

Survey looks at issues of student wellness

A recent survey of Native American students in Oregon looks at areas of potential concern, bullying and fighting, depression, substance abuse, and mental health.

Caroline Cruz, tribal Health and Human Services liaison, presented the findings of the survey at the Oregon Tribes meeting at Kah-Nee-Ta.

The Oregon Student Wellness Survey, she said, includes results from the spring of 2014. Students who took part in the survey were in the sixth, eighth and eleventh grades. The information compares student responses by race and ethnicity.

When students were asked if they considered themselves Native American, 4.5 percent of sixth-graders said yes; 3.2 percent of eighth-graders said yes; and 2.3 percent of eleventh-graders answered yes.

One survey question asks whether students feel safe at school: The question being whether they missed one or more days in the past 30 days

because they felt unsafe at school.

Statewide, 8.7 percent of sixth-graders answered yes, while 11.8 percent of Native American sixth-graders answered yes.

Statewide, 7.6 percent of eighth-graders answered yes, 12.6 percent of Native American eighth-graders answered yes.

And for eleventh graders, 5.7 percent answered yes statewide, while 9.8 percent of Native American eleventh-graders answered yes.

This is an important subject: "Students who are harassed, feel unsafe or otherwise victimized are more likely to cut classes, skip school, feel depressed or become involved in problem behaviors," the report says. "Comprehensive discipline, positive behavior support and anti-bullying programs in schools have been shown to reduce the incidence of harassment."

Another survey area looked at childhood experiences at home. There are

"Students who are harassed, feel unsafe or otherwise victimized are more likely to cut classes, skip school, feel depressed or become involved in problem behaviors..."

seven specific factors. This is important, Cruz said, because a student answering yes to four or more is at a higher risk of depression, alcohol or drug abuse, or other risk behavior. The seven factors are:

Parents are separated or divorced.

The student lived with a problem drinker.

The student lived with a street drug user.

The student lived with a person depressed or mentally ill.

The student felt he or she did not have enough to eat.

The student felt he or she had to wear dirty clothes.

The student felt he or she

had no one to protect them.

For the eleventh-graders, the Native American students answered yes to each of the seven factors more often than the statewide average.

For instance, 52.6 percent of the Native American students said they lived with separated or divorced parents; while about 43 percent answered yes statewide.

Another example: 48.3 percent of the Native American eleventh graders said they lived with a problem drinker, while the statewide average was about 34 percent.

On the other hand, another survey question asked the students about positive development, in areas such as physical health, emotional and mental health, self confidence, and so forth. In these categories the Native American students gave positive answers at about the same, or at a higher rate compared to the students statewide.

You can see all the results of the survey at: oregon.pridesurveys.com

Simnasho summer powwow

The community of Simnasho will host the Thirteenth Annual Hot Summer Nights Powwow and Encampment, Tuesday and Wednesday, July 14-15, at the Simnasho Powwow Arbor.

Tuesday night is the weenie roast at 6, with the powwow to follow at 7. Wednesday morning at 10:30 is the Hot Summer Fun Run/Walk starting at

the Pow Wow grounds.

Wednesday night there will be a potluck barbecue dinner at 6 with social dancing and singing to start at 7.

Camping areas are available and some teepee poles will be on hand. Bring your lawn chair, windbreaker and good feelings for a good old fashion time.

Student food service in W.S.

The Jefferson County 509-J School District is offering the Summer Food Service Program at the Warm Springs Youth Center weekdays thru August 21.

All youth 18 and younger

can eat for free. Breakfast is served 8:30-9 a.m. and lunch is 12 to 12:30. The entrance is the east door of the old Warm Springs Elementary by the playground and basketball court.

Culture Classes on Tuesdays, Thursdays

The Culture and Heritage Department is hosting adult culture classes on Tuesdays and Thursdays from 10 a.m. to 4 p.m. On

July 14, the class is on medallion beadwork, and on July 16 the class is on wing dress and undress. Most materials provided.

