

# December Edition

THE TITLE VI GRANT IS FUNDED TO PROVIDE A "UNIQUE AND CULTURALLY RELATED" EDUCATIONAL EXPERIENCE WHILE ENSURING THAT "INDIAN STUDENTS GAIN KNOWLEDGE AND UNDERSTANDING OF NATIVE COMMUNITIES, LANGUAGES, TRIBAL HISTORIES, TRADITIONS, AND CULTURES" AND THAT SCHOOL LEADERS AND STAFF WHO SERVE INDIAN STUDENTS ARE ABLE TO PROVIDE THEM "CULTURALLY APPROPRIATE AND EFFECTIVE INSTRUCTION".

ALIGNING WITH THE CTUIR EDUCATION DEPARTMENT MISSION AND GOALS, TITLE VI FOCUSES ON LEARNING LITERACY (PINÁŠUK<sup>w</sup>AT) BY CONNECTING THE STUDENTS WITH THEIR ANCESTRAL PAST THROUGH METHODS THAT ARE BASED IN TRIBAL TRADITIONS

THE YOUTH SERVICES TEAM STRIVES TO PROVIDE THE SUPPORT OUR STUDENTS NEED TO SUCCEED BY MAKING SURE THEY AND FAMILIES ARE CONNECTED TO NECESSARY RESOURCES, RECEIVING ACADEMIC ASSISTANCE, AND ARE PARTICIPATING IN INDIGENOUS WAYS OF KNOWING, WITH THE GOAL OF INCREASING GRADUATION RATES AND PREPARING STUDENTS FOR ECONOMIC SOVEREIGNTY.

If your student, yourself, or a grandparent is an enrolled member of a Federally Recognized Tribe or Band or if your student is a descendant of a parent or grandparent who meets these requirements, your student qualifies.

A 506 form needs to be completely filled out and returned to your respective Indian Education Coordinator, the school's front desk, or the Title VI Youth Services Manager. Use the QR code below to access a fillable 506 form:



# STUDENT SHOUT OUTS

PENDLETON EARLY LEARNING CENTER

100% ATTENDANCE FOR SEPTEMBER, OCTOBER, & NOVEMBER!

NOMINATED BY GAYLA BLANKENSHIP

ROMAN FARROW FRANK



GREY ORNA



PENELOPE THOMPSON



# STUDENT SHOUT OUTS

## PENDLETON EARLY LEARNING CENTER

100% ATTENDANCE FOR SEPTEMBER, OCTOBER, & NOVEMBER!

