

Education

LLBO
NOVEMBER
2015 VOL.2

Left to Right: Joe Akre (HS Principal), Gerald White, (Indian Education Director), Pat Broker (LLBO Education Division Director), Sherwin Obey (Indian Education Staff), Lael Storlie (School Counselor), Matt Grose (Superintendent), Tanis Henderson (Counselor), and Jennifer Stefan (ES Principal).



Leech Lake Education Division and Deer River Public School Hold Discussions

Cooperation, Coordination, and Commitment!

Administrators and staff at the Deer River Public School extended a very warm welcome to Pat Broker, LLBO Education Division Director, on Friday, November 13, as they met for an initial conversation to discuss ways to work together. Gerald White, Indian Education Director at Deer River, extended the invitation and arranged an initial meeting that led to discussions on the achievement gap, after-school activities, parent education, language revitalization, teacher preparation programs, and teleconferencing

possibilities that could reach the outer regions of the reservation. There was a clear consensus that increased communication will be key to finding ways to strengthen our collaborative efforts.

There are more than 400 Native students attending the Deer River Public Schools. School officials are proud of the achievements made in the areas of race relations and the achievement gap. Certainly all present acknowledged that there is more work to be done to address the needs of all students. All present voiced a commitment to continue to strive towards excellence and working

to meet the needs of every single student in the school.

LLBO is pleased to work in partnership with the local public schools that service our Leech Lake youth.

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Get Ready for the New
Year - Think Healthy!!!



2016

Healthy habits will create healthy individuals!

Eat healthy food - Exercise regularly - Find balance in
your life - Nourish your spirit - Get plenty of rest!

December Events!!!	District I	District II	District III
<p>Watch for the community calendar in your area that provides information on local happenings provided for our youth.</p> <p>There will be a 'Rez Wide' Culture Camp @ Bug School on Dec. 29 and 30 (Tom Councillor - Moccasin Game Story).</p>	<p>18 & 19</p> <p>Girl's Movie Night & Boy's Movie Night @ S. Lake area center (2:00 p.m. - 9:00 p.m.)</p> <p>27</p> <p>Girl's Lock-In Center - S. Lake area (6:00 p.m. - 6:00 a.m.)</p> <p>Contact Candace Rogers for events in S. Lake area.</p> <p>29</p> <p>Boy's Lock-In Center - S. Lake area (6:00 p.m. - 6:00 a.m.)</p>	<p>Tuesdays</p> <p>Drum & Dance @ Remer School (2:00 - 7:00).</p> <p>Contact Tracy Gale</p> <p>19</p> <p>Movie & McDonalds in Bemidji (10:00 a.m. - 7:00 p.m. for 11-18 year olds).</p> <p>26</p> <p>Regalia Class @ Center (10:00 a.m. - 6:00 p.m.)</p>	<p>1, 8, 15, 22</p> <p>Daughters of Tradition (5:00 - 9:00). See Yvonne Hardy for more information.</p> <p>1</p> <p>BSU Swimming (5:00 - 9:00): Cost \$3.00 and Lil Caesar's Pizza (you pay).</p> <p>28</p> <p>Leech Lake Tribal College Culture Camp (9:00 - 4:00): "Winter Camp: Archery, Storytelling & more)</p>

Grant Obtained for Two Projects

The Education Division was awarded a \$200,000 grant by the Bureau of Indian Education to work on developing a *Tribal Education Code* and to develop a *Comprehensive Education Plan* to serve the people of Leech Lake. These two projects will guide the work of the Education Division staff members to refine the current programming efforts and expand services to meet more community needs.

A project coordinator will be hired to carry out the grant operations. Community input will be needed in order to complete both projects. Two conferences will be held locally including a youth conference and an adult conference. An important aspect of the grant will be to listen to the voices of our area youth. The adult conference will follow in order to inform adults about what our youth have voiced. Community forums will be held throughout the reservation in

an attempt to reach all LLBO constituents for their input.

The grant request was for a three-year period although funding comes one year at a time. Anyone interested in applying for the position of TED and CEP Project Coordinator should contact the HR Division at the Facility Center. The position will require a high degree of responsibility and initiative with the ability to problem-solve. The project coordinator will need to work well with a variety of groups and be comfortable to speak publicly at project events.

