

Early Childhood Education news and updates

Calendar of Events:

March 18-22, 1996, Spring Break, Head Start Part-Day Closed all week.
 March 19, 1996, Positive Guidance & Discipline, Series #3, "SPANKING"
 5:30 p.m. - 7:00 p.m., Conference Room 2E, Child Care Provided.
 March 21, 1996, Poison Prevention Presentation.
 Pod B, 10:00 a.m. and Pod C, 10:30 a.m.
 March 26, 1996, Parent Club Meeting, Conference Room 2E.
 12:00 p.m. - 1:00 p.m.

>Watch and listen for announcements and flyers on training covering Nutrition this month. Location and times to be announced.
 "VALUES OF DAD'S" 3 Featured Guest Speakers

The following statements were gathered from the Positive Guidance & Discipline, Series #2, "Values of Dad's."
 *Kids need Dads-We expected to increase our awareness of this. What

surprised us (as women) Dads did the kids.
 *When men abandon the upbringing of their children to their wives, a loss is suffered by everyone, but perhaps most of all by men themselves. What they lose is the possibility of growth in themselves which the stimulation of bringing up one's own children gives."
 *Each dad provides their children the benefits of his life's unique experience and is a powerful force in the development of each child.
 From harmony, from heavenly harmony,
 This universal frame began....
 —John Dryden
 Our family is like a small orchestra. Each of us has an important part to play. To achieve harmony we tune in to how others are sounding. We recognize that every orchestra needs a conductor, a center for direction. We rely on our Creator for this support and guidance, and we realize that our family's music exists in time. It changes, it passes, and we begin a new song. Our music comes and goes. It is not carved in marble. It is a free expression of family love.

No one of us has to play alone, because we are an ensemble. The time for soloing comes later. Today we rejoice that we can play together.
 How can my music add to the family's symphony today
 Taken from: Hazelden Meditation Series-Today's Gift.
 Submitted by, Delson Suppah, Parent Club President/ECE
DOES YOUR CHILD'S APETITE CONCERN YOU?
 Parents are often concerned about changes in their child's appetite. Preschoolers are not growing as fast as they did in infancy and their appetites reflect this. Small appetites may also result from a child being overly tired, excited, ill, or in strange surroundings.
 Your child will be more likely to meet his or her nutritional needs if the food that are eaten are nutritious

ones - fruits, vegetables, protein food, unsweetened cereals, etc. Since no one food contains all the nutrients our bodies need, serve a wide variety of foods to be sure your child's diet is nutritionally complete.
LITTLE PEOPLE NEED LITTLE SERVINGS.
 Large portions can reduce appetites. So remember, **KEEP PORTIONS SMALL!** Serve a bit less than you think your child can eat and let him or her come back for more. Not only will your child feel successful, but less food will be wasted. Suggested first serving sizes for preschoolers are:
 1/2 - 3/4 cup milk
 1/2 - 1 slice whole grain or enriched bread.
 1 tablespoon of each per year of age:
 *fruit
 *vegetables
 *protein food
DENTAL SEALANTS: SOMETHING TO SMILE ABOUT
 Now your children's teeth can benefit from a new kind of protection.
 Most cavities start on back teeth because they have many small gaps called "pits" and "fissures" where germs and food can hide and cause tooth decay. Teeth need protection from cavities.
 Fluoride, in water toothpaste and mouthrinse is great for the sides of the teeth, but the tops of teeth have tiny gaps and need special protection. Everyday brushing and flossing help, but toothbrush bristles can't fit

into those tiny crevices, and flossing only cleans the sides of you teeth.
 NOW your children's teeth can be protected with a plastic coating called sealant. With dental sealants your child may never have a cavity or filling, and you'll probably have lower dental bills.
 Sealant is a safe plastic coating which keeps germs out of the back teeth by covering up their tiny hiding places. Sealants work and are easy to apply. There are no drills or needles involved.
 Applying sealant...an Easy Three Continued on page 8

