

Head Start prepares for transition to next year, says thanks to community

By Lori Jay-Linstrom, Parent Involvement Coordinator

Only two months to go for the Head Start school year of 2011-2012 and then at least half of our students will transition into kindergarten. Parents have been informed as to which schools their children will attend and our teachers will talk with families about the transition process during a scheduled home visit.

Our new Head Start applications are ready to send out to families during recruitment month in April. If you have a child who will be 3 or 4 years old before Sept. 1 and would like to receive an application, please give us a call at 800-922-1399 or 541-444-2532 and ask for Head Start.

Siletz Tribal Head Start encourages volunteers in our program. They make a meaningful difference for students. Each day in every classroom, volunteers support and encourage staff and students and have a powerful role in helping every student achieve.

If you would like to be a volunteer, please contact the classroom teacher and ask for a volunteer packet or call 800-922-1399, ext. 1376, or 541-444-8376 and ask that a packet be sent to you.

The Siletz Tribal Head Start Program would like to thank the employees of Chinook Winds for their generous donation (see story on page 17). We are so lucky to have such great community support.

News you can use from Head Start

One of the most important things you can do to build a strong family is share meals with your children, including teenagers.

Family meals are more than just eating at home. They are a time to strengthen family ties and keep track of your children's lives. Family meals also have been shown to lead to better physical health, mental health and improved academic success in school.

Research shows that families who eat meals together consume more nutritious meals, consume healthier portion sizes, eat more fruits and vegetables, and consume less overall fat. Research shows that children who eat regular family meals also have decreased risk of developing eating disorders, being obese, using alcohol or other drugs and suicide.

These children also perform better in school, tend to be happier, less stressed and have positive peer relations. Family meals also provide children with the

opportunity to practice social etiquette, table manners and conversational skills.

Family meals are awesome! The Make Mealtime Family Time website lists six steps to a successful family mealtime experiment:

1. Commit to eating five meals together (breakfast, lunch or dinner) each week for five weeks.
2. Prepare your meals with a family moment as your goal. Everyone in the family can get involved in the preparation.
3. Before beginning your meal, say a word of thanks.
4. Turn off the television.
5. Eat your meal together along with positive family conversation (not the time for discipline or to argue about problems with school or work) and other family-building activities to make your mealtime family time.
6. Clean up together.

STBC offers entrepreneur class

Any Tribal member interested in taking a course on how to start a business should contact Stephen Larrabee at the Siletz Tribal Business Corporation at 541-994-2142 or 877-564-7298 and by e-mail at slarrabee@stbcorp.net.

If you are a Missing Moccasin, contact the Enrollment Department to update your address and telephone number. If you leave a message, please include your Tribal roll number. If you know someone on the Missing Moccasins list, please encourage them to contact the Enrollment Department.

Enrollment Staff Contact Information:

Angela Martin, Enrollment Clerk
541-444-8258; angelam@ctsi.nsn.us

Nahni Metcalf, Data Coordinator
541-444-8292; nahnim@ctsi.nsn.us

Fax: 541-444-8296
Toll-Free: 800-922-1399, ext. 1258 or 1292

Enrollment Department Deadline
Applications for Enrollment for the second quarter must be received by the Enrollment Department by April 19, 2012.

Enrollment Forms: The Application for Enrollment, Death Benefit Beneficiary Designation form and Information Change form are available on the Tribal website at ctsi.nsn.us. Go to Government listings, click on Enrollment then click on the form you want to open and print. You also can contact Enrollment staff to mail these forms to you.

