



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



Naabdin Giizis



Snow Crust Moon

March 2026

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Cultural Connections

Naabdin Giizis - Snow Crust Moon



Full Moon: March 3, 2026

The water is busy during this month. The ice begins to shift and melt. In the distance, loud thundering noises can be heard from the ice breaking, cracking, and shifting on the waterways.

This moon also marks the end of Winter. The warmer temperatures during the day melts surface snow and the cold nights re-freezes the snow to form a hard crust. Walking on the snow without snowshoes is possible in certain places on top the snow crust that has formed.

The ability to walk a little easier on the snow without snowshoes helps during this time of year when snowshoes need repairing after the winter. Some areas in Anishinaabek territory also call this Broken Snowshoe Moon.

DATES OF OBSERVANCE

- **March 2 - World Teen Mental Wellness Day**
- **March 8 - International Women's Day & Daylight Saving Time (Time to SPRING Forward)**
- **March 17 - St. Patrick's Day**
- **March 31 - National Aboriginal Languages Day**

ALTERNATIVE CARE UPCOMING TRAINING

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



Did you know?...
All training listed is
part of the
Licensing
Requirement



Standard First Aid + CPR C Class

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

**North Bay
2026**

March 17-18
April 2-3
April 13-14
April 27-28

**Sudbury
2026**

March 2-3
March 11-12
March 18-19
March 30-31



One-Day Renewal

8:30am - 5:30pm

North Bay

March 5, 2026
April 6, 2026

Sudbury

March 26, 2026
April 23, 2026

NOTE:

For renewal you cannot have expired

For more information
please contact
your Alternative Care
Worker for arrangements

PRE-SERVICE TRAINING

March 1, 2026
May 16-17, 2026
May 30-31, 2026

(10 Miller St. - Parry Sound)



For more information on Car Seat Safety training or any training listed
please contact your Alternative Care Worker for arrangements

ALTERNATIVE CARE ACTIVITIES

CHILDREN'S COLOURING

Prize: \$25 Walmart Gift Card

Submission Date: March 25, 2026

Draw Date: March 28, 2026



www.CuteColoringPagesForKids.com

FAMILY ENGAGEMENT ACTIVITY

Theme: Eye-Spy

Send a photo of the completed sheet to your worker

Prize: \$50 Walmart Gift Card

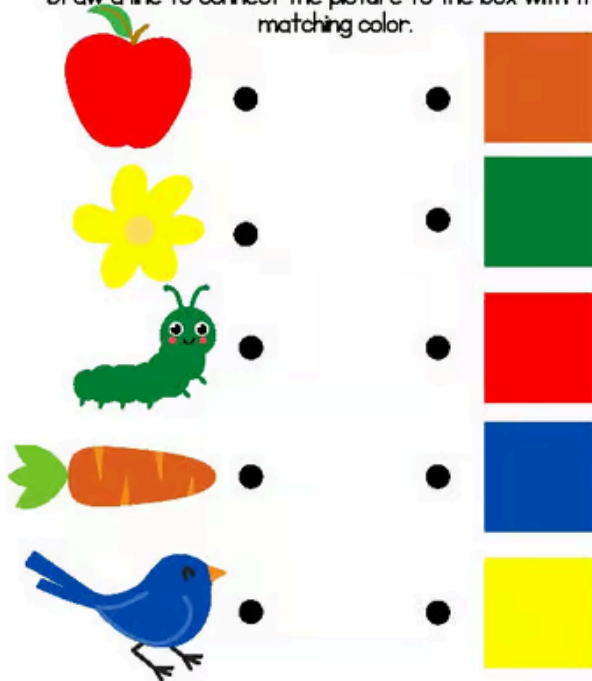
Submission Date: March 25, 2026

Draw Date: March 28, 2026

Name: _____ Date: _____

COLOR SORTING

Draw a line to connect the picture to the box with their matching color.



WIISINAADAA! LETS EAT

Raspberry-Banana Breakfast Tacos

4 servings; Prep: 25 min; Cook: 5 min

Ingredients

- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 large egg
- 1 cup 2% milk
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/3 cup cream cheese, softened
- 3 tablespoons vanilla yogurt
- 1 small banana, sliced
- 1 cup fresh raspberries



Directions

1. Whisk together flours, sugar, baking powder, cinnamon and salt. Combine egg, milk, canola oil and vanilla; stir into dry ingredients just until moistened.
2. Preheat a griddle over medium heat. Lightly grease griddle. Pour batter by 1/2 cupful's onto griddle; cook until bubbles on top begin to pop and bottoms are golden brown. Turn; cook until second side is golden brown.
3. Meanwhile, beat together cream cheese and yogurt. Spread over pancakes, top with banana and raspberries. Fold up.

Anishinaabemdaa! Let's speak Ojibway

Madwezigoshkaa-----ice moves making noise
Mikwam-----ice
Ningiz-----melt, thaw it
Onaabanad-----there is a crust on the snow
Mnokami/ziigwan-----it's spring

Free March Break Activities

In North Bay

NORTH BAY



Free Skating: Pete Palangio Arena (March 10, 2 PM – 4 PM)



Free Swims: YMCA (March 10 & 14, 1 PM – 2 PM)

- Child/Youth (0-14 yrs): \$7.00
- Adult (18-29 yrs): \$9.00
- Adult (30-59 yrs): \$13.50
- Family Swim Pass: \$20.00-\$22.60



Canadian Forces Museum

- : Open for games, puzzles, and a scavenger hunt on Tuesday, March 11 from 12:00 PM – 4:00 PM.



Centennial Bingo: Held at Caldwell-Ellam Community Centre

- on Wednesday, March 12. Note: Registration is required by calling 705-474-0400 ext. 2329.



Kids Fun Zone (Inflatables & Games): Elmwood Community Hub (March 13, 11 AM – 2 PM)



Ringette Try-it: West Ferris Arena (March 14, 1 PM – 3 PM)

Note: Some events may require advance booking. Always check for updated schedules for 2026 @ www.northbay.ca

Contact Us

We love to hear from you.

Your role as 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.



1-855-223-5558

Miigwetch!



niijcfcs.com



MARCH 2026 CULTURAL ACTIVITIES

RSVP: registration@nijcfs.com



**CULTURAL COORDINATOR
PILAR WELLING**


**NAABDIN GIIZIS
SNOW CRUST MOON
TUESDAY MARCH 3, 2026
6:00-8:00PM**

**NIIJAANSINAANIK WASAUKSING ARBOUR
1120 GEEWADIN RD, WASAUKSING FN**

Everyone Welcome

**REGISTRATION DEADLINE
MONDAY MARCH 2, 2026**

To attend any Cultural program or event, registration is required, please ask your worker for more information and to register. Please send to registration@nijcfs.com




MARCH BREAK EVENTS

**AGES 7+
CHILDREN 10 & UNDER
MUST BE ACCOMPANIED**

MAR 13	Ice Fishing 10AM-3PM	Lake Nipissing Sturgeon Falls
MAR 17	Slide and Skate 10AM-3PM	Kinsmen Park Parry Sound
MAR 18	Slide and Skate 10AM-3PM	Lee Park North Bay
MAR 19	Snow Fest 10AM-3PM	12 Serenity Lane North Bay

Lunch and Hot Chocolate will be provided!

Bring your own Skates!
Limited Supply of Sleds!

**Registration Deadline
Friday March 6, 2026**

To attend any Cultural program or event, registration is required, please ask your worker for more information and to register. Please send to registration@nijcfs.com