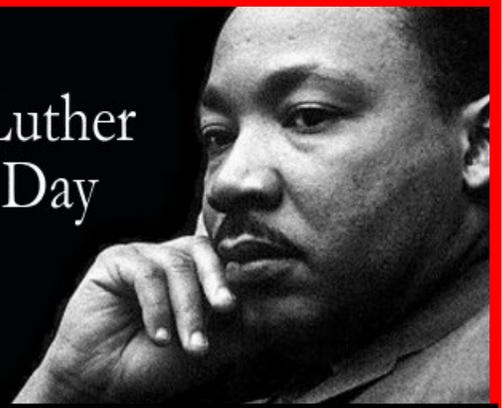
All ECLC Parents Welcome!

Catt. ECLC
716-532-0505



Parent Involvement
Coordinator
Alana Montour Ext. 5304

Martin Luther King Jr. Day



MONDAY, Jan. 18th

NO SCHOOL

FOR ANY DISTRICT



We will exercise the power of acknowledgment & praise on this day more than usual! We will also be encouraging our children to give each other positive words on:

COMPLIMENT DAY FRI. JANUARY 22ND



Actual National Day is 1/24/15

Catt. ECLC's

INSIDE OUT DAY!

Preview this movie with all ECLC friends

WEDNESDAY,
Jan. 27th
2016

MPR

Wear your Pajamas!

10:00 AM
Daycare & Head Start
3:30 PM
After School



Seneca Nation of Indians

HEAD START

NOW ACCEPTING APPLICATIONS

For the 2016-2017 school year

YOUR CHILD MAY BE ELIGIBLE IF:

- *Not eligible for Kindergarten this yr.
- They are/will be four (4) years old
- They will be three (3) years old by December 1, 2016

PRIORITY ENROLLMENT:

- Children with disabilities
 - Below income
- *Income eligibility is based on federal poverty guidelines

2015-2016 Waiting List Applicants

Applicants must re-submit an updated application & income

THE FOLLOWING DOCUMENTS ARE NEEDED WITH APPLICATION:

- * Tribal ID of parent/guardian/child (if applicable)
- * Custody papers (if applicable)
- * Proof of Income
 - 4 consecutive pay stubs
 - W-2
 - Income tax return
 - Zero income worksheet
 - Employer letter on company letterhead
 - Public assistance award letter



DEADLINE FOR APPLICATION IS



JUNE 30, 2016



YEARS
of OPPORTUNITY
HEAD START | 1965-2015



Applications are available online at SNI.org & these locations:

Cattaraugus Early Childhood Learning Center
12857 Rte. 438
Irving, NY, 14081
716-532-0505

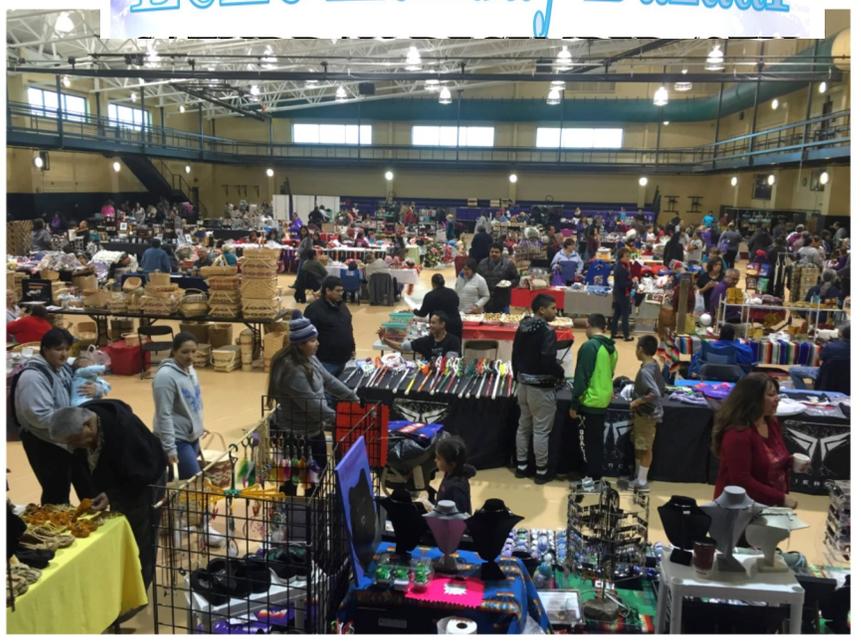


Salamanca Early Childhood Learning Center
983 R.C. Hoag Drive
Salamanca, NY, 14779
716-945-5035

JANUARY

ECLC Holiday Bazaar 2012

December 12th, 2012
The Bazaar was a
huge success!



