

# EDUCATION & WELLNESS

SEPTEMBER 2016

# LABOR DAY 9/05



WHAT ARE YOUR KIDS DOING  
**AFTER SCHOOL?**



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Questions or Comments about Newsletter, contact Eddy Wauneka (505) 771-6797

**Bernalillo Elementary News**

**Carleen M. Mody**  
Home School Liaison  
Cell: (505) 259-9031  
School: (505)404-5400/867-3366



Welcome back. I am excited to see all my kids back for another year of learning and growing and welcome my new 3<sup>rd</sup> graders to BES.

**REMINDER:**

Parents it is imperative that your student is on time to school. Students start arriving at 8:20, 1<sup>st</sup> bell is at 8:30, school starts at 8:40. Please make every effort to ensure your child is at school on time. Also please try to make dr. visits as late in the day as possible. Tardies and early check out affect attendance and learning.

If you need homework to be picked up, please try and call me before noon.

**Important Dates for September**

- 9/5 Labor day NO SCHOOL
- 9/14 Picture Day
- 9/14 Early Dismissal/Staff Development
- 9/16 Progress Reports go out

**HOMEWORK:**

Homework needs to be turned in daily or weekly. All students must read nightly.

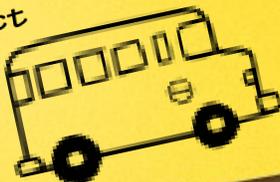
Please check your child's agenda nightly.

Reading logs also must be signed nightly.

**ALL STUDENTS HAVE HOMEWORK NIGHTLY!!**

**TRANSPORTATION:**

Our bus driver is Linda. Please remind your student that when they are on the bus they are to remain in their seats until the bus stops. They are not to throw things out of the windows. All issues regarding the bus please contact Transportation at 867-3207.

**SEPTEMBER BIRTHDAYS**

9/14  
CHRISTOPHER  
MENCHEGO

9/20  
JORDYN RENVILLE

9/28  
ANTONIA MONTOYA

**HAPPY  
BIRTHDAY!!**



## Bernalillo Middle School News

Marcella Garcia  
Home School Liaison  
Cell: (505) 350-5197

### IMPORTANT DATES:

9/5 Labor Day - no school  
9/14 Early Dismissal - in service day

Welcome back returning students to Bernalillo Middle School. We have started the new school year with new sixth graders that I would like to also welcome and offer my help so that we can have a successful year. Parents, I encourage you to contact me for any concerns you may have regarding your students educational needs.

We continue to have after school tutoring at Santa Ana, and will let students know as soon as tutoring starts here at the school. Students will have nightly homework and recommended 20 minutes of reading. Most of the teachers have sent home a syllabus for their class, it will require you to sign and return the signature portion. Any questions please contact me.

## **REMINDERS:**

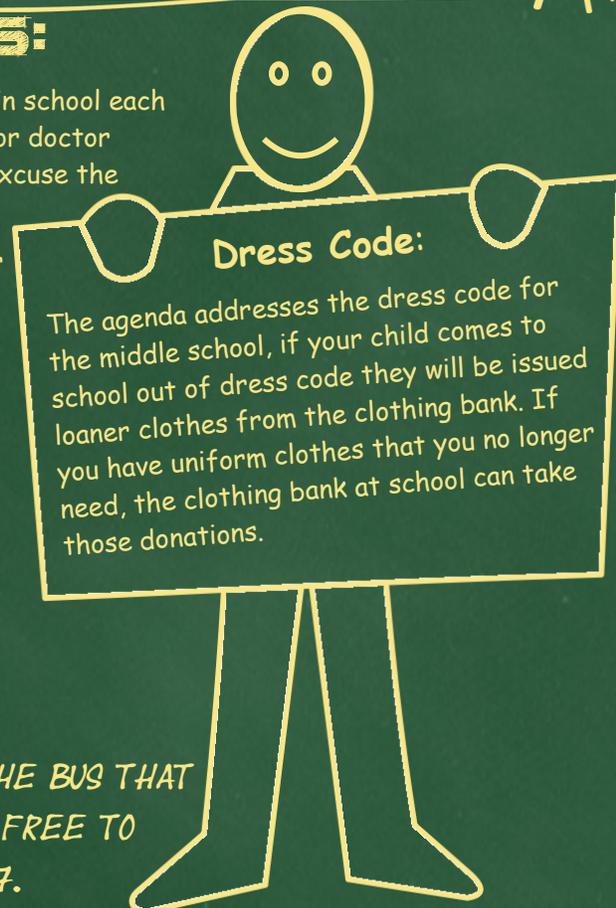
Please make every effort to have your child in school each day. If a student is out because of sickness or doctor appointments please make sure to call in to excuse the student. The number to call is 867-3309.