Hepatitis can be prevented

"The Warm Springs Reservation is currently experiencing a number of cases of Hepatitis A. This occurs from time to time, both County & State wide.
 Hepatitis A is a viral disease which causes inflammation of the liver. Symptoms include: fever, loss of appetite, muscle aches, nausea and abdominal discomfort. Later symptoms are: coffee-colored urine, clay-colored stools and yellow eyes and skin.
 The most important thing to know about Hepatitis A is how it is spread. The virus is found in human feces and spread person to person from fecal contamination or oral ingestion. One of the most common ways

to get the disease is through eating food that has been contaminated by poor food handling practices. Foods that are uncooked or improperly heated are especially HIGH RISK. Sandwiches and salads can often be contaminated also.
 The best way to prevent the spread of Hepatitis A is by practicing good hygiene. Everyone should wash their hands after using the toilet, after changing diapers and before preparing and eating food. A person can be infected before showing any symptoms and can infect others without realizing it.
 Please call Public Health Nursing at 553-1196 ext. 4142, should you have any questions about this disease.

Budget meeting scheduled

On Tuesday, March 26th, Jefferson County School District 509-J will hold the first Budget Committee meeting for the purpose of receiving the Budget Message and Proposed Budget Document for fiscal year 1996-97. The meeting will convene at 7:30 p.m. in rooms 233 & 234 at Jefferson County Middle School, 1180 SE City View, Madras. The

public is welcome and encouraged to attend. Copies of the Proposed Budget Document will be available at the meeting.
 If you have a disability, please advise the Support Services Office about special arrangements that may allow you to fully participate in this Budget meeting by calling Gail Stone at 475-6193.

Warm Springs Elementary news

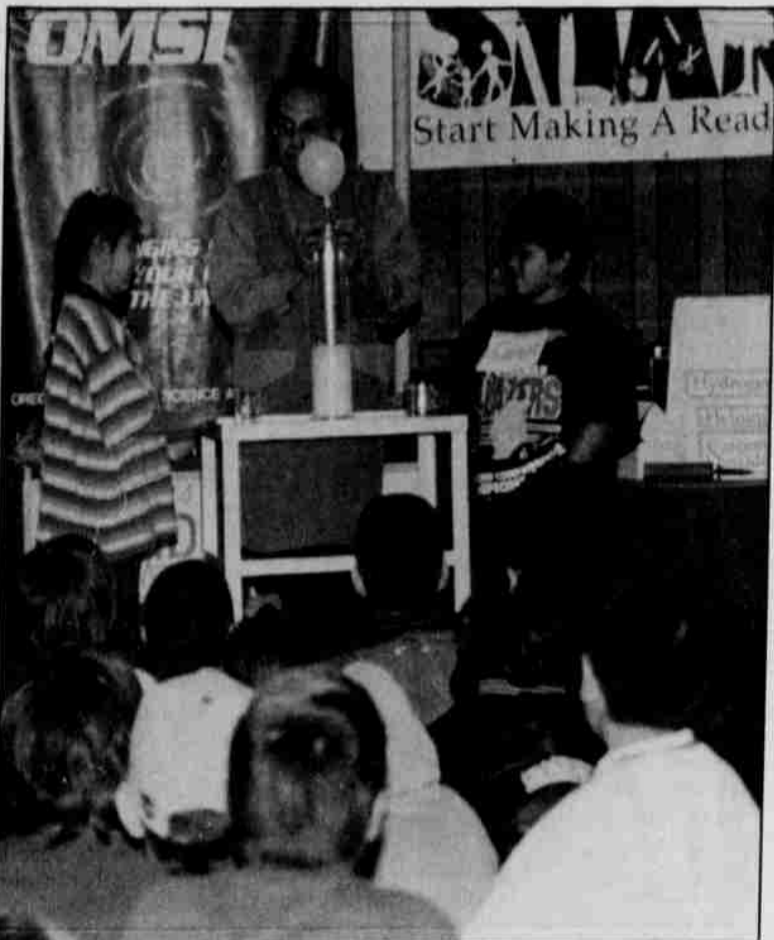
- Calendar Updates**
March 18 to 22-No school, Spring break
April 3-School Council mtg 5 p.m. in the WSE Library
April 4-Awards assembly K-2 @ 8:50; 3-4 @ 9:30 a.m.
April 5-No Kindergarten. Early dismissal 1st & 2nd grade 11:20; 3rd & 4th 12:20
April 7-Daylight Savings Time. Set clocks ahead one hour.
April 18-Car Safety assembly. K-2 @ 8:50; 3-4 @ 9:30 a.m.
May 1-School Council mtg 5 p.m. in the WSE Library
May 2-Awards assembly K-2 @ 8:50; 3-4 @ 9:30
May 16, 17-Art Fair/Scholastic Book Fair
May 22-No Kindergarten. Early dismissal 1-2 @ 11:20; 3-4 @ 12:20
May 27-Memorial Day Holiday. No school.
June 5-School Council mtg 5 p.m. in the WSE Library
June 6-Awards Assembly. K-2 @ 8:50; 3-4 @ 9:30 a.m.
June 10-4th Grade Graduation 9 a.m. in the WSE gym.
June 11-End of 95-96 school year powwow 1 p.m. Last day of Kindergarten for the year.
June 12-Last day of 95-96 school year. No Kindergarten. Early dismissal 1-2 @ 11:20; 3-4 @ 12 noon.
June 12 (p.m.) & June 13-Building Inservice.

