



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



September 2024

WHAT'S INSIDE

Cultural Connections	2
Date Office will be closed	2
Alternative Care Upcoming Training	3
Family Engagement Activity	4
Colouring Contest & August 2024 Art Work	4
Did you know...Fire Plan and Drill, Incentives	5
National Day for Truth and Reconciliation	5
Cultural Events	6
Anishinaabembaa/ Let's Speak/Talk Ojibway	7
School Bus Safety Tips	7
Wiisinaadaa! Let's Eat	8
Contact Us	8





Cultural Connections

Waabagaa Giizis - Changing Leaves Moon

Full Moon: September 17, 2024

Ahniin, Boozhoo Kina Weya,

Waabagaa Giizis, or Leaves Turning Moon, shines its light on the land as we watch the vibrant transformation of the world around us. This moon invites us to witness the beauty of the changing leaves, their colors a reminder of the cycles that govern our lives. As the forests don their autumn hues, it's a time to reflect on the abundance we've been blessed with and to honor the rhythms of nature.

During Waabagaa Giizis, our ancestors' teachings come to life as we prepare for the colder months ahead. The land tells us stories through its colors and changes, guiding us to gather, give thanks, and share the fruits of our labor with one another. The coming of this moon is a moment to connect deeply with the earth, to celebrate the harvest, and to embrace the wisdom of the season's transition.

**Na'how, Miigwetch,
Culture Team**

Thank you 
for joining us

Shawanaga First Nation who attended
our Community BBQ on August 6, 2024



Office Closure

September 2, 2024
- Labour Day

September 30, 2024
- National Day of Truth and Reconciliation

October 14, 2024
- Thanksgiving

November 11, 2024
- Remembrance Day

Our After Hours Team will be available for
emergencies at 1-855-223-5558

Alternative Care Upcoming Training



To attend any training, please register at registration@nijcfs.com or contact: 1 (855) 223-5558 ext. 3005

Standard First Aid + CPR C class

Offered by St. Johns Ambulance 8:30am – 4:30pm (both days)

North Bay

2024

- Sept 9/10
- Sept 23/24
- Oct 2/3
- Oct 16/17
- Oct 30/31
- Nov 13/14
- Nov 27/28
- Dec 11/12

Sudbury

2024

- Sept 18/19
- Oct 2/3
- Oct 16/17
- Oct 30/31
- Nov 13/14
- Nov 27/28
- Dec 11/12
- Dec 18/19



Did you know...
That all training listed
is part of the Licensing
Requirement.



NOTE: For a renewal you cannot have expired

One Day Renewal 8:30am – 5:30pm

North Bay

2024

- Sept 20
- Oct 18
- Nov 28

Sudbury

2024

- Sept 26
- Oct 24
- Nov 21

Cultural Competency • Zoom

Offered by Dnaagdawenmag Binnoojiiyag Child & Family Services

- September 17/18 - Time: 10:00am - 12:00pm
- October 21/23 - Time: 6:00pm - 8:00pm
- November 13 - Time: 10:00am - 2:30pm
- December 3/5 - Time: 10:00am - 12:00pm

Trauma Informed Care

Delivered by The Child and Parent Resource Institute (CPRI) is a free three (3) module training webinar series about Trauma-Informed Care for caregivers who are caring for children and youth.

This training takes approximately 8 hours. (2hours each + surveys)

Link and step-by-step guide how to register will be emailed

Caregivers must register individually provide their contact information. Should you require assistance please contact your worker.

Registration Link: [To Register Click Here](#)

Non-Violent Crisis Intervention

- ▶ October 26/27: Location TBD
- ▶ Time: 9:00am to 4:00pm

SPiRiT Pre-Service

One-on-One training
now available

Car Seat Safety

For more information please contact your Alternative Care Worker for arrangements.



CHILDREN'S COLOURING

Every Child Matters, Artwork by Hawlii Pichette

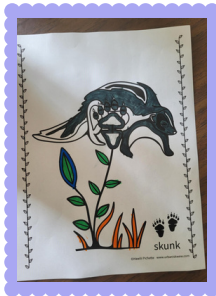
Prize: \$25 Walmart Gift Card

Submission Date: September 27, 2024

to your Alternative Care Worker

Draw Date: October 1, 2024

*All ages and skill levels are encouraged
to submit to get entry to the draw.
Raffle winners will be notified.*



August Family Engagement



FAMILY ENGAGEMENT ACTIVITY

Theme: Back to School – submit a photo or drawing

Prize: \$50 Walmart Gift Card

Submission Date: September 27, 2024

to your Alternative Care Worker

Draw Date: October 1, 2024

Did you know...

Caregivers are to practice a fire drill every 6 months.



Fire Plan & Drill

1 Draft a floor plan of your home. Make sure that all exits are clearly marked, including doors and windows. Use different colors to indicate the routes out on each floor, and go over the map with your family periodically and before fire drills so that no one forgets exactly where to head in the event of a fire emergency.

2 Proper fire safety/evacuation supplies.

- Working Smoke Detectors on every level and in bedrooms
- Fire Extinguisher
- Escape Ladder (homes with two or more floors)



<https://wikihow.life/Conduct-a-Home-Fire-Drill>

3 Hold a family meeting to discuss a plan. Discuss various ways you can evacuate your home safely and promptly in the event of a fire. Get everyone involved, including any children in your home

4 Do a walk through. Go through your entire house with your family and look for means of quick escape. If possible, plan on at least two escape routes for each room.

