

EDUCATION & TRAINING

PEACH SPRINGS ELEMENTARY SCHOOL January 2015 Events

January 5: Students return-7:45 a.m. start.

January 6: Governing Board meeting 5:30 p.m. next to Library

January 7: Half day for Parent/Teacher Conferences. Teachers to coordinate times with parents. Report Cards will be given out at conferences.

Dismissal Times (all students will eat lunch):

- A.M. Kinder 11:30 a.m. (No P.M.Kinder classes today)
- Grades 1-8 12:30 p.m.

January 8: Honor Roll Assemblies (in Gym). Grades 1-4 9 00 a.m./Grades 5-8 9.50 a.m.

January 19: Dr. Martin Luther King Jr. Holiday (No school)

K-3 Winter Sing-a-Long

Watch out American Idol, we have some up and coming students.



Guitar Club Winter Program
Lewis Gene is playing a solo.



**Our Vision is to create college and career ready Native Americans
to be tomorrow's leaders in a rapidly changing world. Mu Wih!**

Learn more at www.psusd8.org

Submitted by: Dr. Anthony J. Perkins

FROM THE DESK OF THE SUPERINTENDENT
PEACH SPRINGS ELEMENTARY SCHOOL

Submitted by: Cheryl Thomas - Peach Springs School

Peach Springs Elementary

Art Students of the Week

Congratulations to these creative students!

Week of November 20, 2014

Makayla Querta
1st Grade

Dewey Mahone
1st Grade

Rametrias Suathojame
2nd Grade

Donnell Yazzie
3rd Grade

Harmony Brown
3rd Grade

Bailey Bender
4th Grade

Runningwolf Havatone
5th Grade

Marshall Manakaja
6th Grade

Nylia Crook
6th Grade

Clark Sullivan
7th Grade



ATTENTION



As of Monday December 8

**The Hualapai Market
will now be accepting
WIC checks.**



Health & Safety

Submitted by: Roxanne Rodriguez - MCH Advocate

Pregnancy Series: Eating Healthy During Pregnancy

Date: 1/8/2015

Time: 12-1pm noon

Location: Hualapai Health
Education and Wellness Center



Happy New Year!

Maternal Child Health program is starting the new year with
their third session of March of Dimes Curriculum: Eating
Healthy During Pregnancy.

Come join us!

Contact to Register

Maternal Child Health Coordinator
Vivian Parker
(928) 769-2207
Ext: 206

Maternal Child Health Advocate
Roxanne Rodriguez
(928) 769-2207
Ext: 210



FIRST THINGS FIRST

Ready for School. Set for Life.

Submitted by: Karen Hays - Healthy Heart Program Manager

Come on People- lets start taking care of OUR Health



Join Us At **Hualapai Healthy Heart Today!**

Are you ready to take the first step to healthy choices? Want to lower your blood pressure? Control your blood sugars? Want to lose some weight? Start to walk or exercise everyday? Is your grandson or granddaughter overweight? Want to pack healthy lunch or snacks? Concerned that your loved one may have diabetes?

IF YES TO ANY OF THESE QUESTIONS COME TO HEALTHY HEART OR CALL 769-1630 FOR SUPPORT AND INFORMATION.

A male Elder told us:
"I had diabetes for over 20 years and this is the first time my numbers are good. I am very Happy."



A Hualapai lady told us:
"I have so much energy I lost 15 pounds and it feels good making small healthy changes is all you have to do!"

About Hualapai Healthy Heart

Karen is a RN and will go over your numbers with you and answer questions you may have. You can make small changes that will help you feel better. Athena will exercise or walk with you.



We have two stationary bikes, dance videos, tai chi, chair aerobics, Zumba dancing, weights and bike riding in the community. We also do fitness challenges so there is something YOU can do.



