

December Newsletter

Title VI • Native American Programs • (480) 541-1133



Native American Program
KYRENE SCHOOL DISTRICT

Important Dates

Teacher Day
Fri., December 18th
NO SCHOOL

Winter Break
Mon., Dec. 21st-Fri., Jan. 1st
NO SCHOOL

School Resumes
Mon., January 4th

Title VI News

Hello families! Our raffle drawing in November was a success. Thank-you to all the families who shared their photos of their students displaying their Native American pride. The submissions were beautiful, creative, and inspiring. We were humbled to see our students proudly representing their cultural heritage. It was also fun to include an extra turkey and trimmings drawing that included participants that participated in at least one of our previous drawings. The students were so excited to accept their turkeys and baskets of goodies. Our next raffle drawing will be held before Winter Break. Names will be included from previous drawings. In January, we want to see our students show us how they and their families keep their mind, body, and soul happy and healthy during this challenging time. Please be on the lookout for the upcoming flyer with more details in January.

Going back to online learning for all students may not be ideal for all families but we know keeping our families safe as well as others is a priority. Please know that you can reach out to our Native American Programs Dept. with any concerns you may have. We want our Native American students and families to be healthy, safe, and successful!



HOSTED BY
Kyrene Native American Program

FLU VACCINES
OPEN TO ALL KYRENE FAMILIES

WHEN
Monday, December 14, 2020 - 1:00PM-5:00PM

WHERE
Kyrene Family Resource Center - 1330 E. Dava Dr., Tempe 85283



Recognizing and Supporting Children With Anxiety

The changes in your child's life this year, including online learning may cause your child to feel anxious. Anxiety is a normal adaptive reaction to stressful events. It is important to know how to recognize the symptoms and support your child with anxiety.

Signs & Symptoms

Your child may experience issues with thinking and learning such as problems with concentration, memory, or attention. Your child can exhibit behavioral problems such as restlessness, irritability, or failing to complete work. The signs might also be physical such as stomach discomfort, nausea, headaches and sleeping issues.

Home Based Interventions

Be consistent in how you handle problems and discipline. Maintain realistic and attainable goals and expectations. Maintain a consistent routine. Do not treat feelings or questions, about anxiety as silly or unimportant. It is also necessary to praise and reinforce effort or steps toward a goal.

Online Resources

Child Mind Institute- <http://childmind.org>
Worry Wise Kids- <http://worrywisekids.org>

Please reach out to your school counselor if you have any questions or concerns.



Food. Clothing. Hygiene. Connections.

Hours of Operation

Monday: 9:00 am - 2:00 pm

Tuesday: 9:00 am - 2:00 pm

Thursday: 12:00 pm - 5:00 pm

Select Saturdays: 9:00 am - 12:00 pm

January 9, 2021

February 13, 2021

March 20, 2021

April 17, 2021

May 15, 2021

*The FRC will be closed for Winter Break
(December 18th-January 3rd)