Let Your Voice Be Heard

LLBO constituent members will be asked to participate in the development of these two projects. Our youth will be especially instrumental to help set the future direction of the LLBO Education Division plan. Other divisions will benefit from this opportunity to hear from youth and adults so we will make this opportunity available to all.



Youth activities are offered throughout the school year and summer months. These activities are meant to supplement what families do for their children - never to SUPPLANT them.

Talk to your area Youth Coordinator to find out how your child can become involved.

Are You Remembering to Read to Your Child?

The holidays are coming and the best gift you can give to your child is the love of reading! Parents and loved ones need to create the right environment in order for this to happen. Board books for the very young are excellent choices as they are made to withstand the hands that often tear pages of conventional books. You can purchase board books for \$8.00 or less (the cost of a sub sandwich or a pack of cigarettes) at your favorite shopping store. Children love being read to by Mom, Dad, or other loved ones. Read to your children by placing them in your lap and do discuss the events in the book. This helps to develop a high vocabulary that will benefit your child as he/she learns to read later in school. READ, READ, and READ!! (See suggested book titles on page 8.)

Young Child's Developing Brain

Research on brain development in children has increased exponentially in recent decades. This research is important to guide the practices of adults, including parents, to provide the optimal environment for children to grow and develop in a safe way.

Did you know:

*the birth-to-three age period is the fastest rate of brain development across the entire human life span?

*60% of all energy a baby expends is concentrated in the brain?

*if babies' bodies grew at the same rapid pace as their brains, they would weigh 170 pounds by one month of age?

*babies whose parents talk to them often know 300 more words by age 2 than babies whose parents rarely speak to them?

*a strong parent-child bond in early childhood prepares children to better handle stress throughout life?

*learning more than one language improves cognitive development?

*children do NOT need special toys or videos to stimulate their brain development?

The role of parents and other caregivers in a child's life is extremely important. In fact, it cannot be stated often enough or strongly enough that PARENTS are the first and MOST IMPORTANT teachers of their children. What you do in the early childhood years will impact your child for the rest of her/his life.

Research on brain development as it relates to early trauma such as childhood abuse and/or neglect is also available. As one would expect, there are more positive outcomes for young children who experience stress-free environments. Babies and young children benefit when they see and hear loving interchanges between the important people in their life. Sensory experiences including skin-to-skin contact in loving ways stimulates the brain and creates pathways for increased neural connections that underly a child's ability to learn and be successful in life. When these positive and loving experiences that are necessary for increased brain development are absent from a child's life there are adverse negative effects. What you do and say to your children in their early years impacts them either positively or negatively in some way. Parents and other caregivers have a major responsibility to provide an environment that will help children develop to their optimal ability.

Education Division To Send a Challenge to the Tribal Council Members Soon

As a part of President Obama's Generation Indigenious (GEn-I) Initiative tribal nations are being challenged to participate. The initiative is meant to be a spark in communities to get youth involved in authentic community action events that will serve the community in some way. No tribal nations in

Minnesota have participated thus far, but the Youth Division wants to change that very soon.

Gary Charwood, Tobacco Prevention Program Coordinator, and Liz Aitken, Youth Chemical Dependency Prevention Program Coordinator, are working to develop a plan that will engage youth in all three districts of the reservation to participate in a Native Pride effort that will result in a beautification project in local communities.

The challenge is a very easy two-step process that includes the tribal council passing a resolution in support of the project and sending in pictures of the event for publication in the newsletter *1st Kids First*.

Look for this event to take place in December/January in your communities. Youth activity coordinators will be working alongside the two project coordinators to bring this event to your community. LICs should be involved in this as well as the beautification project can be tailored to meet your community needs.

Youth Leadership

The Leech Lake Band of Ojibwe Education Division is busy setting the table to develop some youth leadership opportunities for our Native youth throughout the reservation. It is our hope to tap into the potential within the youth to involve them in leadership opportunities on a national scale and statewide as well as locally. We simply need to create opportunities for them to participate in any number of ways.

We are working with other organizations and public schools in the area to determine what opportunities currently exist. We will work to coordinate our efforts and collaborate with the efforts of those already working in this area.

A youth conference will be held in the spring to capture the voices of our youth and 'leadership opportunities' will be one topic of interest. Please stay tuned for additional information as it becomes available.

Students from several schools participated in the first ever Youth Day at MIEA.