Please make sure that your student has their agenda every day. This is where they should be writing their homework assignments.



## **BUS ISSUES:**

IF YOU HAVE ANY CONCERNS WITH THE BUS THAT YOUR STUDENT RIDES, PLEASE FEEL FREE TO CONTACT THE BUS SHOP AT 867-3207.

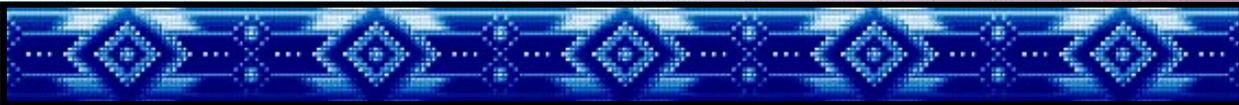


**Bernalillo High School News**

Prince Robertson  
Home School Liaison  
Cell: (505) 503-0043

**Important Dates:**

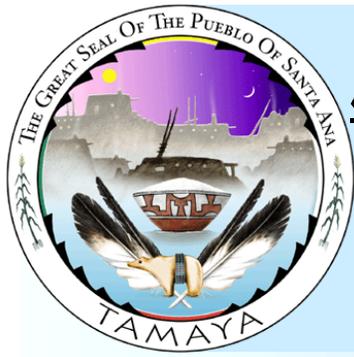
- 9/03            Saturday School 8am-12pm
- 9/05            Labor Day; No School
- 9/06            Open House All are welcome; come see the new CTE building
- 9/08            College Career Fair
- 9/09            Freshmen Student Council Elections  
                  Progress Reports sent home
- 9/10            ACT 8am-12pm BHS Library
- 9/14            1/2 Day for students
- 9/15            Homecoming Parade & Carnival 4pm Camino Del Pueblo  
                  Senior Parent Night; 6pm
- 9/17            Homecoming Dance 8-11pm
- 9/26            College Fair 1:15—2:30pm



Greetings to all,

My name is Michael Garcia and I am the new Keres Language Teacher for the Santa Ana Pueblo Department of Education/ Language and Culture. My start date was on June 20, 2016 as an instructor with the Tamaya Summer Language Immersion Program. Prior to that, I was the Recreational-Educational Coordinator for the Santa Ana Pueblo Department of Education. During my time as the Recreational-Educational Coordinator, I had the great opportunity of overseeing the planning, coordination, and implementation of educational and recreational activities, while cultivating new experiences and learning opportunities for the people of Tamaya. I am a self-taught traditional moccasin maker, as well as a student of the ancient Pueblo art of coiled basketry. Recently, I completed my first basket using materials and original techniques used by the Pueblo people for thousands of years. I find deep interest in learning about our Pueblo's history, traditions, and culture and how I can incorporate it into our modern day. In farming, I find deep spirituality and connections to our Pueblo's past. Running has always been my center for all aspects of my personal wellness. The Tamayame culture, traditions, and beliefs exemplify how I approach new opportunities: with respect, dignity and integrity. I feel that my traditional values have prepared me for this undertaking. As a Keres language speaker, I feel that it is one of my greatest strengths and hope to be an example, to show that anyone can learn the Tamayame language. I look forward to this new challenge of teaching the Keres language to the people of Tamaya.

Thank you for this opportunity and good blessing to all.



# Santa Ana Department of Education

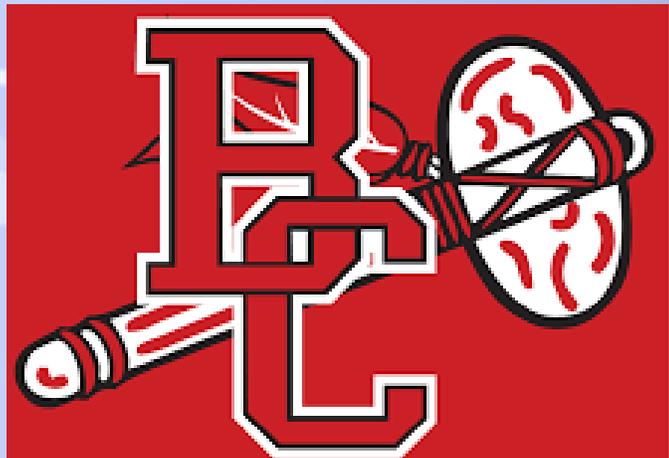
## SUMMER LEADERSHIP PROGRAM TOURS MIDWEST UNIVERSITIES AND COLLEGES

The 2016 Summer Leadership Program concluded its program with a college visit trip in the Midwest. Based on grade level, grade point average (GPA), and interest letters, students were able to explore Bacone College in Muskogee, OK, Haskell Indian Nations University and the University of Kansas (KU) in Lawrence, KS from August 3<sup>rd</sup> to August 6<sup>th</sup>.



The first stop was at Bacone College where the students were welcomed by David Berrie, Admissions Counselor, at Wacoche Hall. Kyle, Taylor, Retention Specialist, briefly spoke to the students about the keys to the retention programs and having students return year in and year out as well as adjusting to college life & life away from home. The campus tour included stops

inside McCoy Hall (dorm), Memorial Chapel, Journeycake Hall, Samuel Richards Building, and Palmer Center. The visit concluded at Merritt D. Betts Library at Bacone Commons shopping center where Faye Davis, Executive Director, spoke about programs that are provided for students at Bacon and study hall for student athletes. The girls on the trip were able to meet with Devin Cross, Head Softball Coach, and learn about the expectations of a student-athlete at the college level.





The next stop was at Haskell Indian Nations University in Lawrence, KS. Patti Grant-Orosco, Student Recruitment and Placement Specialist, welcomed the group inside Navarre Hall. Patti Wakolee, Admissions, provided Haskell

information packets to the students and briefly explained the bridge program between Haskell and KU. Haskell students have an opportunity to take classes at KU each semester and pay Haskell tuition rates while enrolled at Haskell which is a significant savings over KU tuition rates. The campus tour started inside Navarre Hall which houses the university president, admissions office, academic affairs office, bursar's office, student bank, and financial aid office. The tour continued through Sequoyah Hall (Environment programs), Jim Thorpe Hall (fitness center), Ross Hall (English Department) and the Trio program, Parker Hall (American Indian Studies and School of Education), Roe Cloud Hall (coed dorm), Blue Eagle (School of Business), Curtis Dinning Hall, Pocahontas Hall (freshmen women's dorm), Library, OK Hall (athletic dorm), and concluded at Tecumseh Hall where the student activities, campus shop, and grill are located.



The final visit was a drive thru visit of the University of Kansas. The students were able to see the School of Law, Allen Fieldhouse, Jayhawk Towers (athletic apartments), numerous libraries, KU student union, fraternity houses, and KU memorial stadium.



The department of education will continue to provide college and university visits to local, in-state colleges and universities for students and community members to give individuals an opportunity to further their educational knowledge.

# SANTA ANA DEPARTMENT OF EDUCATION

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Marcella Armijo Crystal Cate

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Joslyn Lujan Deana Sanchez

Infant Room Teachers  
Melinda Trancosa Jeanice Pasqual

Child Care /Summer Lunch Cook  
Vacant

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Dwight Mody

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Keres Language Teacher Assistants  
E. Raton Jr. Charlene Pino



## SANTA ANA LIBRARY HOURS

Mon.	Tues.	Wed.	Thurs.	Fri.
9:30am to 6:00pm	9:30am to 6:00pm	9:30am to 6:00pm	9:30am to 6:00pm	8:00am to 4:30pm

CLOSED FOR LUNCH 12:00-1:00PM

CLOSED SATURDAY & SUNDAY



# TAMAYA YOUTH WELLNESS & RECREATION

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Vacant

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Front Desk:  
(505) 771-6370

## WHAT IS 75210?

75210 stands for the 5 simple things that families can do to keep their kids healthy. Fill out the tracking log and return to the Tamaya Youth Well75210 stands for the 5 simple things that families can do to keep their kids healthy. Fill out the tracking log and return to the Tamaya Youth Wellness program for cool prizes!

**7** Days of Breakfast



**5** Servings of Fruits and Vegetables



**2** Hours or less of screen time a day

**1** Hour of physical activity a day



**0** Sugar Drinks





Name: \_\_\_\_\_

# TRACKING LOG

Month: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> (?) breakfast <input type="checkbox"/> 5 fruits or veggies <input type="checkbox"/> 2 hrs. or less screen time <input type="checkbox"/> 1 hour of activity <input type="checkbox"/> 0 sugary drinks	<input type="checkbox"/> (?) breakfast	<input type="checkbox"/> 5 fruits or veggies	<input type="checkbox"/> 2 hrs. or less screen time	<input type="checkbox"/> 1 hour of activity	<input type="checkbox"/> 0 sugary drinks	<input type="checkbox"/> (?) breakfast <input type="checkbox"/> 5 fruits or veggies <input type="checkbox"/> 2 hrs. or less screen time <input type="checkbox"/> 1 hour of activity <input type="checkbox"/> 0 sugary drinks
<input type="checkbox"/> (?) breakfast <input type="checkbox"/> 5 fruits or veggies <input type="checkbox"/> 2 hrs. or less screen time <input type="checkbox"/> 1 hour of activity <input type="checkbox"/> 0 sugary drinks	<input type="checkbox"/> (?) breakfast	<input type="checkbox"/> 5 fruits or veggies	<input type="checkbox"/> 2 hrs. or less screen time	<input type="checkbox"/> 1 hour of activity	<input type="checkbox"/> 0 sugary drinks	<input type="checkbox"/> (?) breakfast <input type="checkbox"/> 5 fruits or veggies <input type="checkbox"/> 2 hrs. or less screen time <input type="checkbox"/> 1 hour of activity <input type="checkbox"/> 0 sugary drinks
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## SCHOOL ATTENDANCE:

One of the most important things your child can do to achieve academic success is one of the most basic: going to school every day. Research shows that a child's attendance record may be the biggest factor influencing the child's academic learning.

## BENEFITS OF DAILY ATTENDANCE:

- Child is more likely to keep up with the daily lessons and assignments, and take quizzes and test on time. Child learns daily lessons from the teacher instruction.
- Achievement: students who attend school regularly are more likely to learn reading skills and math skills for student academic achievement.
- Opportunity: for older students, being in school every day gives them a chance to learn more about expectations of colleges/universities, and to take the important exams that are needed to build a successful academic record.

## WHEN CHILDREN MISS SCHOOL:

Sometimes situations can't be avoided and a child misses school. What to do?

- Contact the school immediately: The absence needs to be excused; talk with the teacher to make sure child completes school work during absence.
- Children are still required to complete work/lessons when they miss school.
- Unexcused absences: goes on the child's permanent school record. When children miss school they can fall behind on learning the lessons, lower their grades, and test poorly on quizzes/test.
- Absences impact child's reading and math skills development and general learning.

## HOW PARENTS CAN HELP THEIR CHILD:

- Help your child get to school on time every day. Being late can make it difficult for your child to stay caught up with the first lessons of each morning.
- Teach your child how to set and use an alarm clock and keep the television turned off in the morning.
- Follow the school's guidelines and attendance policy, and report excused absences immediately. Call the school if you child is going to be absent.
- Check Homework: Check your child's homework each night to see that he/she understands and completes the day's homework assignments.
- Take an active role: Stay involved with your child's daily experiences at school by asking how the school day went; listen carefully to what your child shares – both the struggles and the successes.

- Locate potential sources of anxiety: If your child frequently appears upset or reluctant to go to school and cannot tell you why, schedule an appointment with his/her teacher or school counselor to talk about possible reasons.
- Plan Ahead: Encourage your child to prepare for the next school day by preparing the night before: homework is complete, clothes and shoes are ready, backpack is ready.
- Promote good health: make sure your child eats plenty of fruits and vegetables, stays hydrated, and gets physical exercise/playtime outside.
- Create a restful environment: Make sure your child can relax before bedtime by doing something quiet. Ensure that your child gets enough quality sleep.
- Have a set bedtime schedule. Children need between 8 to 12 hours of sleep. Getting enough sleep will help your child get up in the morning on time and be rested and ready to learn.

This information was taken from "Every Day Counts!" by Colorin Colorado.

**The Pueblo of Santa Ana Department of Education has been awarded grant funding from the NM/ Indian Affairs Department, to provide monthly training events for parents and skills development activities for Pre-K, K, 1<sup>st</sup> and 2<sup>nd</sup> graders. When the funding is in place....look for the event to be scheduled. The purpose of the funding is to provide a good foundation for skills development in the areas of literacy and mathematics for our young children; and to share with parents the "joy of parenting". If parents would like other topics to be presented, please let us know.**



LANGUAGE & CULTURE PROGRAM

# PARENT INSTITUTE

TAMAYA WELLNESS CENTER  
SEPTEMBER 20 & 21 2016  
6:00P - 8:00P

- Talking Circle starting September 27, 2016 • 6p
- Language Class starting September 28, 2016 • 6p

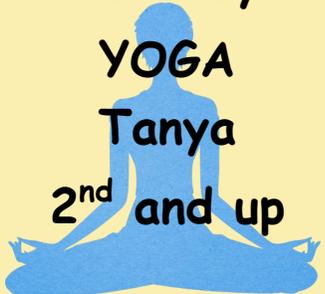
The Department of Education and Language and Cultural Department would like to welcome our new Language Teacher Michael Garcia and new Language Teacher Assistant Eliseo Raton to the Language and Culture Department



# AFTER-SCHOOL CLUBS

DEADLINE FOR SIGN-UPS IS  
SEPTEMBER 12<sup>TH</sup> SIZE OF CLASSES ARE  
LIMITED TO FIRST COME, FIRST SERVE.

