



Indian Education

January Newsletter

Southern Oregon Indian Education

101 N Grape St. Medford OR 97501

<https://www.soesd.k12.or.us/migrant-ed-ell/>

Culture & Family Nights

FREE DINNER & SUPPLIES PROVIDED!

Thursday January 11th & 25th

6:00-7:30 PM

All Care 1701 NE 7th St. Grants Pass OR 97526



SCAN ME

RSVP: Jasi Swick,

Jasilyn_swick@soesd.k12.or.us

GOOGLE FORM:

<https://forms.gle/j3tAWfFAQpfp1AaE6>

Jackson County: Medford

FREE DINNER & SUPPLIES PROVIDED!

Tuesdays 5:30-8:00PM

RSVP: Teresa Cisneros Teresa_cisneros@soesd.k12.or.us

SOESD 101 N Grape St. Medford OR 97501

How to register for the program

Parents/guardians needs to fill out the [Title VII Student Eligibility Form \(Form 506\)](#) (PDF file) in order to register their American Indian/Alaska Native student. Please use a separate form for each student. Please return the completed form to: SOESD Indian Education, 101 N Grape St. Medford OR 97501

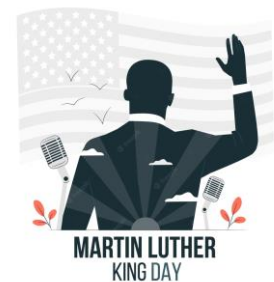
Upcoming Events:

January 9th: Culture Night
Medford 5:30 PM SOESD

January 11th: Culture Night
Grants Pass AllCare 6PM

January 13th: MLK Community
Gathering Grants Pass High
School Performing Art Center 4:30

January 16th: Holiday Martin
Luther King Jr. Day



January 23rd: Culture Night
Medford 5:30 PM SOESD


January 25th: Culture Night
Grants Pass AllCare 6PM

January 30th: Culture Night
Medford 5:30 PM SOESD

**SPECIAL THANKS TO
Coalición Fortaleza
for your support!**



HEALTHY NATIVE YOUTH



My Self-Care Plan

#HealthyNativeYouth

Instructions: Think about what self-care activities make most sense for you, your lifestyle, and your goals. Select three activities (from the list given, or create your own) and put them in your self-care activity plan. For each activity, write down how, where, when you will do them. And, what will you do to make sure these activities are a part of your life?

#1 Self-Care Activity	#2 Self-Care Activity	#3 Self-Care Activity
<p>How:</p> <p>Where:</p> <p>When, will I do this?:</p> <p>How will I make sure this happens?</p>	<p>How:</p> <p>Where:</p> <p>When, will I do this?:</p> <p>How will I make sure this happens?</p>	<p>How:</p> <p>Where:</p> <p>When, will I do this?:</p> <p>How will I make sure this happens?</p>

Time to Talk Myself Up!

How we talk to ourselves matters! Here are some ways to help change the way you talk to yourself:


- Listen** - to what you say to yourself. Notice if it's mostly negative or positive.
- Challenge** - what you say to yourself. Would you say this to a friend?
- Change** - how you talk to yourself. Try asking yourself, "What can I do to help me do this?"

Instructions: Think about one statement (or more) you can tell yourself when you're feeling down or could use a little encouragement. Use the list you're given or create your own. Put that statement(s) below:

Example Self-Care Activities

Connect with my Culture, Write, Be nice someone, Smudge, Take a Walk, List Three Things I'm Grateful for, Laugh, For my Hair, Pray, Talk to a Friend, Cook, Talk to Youth, Take a Shower, List Things I'm Good at, Spend Time in Nature, Plant a Garden, Make Traditional Art, Listen to Music, Take a Nap, Go to a Cultural Event, Sit by a body of Water, Read a Book, Speak my Language, Take Three Deep Breaths, Daydream, Exercise, Sing, Play cards, Get a Haircut, Trim my Nails, Do Traditional Art, Volunteer, Eat with my relatives, Talk to a Counselor, Start a Journal, Look at the Stars, Pet a Horse, Talk with my grandkids, Say I love you, Smile with my Eyes, Help my Neighbor, Hug someone, or...Create My Own!

2SLGBT+ CRISIS CALL & TEXT SERVICES



Trevor Lifeline	Trans Hotline	SAGE LGBT Elder Hotline
Call 1-866-488-7386 or text START to 678-678	Call 1-877-565-8860	1-877-360-LGBT (5428)
Available 24/7	Available 24/7	Available 24/7
Connects to crisis counselor trained on LGBT+ mental health	Connects to trans/nonbinary peer counselor	Connects to LGBT+ crisis counselor trained to support LGBT elders
For any LGBT+ person	For any trans or nonbinary person	For LGBT+ elders
For any mental health crisis	For any mental health crisis	For any mental health crisis or general support
Operated by the Trevor Project	Operated by the Trans Lifeline	Operated by the SAGE Advocacy & Services for LGBT+ Elders



THRIVE Linktree QR code

YOUR GUIDE TO CRISIS CALL & TEXT SERVICES




988 Suicide and Crisis Lifeline	Crisis Text Line	Youthline
Text or Call 988	Text "NATIVE" to 741741	Call 877-968-8481 or text "youthline" to 839863
Available 24/7	Available 24/7	Available 24/7, youth peers answering from 4pm-3am PST
Connects to crisis counselor	Connects to crisis counselor	Connects to youth peer counselor - native youth peer counselors available
For any person	For any person	For youth
For any mental health crisis	For any mental health crisis	For any mental health crisis or general emotional support
Formerly known as the Suicide Prevention Lifeline, operated by SAMHSA	Operated by Crisis Text Line	Operated by Lines for Life

<https://www.healthynativeyouth.org/>



NAME: _____
DATE: _____

My Self-Care Plan



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Instructions: Think about one statement (or more) you can tell yourself when you're feeling down or could use a little encouragement. Use the list you're given or create your own. Put that statement(s) below:

Example Self-Care Activities

Start an Art Journal, Dance, Write, Unplug, Take a Walk, List 3 Things I'm Grateful for, Pray, Talk to a Friend or Elder, Take a Shower, Cut my Nails, Do my Hair, Smudge, Breathing Exercises, Sweat, Traditional Art, Listen to Music, Sit by a Body of Water, Read a Book, Make a Funny Video, Connect with my Culture, Sing, Be Nice to Someone, Laugh, Volunteer, Look at Stars, Nap, Daydream, Speak My Language, Cook, Create Your Own...

NASU: NATIVE AMERICAN STUDENT UNIONS

Grants Pass High School

- Advisors: Watson & Perry
- rwatson@grantspass.k12.or.us
- fperry@grantspass.k12.or.us
- Meets 1st and 3rd Friday at 3:20PM after school in room 206 Perry's classroom



Illinois Valley High School

- Advisor: Szijjarto
- jaime.szijarto@threerivers.k12.or.us

Fruitdale Elementary School

- Advisor: Constance Palaia
- constance.palaia@marr@threerivers.k12.or.us

South Medford High School

- Advisors: Jensen, & Bruce
- Jennifer.Bruce@medford.k12.or.us
- Danielle.Jensen@medford.k12.or.us
- Meets every 2nd and 4th Wednesday in room A222



Ashland Middle School

- Advisor: Hardy & Royse
- Brittany.Hardy@ashland.k12.or.us
- Andrea.Royse@ashland.k12.or.us

Ashland High School

- Advisor: Katie Barber
- Katie.Barber@ashland.k12.or.us

Walker & Hellman Elementary Schools North Medford High School

Eagle Point High School

- Advisor: Sunshine Perry
- perrys@eaglepnt.k12.or.us



MLK WEEKEND 2024

*Celebrating the extraordinary
in Ordinary People!*



JOIN US FOR THE WEEKEND'S EVENTS:

{All events are FREE, Donations Accepted}

Fri **JAN 12**
6:00 pm
GPHS Performing Arts Center



ONE ACT FESTIVAL
Student-Directed
performance of short plays
celebrating "Ordinary
People." Hosted by the
GPHS Theatre Department

Sat **JAN 13**
4:30 pm
GPHS Performing Arts Center



COMMUNITY GATHERING
Creative presentation by
students and community
members, and a Community
Group Fair with food vendors.
Hosted by GP Remembrance
Interpretes disponibles

Mon **JAN 15**
6:00 pm
Newman United Methodist Church



MLK DAY CELEBRATION
Inspiring Evening of story
and song hosted by
Rogue Community College's
Courageous Conversations

For More Information:
www.tinyurl.com/MLKWEEKEND2024

Saturday Event Sponsors:

FOUR WAY
COMMUNITY
FOUNDATION

Grants Pass
MUSEUM
OF ART


allcarehealth®

ROE
MOTORS

Chseráse!

My wish for
all of the people
is that we always
carry with us...

Humility
Courage
Wisdom
Love
Honesty
and
Respect
for ourselves,
each other and all
of Creation.

Happy New Year!!

"See each other like the Moon sees the Sun;
vastly different and equally important."

by: Iehstoseranon:nha (She Keeps the Feathers)

passthefeather.ca Cewesasonon • Xánienkəhá'ka • Wáhkshkaréwáke



MORNING PRAYER

Grandmothers, Grandfathers, Ancestors.
We offer this Prayer from our hearts.

PURPOSE

We humbly request for direction
in our lives. To understand what
our purpose is on Mother Earth.

We request to use our gifts
in the ways our Ancestors intended.
To be in right relationship with everything
on earth and within the spirit world.
May we have the courage to share
our purpose to help others be brave
enough find what their purpose is too.

All My Relations



FULL MOONS OF 2024



WOLF MOON
January 25th



SNOW MOON
February 24th



WORM MOON
March 25th



PINK MOON
April 24th



FLOWER MOON
May 23rd



STRAWBERRY MOON
June 22nd



BUCK MOON
July 21st



STURGEON MOON
August 19th



HARVEST MOON
September 18th



HUNTER'S MOON
October 17th



BEAVER MOON
November 15th



COLD MOON
December 15th

Follow me at @aliceshastargatewitch

PROGRAM UPDATES:

Happy New Year! We wish all our families the very best start to the new year! We are rocking and rolling on culture nights! Regalia making and storytelling are our traditional activities during the wintertime. This is a slower time to craft and accomplish much of what is needed for the busier months ahead. Please encourage your children to use the self-care and regulation tools provided from Healthy Native Youth. It encourages goal setting which can help them later in life to cope and overcome in times of hardship. Without first having spiritual health or being strong in self we can't fully help our communities. We have much to learn this Winter and are looking forward to our families bringing stories to share at culture nights! Thank you for coming and supporting us!

[Please fill out our feedback survey!](#)

<https://forms.gle/FfN2A22uRKoxXCir8>

SOCIALS: [FACEBOOK: TERESA SOESD INDIANED](#)

[YOUTUBE: SOESD STAFF TRAINING VIDEOS](#)

Teresa Cisneros

(She, Her, Hers)

Carrizo/Comecrudo Nation of Texas

SOESD Indian Education Facilitator

541-892-0016 - cell

Teresa_Cisneros@soesd.k12.or.us

JASI (JC) SWICK

(She, Her, Hers)

Cheyenne River & Standing Rock Lakota Oyate'

SOESD Indian Education Facilitator

Jasilyn_swick@soesd.k12.or.us

<https://www.soesd.k12.or.us/migrant-ed-ell/>



**SOESD INDIAN EDUCATION PROGRAM,
101 N. Grape St., Medford, OR 97504**

PLEASE
PLACE
STAMP
HERE