Youth Day at MIEA

The first ever Youth Day as a part of the Minnesota Indian Education Association Conference was held this year at the Circle of Life Academy in White Earth. Students from several area schools participated in this event. Students reported the event was educational and fun-filled with a variety of events taking place for them to enjoy.

Many thanks go to Ricky White, COLA Superintendent, and the entire committee of people who planned and organized the event. Students experienced first hand many of the traditional ways of sustenance for Native people. For some, it was the first time they had experienced filleting a fish or cutting up a deer.

School personnel who transported students to the event deserve recognition as well. These are authentic types of learning for our area youth that need to be repeated.

Students got to meet and interact with students from the surrounding areas and friendships were formed. These opportunities provide for the development of the whole child as are a part of 'best practices' in education.

It is hoped that the first annual gathering of youth at MIEA will become a regular event. Others will need to become involved in order to keep this

event as the work in planning is extensive.

MIEA Knowledge Bowl Meet 2015

by Richard Armstrong

It has been an interesting year for the Bug-O-Nay-Ge-Shig School Knowledge Bowl team. We are starting with our younger students this year and look forward to competing in several meets throughout the school year. One of the next meets will be held at the Northern Lights Casino and Hotel in January.

The team is coached by Richard Armstrong and Maggie Goodwin. Our team captain is Stuart Smith and the remaining members of the team are Keira Matthews, Lanahnny Beaulieu, Tehya Carter, Helainea Roybal, Adrianna Littlewolf, and Cecelia Meat.

Youth Day Events

Bug-O-Nay-Ge-Shig Students Attended Youth Day at MIEA

1. Wild Rice Harvesting

This takes place in late summer or early fall. To finish rice it must be dried. It can be hand parched over a low fire with winnowing and jiggling done to break away the chaff.

2. Moccasin Games

These can be played 1-on-1, doubles, or teams of four. One team hides a bead under a moccasin. The other team hits the moccasin with a stick. The purpose is to conceal the bead as long as possible. There is a long history to Moccasin Games.

3. Fish Filleting & Feasting

This is a skill that Native people used for sustenance for hundreds of years. Filleting a fish requires skill. The purpose is to cut the meat away from the bones.

4. Hand Games

Hand Games, also known as 'stick games' and 'bone games' require skill. Music, drumming, singing, rattles, and hand gestures are used to psych out the opposing team. There is usually much laughter while playing.

5. Positive Socialization

All children need and want good friends. Thanks MIEA for Youth Day!

Congratulations Carri

Carri Jones, Chairwoman of LLBO, was awarded the Tribal Leader Award at the 2015 MIEA Conference held in Mahanomen, Minnesota. Chairwoman Jones was nominated by Leah Monroe, Indian Education Director, at the Remer School District.



Boxing Facts

Boxing is a combat sport, but it is something beyond a sport.

1. Technique is key.

Real, pro-boxing quality punching power is the result of technique over all else. Even to the extent that muscles really matter, it's the muscles of the lower body that generate the true force: the glutes and the quads.

2. Power

A successfully executed punch transfers the power from the lower body through the fighter's torso and delivers it via the fist, like a battering ram. It's all about turning the body into a recoiling machine. To turn your body into a machine requires mastery of technique.

3. 'Sitting down on his punches.'

Sometimes you'll hear a fight commentator say a boxer is "sitting down on his punches." This refers to lowering his weight, loading all that power up, before unloading it into his opponent.

4. Quality Coaching is Needed

It takes some coaching to learn to properly punch a heavy bag, but squaring off on a moving target requires great skill. Anyone who has sparred understands the difficulty of connecting with a moving target.



Left to Right: Andrew Goodwin, Julian Jones, and Coach Byron Wilson.



Leech Lake Boxing is on the Move!

by Byron Wilson

We have been working hard to catch up with the season and our first show was at Red Lake's Vernon Clark Invitational on Saturday, November 14. It was a great show with several great teams from all over Minnesota, North Dakota, and Wisconsin. Andrew Goodwin from Leech Lake Boxing was first on the card and he did very well in spite of some un-sportsman like behaviors from his opponent. Andrew kept his head and went on to win the fight with great class. Andrew took home the Best Boxer Trophy and one for winning the fight. Next up was Julian Jones - another of the greats from Leech Lake Boxing Club. It was Julian's first bout ever and even with all of the nerves and people in the crowd it was time for him to perform. He did perform very well! He came out as the aggressor right from the bell to put his guy on the ropes. For this being Julian's first match it didn't show and he went on to win. It was an all around great night for us and we owe our Red Lake brothers a big thanks for letting us train at their gym when finding a spot is hard. Our kids are good friends with each other. We work together a lot and it's been paying off for our teams.

