



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



April 2022

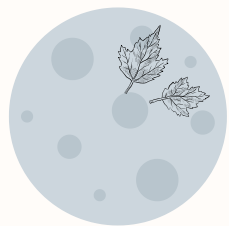
WHAT'S INSIDE

Cultural Connections.....	2
Heart & Spirit.....	2
Home Activity.....	2
Children's Colouring Corner.....	3
Upcoming Events	4
Keep Off Spring Ice!	4
Language Illustrations.....	4
Contact Us.....	4

Züisibaakadake

Güzis

Sugar Moon





Cultural Connections

Ziisibaakadake Giizis

Sugar Moon

Ahniin, Boozhoo Kina Weya,

Ziissbaakdoke Giizis (Sugar Moon) begins at the start of the new moon in March. It is the beginning of the Anishinaabe time to cleanse. As a people, the Anishinaabek have always depended on the natural world for their survival and good health. In many parts of North America, First Nations peoples relate the cycles of “Grandmother Moon”, to the four seasons and 13 moons.

Ziissbaakdoke Giizis is a time when the trees invite us to cleanse with them. They remind us of the importance of teaching renewal.

We share their sacred water to cleanse our own. All of the beings of Creation in our territory sit dormant over the long winters and accumulate things that need to be flushed out to begin the new year in a good and healthy way. Our relatives the trees invite us to cleanse with them. They offer us their sap to drink and boil for syrup and the collection of natural sugar. We acknowledge and honour them by accepting their gifts that nourish our mind, body and spirit.

Na’how, Miigwetch,
Culture Team

Heart
& SPIRIT

Pre-Service Training

Congratulations to our new AC homes that have completed their Pre-Service training !

Our next upcoming Heart & Spirit Pre-Service Training will be:

April 23 & 24, 2022

April 30 & May 1, 2022

Best Western Conference Centre
North Bay

Participants will be notified

April AC Home Engagement Activity Window Decorating

Theme: Spring, Easter or Other!

Submission Date: April 29

Draw Date: May 1

Prize: \$50 Walmart Gift Card



If your home/family does not celebrate Easter, please feel free to decorate your window in another style/theme. We respect all traditions and customs.

(AC Caregivers can be reimbursed for purchasing supplies up to \$15.00, please submit receipts to your Worker)



Children's Colouring Corner

EARTH DAY

April 22, 2022

SHKAAKAMIKWE

(Mother Earth)



We have so many great artists! Each month all submissions go into a gift-card draw. Raffle winners will be notified on the first of the month.



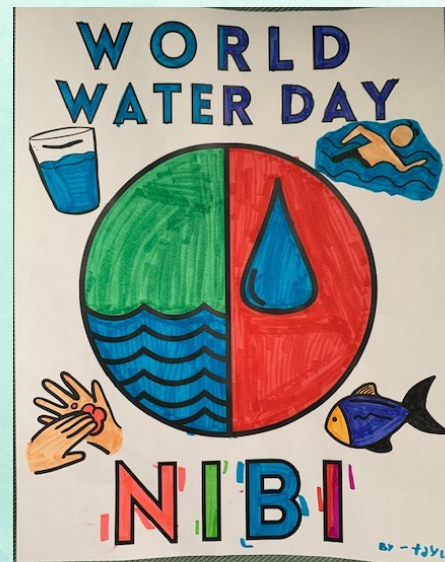
The April Earth Day colouring page is available for print here: [APRIL](#). You can also request one from your Worker.

Happy Colouring!

Submission Date: April 29

Draw Date: May 1

Prize: \$25 Walmart Gift Card



Miigwetch to all who sent in their colouring page pictures from last month!

Earth Day Crafts for Kids

This year, the 2022 edition of the Earth Day campaign will be unveiled on April 7. To learn more about the history, activities, and more visit www.earthday.ca. Click the pictures below for a few easy Earth Day Crafts you can do with items around your home.



FOR PROSPECTIVE
CAREGIVERS

Alternative Care Program Drop-In and Information Sessions

Drop-In Sessions

<p>April 5 Henvey Inlet First Nation 1:30 pm – 4:00 pm Niijaansinaanik Child & Family Services Office 295 Pickeral River Road, Henvey Inlet First Nation</p>	<p>April 20 Dokis First Nation 1:30pm – 4:00pm Niijaansinaanik Child & Family Services Office 702 Main Street, Dokis First Nation</p>
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Virtual / Zoom Sessions

April 14 – 1:30pm – 2:30pm

&

April 28 – 6:00pm – 7:00pm



To register, receive zoom link or ask questions please contact:
Lillian Couchie at Lillian.Couchie@nijcfs.com or at 1-855-223-5558

Spring Ice is Not Safe

As spring arrives, we would like to remind all that spring ice is not safe ice! Warming temperatures and melting water create unstable ice surfaces. Remember that no ice is without risk. During the spring it is best to stay off the ice!

Factors that affect ice thickness, include type of water, location time of year, size and depth of the body of water; moving water (i.e. currents, drainage, runoff); snow cover; chemicals such as salt; fluctuations in water levels; logs, rocks, and docks absorbing heat from the sun; changing air temperature and shock waves from vehicles traveling on the ice.

There are many layers of protection to help protect against drowning and water related injury at any time of year. It is best to exercise ice and water safety and talk to children, and youth about how to be safe during season changes.

SPRING ICE IS UNSAFE ICE
Stop using the ice once spring thaws begin. Once the ice has started candling (melted by solar energy), even if ice measures at the right thickness (minimum 10 cm or 4 inches for walking or skating alone), melting can cause it to weaken vertically. The ice can no longer be trusted.

ALWAYS SUPERVISE CHILDREN
Children should always be under adult supervision when in, on, and around water and ice. For more water safety visit: lifesaving.org



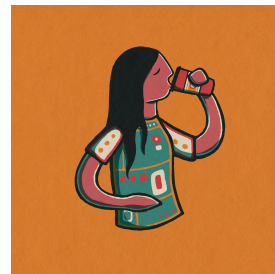
Car Seat Training

May 2022

Dates and Location to be Determined



Goshkozi
Tired



Minikwe
Takes a drink

Miigwetch to Joshua Pawis-Steckley of Wasauksing First Nation for sharing these images with us!

Contact us

We love to hear from you.

Your role as a caregiver is crucial in many aspects. Thank you for choosing to be a care provider and making a sincere difference in the lives of many. Thank you for believing in our Agency and helping keep Indigenous children in our/your communities. Together we can provide positive and healthy experiences for children and youth, who can grow up with true and strong connections.

Miigwetch!



1-855-223-5558



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