Cattaraugus
WINTER Wonderland
ECLC's



December 17th, 2015

AKSO:D MAKES 90 LOOK GOOD!



December 16th, 2015

We celebrated Akso:d's birthday with a social! We surprised her with birthday cake & sang Ao'esa:d Hosashehoh to her! During this social, we had students from Australia experience the celebration with us. They really enjoyed themselves & were interested in the Haudenosaunee culture.



6 wks.-18 mo.

INFANTS

Emberly– sitting up on her own
Nevaya– using more words
Vaughn– stack nesting cups & using more words
Brilyn– is inching along on all four's
Hawenoda:je's– working on his tummy time



Oakley– using more words
Avery– standing & pulling himself up to furniture
Jheneli– holding her own bottle & full of stories
Curtis– can blow bubbles with a bubble wand
Hendrix– trying to get on all four's

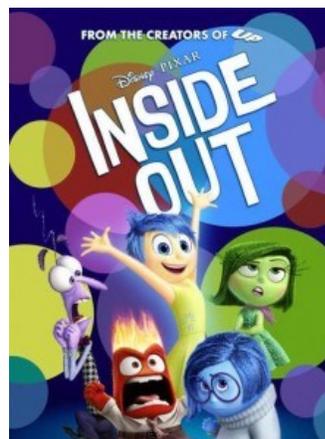
**Jan 1st
Closed**

Welcome
Aaliyah White!

She is doing very well & has become accustomed to the daily routines



Inside Out Day



We will be viewing this movie as our January Event on:

WED. JANUARY 27TH

Don't forget your PJ's!

This month we will focus on Emotional Development

- *Positive self image
- *Cooperation
- *Developing trust & independence
- *Helping others
- *Taking turns
- *Expressing feelings



Willa Brooks will be starting her transition to the Toddler Room. She will officially be a Toddler on January 25th!

2 yrs. - 3 yrs.

TODDLERS

The Seneca Language Staff visits to **sing & dance to social** songs with us. Every Tuesday.

What have we been practicing?

*numbers *letters *colors

What have we been enjoying?

We have been playing in the sensory table. The sand feels really soft! Miss Kitty added new blocks into the block area! Playing with blocks teaches us about balance, gravity, & measurement.

December was special.

We had a lot of fun at the Winter Wonderland playing with bubbles, making crafts, decorating cookies, & drinking "hot" chocolate

Welcome Willa Brooks!

She will begin her transition January 4th!



We have been enjoying MORE outside time on the playground & going for walks because of the nice weather we have had.

Happy 3rd Birthday Karson!

He has recently transitioned into the PreK classroom. Best wishes Karson! We will miss you. Stop by or wave in the window any time!

Please bring hats, gloves, boots, & extra clothes for outside play!

PATHS Curriculum

*Reviewing how to use our words when we are angry or upset

*Remembering how to "Do Turtle" when angry, upset, or even over-excited

Ask your child to show you how to Do Turtle!



Milestones your 3-year old should be attempting or mastering so far:

*Taking turns. It's a skill that they will learn as they approach Four. If they are upset or worried, they will not be able to share their own special things.

*Able to be patient a short time for what they want. Ex: "we will go outside after you eat your lunch."

*Being eager to please you. With your help, they might want to try something new

*More comprehension to communicate instead of throwing tantrums.

*Overcome fears such as odd noises, the dark, animals, monsters, etc.

*Developing sense of humor. They love to laugh & repeat!

This month we will focus on Emotional Development

- *Positive self image
- *Cooperation
- *Developing trust & independence
- *Helping others
- *Taking turns
- *Expressing feelings

WE WISH **RYLAN STAFFORD** THE BEST AS SHE RETURNS TO

HASKELL INDIAN NATIONS UNIVERSITY!

*We loved having her as part of our Pre-K family, and look forward to her visits on her breaks! **WE WILL MISS YOU,***

4 yrs. — 5 yrs.