This weekend we will be traveling to Grafton, ND, for another boxing show. Andrew Goodwin and Julian Jones will return along with Charles Oothoudt. It will be great to see him compete again as he is a strong athlete in so many sports.

We look forward to another great season and a repeat for our junior state team champions of 2015. Our practices are Monday-Thursday from 5:30-8:30 p.m. Thursday practices are held at the Onigum Community Center from 6:00-8:00 p.m. We are looking to get to other communities soon.

Interested in Joining Leech Lake Boxing?

Boxing requires dedication in order to be successful! Do you have what it takes to become one of Leech Lake's greats? Those interested should contact your area youth coordinator or contact Byron Wilson (218-252-2507) or Rob Jordan (218-252-0615) directly.

DEDICATION
is required!

THE MOST IMPORTANT THINGS IN LIFE ARE FREE!
QUALITY TIME WITH FAMILY IS MOST IMPORTANT!



FAMILY ENGAGEMENT

by Gina Pardino

Parents are their child's first and most important educators. We encourage all family members to be a part of the education and development of their child. Family Engagement gives the parents opportunities to be a partner in the education process. One opportunity that we extend to our families is Family Fun Days/Nights. Whether it be cookie decorating, art activities, or a good old sleigh ride - we encourage all family members to participate. Others in the community are welcome to join in as well. Here is a list of our upcoming Family Fun events:

Family Fun Nights

BENA - December 15 (5:00 - 7:00)

INGER - December 16 (5:00 - 7:00)

ONIGUM - December 16 (5:00 - 8:00)

LLTC - December 17 (2:00 - 4:00)

AOB - December 17 (5:00 - 8:00)

Sugar Point - December 17 (1:30 - 3:30)

BEMIDJI - December 18 (2:00 - 4:00)

BALL CLUB - December 22 (5:00 - 7:00)

Soft Pretzel Recipe

Ingredients are: (a) 1 and 1/2 cups warm water, (b) 1 tbsp. sugar, (3) 1 pkg. active dry yeast, (d) 22 oz. all-purpose flour (approx. 4 and 1/2 cups), (e) 2 oz. unsalted

butter (melted), (f) vegetable oil for pan, (g) 10 cups water, (h) 2/3 cups baking soda, (i) 1 large egg yolk beaten with 1 tbsp water, (j) pretzel salt.

Combine the water, sugar and salt in the bowl of a stand mixer and sprinkle the yeast on top. Allow to sit for 5 minutes or until the mixture begins to foam. Add the flour and butter and, using a dough hook attachment, mix on low speed until well combines. Change to medium speed and knead until the dough is smooth and pulls away from the side of the bowl (about 4 minutes). Remove the dough from the bowl, clean the bowl and then oil it well with vegetable oil. Return the dough to the bowl, cover with plastic wrap and set it in a warm place for 50 minutes until doubled in size. Preheat the oven to 450 degrees. Line 2 half-sheet pans with parchment paper and lightly brush with the vegetable oil. Set aside. Bring the 10 cups of water and the baking soda to a rolling boil in an 8-quart saucepan.

Divide dough into 8 equal pieces and roll each piece into a 24-inch rope. Make a U-shape with the rope crossing them over each other. Place onto parchment-lined sheet pan. Place the pretzels into the boiling water, 1-by-1 for 30 seconds. Remove from water using large flat spatula. Return to the half sheet, brush the top of each pretzel with the beaten egg yolk and water mixture and sprinkle with the pretzel salt. Bake until dark golden brown (12-14 minutes). Transfer to a cooling rack for at least 5 minutes before serving.

Eat and enjoy! You can even write names, words, or initials. The point is to have fun together!

Things to do at home:

You can create your own family fun time at home.

1. COOKING

Children of all ages love to cook. Even young children love to break an egg. Prepare ahead of time and make a space where your child can help cut, wash, peel, pour, stir, and taste test! You'll love your time together if you have a positive attitude.

2. PLAYING GAMES

What child does not like to play a board game or a game of cat and mouse with a loved one around the house? Checkers, chess, cards, store bought games all can make for a family fun night at home.