- ◆ IT IS PRIVATE, FRIENDLY, & PEACEFUL.
- ◆ WE ARE HERE TO SUPPORT, ENCOURAGE, EDUCATE & GUIDE YOU TO A HEALTHIER LIFESTYLE.
- ◆ COME ON BY- YOU ARE ALWAYS WELCOME!
- ◆ TAKE THAT ONE STEP TODAY.



Contact Karen Hays, Athena Crozier
@ 928-769-1630 or email: healthyhearthualapai@gmail.com

Submitted by: Karen Hays - Healthy Heart Program Manager

■ **How about milk? Can I drink a lot of milk?**

No, limiting milk is best. Some people replace sugary drinks with milk. This can keep your blood sugar levels high. If you drink milk, choose non-fat or one percent milk.

■ **Can I ever eat sweets again?**

Yes, you can eat sweets. One teaspoon of sugar can be worked into your daily meal plan. When you have diabetes, you can still enjoy your favorite foods. You just may need to eat less.

■ **My grandmother was on a "diabetic" diet and it was horrible! Do I have to eat like that?**

Times have changed! Our understanding of how to live well with diabetes has also changed. There is no specific diet that will be good for every person with diabetes. I work with each person and the foods they enjoy. I help them make small changes. Making small changes helps them feel better and get their blood sugar levels in control.

■ **I've heard fiber is good for people with diabetes. Is that true?**

Yes! Eating food with lots of fiber is good because it helps slow the release of sugar into the blood. That's why eating a whole orange, which has fiber, is better than drinking a glass of orange juice.

■ **I'm hearing a lot about high-protein diets. Are they good for a person with diabetes?**

No, diets that call for eating a large amount of protein (meats, fish, cheese, nuts) can be hard on the kidneys. People with diabetes are prone to kidney disease, so eating large amounts of protein could lead to kidney damage. Check with your doctor before trying a high-protein diet. The long-term effects of such a diet on diabetes are not well known. Your medication may need to be adjusted if you make major food changes. Be sure to tell your doctor about changes in food or activity so that he/she can help you to manage your diabetes well.

■ **What about diabetes medicines and food? When should I eat if I'm taking medication?**

You need to eat at least three meals a day. Some people may need a snack in-between meals. It is best not to skip meals when taking medicine to lower your blood sugar. Most diabetes medicine requires that you eat before or after taking the medicine. It is very important to follow your doctor's instruction and take your medicine as directed. If you have questions, call your doctor.



■ **Will drinking alcohol effect my diabetes? What if I am taking diabetes medicine?**

Yes, drinking alcohol will have different effects, depending on your weight, activity level and whether or not you are taking medication. If you drink alcohol, let your doctor know. Your doctor can talk with you more about diabetes and alcohol.

■ **What about physical activity? Will that effect my blood sugar level?**

For most people, being more active will cause their blood sugar to go down. Walking is a great way to be active. It is best that you walk for 30 minutes most days of the week. You can break this down into three 10-minute walks if this works better for you. If you have been inactive for awhile, get your doctor's advice before you start.

■ **I need someone to tell me what to eat. Can you give me some advice?**

People with diabetes can eat the foods they enjoy. I ask people to start by making small changes. Most people can start to get their blood sugar in control by eating less sugar foods or drinks. Water, vegetable juices, or sugar free pop are better choices. Your tribal nutritionist can help you with other food changes.



Win a prize!!

First 3 people who bring in this completed word search to the healthy heart building will receive a prize.
Have fun!



