



Senate Bill 13: Tribal History/Shared History

The Confederated Tribes of Siletz Indians is releasing curriculum for Oregon K-12 public schools to provide "historically accurate, culturally embedded, place-based, contemporary, and developmentally appropriate" lessons about

Siletz tribal people, history, culture, homelands, and government...

LESSON PLANS

Lesson plans cover a range of subjects and content areas including English language arts, social studies, math, and science. Lessons include information about tribal history, traditional homelands, culture, and art as well as modern tribal government, ecological stewardship, and cultural revitalization.

ABOUT SB 13

Oregon Legislature enacted Senate Bill 13 (Tribal History/Shared History) in 2017, directing ODE, in partnership with Oregon's nine federally recognized tribes, to create Native American K-12 curriculum for Oregon public schools. CTSI received grant funds from ODE that supported the development of this tribally-specific curriculum.

Lessons Available Now for Grades

K-1st Grade	2nd Grade	4th Grade	5th Grade	6th Grade	8th Grade	9th Grade	10th Grade	11th Grade
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Find lessons at www.ctsi.nsn.us/sb-13-curriculum

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Oregon public schools teach about Native peoples, codified into law with the passage of Senate Bill 13 (SB 13), Tribal History/Shared History, in 2017. SB 13 mandates the instruction of lessons about the nine Oregon Tribes in fourth, eighth and 10th grades.

The Siletz Tribal Curriculum, developed with grant funds from the Oregon Department of Education, offers schools a chance to supplement that mandatory curriculum with Tribally specific lessons unique to Siletz Tribal history.

Lesson plans and materials are already available for download on the Siletz Tribal website at www.ctsi.nsn.us. Tribal staff plans to release a final set of lessons for grades three, seven, nine and 12 in time for the 2023-2024 school year.

Contact the Siletz Tribal Culture Department at culture@ctsi.nsn.us with inquiries and questions.

Most Often Requested Numbers

- Confederated Tribes of Siletz Indians – 800-922-1399
- Salem Area Office – 503-390-9494
- Portland Area Office – 503-238-1512
- Eugene Area Office – 541-484-4234
- Purchased Referred Care (PRC) – 800-628-5720
- Tribal Veterans Rep – 541-444-8330 or 541-270-0569
- Siletz Community Health Clinic – 800-648-0449
- Siletz Behavioral Health – 800-600-5599
- Chinook Winds Casino Resort – 888-244-6665
- Chemawa Health Clinic – 800-452-7823
- Bureau of Indian Affairs – 800-323-8517
- Website – www.ctsi.nsn.us

Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low-Income Rental Program waiting list in Siletz (1-4 bedrooms) and Lincoln City (2-3 bedrooms – Neachesna Village).

Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or online from the Tribal website – ctsi.nsn.us; follow links – Tribal Services-Housing-Low Rent Apartments & Home Ownership.

Questions? Call 800-922-1399, ext. 1322, or 541-444-8322; fax: 541-444- 8313

Head Start uses nutrition goals and tracking to help keep children healthy

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

September brings new and returning students to Head Start classrooms! As part of my role as consulting nutritionist for Siletz Tribal Head Start, I offer practical nutrition information. This month my focus is on how Head Start addresses child nutrition and tracks health indicators.

Did you know Head Start has nutritional goals? Basically, five areas of focus are required and each has performance standards. Briefly, the areas include the following:

- Identification of nutritional needs
- Nutritional services
- Meal service
- Family assistance with nutrition
- Food safety and sanitation

A variety of opportunities exist for staff and parents to discuss each child's nutritional needs. This can include time during enrollment, a home visit or other meetings with the staff. It is important that parents share the special nutritional and feeding requirements for children with disabilities and/or food sensitivities.

The child's growth (height and weight) is measured and monitored. The consulting nutritionist (me) is available to support families with nutritional needs and concerns.

The nutrition program must serve a variety of foods that consider cultural and ethnic preferences and broaden the child's food experience, along with meeting the nutritional needs and feeding require-

ments for the children (including special needs). If you have concerns about this, please contact the program.

It is also appropriate to ask to speak with the nutrition consultant for specific support. For 3- to 5-year-olds, the quantities and kinds of food served must conform to the recommended serving sizes and minimum standards for meal patterns recommended in the USDA meal pattern or nutrient standard menu planning requirements outlined for the program. The foods served must be high in nutrients and low in fat, sugar and salt. Meals and snacks are appropriately scheduled and offered at consistent times.

In the normal classroom setting, family-style meals are offered to contribute to the development and socialization of each child through offering a variety of foods at a table where children serve themselves with sufficient time to eat. Conversation is encouraged and food is not to be used as reward or punishment. Some of these meal practices were modified due to COVID safeguards.

Family assistance with nutrition includes parent education activities and opportunities for education on food preparation and nutritional skills. Teachers conduct nutrition education each week with in-classroom activities.

Be on the lookout for nutrition information in your information packets each week. To further support this goal, I offer nutritional information in *Siletz News*.

Following the food safety and sanitation measures protects the health and safety of everyone. Tribal health inspectors, as well as state inspectors, review and audit the program. Self-inspections are also conducted quarterly.

In addition to the five areas of nutritional focus, Head Start is required to track growth and other health information, such as hemoglobin. One purpose behind measuring health indicators is to measure outcomes and therefore, possible success or shortcomings of the program.

If the program demonstrates success, funding seems more likely to continue. On the other hand, if health indicators indicate increased risk, a closer look is needed. This may mean changes to the program to better support families.

Children's health and nutrition indicators are monitored in two primary ways:

1. Nutrition screening forms at parent orientation with questions about your child's eating habits. If your family does not have access to adequate food at home, please share this information to receive support for access to sufficient safe and nutritious food.
2. Periodic measurements include weight and height for all students, as well as offering hemoglobin testing (with confidentiality in place)
 - a. BMI is a mathematical calculation from height and weight. It is not a perfect way to track growth and it is important to look at this number over time, not just once. High and low BMI values trigger potential risk and therefore, a referral. This does not necessarily mean there is a problem, but it is currently the action point to provide extra care for this child. A referral may be in the form of a letter requesting that you fol-

low up with your doctor. Another option would be to the consulting dietitian/nutritionist. This service is available to all Head Start families, even when BMI is normal.

- b. Hemoglobin testing is conducted to screen for possible anemia. Hemoglobin is a protein found in the red blood cells. These cells are responsible for carrying oxygen around the body. When the body doesn't have enough red blood cells, or when they do not work properly to transport oxygen, the body doesn't have what it needs to function well. Symptoms in children are often different from those experienced by adults. These may include poor neurological development, disturbed behavior, paleness, rapid heartbeat, difficulty learning and low levels of concentration. This is contrasted with adults who primarily report feeling sluggish and tired. Head Start parents have rights to refuse tests. It is important to be informed about the purpose of the tests in order to make informed decisions regarding the well-being of your child.

Please know that Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist.