

January 7, 2019

SAGINAW CHIPPEWA INDIAN TRIBE

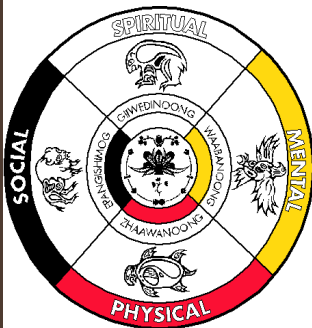
FANCHER,
GANIARD,
VOWLES

Homework Lab

Tribal Center
(Next to the Eagles
Nest Tribal Gym)
Monday—Thursday
3:00 pm—5:00pm
K-12 staff will be on
site to help with tutoring.

IMPORTANT DATES

Count Day	2/13
Vowles Family Game Night	2/19
Fancher Science Night	2/19
Fancher Parent Meeting Middle School Enrollment	2/19



The Native Scene

K-12 Staff for these schools:

Renata Borton –Student Support Advisor (All 3 Schools) - reborton@sagchip.org
Kaine Andy– Student Support Tutor (Fancher)- kandy@sagchip.org
Alysha Klein– Student Support Tutor (Ganiard)- aklein@sagchip.org

January: Attendance Awards

Fancher Schools

Logan Bird
Leia Black
Brihanna Dunham
Konner Hilleger
Dehmian Kahgegab
Koda Rueckert

Ganiard Schools

David Bennett III
Emiliano Garcia
Anabelle Hart
Aubree Hilleger
Kaya Owl

Vowles Schools

Miles Davis
Kaden Kjolhede
William Ingrum III

Birthdays

Fancher Schools

Nadia Mills 02/18

Ganiard Schools

Jay Fleming-Foster 2/21

Annabella Hart 2/23

Vowles Schools

Calming Test Anxiety

Make sure your child gets a goodnight sleep. Communicate with your student and their teacher.

If your student finds themselves stressing out in the middle of a test, talk with them about taking a moment and stop working. Look up from the test — get yourself out of the test vortex and orient yourself to the environment. Take a deep breath. Take 5

breaths if you need to. This practice of **returning to the present moment through deep breathing will activate your body’s calming response**. You’ll be able to think more rationally. Remind yourself that a test is not the same as a lion charging at you, even though your body may be reacting to it that way!