NOMINATED BY GAYLA BLANKENSHIP

THORUS TILLERY



CAINE VAN SICKLE



AZLAN WOODS



# STUDENT SHOUT OUTS

WASHINGTON ELEMENTARY

STANDING OUT FROM THE CROWD

NOMINATED BY PHYLLIS BARRETT



SUNHAWK LOPEZ  
FIFTH GRADE



FEATHER NAJERA  
FIFTH GRADE



BRAYEN MARSH  
FIFTH GRADE



LELEI TAULA  
FIFTH GRADE

# STUDENT SHOUT OUTS

## MCKAY ELEMENTARY

100% ATTENDANCE FOR SEPTEMBER, OCTOBER, & NOVEMBER! NOMINATED BY GAYLA BLANKENSHIP



WAYLON SPEEDIS  
FIRST GRADE

VICTORIA THURMAN  
SECOND GRADE



KEATON FRENCH  
FIFTH GRADE

# STUDENT SHOUT OUTS

## SHERWOOD ELEMENTARY

100% ATTENDANCE FOR SEPTEMBER, OCTOBER, & NOVEMBER! NOMINATED BY GAYLA BLANKENSHIP



ZOEY PABON  
FIRST GRADE

LUKAL LAVALLIE  
SECOND GRADE



MACKENZIE MINTHORN  
SECOND GRADE

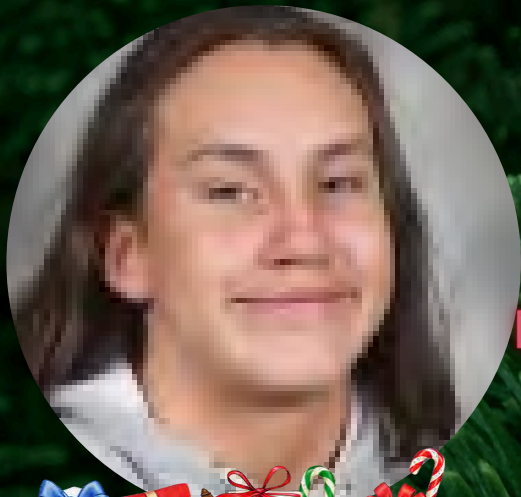
# STUDENT SHOUT OUTS

## SUNRIDGE MIDDLE SCHOOL

### NOMINATED BY CARA GREENE

#### TAMIAH BURNS - 8TH GRADE

TAMIAH IS VERY RESPONSIBLE AND RESPECTFUL.  
HER GRADES ARE EXCELLENT SO SHE WILL BE  
GIFTED A \$10 DUTCH BRO FOR HIGH ACHIEVEMENT  
IN GRADES AND ATTENDANCE.



DEAN ARTHUR - 7TH GRADE  
DEAN HAS EXCELLENT ATTENDANCE!



#### LOREN SAMPSON - 6TH GRADE

HE TAKES ACCOUNTABILITY, HE IS RESPECTFUL  
PLUS HE HAS A GREAT OUTLOOK TO HIS FUTURE  
HERE AT SUNRIDGE. HE WILL RECEIVE A \$10 DUTCH  
BROS CARD FOR HIS GRADES.