3. STORYTELLING

Children of all ages love to hear stories about themselves when they were babies. This time of sharing funny and silly stories (or even sad stories) is a time of building a deeper bond.

4. CRAFTS

Making things for Christmas (either decorations or gifts) can be a wonderful way to spend time together. Children have creative juices that can be tapped for ideas. The internet is also full of ideas if you are stumped.

Play60

Don't forget to have your child Play60 (at least). This means 60 minutes of physical activity per day will help to reduce the level of obesity among children that we see today. You may want to join your child in this activity!



January	District I	District II	District III
<p>More activities will be posted at your Community Center. Here are some of the dates that are scheduled at the time of this publication.</p>	<p>17</p> <p>Watch for the Cultural Retreat scheduled to be held in Ball Club or S. Lake</p> <p>23</p> <p>Youth are invited to join in the Youth Gathering in Sugar Point on this day, also. (See District II listing)</p>	<p>Tuesdays</p> <p>Drum & Dance at Remer School (2:00 - 7:00)</p> <p>9 & 10</p> <p>Regalia Making at Remer School (9:00 - 5:00)</p> <p>23</p> <p>Youth Gathering in Sugar Point with Elder's Table in collaboration with Opichi-Wadiswan (9:00 - 6:00)</p>	<p>Thursdays</p> <p>Boxing practice every week from 6:00 - 8:00 p.m. at the Onigum Community Center.</p> <p>20</p> <p>Onigum Drum & Dance at the Onigum Community Center at 6:00 - 8:00 p.m.</p> <p>Prescott</p> <p>Watch for events in this community following the meeting held on Nov. 24.</p>

Starlab Opportunity

Schools may want to schedule a visit by the Starlab Educational Services Group to bring the galaxy up front and center to groups of students to engage them in meaningful ways to learn about space in general.

Some of the options available include:

Starfield - Astronomy: The Starfield Cylinder includes an extraordinarily precise depiction of the Milky Way based on the beautiful and highly accurate all-sky panoramas created by Dr. Alex Mellinger. From July 1997 - April 2000 Mellinger used specialized tracking cameras and Kodak film to take 51 wide-angle photos of the northern and southern hemispheres. These precise images have been carefully adapted to the cylindrical starfield projection creating a night sky so detailed, one can easily pick out features like the Coal Sack and the Milky Way center, as well as the Large and Small Magellanic Clouds and Andromeda Galaxy.

Solar System & Galaxy - Astronomy: This cylinder projects scaled representations of the sun and the principal bodies of the solar system in color with tables of basic statistics. The enormous distances between the planets are shown to scale. This cylinder features a colored depiction of the Milky Way Galaxy. This is an indispensable aid for teaching astronomy for middle school and up.

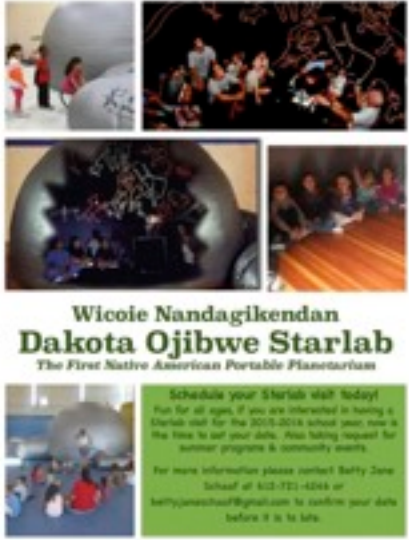
Earth - Earth Science: This cylinder is a projection of the entire terrestrial globe including all of the earth's land and ocean masses. It is superior to flat maps in its total elimination of distortion and is useful for studying weather patterns, ocean currents, time zones, social studies, and current events.

Native American Mythology - Mythology: The cylinder includes colorful outlines of figures from Native American folklore such as Long Sash, the Great Bear, First Man and Woman, Spider God, and others. An identification key contains legends drawn from the Navajo, Shoshoni, Blackfoot, Cherokee, Tewa, Hopi, and Algonquin tribes. This is excellent for use with K-6 students studying astronomy, social studies, or language arts.

Navajo Skies - Mythology: This cylinder features over 30 extraordinary constellations of the night sky. It includes traditional stories of the Sun, Moon, and stars including Revolving Male, Revolving Female, Bear and Thunderbird, and others.