5 Make sure all doors and windows can be easily opened. Be sure there are no obstructions by these exits that could slow down your evacuation. If you have security bars on your windows, make sure they have emergency release mechanisms

National Day for Truth and Reconciliation September 30 , 2023

This day is to honour the children who never returned home, survivors of residential schools, families and communities.

We encourage you to wear orange to honour the thousands of Survivors of residential schools.



WE ARE LOOKING FOR ALTERNATIVE CARE, EMERGENCY & RESPITE HOMES!

Did you know... if you refer a family member or a friend to become a caregiver and they complete the assessment and are approved you will receive a \$50.00 Gift Card.

Contact us at 1-855-223-5558

SEPTEMBER 2024 CULTURAL EVENTS

Traditional Teachings: One-on-One Appointments available!

– Sweat Lodge – Rights of Passage & Fasting



Saturday September 14, 2024:
Drum Social Wasauksing Gathering Place
1:00pm - 4:00pm • [Open to communities](#)



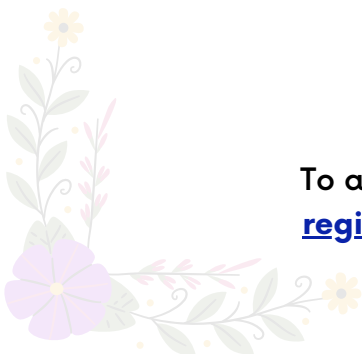
Tuesday, September 24, 2024:
Anisihinaabemowin Bingo
Nijaansinaanik Office, 10 Miller St.
5:00pm to 7:00pm
• [Open to communities](#)

Wednesday, September 18, 2024:
Full Moon ceremony,
Wasauksing Nijaansinaanik trailer Arbor.
6:00pm - 8:00pm • [Open to communities](#)

September 24 – 26, 2024:
Over the Fire Cooking: Indian Tacos,
Bannock Dogs, Apple Crisp & More!
5:00-7:00pm
6 Serenity Lane Arbour, North Bay



To attend any cultural events, please **register** to book a date at registration@nijcfs.com or, contact: 1 (855) 223-5558 ext. 1201



Anishinaabemdaa Let's speak/talk Ojibway

Theme: Words to use in class

Maajitaadaa	Let's start.
Wenipanads	It's easy.
Zanagad	It's difficult/hard.
Ningikendaan	I know it.
Gaawiin ningikendanziiin	I don't know it
Naadamawishin	Help me.
Aaniin ezhi-ozhibii'aman?	How do you write that?
Anokiiwin(an)-maajijigaade(wan)	Homework (plural)
Mii i'iw. Gigiizhiitaamin	That's it. We all are finished.
Baamaapii	Goodbye/ See you later.

Source: <https://ojibwe.net/lessons/words-phrases/words-to-use-in-class/>



School Bus SAFETY

Before boarding a bus

- arrive at the bus stop before the bus comes
- wait in a safe place away from the edge of the road
- wait for the bus to come to a complete stop with its overhead red lights flashing or its stop arm activated before approaching

When riding

- find a seat right away and stay seated (forward at all times)
- keep the aisle clear
- keep your arms and head inside the bus
- follow the bus driver's instructions and do not distract the driver

When leaving

- exit the bus in as single line - don't push or shove
- look all ways and wait for the driver to signal before crossing in front of the bus
- walk - don't run - across the road

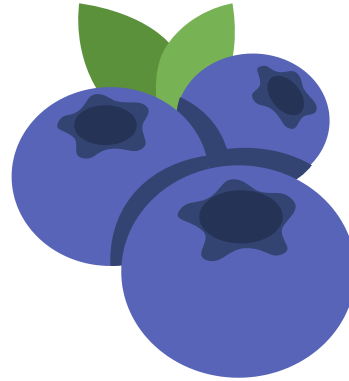
WIISINAADAA! LET'S EAT!

Wild Blueberry Scone

Recipe by: Aboriginal TV Chef – David Wolfman

INGREDIENTS:

- 2 cups all purpose flour
- 2 teaspoon sugar
- 1/2 teaspoon salt
- 4 teaspoons baking powder
- 1/2 cup wild blueberries
- 1/2 cup vegetable shortening (or butter)
- 1 egg, beaten
- 2/3 cup 2% milk



Note: 1/4 dried berries or 1/2 cup fresh raspberries instead of wild blueberries.
For plain scone omit berries

RECIPE:

- Preheat oven to 425°F
- In a stainless steel bowl, sift the flour, sugar, salt and baking powder together.
- In another bowl combine the milk and eggs together, mix well, and set aside.
- Cut the shortening into the flour using a pastry cutter or 2 knives to pea size nuggets.
- Add the milk and eggs mixture and blend.
- Knead together for 3 - 5 minutes and flatten out slightly to 1 inch thick.
- Cut into 2-inch circles and place 1 inch apart on an ungreased baking sheet.
- Bake in oven for 10 - 12 minutes or until golden brown.



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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8