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

Thursday, July 9

There is a **Healthy Cooking Class** on Thursday from 11 a.m.-3 p.m. at the Health & Wellness Center Kitchen. They will make a zucchini salad. Everyone is welcome to stop by.

On today's **fitness schedule**: at noon there is Functional Fitness Class in the Community Center Social Hall. Turbo Kick Class is in the Aerobics Room and Volleyball in the Community Center Gym. The weight rooms at the center are open 8 a.m.-5 p.m. today.

Community Counseling has an **Alcoholics Anonymous** meeting today at noon.

An **Alcohol Education Support Group** meets this afternoon from 3-4 at Community Counseling.

There is a **Narcotics Anonymous** meeting this evening at 6 at the Warm Springs Shaker Church.

The **Boys & Girls Club** of Warm Springs has activities planned in the gym today, outside time in the morning and afternoon and is open weekdays 8 a.m.-5 p.m. and is now located in the Old Elementary gym building.

Today at the **Community Center** the outside activities will be working on the garden, archery, and a game of kickball. Inside the game room will be featuring card games. Today there will be a field trip to the Old Mill Theater. You must be signed up in order to attend.

The **Water Control Board** meets today from 1:15-4 p.m. at the Natural Resources Cougar Den Meeting Room.

Culture & Heritage is offering **Adult Cultural Classes** this summer on Tuesdays and Thursdays from 10 a.m.-4 p.m. Today they will make a **Wing Dress**.

The **Codes and Bylaws Amendment group** is meeting today from 6-9 p.m. at the Simnasho Longhouse. For more details, contact Mike Clements at 541-241-4600.

The **Culture and Heritage Committee** meets today from 9 a.m. until noon in the Tribal Administration Building Conference Room #3.

Warm Springs **jurors** will need to check-in at 9:30 this morning at Warm Springs Tribal Court.

Friday, July 10

The Warm Springs **Outdoor Market** is today from 10 til 4 on campus.

On the **summer recreation schedule** today there

will be golf and archery. In the game room there is a fitness raffle followed with free play. Carol's room will begin with arts and crafts followed with popcorn and a movie.

At the **Warm Springs Boys & Girls Club** there is a choice of indoor and outdoor play today along with time in the gym, the game room and doing art. TRAIL (Together Raising Awareness of Indian Life) will do healthy snack making at 2 this afternoon.

Fitness Opportunities today include: a campus walk break stating at the Diabetes Prevention Office at 10 a.m. At 10:45 there is Senior Fitness Class at the Senior Center. At noon there is Basketball in the Community Center Gym and Function Fitness in the Aerobics Room. And at the Health & Wellness Center, Pilates Yoga Class is at noon. The weight rooms at the center are open 8 a.m.-5 p.m. today.

Saturday, July 11

There is an **Alcoholics Anonymous** Meeting Saturday mornings at 10 a.m. at Warm Springs Community Counseling.

The **Madras Saturday Market** is open 9 a.m. until 2 p.m. today at Sahalee Park.

The **Warm Springs Food Bank** is located at the Presbyterian Church. They are open today from 11:30-1:30. All food banks and pantries do take donations of non-perishable food or cash.

Monday, July 13

Tribal Council meets today. They will review minutes and resolutions. There will be a report on the Kah-Nee-Ta board and an update from Warm Springs Ventures.

A two-day **small business development workshop** is being held in Warm Springs on Monday and Tuesday July 13-14. The workshop is free and is hosted by the Warm Springs Community Action Team. Contact Gerald Danzuka at 553-3148 to sign up.

Fitness Opportunities today include: a campus walk break stating at the Diabetes Prevention Office at 10 a.m. At 10:45 there is Senior Fitness Class at the Senior Center. At noon there is Basketball in the Community Center Gym and Function Fitness in the Aerobics Room. And at the Health & Wellness Center, Pilates Yoga Class is at noon.

Community Counseling has their **Aftercare Relapse Support Group** today at 5:30.

The Warm Springs **Vocational Rehabilitation Program** has orientation today at 3 p.m. at their office in the industrial park. If you or someone you knows may have a disability that is a barrier to employment or employment advancement, you can learn more at an orientation or call 553-4952.