Does Your Child's Teacher Know How to Reach You?

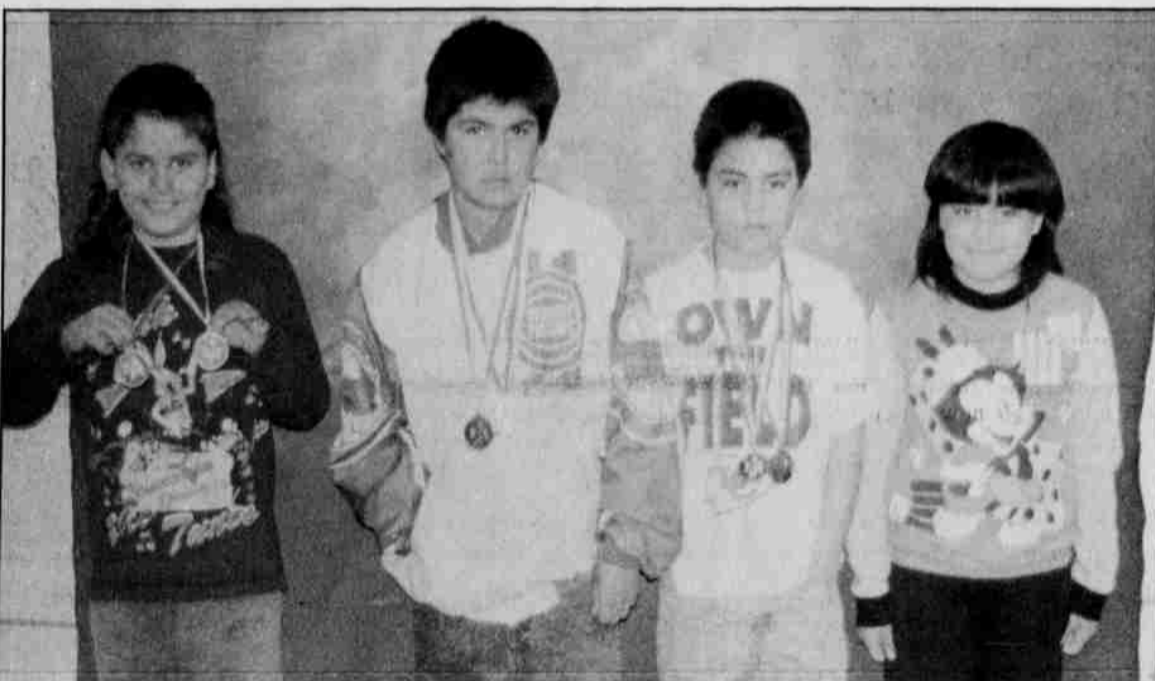
It is imperative that your child's teacher know how to reach you or another responsible adult for matters that directly affect your child. Some examples are:
 Illness or an accident at school
 Where to send your child if school closes unexpectedly (flooding, snow).
 Getting a change of clothes.
 Many forms of written correspondence; including perfect attendance letters, awards, etc.
 Field trip permission when a form isn't returned on time.
 Rose Garden tickets that your child may have won.
 Progress reports from the teacher and/or setting up a conference.

Letting you know the status of your child's meal account.

These are some of the reasons that we need to be able to make contact with you. There are many more incidental situations that come up throughout the school day that parent/guardians would probably like to know. Please help us by making contact with the school office to make sure that your address and telephone contacts are up to date.
New Personal Address System!
 A new P.A. system for use during assemblies in the gymnasium has been ordered with funds from the winter carnival and the pepperoni/jerky sales. So far three major items have been purchased with these two funds; picnic tables for the playground, the stage curtain and now



Robert Payo, of OMSI demonstrates gases to Warm Springs students.