PRE-K 2

The **Letters** we will be working on to start off the new year are

*** O, P, Q, & R**

We will be focusing on 1 to 2 Authors a month. We will read & do activities of those authors.

***This month's Authors: A.A. Milne & Lewis Carroll**

We will also be working on

***over, under, & balance**

This month's **Character Trait** is: forgiveness

Our friends will start having work sent home to do with you!



Please make sure your child has **extra clothes** & a **blanket for nap**. When we go on walks or play in the snow, please make sure they **have warm clothes** like **hats & gloves**.

Attendance & communication are very important!
Our Head Start Program is preparing your child for Kindergarten & his/her educational future.

Thank you for checking your child's book bag & communication notebook each night.

Lesson Plans

Letters: U, C, O, & Q

Numbers: 1, 2, 3, 4

We hope you all had a wonderful holiday season with your families! The children were so excited for this special time of year.

HAPPY BIRTHDAY

Corrah Thomas

January 15th

Mahnex Harjo

January 18th

Jeff Jimerson

January 21st



**Jan 1st
Closed**

**January 13th
Male Involvement Day**

**January 29th
We Rock the Spectrum
Field Trip- 9:45-12:15**

3-5 YRS.

HEAD START 2

We have been so lucky to experience beautiful weather in the month of December.

In our classroom we are working hard on:

- *Letter recognition*Sound Identification
- *Giving each other compliments *Talk about feelings
- *Getting into our Twiggie (Turtle) shell when we are upset
- Turtle=When upset... STOP! Breeeeeeath

We are very proud of the participation!

Please follow through & work on the Alphabet sheet given during conferences.

Ways to improve Literacy at Home:

- *Point out the author & title of the book
- *Ask open-ended questions *Ask "WH" questions WHO was in the book? WHY were they sad? How did they get home? WHAT was your favorite part?



Feel free to stop in anytime and play with us!

January 14th
Male Involvement Day
2:00-2:30

January 20th
We Rock the Spectrum
Field Trip- **9:45-12:15**



It's our Birthday!
Quinn Cooper
January 21st
Jace Jimerson
January 29th

We had a post office set up in our room and the children are loved it! They could write on decorative paper or post cards and mail letters in our mail box. They sorted mail and used a pretend cash register to buy packing and stamps.

Children playing in our post office are learning about literacy, math and writing while having fun!

This month's theme is learning about the body & senses

Please dress your children appropriate to the weather



Welcome Mara Cooke!
She joined our classroom last month!

January 15th
Male Involvement Day
2:15

January 27th
We Rock the Spectrum
Field Trip- **9:45-12:15**

January 28th
Ladies Day
2:15



January: Nisgowakneh

Happy Birthday to...

Aleah Redeye on Jan. 8th

Shaaylyn Williams on Jan. 13th

Ella Jimerson on Jan. 25th

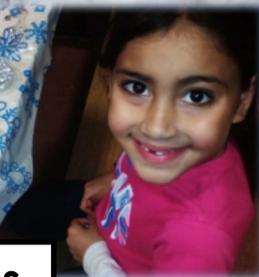


5-6 YRS.

AFTER SCHOOL 1

NYA:WĒH

Luana Jimerson won our 50/50 at the Holiday Bazaar & donated it back. **After School Staff** who worked at the Bazaar



Please have extra clothes for indoors & outdoors:
***Boots, hats, gloves, etc.**

Book/Author

The Patchwork Quilt by Valerie Flournay

Seneca Lesson Plans

Language, culture, & social dancing are on

Wednesdays @ 4

MPR or Saylor Bldg.

With Marty Jimerson & Chris Tallchief

**Gwa'yö:' oë:nö'* = Rabbit Dance

Lesson Plans

Theme: Goshe:neh =Winter

New Beginnings/Winter Fun

*Snow/ice table

*This is Me Activity

*Warm clothing words in Seneca

***Our MPR time is on a rotation schedule**

***HOMEWORK HELP is returning soon!**



January: Nisgowakneh

Happy Birthday to...

Ariella Young on Jan. 14th

Miss Marie on Jan. 16th

Mason Snyder on Jan. 20th

7-8 yrs.

After School is getting more comfortable with dancing at our Socials!

