





# SCHOOL NEWS December 2022

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Monthly Newsletter to Early Childhood Education Center Parents, Families, and Community

## I WILL ACHIEVE



#### **UPCOMING EVENTS**

#### December

- 1: College Day (wear college gear to school!)
- 2: First Friday Chat with Higher Education (virtual), 10AM
- **2:** Opioid Awareness & Prevention Presentation, ALA Lecture Hall, 5:30-7PM
- 5: SRS Education Board Mtg, 5:15PM
- **6:** Reading All the Way event (Nightmare Before Christmas theme), ALA Gym, 6-8PM
- 7: Early Release
- **13:** Policy Council, Gathering Place, 5:30PM
- **15:** Human Trafficking Awareness & Prevention Presentation, ALA Lecture Hall, 5:30-7PM
- 16: Winter Wonderland, 10
- Dec. 19-Jan. 3: Winter Break; extended day care available
- 23 & 26: Christmas Holiday, SRS CLOSED

#### January 2023

- Jan. 2: New Year Holiday, SRS Closed
- Jan. 3: Staff Development, NO SCHOOL
- Jan. 4: Students return to school!

# Attendance Hotline 480-362-2239

If leaving a message, please include:

- Child's Name & Classroom
- Your (Caller's) Name
- Reason for Absence

# **Message from Tami**

The Early Childhood Education Center is always full of anticipation and wonder during December. Through the eyes of the very young, we all can recapture the magic of the season. The classroom staff have selected a holiday gift for each child that Santa will deliver to them at the ECEC on Friday, Dec. 16. Stay tuned for more details!



A new stage of our ongoing **campus construction** project begins the first week of December. You can find a full notice, complete with detailed image projections, at ECEC.SaltRiverSchools.org.

The Salt River Schools Winter Break is from December 19 – January 3. The ECEC will provide extended day care during this time, so let your Family Advocate or teacher know if this is something your family needs. Please note: The ECEC will be **CLOSED** in recognition of the Christmas holiday on Dec. 23 and 26; on Jan. 2 in recognition of the New Year; and closed to students on Jan. 3 for our staff development. **Students will return to school on Wednesday, January 4, 2023.** 

# **CHRISTMAS SPIRIT MONTH!**

Monday	Wednesday	Friday
December 5: Wear a ugly Christmas sweater	December 7th: Wear a Christmas shirt	December 9 <sup>th</sup> : Wear a Christmas hat
December 12: Wear a Christmas headband	December 14:Wear a Candy Cane(paper) necklace	December 16 <sup>th</sup> :Wear Christmas lights
December 19 <sup>th</sup> :Wear a Christmas scarf	December 21 <sup>st</sup> : Wear your favorite Christmas socks or a reindeer hat	December 23 <sup>rd</sup> : ECEC Closed

### O'odham/Piipaash Phrase of the Month

O'odham: S'he:kig Jioş 'alidag ma:sig taş! Piipaash: Yoos xumay nyshnyaash xotk!

English: Merry Christmas!





"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect." — Chief Seattle

# COVID-19 Vaccine for Young Children

COVID-19 vaccine clinics are available by appointment only and open to SRPMIC-enrolled children and Community resident children. Call the COVID-19 Hotline at 480-362-2603.

# Congratulations, Ms. Teri!

Congratulations to
ECEC teacher
Terilyn Esplin (Cottontail)
for completing the 2022 IECE
Teacher Fellows program.
This is a great honor for our
teacher, school, and
Community! On December 10,
the Institute for Native-serving
Educators (INE) will have a
celebration and showcase her
accomplishment.



ECEC families have access to this special communication and content platform.
ReadyRosie provides information and resources to families direct from the teacher. Families can also access a large library of short video from the parent curriculum. Teachers will assist families with registration during Parent Teacher Conferences.

Learn more at https://
ecec.saltriverschools.org/
services/ready\_rosie

## **News from Family Services**

In November, the ECEC hosted its second Talk About Tuesday event. The topic for the event was sharing family traditions during the holidays. Info and supplies for a special day countdown activity with your child was provided. If you want to hear more about this activity, contact your Family Advocate. You can also learn more about the activity by watching this Ready Rosie video: https://app.readyrosie.com/en/videos/714.

