

# November Newsletter

2022



Communities In Schools of South Carolina proudly serves students at St. Andrews Middle School.

## About Communities In Schools

Communities In Schools (CIS) is the largest provider of integrated student supports in the nation. Our program provides the needed supports to help your child stay in school and achieve in life. In 39 schools across South Carolina, more than 24,500 students participate in our programming annually.

Services provided include individual student supports, as well as group sessions that may include topics such as social and emotional wellbeing, goal setting, dealing with peer pressure, improving study habits, building self-confidence skills, academic attendance support, and making healthy choices.



**Sydney Jordan, M.Ed.**  
CIS Site Coordinator  
[sjordan@cisofsc.org](mailto:sjordan@cisofsc.org)

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# CISSC at SAMS

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## Native American Heritage Month

Join us as we celebrate Native American Heritage Month, or as it is commonly referred to, American Indian and Alaska Native Heritage Month. This is a time to recognize the history, culture, and contributions of Indigenous people.

November is not only a time to remember the past; it is also important to celebrate the Indigenous people and cultures who are continuing to impact our world today, like Mary Peltola, a member of the Yup'ik tribe, and newly appointed to the house of representatives.

Democrat Mary Peltola has made history as the first Indigenous person and woman elected to Alaska's sole congressional district. With her recent swearing-in, it became official for the first time in more than 230 years a Native American, an Alaska Native, and a Native Hawaiian are all members of the House — fully representing the United States' Indigenous people for the first time in history.



## Resources

CIS wants to encourage SAMS families to participate this November in the celebration of our diverse student body and learn more about Native American heritage.

To learn more about the cultures and customs of the indigenous populations residing in North America, visit these resources predominantly developed by or in partnership with Native people and/or tribal organizations and nations. With these tools and resources, students can explore the rich culture and history, values and beliefs, and contributions of specific nations and tribes

- Learn about the Native tribes in your area by clicking around Native Land's online map to see federally recognized tribes where you live.
- The National Indian Education Association provides student-centered [digital learning activities](#) for pre-K-12 students and resources for families and teachers. One standout resource is the [Good Medicine Bundle](#), featuring activities that share Native approaches to health and wellness.
- This [five-minute video](#) from NBC News gives a tiny glimpse into how three Indigenous men—Samoset, Massasoit, and Squanto—handled the arrival of the Mayflower by teaching poetry, traditional dance, and song.

**Free mental health counseling for Indigenous students and teachers:** The Hope for Wellness Help Line is available 24 hours a day, seven days a week, for counseling and crisis intervention. Call 1-855-242-3310 or chat online.

## Parent/Guardian Raffle

Communities In Schools of South Carolina values their partnerships with parents and guardians. In efforts to continue building relationships, CISSC will hold a monthly drawing for parents and guardians who check-in through [this google form](#).

## Connect with CIS online!

   [@cisofsc](#)  [cisofsc.org](#)