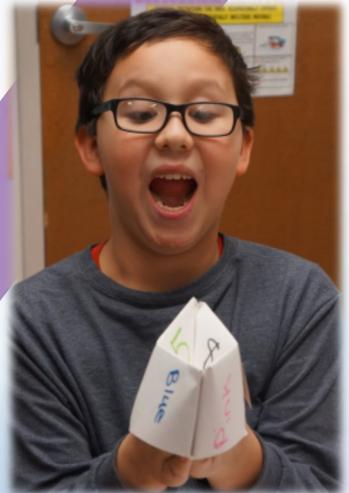
Language, culture, & social dancing are

Wednesdays @ 4 PM

MPR or Saylor Bldg.

With Marty Jimerson & Chris Tallchief

*Gwa'yö:' oë:nö' = Rabbit Dance



AFTER SCHOOL 2 & 3

9-12 yrs

NO SCHOOL
Martin Luther King Day
MONDAY, Jan. 18th

THANK YOU

SHOUT

OUTS

ECLC STAFF for ALL of their hard work & effort put in throughout the year for successful center events, lessons, procedures, etc.
YOU ARE APPRECIATED!

Our ECLC Annual Holiday Bazaar was a huge success! **Thank you to all Employees, Parents, Vendors, SNI Departments, local business, and other community members for your contributions & support!!!!**

RYLAN STAFFORD for her dedication of time & skills to the children. She has created strong everlasting relationships with both children & staff. Her positive energy is so contagious. We wish her luck as she returns back to Haskell to continue her studies.

RENA FOX for her constant dedication to ECLC. Her very hard work is impressive!! We are so thankful that she is so passionate about her work & that her health is in good spirits.



4 Self Care Tips for Parents-Stress comes from a lack of self care

Take care of yourself physically as otherwise you may get stressed and overloaded. Ask yourself 'Am I minding myself?' and if you are not; make some small changes.

Physical Self Care

1. Do you push yourself hard? *Slow down and let it go..*

- Find a half hour to walk/run/exercise makes the rest of the day more manageable.
- Say No as when you say 'Yes' to someone; you say 'No' to yourself and put yourself under pressure.
- When you are 'losing it; step back and deep breathe to calmness
- Ask for help and accept the help or support that is offered.
- Get 7/8 hours sleep at night
Be moderate in food and alcohol

Relaxation

• 2. Take time for a hobby, an interest or simply time to relax.

Everyone has something they enjoy; but do you take time for yourself? It may be Cooking, gardening, music, art, sport, etc. Maybe with young children a hobby has been forgotten; so taking an hour in the week that is just for you can be a start. Perhaps a class you join with a friend so you enjoy the class, the company and getting out of the house! You will be a better mom if you take a little time and space for yourself.

Ease Up on yourself and others

3. Reduce your expectations

Ease up on yourself! So many of us are hard on ourselves and our inner critic works overtime! Stop criticising yourself, and instead say "I handled that well" or "I did my best". Accept yourself exactly as you are – when you do; you will ease up on everyone else as well!

Treat yourself better! Practice kindness, patience and compassion

4. Be Kinder to yourself

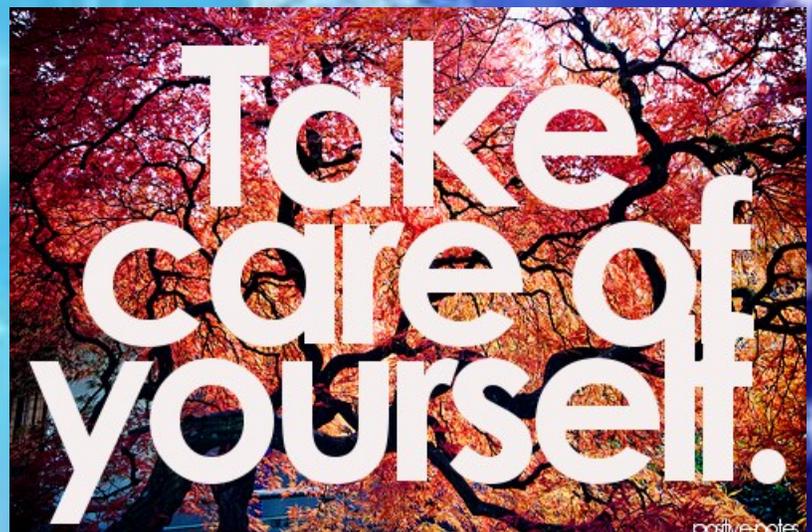
Simply this means throughout the day; be aware of your needs and find a way to meet them.