Special Olympics at Mt. Bachelor was held March 1-3, 1996. Participating the cross country skiing events from Warm Springs Elementary were: Justin Greene, who won a silver and the bronze. Josh Bruce, a gold and silver. Johnny LeClaire, gold and silver. Liza LeClaire, a bronze and a 4th place ribbon.

Community Health Education news

The Community Health Education department is housed in the Vern Jackson Home on campus. Over the past three years, we have attempted to bring health education and awareness to the community of Warm Springs in ways that involved active participation for better learning. We hope to continue this, and to do education and awareness at a more interactive and innovative manner.
 Several additions to staff have

occurred in the past few months. We believe these additions will contribute positively to the program. Anita Davis and Carolyn Wewa are pleased to welcome Judith Charley and Anson Begay on as two new Community Health Information Specialists; and Daneka Greene as our secretary.
 At the present time, we are functioning without our main leader, the Health Educator. It is hoped that a new Health Educator will be hired

within the next few months. In the meantime, Carolyn is Acting Supervisor for the department. We encourage your department or community group to stop by and visit. You may find that we can provide support or assistance to you on health related activities that are focused on educating or informing the community.
 January 1996 began with the staff jumping right into plans for the new year. With the addition of two new staff members, we are looking at 1996 as being a very busy year.

Health Education involves the many facets of Spiritual, Mental, Physical and Emotional health. The CHET team believes that the overall holistic view of good health plays a vital role in Native American communities. We are also open to new, innovative ideas for health education.
 At this time, the CHET team would like to give a special thanks to all the people, both community-wide and within the work force that contributed to the success of several of our projects in 1995.
 Major activities planned for 1996 are the Men's Wellness Conference, Women's Wellness Conference, Youth Conference and the Diabetes Camp. We have other activities on the drawing board, and are moving into a very busy 1996 year.

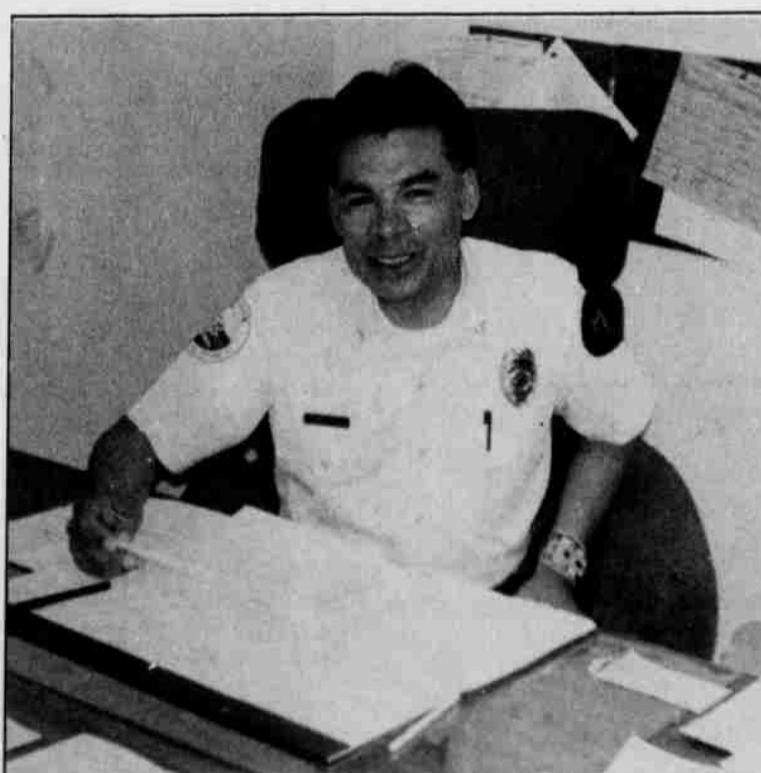
We can still do HIV/AIDS presentations. Anita and Carolyn are currently certified to do these presentations. Anson and Judy will become certified within the coming year. If you would like us to do an HIV/AIDS Education session for your staff or group, please give us a call at 553-4922.
 March 1996 is Culture Month. Please remember to support any cultural activity during March. Our self-esteem and positive outlooks can be demonstrated by how we feel about our Native American roots. CHET team may be coming out with "something", so keep your ears tuned to KWSO or Splyay for more information. Until next quarter—toodle-ooooo!