# STUDENT SHOUT OUTS

## PENDLETON HIGH SCHOOL

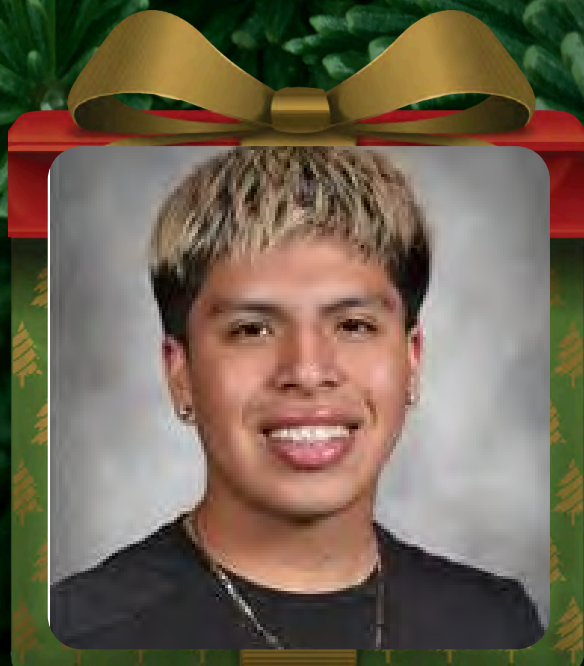
PERFECT ATTENDANCE FIRST SEMESTER

NOMINATED BY PHYLLIS BARRETT



COLE SAZUE  
SOPHOMORE

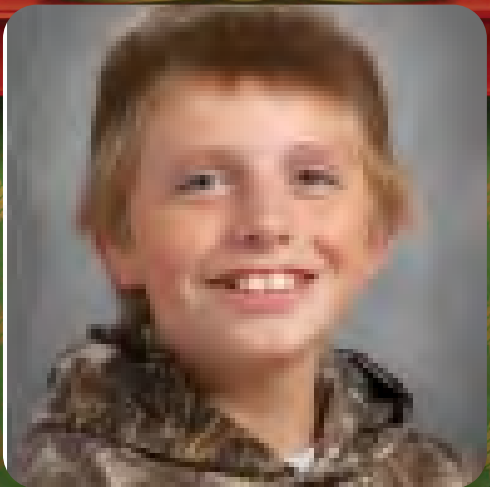
AYDEN-CAM'RON STAR  
SOPHOMORE





# STUDENT SHOUT OUTS

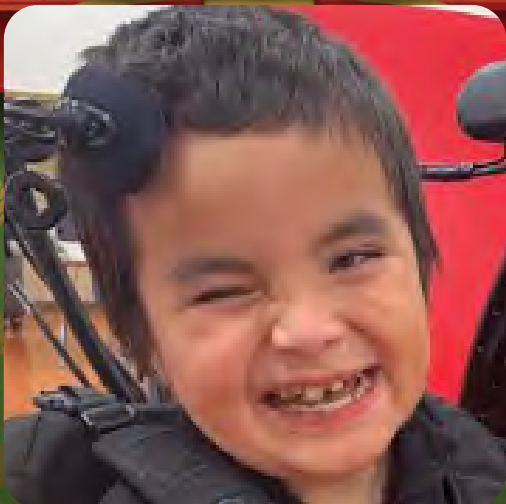
NOMINATED BY WYNEMA THURMAN



ARBEN STEINMEYER -6TH GRADER  
PILOT ROCK ELEMENTARY.

HE VERY HELPFUL AND ALWAYS ANTICIPATES  
WHEN I NEED HELP WITH SETTING UP FOR  
OUR GROUP ACTIVITY, HE ALSO HELPED THE  
YOUNGER STUDENTS WHEN WE WERE  
MAKING PRETZEL TEEPEES.

LOKAA TSO - 10TH GRADER  
WESTON-MCEWEN HIGH SCHOOL  
HE HAS GREAT ATTENDANCE AND GRADES. HE HAS  
GREAT ATTITUDE. HE IS VERY SUPPORTIVE OF THE  
PERFORMERS DURING  
NATIVE AMERICAN HERITAGE MONTH.  
LOKAA IS SECRETARY FOR ATINA INDIGENOUS CLUB



JAMES LUKE - 3RD GRADER

ATHENA ELEMENTARY SCHOOL.

NO MATTER WHAT KIND OF DAY HE IS HAVING OR  
WHAT THE WEATHER IS LIKE OUTSIDE HE ALWAYS  
HAS THAT AMAZING, CONTAGIOUS SMILE.

# Winter is Coyote Story Time



“Everything you need to know about life is in the Coyote stories-if you just listen carefully.”

Flathead Elder Joe Cullooyah

Coyote is a very diverse character in our stories, legends and tales. Coyote can be himself, or a human, or a tree, a spirit, a being or the water, practically anything in our stories. He is creative, mischievous, helpful, funny, plotting, cunning, vengeful, demanding, intelligent or magical being. Coyote is a villain, a hero, a wise being or a trickster. He keeps you on your toes! Indigenous people use Coyote stories for teaching how things came to be, or behavior, morals, and just overall how to be a good human. and coexist in the world.

## Beaver Steals Fire--A Salish Coyote Story

A long time ago, the only animals who had fire lived in the sky. The earth animals wanted fire to keep warm, and decided that whoever sang the best song would be the leader into the sky to steal fire. Beaver and the animals tried to sing, but they were not satisfied. Then they heard Coyote sing and all the animals began to dance and named Coyote the leader. Wren, Coyote's friend, shot arrows into the skyworld, creating a ladder. Wren climbed up the ladder and dropped a rope for the animals to climb up. Curlew, the guardian of fire, was at the river watching his fish traps and the animals followed him back to camp, where his fire was kept. Beaver pretended he was dead, floating in the river, and Curlew grabbed him and wanted to skin him and dry his hide. Suddenly, Eagle landed on Curlew's house and he ran outside to catch him. That is when Beaver stole the fire. Beaver took the fire and swam down the river, climbing back down the rope. That is how the animals brought fire to us.

# EVENTS!

## Family BASKETBALL Tournament



**NOVEMBER**

**29-30**

\*Depending on # of teams, may need to add Sunday-Double elimination with one Championship game.\*

### LOCATION

**OLD MISSION GYM  
73315 JULY GROUNDS LN.**



### REGISTRATION

**CALL: 541-429-7300**

**EMAIL: ChildrenFamilyServices@ctuir.org**

### RULES

**One, age 50+ on the court at all times.**

**One, age 12 and under on the court at all times.**

**Two females on the court at all times.**

**\$100 Entry fee per family**

\*Payment Deadline: Mon. 11/25

Checks must be made out to "CTUIR-DCFS Basketball Tournament"

NIXYAAWII CELEBRATION COMMITTEE

## Winter Celebration

December 27-28, 2024

Mission Longhouse Pendleton, OR

Everyone is Welcome!