- Set a date night with your partner
- Arrange to meet a friend or someone who is a 'spark' person in your life
Every day; take a few minutes of time and space for you to do something you enjoy whether it is listening to music, a short relaxation/meditation or a soak in a candlelit bath. Often, the time can be got through less screen time, so disconnect!

Meeting your needs ensures you can meet everyone else's needs!

When parents take care of themselves, they are calmer and more patient with their children. Parent's set the tone; so ask you 'what tone do I set?' If you are shouting; you may be shouting for help. Therefore; support yourself through doing less, asking others to do more and self-awareness around you needs; then find a way to meet them.. For everyone's sake as well as your own!

By [PracticalParenting](#)



NEW ECLC



NEW ECLC



Not only are Head Start applications available for the next school year, ECLC applications are being advertised & accepted now! We are sharing some pictures with you to show the progress that is being done with the new center. It's so close to being complete! We encourage anyone who is interested in joining our programs to stop by our current center to pick up your application today.

We will also hiring for several different positions!

More information will be presented very soon!

WE ARE ALL VERY EXCITED TO UTILIZE THIS BEAUTIFUL BUILDING WITH THE CHILDREN!



Infant Room 5310

Halftown, Elana
Isaac, Kayla
Skutt, Janice
Thompson, Tami

Waddler Room 5311

Jamieson, Carlie
Jimerson, Mashaun
Waterman, Loreli

Toddler Room 5312

Benton, Josilyn
Espinal, Arsenia
Hill, Kristine (Kitty)
Stevens, Loni

Pre-K 1 5321

Stafford, Rylan
Thompson, Keira
Vega, Rosie

Pre-K 2 5320

Cook, Janine
Gates, Quin
Halftown, Stephanie
Riley, Sheanne

Head Start 1 5330

Enhawk, Crystal
Imiola, Tara
John, Lacey

Head Start 2 5340

Huff, Peter
Jimerson, Ashleigh
Ribbeck, Heather

Head Start 3 5350

John, Keeley
Piskorowski, Tamara
Sanford, Cindy

After School 1 5325

Jimerson, Amanda
Nephew, Marie
Yallup, Jackie

After School 2 5313

Kennedy, Megan
Thompson, Lauren
Waterman, Carrie

After School 3 5331

Jamison, Hannah
Parker, Dee Dee
Ralston, Shawn

Head Start Director 5370

Kelly Spruce

Assistant Education Coordinator 5305

Chad Nephew

Administrative Assistant 5028

Beth Stevens

Fiscal/Grants Monitor 5301

Maryann Williams

Parent Involvement Coordinator 5304

Alana Montour

BH/Disabilities Coordinator 5305

Michelle Torres

Health 5341

Rena Fox RN
Jackie Gonzalez LPN/Nutrition Coord.

Facilities 5306

Bill Cook
Jake Jones

HCSF Coordinator 5128

Tricia Jimerson

Media 5326

Lauren Stevens

Secretary 5300

Erica John

Education Coord. 5302

Amy Jimerson

**Head Start
Education Specialist 5323**

Terri Scott

After School Coord. 5316

Gaehnew Printup

Kitchen/Nutrition 5302

Sandra Jimerson*
Wah-A-Gah Vance
Leslie Patterson

Therapy 5302

Sue Alessi
Robin Jones
Emily Tallchief



JANUARY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Head Start Apps Available	5	6	7	8	9
10	11	12 Parent Comm. Mtg. 5:30-6:30	13 HS#1 M.I.D.	14 HS#2 M.I.D. 2-2:30	15 HS#3 M.I.D. 2:15	16
17	18 MLK Day NO SCHOOL	19	20 HS#2 Field Trip	21	22 Compliment Day	23
24	25	26	27 MOVIE DAY 10AM & 3:30PM PJ Day HS#3 Field Trip	28 HS#3 Ladies Day	29 HS#1 Field Trip	30
31						

M.I.D.= Male Involvement Day

Community & Parents can



SNI: Cattaraugus Early Childhood Learning Center

ECLC families can



Sni Cattaraugus Eclc