Family Services welcomes Ramona Tashquinth as a new Family Advocate. Ramona has worked at ECEC for 3 years. She worked with the Early Head Start program as a teacher aide. She is a Community member and lives in Salt River. She has two children who attended ECEC and loved it. She is looking forward to working with families to help them achieve their goals and connect them to resources.

#### Teacher Mentors

All classroom staff have been evaluated in the Classroom Assessment Scoring System (CLASS). The Teacher Mentors and classroom staff will review the scores and will create a plan that includes coaching at the level needed for each staff. This type of coaching is called Practice-Based Coaching (PBC) and goes in cycles. The first coaching cycle piece is collaborating with staff to see what they want to work on first. We use the PBC



process to support the use of effective practices that leads to positive outcomes for children and families. We look forward to being in the classrooms more often with your little ones!

## **Healthy Children Are Ready To Learn**

Learning and health are connected, and the ECEC wants to ensure all children have access to medical services early and often. This type of support is helpful in the early childhood years and beyond.

ECEC students and families are encouraged to attend First Friday events at the River People Health Center. If your child does not have a primary care provider or has not completed their annual physical and dental exam, this is a great opportunity to meet the staff and choose a provider; make sure to bring your or your child's CIB/tribal ID card and other necessary documents (originals, no copies), so you can establish a chart at the First Friday event!

Friday, Dec. 2, and Friday, Jan. 6, are the next two events from 4–6 p.m. Different clinic departments will be available to provide information and answer questions. This event includes activities, door prizes, and raffles. Learn more at rphc.org.

If you need assistance, have questions, or want to submit completed documents, please contact the ECEC Health Office at 480-362-2210 or 480-362-2254.



# ESS Update: Heavy Work

With the holiday season here, we want to make sure everyone enjoys their time with family, friends, and celebrates traditions. We know the holidays are busy for everyone, which is why we think you'll love these breathing exercises we do with students (and staff!) here at the ECEC (the balloon breath exercise is a favorite among students!). We wish you good health and holiday cheer!



## Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.



S.T.A.R.

Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



## **Pretzel**

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



# **Balloon**

Place your hands on top of your head and interlace your fi ngers. Breathe in through your nose as you raise your arms, infl ating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbpbpbpbpb" sound.



# Do you need help with child care costs?

Children in protective care have alternative requirements.

Copays & other costs may apply.

Do you live in SRPMIC (including Lehi), Phoenix, Mesa, Tempe, Glendale, or Scottsdale? Do you have a child who is between 6 weeks & 12 years old & is (or is eligible to be) enrolled in a federally recognized tribe?

# Salt River Pima-Maricopa Indian Community CCDF Certificate Program

The CCDF (Child Care Development Fund) Certificate Program is funded by the Office of Child Care with the US Department of Health & Human Services.

The CCDF Certificate Program is an income-based program designed to support access to quality and affordable child care. Accepted providers are licensed with the State of Arizona.

No waiting list! Apply today! 480-362-2200 ECEC.SALTRIVERSCHOOLS.ORG



## Follow, Like & Share! @SaltRiverSchools







# Literacy Shirt Day + Reading!

A big thank you to the Salt River Tribal Library staff who came out to read to ECEC students on Literacy Shirt Day (11/22/22)! We had so much fun!



# Friday, Dec. 2 from 10-11:30AM via Microsoft Teams.

Email HigherEd@saltriverschools.org to register!





# **Soda with Security**

**ALA Lecture Hall** 

4827 N. Country Club Dr.

#### **OPIOIDS**

This presentation addresses the opioid epidemic in Arizona. We will discuss numerous topics related to both the use of prescription opioids, as well as use of illegal opioids. Discussion will focus on prevalence, prevention, and support.

### Friday, Dec. 2 5:30-7PM

A pizza dinner will be served while supplies last.

#### **HUMAN TRAFFICKING**

As one of the largest and most profitable criminal enterprises in the world, it's imperative that the public and people who interact with children are aware of the dangers posed by traffickers. This presentation will provide steps adults can take to safeguard Arizona's youth.

#### Thursday, Dec. 15 5:30-7PM

A chicken dinner will be served while supplies last.

Questions? Contact Esteban Lopez at 480-362 2010 or email Esteban.Lopez@saltriverschools.org.

Presented by the Office of the Arizona Attorney General and Community Outreach and Education.

