

Magic happens in the kitchen

By Nancy Ludwig, MS, RDN, LD,
Head Start Consulting Nutritionist

As part of my role as consulting nutritionist for Siletz Tribal Head Start, I offer practical nutrition information. In my last article for the school year, I remind you that magic happens in the kitchen!



In the kitchen, children are empowered to learn to cook, to help, to connect with family, to recognize when they are hungry and when they are full, to share what happened each day and more.

The kitchen is a place where children are nourished, not only by nutrients and flavors, but by affirmations that help them know just how special they really are.

Children certainly need to learn the practical skills of food preparation and proper nutrition. They won't truly excel, however, without love and self-esteem.

Head Start works with families to prepare children by laying the foundation they need in life. This nurturing work is ongoing. From my perspective, much of that nurturing and nourishing magic happens in the kitchen. Keep your kitchen a place of love and magic.

Remember to include your children in nourishing cooking projects. Remember to have the dinner table be a place of love, support and sharing. Remember to share love and positive messages with your children.

This month's recipe idea is a review of the affirmation examples below. Choose the ones that work for you, adapt the ideas or make your own. Affirmations are stated in first-person.

I love myself. I eat well. I help my family. I help set the table. I keep my body healthy. I am strong. I tell the truth. I am kind to others. I like vegetables. My food makes me strong.

Magic happens in the kitchen. I love family dinners. I am a great kid. There is no one in the world just like me. I am beautiful inside and out. I am smart. I am awesome. I like fruit. I share with others. I stir up love in the kitchen.

To download additional Lunchbox Love Notes: Positive Affirmations for Kids, check out the following link – <http://teachmama.com/positive-affirmation-notes-kids-lunchbox-love/>. Scroll down for the PDF download so you can save, print and cut them out to share as you create more encouraging moments.

Siletz Tribal Head Start is an important and influential program. I am pleased to have assisted in supporting family nutrition education.

Tribal Head Start prepares for year-end transitions

By Lori Jay-Linstrom, Parent Involvement Coordinator

I just can't believe it – it's May already and we are coming to the end of another Siletz Tribal Head Start school year.

As sad as it is to have half of our students transition into public schools for kindergarten in September, it is always exciting to welcome all the new and returning students and families.

If you have a child who will be age 3 or 4 by Sept. 1, 2015, and would like them to be part of an awesome Head Start program, please call 800-922-1399 or

541-444-2532 for an application. We are now accepting applications for the 2015-2016 school year.

The Head Start director will start making selections in June. Spread the word to family and friends. We have Head Start centers in Siletz, Salem, Portland and Lincoln City.

Our program offers transportation at all of our Head Start sites. Our buses take our students on awesome field trips during the school year. Head Start is a fun place to be!

It may seem early to think about enrolling your child in a Head Start program, but our slots fill up fast and early in the summer. Don't miss your opportunity to be a part of Siletz Tribal Head Start.

We want to spread the word to as many families as possible about our program. If you have family and/or friends who have children who will be age 3 or 4 before Sept. 1, please call for an application. If they are not enrolled Tribal members, that is OK. We want as many enrolled Tribal children as well as Tribal descendants to apply for our program.



Courtesy photo

Siletz Tribal Head Start in Lincoln City would like to thank the Siletz Tribal Charitable Contribution Fund for paying for our swimming lessons. The generosity of this grant makes it possible for our program to offer great opportunities to our students.

If you have not sent in an application for your child to attend **Siletz Tribal Head Start**, it's not too late. Call 541-444-2532 or 800-922-1399 to request that an application be sent to you.

Applications also are available on the Tribal website (ctsi.nsn.us) and at the Siletz, Salem and Portland area offices.

CTSI Jobs

Tribal employment information is available at ctsi.nsn.us.

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are looking for temporary work that can last from 2-12 weeks, please submit an application for the temp pool.

2015 Confederated Tribes of Siletz Indians Memorial Day Ceremony

May 25, 2015
11 a.m.
Government Hill
Siletz, Oregon

Procession to Veterans Memorial – Honor Guard

The Lord's Prayer – Siletz Royalty
Welcome – Tribal Council Chairman Delores Pigsley
Memorial Day Address – William (Buster) Lane
Presentation of Flowers
Gun Salute – Honor Guard
Taps

Closing – West Coast Boyz
Lunch at the Tribal Community Center –
Provided by the Cultural Heritage Committee – Noon