

Eastern Oregon Parent

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ON THE COVER:

Six-year-old Elijah Denny, of the Warm Springs tribe, dances at a recent CTUIR pow-wow. Native Americans from across the region will participate in Round-Up events.



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The InterMountain Education Service District

Welcomes ALL STUDENTS back to school!

Here are some tips for parents and students to start school:

- Make sure your child's school has updated contact information (address, phone #, emergency contact) as these may have changed over the summer
- Ask your child's teacher(s) what the best method of communication is with him/her

- Review with your child how he/she is getting to and from school: review walking/biking route/bus stop area and safety rules
- Create a quiet, organized and comfortable study/homework area away from electronics
- Plan lunch menus together, with some healthy options like fruits & veggies
- Establish a successful bedtime routine and ensure your child is getting enough sleep for his/her age



**Have a wonderful
school year!**



InterMountain
EDUCATION SERVICE DISTRICT
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