### FRIENDSHIP DANCE POWWOW

Friday 7pm

Grand Entry

Saturday 7pm

Grand Entry

### Dance Categories

- Tiny Tots
- 55+ Men/ Women
- Jr Boys/ Girls Traditional
- Jr Boys Grass/ Fancy
- Jr Girls Fancy/ Jingle
- Teen Boys/ Girls Traditional
- Teen Boys Grass/ Fancy
- Teen Girls Fancy/ Jingle
- Adult Men/ Women's Traditional
- Adult Men's Grass/ Fancy
- Adult Women's Fancy/ Jingle

### Dance Specials

- Men's Round Bustle
- Women's Basket hat

**First 10 Drums Registered**

For Vending Please Call ~ (541)-215-2755

For More Questions Contact ~ (541)-215-5989

# Indian New Year

**INDIAN NEW YEAR IS APPROACHING, THIS IS A SACRED TIME TO TELL OUR STORIES AND HUNKER DOWN FOR LONG WINTER NIGHTS. IT IS ALSO A GOOD REMINDER FOR US TO UTILIZE THIS TIME FOR OUR REGALIA AND LIFE. WE MIGHT BE FINISHING UP A PROJECT, MENDING A PROJECT, OR EVEN STARTING A NEW PROJECT. EITHER WAY THIS IS THE TIME ACCOMPLISH THIS.**

**IF YOU ATTEND THE WASHAT SERVICES FOR THIS SPECIAL EVENING, YOU MIGHT BE EATING, DANCING AND SINGING TO WELCOME BACK OUR FIRST FOODS. BRINGING OUT OUR BEST ATTIRE TO HONOR THIS NIGHT.**

**WHETHER YOU ATTEND WASHAT SERVICES ON THIS SPECIAL NIGHT OR STAY HOME. THIS NIGHT IS A SPECIAL NIGHT TO HONOR YOUR PAST AND FUTURE SELF, TO REFLECT, TO LET GO, TO SPEAK YOUR FUTURE ENDEAVOURS.**



# MEDICINAL REMEDIES FOR WINTER COLDS AND FLU



## Wild Rose Hips

WILD ROSE HIPS

Roses are nutritional powerhouses. Rose hips are well known for their high levels of vitamin C, but they're also a great source of antioxidants and contain other essential vitamins and minerals. The petals also contain vitamins C, A, D, E, & B-complex and minerals such as zinc, iron, and selenium.

Herbalists attribute roses with antiviral, antibacterial, anti-inflammatory, antidepressant, and mood-enhancing properties. Herbalists may use roses in various internal remedies for treating sore throats, colds, flu, heart disease, UTIs, ulcers, headaches, diarrhea, constipation, ulcers, and hypertension.

# HOW MUCH SLEEP DO SCHOOL-AGE KIDS NEED?

**School-age kids (6-12) need 9-12 hours of sleep a night. Teens (13-17) need 8-10 hours of sleep a night. Homework, sports, and after-school activities, screen time (on computers, TVs, smartphones, and other devices), and hectic family schedules all can lead to kids not getting the sleep they need.**

Kids who don't get enough sleep may be cranky, moody, or hyper, and have behavior problems. They may have trouble learning and paying attention in school.

Turn off all screens at least 1 hour before bedtime. Keep TVs, computers, and video game systems out of the bedroom. Turn off cellphones or charge them overnight outside of the room.

It also helps to:

- Set regular bedtimes and wake-up times.
- To be sure your child gets enough sleep, decide when your child needs to get up for school in the morning and count back 9-12 hours from there.
- On weekends, try to stick to the sleep schedule as close as you can. Aim for sleep or wake-up times no more than an hour later than on weekdays.
- Keep the bedroom dark, cool, and quiet.
- Don't give your child foods or drinks with caffeine (found in coffee, tea, sodas, and chocolate), especially in the late afternoon or evening.
- Make sure your child gets plenty of exercise during the day. This can help kids sleep better at night.

# PILOT ROCK & ATHENA ELEMENTARY TRIBAL STUDENTS MAKING PRETZEL TEPEE'S

