



Native American Heritage Festival
Lincoln City Cultural Center
Nov. 9, 2013

This third annual event included the chance to bead, make matishes (above), purchase books by Native authors (below), sample smoked salmon from Chinook Winds, observe art from the Crow's Shadow Institute and hear a presentation on Native art in Oregon.



Native American Day
Ninth Annual Chowder Cook-off
Tanger Outlet Center, Lincoln City
Nov. 10, 2013

Photos by Diane Rodriguez

Jack Strong (above) adds some herbs to a quinoa dish during a cooking demonstration. Mark Pullam (right) tells stories to the delight of onlookers of all ages. Siletz Tribal dancers also participated in the event, as did the Siletz Tribal Arts and Heritage Society.



Head Start offers holiday stress tips, invites volunteers to help our kids

By Lori Jay-Linstrom, Parent Involvement Coordinator

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

Children respond to stress in their own way – crying, tantrums, clinging, excessive energy, temporary regression (such as thumb sucking) and other ways. Here are some tips you might find helpful for your young children:

- Establish predictable routines. Eat regular meals. Make sure children get enough sleep. Plan for rest time. 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 Head Start packet for more holiday stress tips.

Head Start families are invited to attend the Christmas craft activity day planned for their classroom. Check with your classroom teacher for the time and day. This is a fun activity for all and families will cherish the crafted items for years to come.

Before the end of the year, our Head Start programs will have completed all 45- and 90-day requirements for physicals, dental exams, developmental testing, vision screening, hearing screening, dental screens, heights, weights and blood pressure.

Teachers also will have completed their first parent/teacher home visits to share school readiness data, develop an individual child learning plan and start the parent, family and community engagement process.

All classrooms held their first parent meetings and volunteer training. Each Parent Committee selected its Policy

Council representatives, Policy Council community representatives and Parent Committee positions. Thank you to all parents who self-nominated at the parent orientation and first home visits.

Our first Policy Council meeting was held in November and our next one is scheduled for January 2014. Our Policy Council has openings for community representatives. If you have an interest in serving on our Policy Council as a community representative, please call 541-444-8376 or 800-922-1399, ext. 1376, and ask how you can become a member.

In January, the Parent Committees will start to get ready for the annual program-wide Head Start raffle. If you would like to participate or have anything you would like to donate, please call the number above to find out the name(s) of the Parent Committee members to contact for further information.

Our classrooms can always use donated items, including Kleenex, Band-aids, Ziplock bags, scotch tape, packing tape and glue sticks. Portland would like new rubber balls. Salem would like Sunny

D labels and children's underwear (to help the little ones who may have an accident). Lincoln City would like pencil grippers and seasonal stencils.

If you would like to donate any of these items, call the number above to find out how to get the donations to the classrooms.

Important dates to keep in mind: **Winter break for all Siletz Tribal Head Start centers starts Dec. 23, 2013. Classes resume Monday, Jan. 6, 2014.**

The Siletz Tribal Head Start program would like to thank the United Methodist Women at Salem First United Methodist Church for their monetary donation to our program. We thank them for thinking of our children and supporting our program.

If you know of any child who turned 3 or 4 before Sept. 1 who hasn't applied for our Siletz Tribal Head Start program, please let them know we always accept applications for our waiting list. Our waiting lists for Siletz and Lincoln City are especially low. We have classrooms in Siletz, Portland, Salem and Lincoln City.

Please call the number above and we will gladly send you an application.