Adult Soaring Butterflies & Warrior Spirit class is held Mondays from 2-4 at the Warm Springs Community Counseling Prevention Room. Class includes culturally based teachings, crafts & learning activities. To learn more call 553-3205.

At the **Boys & Girls Club**, kids have a choice of games or an activity in the gym each morning with an outside activity before lunch. Afternoons feature Small group activities, outside play, art and choices to participate in gym activities or play games.

Today on the **summer recreation schedule** there will be a knock out challenge and golf for activities. In the game room its Mario Monday along with the featured game of the week *Chutes & Ladders*, and in Carol's Room there will be arts and crafts. Thursday's field trip will be to the Enchanted Forest. Don't forget to sign up at the recreation office.

Tuesday, July 14

Culture & Heritage is offer-

ing **Adult Cultural Classes** this summer on Tuesdays and Thursdays from 10 a.m.-4 p.m. Today they will bead medallions.

Tribal Council is in session today and on their agenda is a presentation about Tribal Statistics.

Positive Indian Parenting Class is this morning at 10 a.m. at the Warm Springs Counseling Center Prevention Conference Room. Today's topic is: Choices in Parenting

On today's **fitness schedule**: at noon there is Functional Fitness Class in the Community Center Social Hall, Turbo Kick Class in the Aerobics Room and Volleyball in the Community Center Gym.

Community Counseling has an **Alcoholics Anonymous** meeting at noon today.

The **Codes and Bylaws Amendment group** is meeting today from 6-9pm at the Seekseequa Fire Hall. For more details, contact Mike Clements at 541-241-4600.

A reminder to participants in Community Counseling's **Trauma Group for men**. You meet today from 3-4:30. This is a closed group.

Soaring Butterflies and Warrior Spirit class is every Tuesday from 4-6 p.m. at Community Counseling in their prevention room. This is for all youth third-grade and up.

Healthy Eating class is today from 10-11am at the Warm Springs Health & Wellness Center Kitchen Conference Room. Everyone is welcome and no sign up is required.

Community Counseling's **Men's Support Group** meets today at 3. This is a closed group.

The **Jefferson County Food Bank** is located at 556 SE Seventh Street. They are open for distribution this afternoon. All food banks and pantries do take donations of non-perishable food or cash.

Wednesday, July 15

The **Women's Group** at Community Counseling meets today at 1 p.m. and every Wednesday for ten sessions.

A Red Cross Blood Drive is today at St. Patrick's Church in Madras. To schedule your appointment call 1-800-Red Cross or go online to redcrossblood.org.

The **Boys and Girls Club** is open 8-5 weekdays for school age youth. Morning activity choices are gym activities, board games or game room play. Afternoons there is art, small group activities or time in the gym.

Today at the **Community Center** there will be archery and basketball. In the game room the featured game is *Chutes and Ladders*. Carol's room will work on the garden

followed with water play later in the day. Tomorrow's field trip is to the Enchanted Forest. Don't forget to sign up at the recreation office.


Fitness Opportunities today include: a campus walk break stating at the Diabetes Prevention Office at 10 a.m. Water Aerobics is at 10:15 at the Kah-Nee-Ta Village Pool. At 10:45 there is Senior Fitness Class at the Senior Center. At noon there is Basketball in the Community Center Gym and Functional Fitness in the Aerobics Room. And at the Health & Wellness Center, Pilates Yoga Class is at noon.

Community Counseling has an **Alcoholics Anonymous** meeting this evening at 7.

Positive Indian Parenting Class is this evening at 5:30 at the Warm Springs Counseling Center Prevention Conference Room. Today's topic is: Choices in Parenting

Warm Springs Community Counseling has an **Aftercare Morning Class** this morning at 8:30 in their conference room. You deserve peace & happiness, to be healthy and to be heard.

Powwow and Hoop Dance practice will be held today and every Wednesday after school from 5 until 7 in the Community Center Aerobics room.



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