

Holiday season can stress young children too; here are tips to help them

By Lori Jay-Linstrom, Parent Involvement Coordinator

December can be a very busy and stressful month for our Head Start families. Whatever your special holiday is, the holiday season can cause stress in young children.

They respond to stress in their own ways – crying, tantrums, clinging, excessive energy, temporary regression such as thumb sucking and many other ways. Here are some tips you might find helpful:

- Establish predictable routines. Eat regular meals. Make sure that children get enough sleep. Plan for rest times. Children need to know what is going to happen. Take time to explain the day's activities.

- Prepare ahead for a hectic day. Put your children's clothes out the night before. Plan for snacks. Quick take-along snacks such as crackers, veggies and fruit require no refrigeration and can be shared when shopping lines are long or hunger makes tempers flare.
- Allow time for children to play. Plan frequent activity breaks. Find fun things you can do together.

Check your child's weekly packet for more holiday stress tips.

On Dec. 1, all Head Start sites will have their annual Christmas craft night. This is a fun time for our families to make the Christmas craft items that parents cherish for years to come.

The last day of class before the Christmas break is Dec. 15. The Christmas holiday begins Dec. 19 with classes resuming at all sites on Jan. 3, 2012.

Childcare assistance

You may qualify for the Childcare Assistance Program if your child is an enrolled Siletz Tribal member and you are a working family that lives in the Siletz Tribe's 11-county service area.

Please call for an application at 541-444-8363 or 800-922-1399, ext. 1363.

2011 SILETZ TRIBAL SALMON SEASON OPEN

OCT. 14, 2011, THROUGH DEC. 12, 2011

Salmon fishing tags can only be used to fish for salmon at the Siletz Tribe's three fishing sites:

Euchre Creek Falls • Dewey Creek Falls • Little Rock Creek (hatchery)

Using only the following gear:

Dip Net • Spear • Gaff Hook

Salmon tags are issued by the Natural Resources Department on Monday – Friday from 8 a.m. – 4:30 p.m.

Questions, please contact Mike Kennedy at 541-444-8232 or mikek@ctsi.nsn.us.



Courtesy photo by Siletz Tribal Head Start staff

Salem Head Start students visit the Chemawa dental program to receive fluoride treatments and checkups.

Need caregiver information?

If you are a care provider and are interested in receiving more information, training and being a part of a support group, please contact Rachele Endres at 541-444-8261 or 800-922-1399, ext. 1261, with your contact information.



Intertribal Timber Council

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Scholarship Announcement

For Native American/Alaskan Natural Resource Students

Deadline: January 27, 2012, 5:00 p.m. PST

Award: \$2,000 for college students (number of awards varies per year)
\$1,500 for graduating senior high school students

Purpose: The Truman D. Picard Scholarship Program is dedicated to the support of Native American students pursuing a higher education in Natural Resources.

Required Material: The Education Selection Committee will review and rank only those applicants who completely address each area. Please be specific. Incomplete applications will not be considered.

1. **Letter of Application:** The letter must include your name, permanent mailing address, email address if available, and phone number. It should be a maximum of two pages in length, and discuss the following:
 - a. Interest in natural resources.
 - b. Commitment to education, community and your culture.
 - c. Financial need. Students who have completed the Free Application for Federal Student Aid (FAFSA) should attach the Student Aid Report or have the report sent to the ITC office. If it has not been completed, send last year's report.
2. **Resume**
3. **Three signed letters of reference**, on letterhead and dated within the last six months.
4. **Evidence of validated enrollment** in a federally recognized tribe or Alaska Native Corporation, as established by the U. S. Government. A photocopy of your enrollment card, front and back, or Certificate of Indian Blood (CIB) will suffice.
5. **Transcripts:** ALL students must include transcripts.
 - High school students must also provide documented proof of acceptance to an institution of higher education and a review of college class schedule to verify major before a check is released.
 - College students must also provide proof of their declared major.

All requested information MUST be received by the close of business (5:00 p.m. PST) January 27, 2012 for consideration. For more information, please visit our website www.itcnet.org, Fax (503) 282-1274 and e-mail (itc1@teleport.com) submissions are acceptable as long as we receive them by 5:00 p.m. January 27, 2012, and the original is mailed and postmarked by January 27, 2012.

Inquiries and applications should be directed to the Intertribal Timber Council Office:

ATTN: EDUCATION COMMITTEE
INTERTRIBAL TIMBER COUNCIL
1112 N. E. 21st Avenue, Suite 4
Portland, Oregon 97232-2114
(503) 282-4296

The Intertribal Timber Council (ITC) has cooperative financial aid agreements with the University of Washington and Salish Kootenai College. Recipients of the ITC Truman Picard Scholarship are eligible to receive additional scholarships including tuition waivers, if attending one of these two colleges. For more information, visit the ITC website or contact the colleges directly.

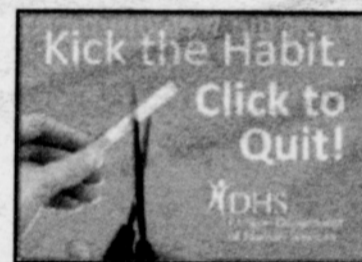
TRUMAN D. PICARD (1946-1986)

To honor Truman D. Picard the Intertribal Timber Council (ITC) established a scholarship program in his name. Truman served on the ITC Board of Directors from 1962 to 1986. While working for the Bureau of Indian Affairs, Colville Agency (Wapetum, Washington), in 1977, Truman transferred to the Colville Tribal Forestry organization taking a position as Supervisor becoming one of the first people from the agency to complete this program. In 1977, Truman transferred to the Colville Tribal Forestry organization taking a position as Supervisor Forest Technician in charge of woods operations. Later he was promoted to Assistant Supervisor of Forestry Operations.

Because of his drive and determination to complete his education Truman returned to Oregon State University earning a Bachelor of Science Degree in Forest Management. Upon his return from college, he was appointed Director of Colville Tribal Forestry. His work for the Tribe will always be remembered by his individual efforts to bring BIA Forestry and Colville Tribal Forestry together in a joint effort to improve the level of Forest Management on the reservation – truly a lasting legacy.

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E-mail: itc1@teleport.com • www.itcnet.org

Oregon Quit Line



Why should I quit?

- ✓ You will improve your health immediately.
- ✓ You will show your kids that tobacco has no part in a healthy life.
- ✓ The money you spend on tobacco can be used for other things.
- ✓ You can stop worrying about where to smoke, being nagged or feeling bad because you use tobacco.
- ✓ You will feel great because you kicked the habit and took your life back!

What is the Oregon quit line?

The Oregon tobacco quit line is a free program offering tips, information and one-on-one telephone counseling to anyone looking to quit tobacco. It's available to all Oregonians regardless of income or insurance status.

What can I expect when I use the free Oregon tobacco quit line?

- When you call or chat online, you will connect with real people who will coach you on putting your own quitting plan together in a way that fits your life.
- Your quit coach will give you tips on changing your routine so you beat that urge to smoke or chew.
- Coaches also can help callers figure out if they are eligible for free nicotine gum or patches.

The Quit Line is open seven days a week, 5 a.m. to midnight.

Tasha Mason
541-444-9659 or 800-648-0449, ext. 1659
tasham@ctsi.nsn.us

Oregon Quit Line
800-QUIT-NOW
oregonquitline.org