Enrollment Department
P.O. Box 549
Siletz, OR 97380-0549

Missing Moccasins

Aaron	Scott	ADAMS	Marcello	Riley	GAYTON	Brittney	Nicole	PAYNE	Edward	UNGER
Jose, II	Frede	AGUILAR-RODRIGUEZ	Shawn	Anthony	GHAN	Robert	Edwin	PEDDYCOART	Daniel	James WARREN
Judy	Kay	ANGLE	Chay	Anthony Gene	GILBERT	Delores	Dee	PERRY	Koda Lawrence	Hudson WHITE EAGLE
Clayborne	William	ARDEN	Dannon	Aaron Scott	GILBERT	Danielle	Lorraine	PETERSON	Derreck	Joseph WILLIAMS
Theresa	Marie	ARREAGA	Joseph, Jr.	Jesse	GILBERT	Bradford	Robert	PRATHER	Sheena	Lyn WILLIAMS
Ashley	Dorothy Rose	ARRINGTON	Cody	John	GOODELL	Delisa Marie	RAFAELA-CARMONA		Alexandra	WINDSONG
Gary	Allen	BAKER	Everett	Glenn	HARTWELL	Charles	Eugene	RICHARDSON	Michael	Christopher WOOD
Trayvon	Lamaricus	BAKER	Ruth	Marie	HASTINGS	Darin	T.	RILATOS	Bruce	Anthony YARBOUR
Kyle	Carl	BEALS	Vanessa	Joy	HEDRICK	Francisca	Darlene	RILATOS	Robert	Vernon YARBOUR
Yolanda	Rachelle	BELGARD	Tawny	Elan	JENKINS	Frank	Lynn	RILATOS		
Michael Thomas Patrick		BLACKETER	Otto	Clark	JOHN	Jeffrey	Jerome	ROBERTSON		
Chad	Allen	BOND	Cheyenne	Talecia	KLAMATH-	Dwayne	Irving	RUSSELL		
Elizabeth	Patricia	BOYD			WILLIAMSON	Robert	Pauline	RUSSELL		
Robert	Joseph	BRANDT	Crystal	Nichole	LACHANCE	Ashley	Fern	SAYLOR		
Mark, Jr.	Steven	BREMER	Kenneth	Wayne	LOGAN	Joshua	James, Scott	SCOTT		
Amy	Nicole	BROWN	Kera	Leann	LOGAN	Diane	Lee	SERVICE		
Jessica	Rose	BUTLER	Nanette		LOGAN	Rachel	Ann	SEVERSON		
Thunder	Alan	BUTLER	Tammra	Marie	LOGSDEN	Jerome	Ameer	SHAMSUD-DIN		
Gerald	Not-Afraid	CASANOVA	Leslie	Mary	MARTINOT	Ernest	James	SIMMONS		
Shyne	Red Eagle	CASANOVA	Gina	Marie	MATA	Danielle	Lynn	SMITH		
Andrea	Lynn	CASE	Aaron	Scott	MCCLINTOCK	Starr	Redlighting	STRONG		
Natalie	Angela	COLBY	Randall	Lee	MCCOLLAM	Nawitka	Chee-Chako	TAYLOR		
Robert	Anthony	COLBY	Gare	Andrew	MOODY	Mikel	Edward Thunder	THOMAS		
Marietta		COOK	Joseph	Brandon	MOODY	Tiana	Virginia Marie	THOMAS		
Sarah	Jean	COOK	Robert	Edwin	MORRISON	Deja	Lyn	THOMPSON		
Denise	Dianne	CRUME	Tabatha	Christey	MORRISSEY	Demonte	Talmas	THOMPSON		
R.J.		CRUME	Kaylee	Nichole	MYERS	Jeremiah	Talmas	THOMPSON		
Robert	Anthony	EASTON	Patrick	Robert	OLSON	Doniven	David	TOMPKINS		
Camden	Taylor	Flock	Korey	Matthew	ORLOFF	Cherrish	Denise	TUTTLE		
Jasmine	June	FLORES-KEELEY	Dakota	Shayne	OSMOND	Joseph	Bleu	TYLER		

Enrollment Department

Please contact the Enrollment Department to update your address and telephone number. If you need to update your death beneficiary, we will mail the form to you or you can obtain it on the Tribal website at ctsi.nsn.us (under Government Listings, click on Enrollment and the form is on the right side of the page). You can reach Enrollment Department staff at:

Angela Martin, Enrollment Clerk
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angelam@ctsi.nsn.us

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