Tuesday  
YOGA  
Tanya  
2<sup>nd</sup> and up



Wednesday  
Science Club  
DNR  
All ages



Wednesday  
Swimming  
All Ages



Alternating  
Weeks

Wednesday  
Pottery  
Laura  
6<sup>th</sup>  
and up



Thursday  
Fall Sports  
Eric & Erin  
3<sup>rd</sup> and up

Thursday  
Archery  
Jimel  
3<sup>rd</sup>  
and up



Contact Tanya Chino @ 771-6742 to sign up.



# September

# 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 3-4 Teen Gym Games 4-4:15 Snack 4:15-5 Literacy/Tag Games Gardening 5-6 Homework/Self Selection  <b>Tutoring:</b> <b>4th Grade and up</b>	<b>2</b> <b>Swim Day</b> 4-4:15 Snack 4:15-5:25 Swim 5:25-6 Dry Off
			<b>5</b> No Program  	<b>6</b> 3-4 Teens-leadership 4-4:15 Snack 4:15-5 Outside Games Science(Eddy) 5-6 Homework/ Self Selection  <b>Tutoring:</b> <b>K- 3rd Grades</b>
<b>12</b> 3-4 Teens-Archery 4-4:15 Snack 4:15-5 MathGames (Eddy) Dodge ball 5-6 Homework/ Self Selection  <b>Tutoring:</b> <b>K- 3rd Grades</b>	<b>13</b> 3-4 Teens-Leadership 4-4:15 Snack 4:15-5 Nature Walk Gardening 5-6 Homework/ Self Selection  <b>Tutoring:</b> <b>K- 3rd Grades</b>	<b>14 1/2 Day</b> 1-1:15 Snack 1:15-1:30 Open Gym 1:30-3 NB3 Golf 3-4 Homework 4-5:30 Swim 5:30-6 Dry Off  <b>Tutoring:</b> <b>4th grade and up</b>	<b>15</b> 3-4 Teen Cooking 4-4:15 Snack 4:15-5 Soccer/Typing(Eddy) 5-6 Homework/ Self Selection  <b>Tutoring:</b> <b>4th Grade and up</b>	<b>16</b> <b>Swim Day</b> 4-4:15 Snack 4:15-5:25 Swim 5:25-6 Dry Off
<b>19</b> 3-4 Teens-Archery 4-4:15 Snack 4:15-5 DNR 5-6 Homework/ Self Selection  <b>Tutoring:</b> <b>K- 3rd Grades</b>	<b>20</b> 3-4 Teens-Leadership 4-4:15 Snack 4:15-5 Outside Games 5-6 Homework/ Self Selection  <b>Tutoring:</b> <b>K-3rd Grades</b>	<b>21</b> 3-4 Teen Crafting 4-4:15 Snack 4:15-5 Capture the flag Crafting (Lila) 5-6 Homework/ Self Selection  <b>Tutoring:</b> <b>4th grade and up</b>	<b>22</b> 3-4 Teens-Literacy 4-4:15 Snack 4:15-5 Maori Ball/ STEM (Eddy) 5-6 Homework/ Self Selection  <b>Tutoring:</b> <b>4th Grade and up</b>	<b>23</b> <b>Swim Day</b> 4-4:15 Snack 4:15-5:25 Swim 5:25-6 Dry Off
<b>26</b> 3-4 Teen Nutrition 4-4:15 Snack 4:15-5 Shinney Stick 5-6 Homework/ Self Selection  <b>Tutoring:</b> <b>K- 3rd Grades</b>	<b>27</b> 3-4 Teen Leadership 4-4:15 Snack 4:15-5 Scavenger Hunt 5-6 Homework/ Self Selection  <b>Tutoring:</b> <b>K- 3rd Grades</b>	<b>28</b> 3-4 Teen Crafting (Eddy) 4-4:15 Snack 4:15-5 Nutrition / Math Games (Eddy) 5-6 Homework / Self Selection  <b>Tutoring:</b> <b>4th Grade and up</b>	<b>29</b> 3-4 Teens-Volleyball 4-4:15 Snack 4:15-5 WiffleBall & Literacy 5-6 Homework/ Selection  <b>Tutoring:</b> <b>4th Grade and up</b>	<b>30</b> <b>Swim Day</b> 4-4:15 Snack 4:15-5:25 Swim 5:25-6 Dry Off