Healthy Foods Medium Word Search Puzzle

B C J B K M J H C C T W M C S S W S Q T
 L D R M O A R H Y O A B D A N E A U N R
 U S F A S X E H M T Q L G R O L T Y T U
 E D E Z N E M A E E C W X R M P E X W G
 B S C A S B T R T D E H H O E P R P O O
 E Z I E W O E J F O A S K T L A M S J Y
 R W R I E V M R B F E K S S K V E I T L
 R K N S R P B A R G O C Q D D B L B T A
 I Y W I L K N A N I K L Y X N I O G Z E
 E V O W X A J A V M E L B B J O N J S M
 S C R F N C R A Z P B S T Z E U M O B T
 T D B A S O W H O L E G R A I N S L F A
 R E S D K U Y W M C O L L E T Z Z N A O
 S P I N A C H H Z F G C X T C G N Z Q K
 X K R M M R Z K I K G E M T N G Q B T K
 Z T J I Y W I Y E K G I M C F N F J F D
 W B M Q U M A U Z G T N L U L L A I J I
 R Q V J Q S X I S O E F L H V S X D P V
 M U U Z D B P Z G P Q S W E H S A C E Y
 W B L Q L S R V O N G I T H C I A Q V H

ALMONDS
 BANANAS
 BROWNRICE
 CASHEWS
 CRANBERRIES
 LEMONS
 ORANGES
 TOMATOES
 WATERMELON
 YOGURT

APPLES
 BLUEBERRIES
 CARROTS
 CHEESE
 EGGS
 OATMEAL
 SPINACH
 WATER
 WHOLEGRAINS

Eating Healthy/Health Topics

U.S Department of Health and Human Services

Submitted by: Karen Hays - Healthy Heart Program

Eating Healthy



Eating healthy is part of living a healthy life. Healthy eating is a responsibility of our communities, schools, clinics, society, and families. We all have a role. There is much we can do to promote healthy eating habits. Together we can prevent or delay onset of diabetes, obesity and other chronic conditions and diseases.

Benefits

- Helps maintain a healthy weight
- A healthy weight reduces risk of chronic diseases and conditions
- Helps you feel good
- Healthy bones

What can I do?

- Small changes add up! Make one change now and add another change as you are able.
- Select water or non-fat milk more often than sugared drinks. Replacing one can of soda a day with water would result in a 15 pound weight loss in one year. At \$1.50 a can, at the end of the year, you would save \$547. Wow!
- Eat until you are satisfied instead of full or stuffed. Eat more slowly. Take a few deep breaths before each meal.
- Providing healthy foods to your children is a gift which will last a lifetime. Eating healthy foods is contagious. When parents eat healthier foods, their children eat healthier foods.
- Buy and eat more fruits and vegetables.
- Try to eat 3 meals a day. Try to have your family sit at the table for at least one meal daily. Try to keep conversation pleasant. It is a good time to listen to the highlights of your family's day.
- Cook healthier by baking, broiling, steaming, or boiling more often.
- Be open to trying a new healthy food or recipe.

What can my community or clinic do?

- You are important. Healthier eating is important.
- Ask your Tribe how you can make healthier affordable food easier to get in your community.
- Ask your PTA or PTO how you can make foods and drinks in your child's school healthier?
- Ask for healthier foods at the meal programs in which you participate.

Community Messages

I would like to wish a Merry Christmas and a Happy New Year to my wonderful mother and all my children, Laura, Tony, Nylia, Genisia, Arain, Michael, Jordan, Cara and baby Alleo. Momma loves and misses you all very much.



Happy 11th Birthday

GENISIA

My New Years Baby

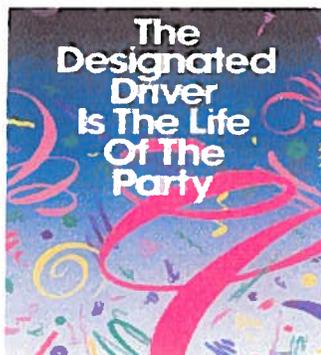
Born back in 2004

Happy Birthday

Have a safe New Years Holiday!!

Buckle Up and designate a responsible driver.

Happy Holidays!!



Gamyu Newsletter Deadline & Publication Dates

Gamyu articles are due every other FRIDAY (S), the week before tribal pay week by 5:00 p.m. Please remember to attach an Information Sheet with your articles and no ANONYMOUS submissions please.

Article Deadline:

Friday, January 9, 2015

Next Publication:

Friday, January 16, 2015