



# Tribal Ed Newsletter

## MEET THE TRIBAL EDUCATION ADVOCATES

With new protocols thanks to COVID, we've taken the opportunity to review the Community Development Specialist duties and title. The title for Alexandra Plant and Phylcia McDonald only has changed, our services remain as they have before. For some who are unfamiliar with what we do, here's a quick breakdown. Remember, please contact us at Tribal Education (406) 675-2700.

### Parent and Student Advocacy

The Tribal Education Advocates (TEA) works as an advocate for families when there are educational issues that arise. The TEA combines its advocacy role and works as a liaison between the parents, students, and the school. The TEA can attend any meetings with the school upon parental request. These meetings can include IEP's (Individualized Education Plans), 504 Plans regarding a child's disability as identified by the law, the discussion and implementation of a Behavior Plan, expulsion hearings, or any other meetings with the school that may occur. The TEA can also keep parents informed of issues facing Indian families in the local schools. Resources can be found by TEA.

### What is the IEC?

The Indian Education Committee (IEC) consists of parents who have children in the school district, who are eligible for Johnson O'Malley (JOM). JOM eligible students are students whose blood quantum equals 1/4 degree or more of Indian blood from a federally recognized tribe. Any parent or interested person can attend these meetings. Each committee should include a Chairman, Vice-Chairman, and a Secretary and/or Treasurer; if possible. This number will determine the committee size. This committee of parents holds the voting rights and oversees how the monies for JOM are spent. They determine the parent needs from the Needs Assessment (Parent Survey) that is done annually. Only parents of JOM eligible students are able to vote on the spending of JOM funds. A TEA attends each district's IEC meetings, although the TEA attend they are not voting members of the group. Within these parent-ran committees, the TEA assists the IEC in parental rights and responsibilities of guiding and running the IEC. The TEA assists in gathering all student documentation to verify JOM eligibility and do the final student count, to assure the amount of funding per IEC. This funding is to assist the IEC in meeting the priorities set by the Needs Assessment.

### Student Engagement Team (S.E.T.)

This team includes Tribal Education, tribal Social Services, Tribal Law & Order, Juvenile Probation, Defenders, and Prosecutors. The TEA would be included in the Public Schools' efforts to remedy the concerns of excessive absences before the situation moves forward with CPS and/or Juvenile Probation. The TEA provides support to families to assist with concerns regarding the children's education. The TEA takes referrals from Schools, Parents/Legal Guardians, Juvenile Probation, and Child Protective Services. Tribal Education hopes to be the first intervention involving attendance issues prior to prosecution and will assist the family as long as needed and appropriate.

## INDIAN EDUCATION COMMITTEES NEED YOUR HELP

Many of the Indian Education Committee's are non-existent. Why is that? Recruitment attempts and retainment of the existing members have been difficult given COVID-19. However, the IEC's that are currently running, are running strong!

Out of the 10 school districts only two are able to conduct meetings and vote for important decisions regarding our Native youth's educational experience. Every year there is a Needs Assessment that is available to any JOM parent to fill out and return. These surveys as which class, experience, assistance, or incentive should be allowed. With each valid JOM Certification Form that student or students account for a specific amount of money to be put into a general IEC [continued on page 4].

### INSIDE THIS ISSUE

- What is NJOMA? .....2
- Trivia with Family .....2
- Encanto Recipes .....2
- NA Book Recs .....3
- Mother's Day Gifts.....3
- Top Podcasts for Kids.....4
- New Positions .....4





## NATIONAL JOHNSON-O'MALLEY

The National Johnson-O'Malley Association, Inc. was formed as a nonprofit, educational organization for the following purposes:

- To create an effective forum for discussion of educational and related matters of mutual concern among the members of the educational community.
- To mutually develop standards of educational excellence for Indian students served by the educational programs within the United States.
- To maintain appropriate lines of communication and collaborative efforts with

other public, private, tribal, and federal educators and educational programs.

- To maintain formal liaisons with Tribal, State, and Federal governmental agencies and other educational organizations, including but not limited to the National Congress of American Indians, National Indian Education Association, and other alliance organizations.

- To advocate for Johnson-O'Malley Programs and the rights of Indian children from 3 years old through twelfth grade.

Visit <https://www.njoma.com> for more information.



### TRIVIA

**Q: How long should you wash your hands with soap and water to get rid of germs?**

*A: 20 seconds. Plus, share with your little one's they can sing "Happy Birthday" or "Twinkle, Twinkle Little Star" as you wash.*

**Q: True or False: You can boost your immune system by getting enough sleep at night.**

*A: True! Along with eating healthy and getting plenty of exercises, sleeping can help your body's immune system.*

**Q: Which human organ is the heaviest?**

*A: Your skin is an organ, and it's the heaviest one you've got. The heaviest internal organ is your liver.*

*Does your kid have a joke they'd like to share? Email [Phylcia.mcdonald@cskt.org](mailto:Phylcia.mcdonald@cskt.org) to submit.*

## COOK LIKE ENCANTO!

Remember when Mirabel's mother, Louisa, heals Mirabel with a bannock like piece of food? Well, that piece of grilled bread is called Arepas, and it can be stuffed with just about anything you'd like. Or made like a sandwich. Try out the recipe below for the traditional Venezuelan arepas. Try taco meat and cheese. Beans and rice. A red hotdog. Or just about anything! There are no rules to eating delicious food.

Arepas

Makes 10 arepas. | Prep Time: 5 mins | Cook Time: 12 mins | Total time: 22 mins

### Instructions

2 1/2 cups of lukewarm water

2 cups of *Harina PAN* pre-cooked arepa flour (or substitute with cornmeal or fine cake flour)

### Instructions

1. Pour the water into a bowl
2. Add the flour and mix with your hands until well incorporated.
3. Let stand to 2 minutes.
4. Form golf ball sized dough and roll out into 1/4 inch thickness.
5. Cook until golden brown with darker spots.

