



SCHOOL NEWS

February 2022

4836 N. Center Road
Scottsdale, AZ 85256
480-362-2200

Monthly newsletter to Early Childhood Education Center Parents, Families, and our Community.

I WILL ACHIEVE



FEBRUARY

Salt River Schools (including the ECEC, SRES, and the ALA) will learn remotely until the Community returns to Phase 2 of its Return to Work Plan. All events are virtual unless otherwise noted.

- 2: World Read Aloud Day
- 2 & 23: Early Release
- 4: First Friday Higher Education Chat, 10AM
- 7 & 22: Education Board Meeting, 5:15PM
- 8: Policy Council Meeting
- 21: No School/President's Day
- 22: Superintendent's Community Forum

MARCH

- 2: Read Across America
- 4: End of 3rd Quarter
- 7-11: No School/Spring Break
- 7 & 21: Education Board Meeting, 5:15PM
- 8: Policy Council Meeting
- 14: 4th Quarter Begins

MESSAGE FROM TAMI

The Early Childhood Education Center thanks families for their flexibility during these challenging times. Staff are available to support families and can be reached during business hours by email, work cell, or via MS Teams. You can also call 480-362-2200.

We welcome Pamela Prasher into her new position as the CCDF manager. Pamela has worked for the ECEC as a Family Advocate for many years. Thank you, Pamela, for your continued service to our Families.



The CCDF Certificate Program is similar to the DES on the state side, but funded by the Child Care Development Fund. It is federally funded for any child from 6 weeks to 12 years old, who is enrolled in any federally recognized tribe and utilize childcare in the service area that is a state licensed facility. Contact us to see if you qualify: 480-362-2200.

ECEC Families - *Did you know?*

- Your family can maintain their ECEC enrollment and be enrolled in the CCDF Certificate Program to attend state-licensed childcare within the service area (Mesa, Scottsdale, Phoenix, Tempe, or Glendale).
- Families can also use the CCDF Certificate Program while they are on the waiting list for ECEC.
- We take applications year-round.
- Parents/Guardians can utilize the program if they are working (at least 20 hours) or attending school (part-time or full-time).
- If you have older children (up to age 12) who need before/after school care, you can apply to see if your family qualifies.

We are now enrolling and accepting new applications. Learn more at: ecec.saltriverschools.org/services/ccdf_certificate_program.

O'odham Piipaash
Word of the Month



O'odham Jukiabig rainy season	Piipaash Uuv'aw chpeek (to be) raining hard
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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, Duwamish

COVID-19 Vaccine for Children 5-11

SRPMIC vaccine clinics are available by appointment only and are open to SRPMIC-enrolled children and Community resident children.

To schedule an appointment, call the COVID-19 Hotline at 480-362-2603, press 3. Leave a message with your name and phone number. A staff member will call you back for scheduling.

Vaccines and testing are available for anyone 5 and older at NATIVE HEALTH clinics. Give them a call at 602-279-5262 for more information.

Diabetes Prevention Services

Our partners at Diabetes Prevention Services want to encourage the community in adopting healthy lifestyles. Research shows that we are more successful at meeting personal health goals when we join forces with each other.

Learn about DPS health education classes by contacting Tara John, DPS Community Health Educator, at Tara.John@SRPMIC-nsn.gov or 480-307-5389.

MAKE HEART HEALTH PART OF YOUR SELF-CARE ROUTINE



Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart. Check out the tips below!

Self-Care Sunday: Find a moment of serenity every Sunday. Spend some quality time on yourself.

Mindful Monday: Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Being aware of your health status is a key to making positive change.

Tasty Tuesday: Choose how you want to approach eating healthier. Start small by peppering up your meals with a fresh herb or spice as a salt substitute. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan, which is scientifically proven to lower blood pressure.

Wellness Wednesday: Move more, eat a fruit or vegetable you've never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke.

Treat Yourself Thursday: Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit still and meditate, go for a long walk, or watch a funny show. Laughter is healthy. Whatever you do, find a way to spend some quality time on yourself.

Follow Friday: Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence. Reach out to family and friends for support, or talk to a qualified mental health provider.

Selfie Saturday: Inspire others to take care of their own hearts. Talk about your self-care routine with loved ones or share a selfie on your social media platforms. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.

Learn more about heart health and heart-healthy activities by visiting the National Heart, Lung, and Blood Institute at nhlbi.nih.gov/ourhearts.

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 Search "Salt River Schools"



ECEC SCHOOL CONTACT

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IN THE CLASS: WELCOME MRS. GARCIA!

The Teacher Mentors would like to welcome Mrs. Monique Garcia to the team. Ms. Monique was previously a lead teacher at ECEC for the last six years. She will work with Ms. Tianee mentoring and supporting the Head Start classroom teaching staff. Teacher Mentors during this time are continuing to support the classroom teaching staff to ensure they are providing resources/support to meet the needs of children and families while Salt River Schools is virtual.

The Head Start teaching staff completed Class Assessment Scoring System, which is an observation instrument that assesses the quality of teacher-child interactions in center-based preschool classrooms. Within each domain are dimensions that capture more specific details about teachers' interactions with children.

The Head Start classroom teaching staff are beginning a book study that focuses on literacy and Creative Curriculum, which will allow them to have a deeper understanding of effective classroom teaching practices as it relates to school and real life connections.

The Early Head Start classroom teaching staff are beginning a book study on Teaching Pyramid Infant Toddler Observation Scale, which allows teaching staff to have a better understanding of social/emotional skills and why it's important to develop those skills in the early years of life. This provides an opportunity for teaching staff to collectively focus on the goals around Head Start Performance Standards, including building collaborative partnerships, school readiness, and child development.

KINDERGARTEN TRANSITION: IS YOUR CHILD GOING TO KINDERGARTEN?

Students who are 5 years old on or before August 31 will transition from ECEC to kindergarten for the 2022-23 school year. ECEC staff will talk with families about ways they can prepare for this transition. Students are not automatically enrolled or transferred. Parents will need to select a school and complete the registration packet. When selecting a school it is important to consider:

- Curriculum
- Class size
- School hours/afterschool services
- Transportation
- Support services

Help your rising kindergartener develop self-help skills, such as proper hand washing and getting dressed. Knowing how to follow directions, understand/follow a schedule, and learn/take/accept responsibility will support your child's smooth transition to kindergarten.

Reading and the love of reading is valuable. You can find helpful YouTube videos on the topics (check out the Salt River Schools YouTube page for a variety of literacy videos). Consider visiting the schools you are considering and talk with other parents who have/had children enrolled.

Upcoming events:

- **The Salt River Elementary will host a special Kindergarten Roundup event in late February (depending on whether or not we are in-person or virtual).**
- **Pre-K Cap and Gown photos are tentatively scheduled for February 17.**
- **Spring Pictures tentatively scheduled for March 22.**

