

NEWSLETTER

SUSD NATIVE AMERICAN INDIAN CENTER



The SUSD Native American Indian Center office has temporarily closed due to COVID-19 however we are still available through email and phone. Our gatherings and cultural classes have been canceled for the remainder of the year. We are working on plans for an alternative graduation ceremony at this time.

Rest assured our students will still receive their graduation feathers. We are still collecting 506 enrollment forms for our students. The form can be found on our website. Please email your completed forms to PRBarkley@stocktonusd.net along with any questions or concerns. Please enjoy our newsletter. Stay safe and stay home.

RAVEN

A TRICKSTER TALE

**Raven: A Trickster Tale
from the Pacific
Northwest**

By Gerald McDermott
Scholastic Inc.

Music by students at
Glacier Valley

Read by 5th Grade
students at Glacier Valley



GROUND TURKEY DINNER

Prep Time

10 mins

Cook Time

20 mins

Total Time

30 mins

This easy to make ground turkey dinner skillet will get dinner on the table in no time!

Yield: [4](#) servings

Calories: 238 cal



Instructions

1. In a large skillet, warm the oil.
2. Add the meat and stir to scramble while cooking until browned.
3. Add in the spices and asparagus and continue cooking until

the meat is cooked through.

4. Serve over whole grain pasta, brown rice or enjoy as is for a lower carb option.

INGREDIENTS

- ▶ 1lb. ground turkey
- ▶ 1lb. asparagus (cleaned and chopped)
- ▶ 2tsp. garlic powder
- ▶ 2tsp. onion powder
- ▶ 2tsp. dried parsley
- ▶ salt and pepper (to taste after cooking)
- ▶ 2tbsp. oil (more as needed or use chicken broth to lower fat content)

STICK GAMES

Are your kids running and screaming during quarantine? Did you know that there is an actual game called Run and Scream created by the Blackfoot Tribe to increase lung capacity for singers and for general health. Gratitude for the gifts of the land is an important lesson that begins with the proper protocol being followed when harvesting natural materials. The only material you need is a stick. You can decorate your stick with markers, beads or yarn. This activity was traditionally completed by taking turns. One person goes at a time to teach tolerance and patience. The children would start running while sucking in a big breath of air; at a designated mark on the ground, they would start screaming while they were running. When the scream was finished, the spot was marked with each person's own marker stick (4 to 6 inch long peg sharpened to go into the ground). The children would try to pass the other marks. The one who could run the farthest while screaming was the winner.

<http://www.vimeo.com/49360893>

STAVE (STICK) GAME

Are you bored at home? Do you have some sticks? want to learn a counting game. Check out this fun video, Jacque Nunez teaches games that Native American Indian children played hundreds of years ago. These games are just as much fun today. Jacque also shows fun ways that these games can be used to teach math to children. Good Luck!





Just 5 minutes of exercise in a nature setting can increase mood and self-esteem



Did you know that gardening can improve your bones and muscles? Gardening strengthens your bones and muscles in a way similar to weight training.



Simple Vegetables to Grow
Lettuce
Tomatoes
Cucumbers

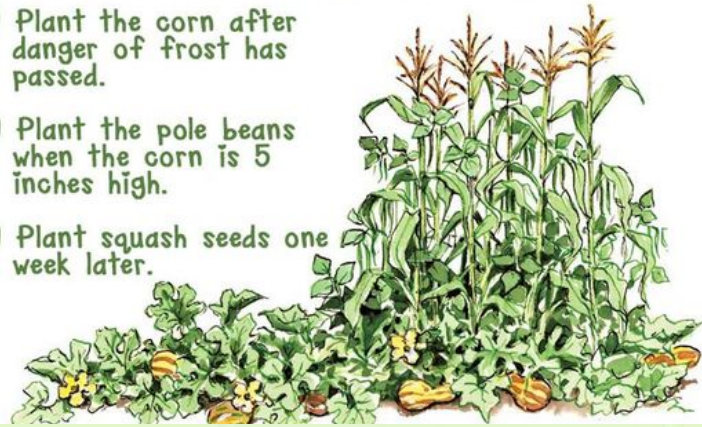
THREE SISTERS GARDENS



corn, pole beans & squash

THE CORN SUPPORTS THE BEANS, THE BEANS ADD NITROGEN AND THE SQUASH SHADES OUT THE WEEDS

- 1) Plant the corn after danger of frost has passed.
- 2) Plant the pole beans when the corn is 5 inches high.
- 3) Plant squash seeds one week later.



HEALTH STATISTICS



- PLANTING BURNS -177 CALORIES
- WEEDING BURNS -157 CALORIES
- DIGGING BURNS -199 CALORIES



RESOURCES

As you are aware, SUSD schools and buildings are physically closed for the remainder of the 2019-2020 school year. During this physical closure, the District will still provide meals, distance learning, and several services to students. The information in this newsletter is the latest information from the district. Because the situation is fluid. The latest updates from the district can be found on our website at <https://www.stocktonusd.net/>.

Breakfast and Lunch Pick-up Sites

Tuesdays and Thursdays from 11:30 AM – 12:30 PM

August Elementary	2101 Sutro Ave.	95205
Chavez High School	2929 Windflower Lane.	95212
Commodore	2725 Michigan Ave.	95204
Edison High School	100 W. MLK Jr. Blvd.	95206
El Dorado Elementary	1540 N. Lincoln St.	95204
Elmwood Elementary	840 S. Cardinal Ave.	95215
Franklin High School	4600 E. Fremont St.	95215
Fremont Elementary	2021 E. Flora St	95205

Hong Kingston Elementary	6324 N. Alturas Ave.	95207
Kennedy Elementary	630 Ponce de Leon Ave.	95210
King Elementary	2640 E. Lafayette St.	95205
McKinley Elementary	30 W. Ninth St.	95206
Montezuma Elementary	2843 Farmington Rd.	95205
Pittman Elementary	701 E. Park St.	95202
San Joaquin Elementary	2020 S. Fresno Ave.	95206
Spanos Elementary	536 S. California St.	95203
Stagg High School	1621 Brookside Rd.	95207
Taft Elementary	419 Downing Ave.	95206
Van Buren Elementary	1628 E. Tenth St.	95206
Victory Elementary	1838 W. Rose St.	95203

General Questions?

Call 209-933-7070

or email

covid19@stocktonusd.net



Feeling anxious? Monterey Bay Aquarium has live camera feeds. Studies have found that aquarium watching helps reduce stress and anxiety, increase feelings of relaxation, and decrease heart rate and muscle tension

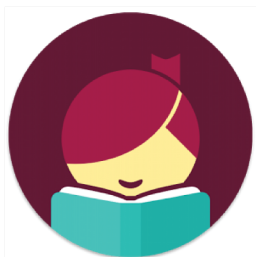
<https://www.montereybayaquarium.org/animals/live-cams>

2-1-1 NEED HELP?
Get Connected. Get Help.™ **CALL 2-1-1**
Your link to community resources.



Video from CDC on how to make your own no sew masks from supplies you have at home

<https://youtu.be/tPx1yqvJgf4>



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