Wellness Conference in planning

(an article by Carolyn Wewa)
 Hello, from the Community Health Education Team to everyone that participated in the First Annual Gathering of Men Wellness Conference that was held in October. Four months have flown by since the 1995 conference. As Coordinator for this project, I am honored to assist several hard-working men on the planning committee to see that the conference becomes a reality.
 Did you realize that planning has been underway for the 2nd Annual wellness conference of 1996 since January? Many of you expressed interest in being involved in the planning process. This is your chance to follow through with a commitment to the health and wellness of local men by becoming an active member of the planning committee.
 The Men's Conference planning team meets at least twice a month. We are currently in the process of developing our daily agenda, which involves locating speakers, identifying topics for presentation and much more planning. We obtained many excellent remarks from you on the 1995 project, which helps us shape the direction of the next conference. But, we still need your input as plans for 1996 begin to unfold.
 "Return of The Warriors: Beginning Messages for the path of Learning," has been selected as the title and theme for the 1996 conference. The dates identified for the conference will be August 19, 20 & 21, 1996 and will be held again at our own Kah-Nee-Ta Lodge here in

Warm Springs. Please note that this year's conference will be held in August 1996, not October (summer not fall).
 Many of you have come to realize, as a result of the 1st Annual Conference, the changes we hope to make in our lives will not be an easy road to travel. The positive note gained from the conference is that many participants have awaited an event such as the men's wellness conference to bring forth the awareness and understanding of our health and wellness issues. It was a beginning, a time of awareness of the issues facing Native American men.
 As Native American people, we have spent years struggling with issues that are a result of historical impacts upon our people and the past way of life. Many of these impacts, may not have been considered before. Substance abuse, violence and other behaviors are now something we can begin to look beyond, understanding that they may be a symptom of other issues.
 So, men of Warm Springs, if you would like to contribute to the planning of the 1996 men's wellness conference, please get in touch with the community Health Education Department located in the Vern Jackson Home on campus in Warm Springs. You may contact Carolyn Wewa, Project Coordinator (553-2542), or Danika Greene, Secretary (553-4922) for information on meeting dates and time. Let's all move forward for the health and wellness of our people and our community.

Martinez named new Warm Springs fire chief



Danny Martinez became fire chief last month.

"I can't exactly remember which call I've ever responded to that has been the most unbearable, but I can tell you I've been to some real ugly ones in the time I've been involved with the fire department," says newly appointed Fire Chief Dan Martinez.
 As of February 1996, the 42-year-old was assigned as the new Fire Chief of Warm Springs. Martinez is an enrolled tribal member and a Vietnam veteran, son of Henrietta

Johnson also of Warm Springs.
 "I became a volunteer in 1969 at the age of seventeen under the command of school teacher Harry Phillips," recalls Martinez. "It was only for a short while because, in 1970, I joined the U.S. Marines for four years. I returned home in 1974 and again became involved with the Fire Department as a volunteer. Elmer Quinn was the assigned fire chief at the time. The fire station was located

on Hollywood Boulevard back then, just next door where the Community Center is sitting now. We didn't have any of the fancy stuff we have now, and I still remember that old fire truck with the red cherry light on top of the cab. It wasn't until 1977 that it became a full-time fire department," says Martinez. "Jerry Huff and I are the only two original employees who are still hanging in here," says Martinez.
 Besides the names mentioned above, other fire chiefs who have served for the Warm Springs Fire Department include Ray Riverio, Jerry Huff, Dean Seyler, Reneva Dowty. "And now me. I can't promise that I'll do a better job, but I do promise that while I hold this position the job I do will be to the best of my ability for the safety of our community." Martinez says he is two credits short of his bachelor's degree in fire science and fire administration. "My goal is to go back for one semester or enroll as a part-time student. I've had a series of fire trainings throughout the time I've been here, but I could always learn more to keep on top of things."
 Martinez says the department now has six full-time paid EMT employees and 45 volunteers. The coverage continues to include Simmasho, Kah-Nee-Ta and Indian Head Gaming and the community of Warm Springs.
 "That's what we're here for, the protection of our reservation. Not too many changes have been made over the years" in that area, concludes Martinez.