Lewis & Clark Celestial Navigation - Social Studies: This cylinder projects the Celestial Equator, the lines of right ascension and declination, the ecliptic, the zodiacal constellations, and others. Twenty-six student activities demonstrate how Lewis and Clark used celestial navigation to determine their location into uncharted territory.

Contact Betty Jane at 612-721-4246 or email bettyjaneschaaf@gmail.com.



Science is an area that holds great interest for young people. Engaging them in meaningful and authentic activities is highly recommended to develop an interest that may lead to a career in the science area.

Read Your Child Books from Many Different Genres

Click, Clack Moo - Cows
That Type
by Doreen Cronin

A Mother for Choco
by Keiko Kasza

Little Blue Truck
by Alice Schertle

Five Little Monkeys
by Eileen Christelow

FICTION TITLES

Forest Bright Forest Night
by Jennifer Ward

Caterpillar to Butterfly by
Camilla de la Bedoyere

If You Were My Baby
by Fran Hodgkins

An Octopus is Amazing
by Patricia Lauber

NON-FICTION TITLES

1, 2, 3 Minnesota
by Puck

My Little Minnesota ABC
Cliff Road Books

C is for Coyota -
Southwest Alphabet Book
by Andrea Helman

ABC & COUNTING
BOOKS

Native Students & The Achievement Gap

Minimum 1,000 Hours of Quality Time

Several years ago, Patricia Cunningham, an early childhood educator focusing on literacy development in the early years stated that young children need a minimum of 1,000 hours of quality time with adults and books to help them gain the concepts and skills required in order to become an effective reader. Children whose families spend time reading and DISCUSSING events in books with them are much more likely to enter school 'ready to learn.' Of course, all children are ready to learn at all times, but WHAT they are ready to learn is key. For example, learning the alphabet letter names is a prerequisite to learning to read. This is typically learned prior to learning the sounds that each letter makes. If a child enters school without knowing the alphabet letter names this places him/her at a disadvantage when most other children already possess this knowledge. Reading time should be ENJOYABLE for everyone involved. Keep it fun and do NOT drill your children. They will learn it easily through repeated exposure.



day and evening. Your child's vocabulary will grow as you engage him/her in authentic conversations about the events taking place in your lives. The brains of children are like sponges - ready to absorb whatever comes their way so it is up to you to make those experiences POSITIVE for them.

Phonemic Awareness

Did you know there are 44 sounds made in the English language and these are called phonemes? Children need to develop phonemic awareness in order to become successful readers. Often, in diagnosing reading difficulties, teachers and reading coaches discover that a child does not have a grasp of this information. You can develop phonemic awareness by reading to your child often and playing word games such as: (a) while driving in the car look for things that begin with the letter M: mama, mittens, mountain, and M & Ms; (b) play rhyming games: think of as many words as you can that rhyme with cow (now, sow, how, bow); (c) count syllables in words - tap the palm of your hand with a finger for each syllable in a word - for example, win-dow has 2 syllables, car-pen-ter has 3 syllables, cap-tiv-i-ty has 4 syllables. How many syllables are in your name? Ch, sh, th, ph, and wh are examples of two letter phonemes. They make only one sound even though they are double letters.

Develop Your Child's Vocabulary

Vocabulary development is a key to being a successful reader and student! The importance of developing a child's vocabulary cannot be overstated. Children need to be engaged in rich, vibrant discussions with caring adults in their lives. Talk to your child! Sing to your child! Ask your child questions! Do this throughout the

Prevent the Achievement Gap!!

The experiences that take place in the EARLY YEARS are extremely important. Stimulate your child by providing her/him with rich experiences including reading.

Book Highlights

Coyote Christmas - A Lakota Story

On Christmas Eve on the Standing Rock Indian Reservation, Coyote (known as Trickster) wants to trick some people out of a hot meal. This story is told and illustrated by S. D. Nelson.



The Rough-Face Girl by Rafe Martin

A scarred face does not prevent the Rough-Face girl from seeing the beauty of the earth around her, nor does it disguise her beautiful, kind heart in this award-winning retelling of a powerful Algonquin Cinderella story.



Black Bear, Loon & Walleye

This Northwoods story told by Sara Button is a rich, modern-day fable that takes all three animals on a wild adventure that teaches them lessons that are universal and timeless. 'Know yourself well and value your gifts' is one of them.

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