That's it! Simple and with the least amount of ingredients ever. Enjoy!

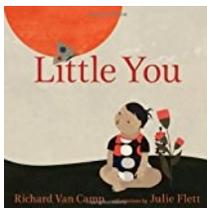


## NATIVE AMERICAN BOOK RECOMMENDATIONS FOR ALL GRADES

By Phylcia McDonald

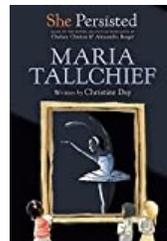
November. The Native American Heritage month has... already passed. But that doesn't mean Native's hibernate for the rest of the year. So let's take a look at some book recommendations I've recently discovered. Some can be found at Target, Barnes & Nobel, or Walmart. And if you can't find one available, ask your school library if they have a copy available.

Warning: These are very cute and accurate reads.



Pre-school: Little You by Richard Van Camp. A cardboard toddler book to read to your unique, lovable, adorable baby. "Little you, little wonder / Little wish, gentle thunder / You are life and breath adored / You are us and so much more." Little You is a warm and tender celebration of babies and parental love.

Elementary: She Persisted: Maria Tallchief. Maybe you've been in a BBQ restaurant and seen a Native American woman in a ballerina costume. Well, she was a real person. Meet Maria Tallchief, an Osage woman who became America's first prima ballerina. AKA the best of the best in the whole world.



Middle School: They Dance in the Sky: Native American Star Myths by Ray A. Williamson. Like most Native creation stories, this is a collection of stories surrounding stars and how they tell when the "bears blood changes the leaves red in autumn".

High School: Redbone: The True Story of a Native American Rock Band by C. Staebler & S. Paoloni. Time to dust off your record player... or fire up Spotify and show your kid's how to rock. For some who listened to Redbone as a kid you can share their story with yours.

Go to <https://coloursofus.com/32-native-american-childrens-books/> to order.

## MOTHER'S DAY IDEAS

Another selection of Phylcia's suggestions. An early heads up for that wonderful woman in your kids' life.



## WOULD YOU LIKE TO SUBSCRIBE TO THE NEWSLETTER?

Submit your email to Phylicia.mcdonald@cskt.org to request to be put on the mailing list to receive the monthly newsletter directly. We'll host more community news and JOM information.

## NEW POSITIONS FILLED!

Please welcome new and returning employee's to the Tribal Education Department.

**Project AWARE (Advancing Wellness and Resiliency in Education)** is a SAMHSA funded grant to introduce and train schools in mental health and advocating students who struggle with mental health in school. [Welcome, Dana Hewankorn!](#)

**Juvenile Healing and Wellness** focuses on the more legal side of the aisle as far as mental health and substance abuse goes. This position, yet another advocate in your toolbox, emphasizes on family engagement. [Welcome, Salina Kenmille!](#)

We'll be introducing them with more information on how to contact them. We're happy to have these grants awarded to be able to better service ALL of our communities.

You may call (406) 675-2700

## TOP PODCASTS FOR KIDS UNDER 5

Podcasts are excellent tools for developing lifelong learners. After some serious research and testing, here are our 5 favorite podcasts for children under 5 years old.

### **Sesame Street (ages 18 months+)**

The Sesame Street Podcast is actually a video podcast (shhh...don't tell my kids). It is really the equivalent of short episodes of Sesame Street, but I only let my kids access the audio portion. This is a great first podcast because even very young children can recognize the familiar voices from the show and get down to the catchy music.

### **Disney Story Central (ages 2 years+)**

In the Disney Story Central Podcast, a narrator reads through a familiar Disney story. There is a bit of music and the narrators keep it interesting with a lot of intonation changes and enthusiasm. Think about this like a really great story time at your local library.

### **Story Pirates (ages 2.5 years+)**

In Story Pirates, you will find stories written by kids, for kids. This translates into silly kid humor that can be appreciated by the whole family. The narrator reads the story written by a young child and then professional actors take over and do a longer "adaptation" based on the child's story. Be prepared, it's pretty silly. The writers thoughtfully throw in plenty of jokes for the grown-ups too.

### **Story Nory (ages 3 years+)**

In Story Nory you will find a mixture of classic and modern children's stories. There isn't much in the way of music and the stories are read by a single narrator. Due to the fact that there is only one voice, listening requires slightly more advanced skills (i.e. a good challenge). These advanced skills include differentiating between characters and carefully following the story line. This podcast will grow with your child and help to teach the basic format of a story.

### **Children's Fun Storytime Podcast (ages 4 years+)**

The Children's Fun Story-time Podcast is also a single narrator without music. They do some excellent classic stories and often split up longer chapter books into different episodes. As children grow older they will be able to engage with longer stories like this--and will be able to stop after one chapter and pick up later where they left off.

Have your kids listened to podcasts? Do they have any favorites? Let us know on our Facebook page at CSKT Education. Find more information at <https://simplefamilies.com/best-podcasts-for-kids/>

## NEEDS YOUR HELP CONT'D

—account. Most school years have seen top priorities identified as Cultural Enrichment, Student Assistance, Math, Tutors, to name a few across all schools.

CSKT follows the National Johnson O'Malley regulations which does not allow for certain purchases such as food, student athlete fees, and summer activities.

IEC's are a volunteer position that requires minimal work, about 3-5 hours a month. To inquire, please call (406) 675-2700 and ask for Alexandra Plant (ext. 1072) or Phylicia McDonald (ext. 1070).

