

Panther Monthly 2020-21



Paamuya January

HAPPY NEW YEAR 2021

TEACHER AND STAFF SHOUT OUTS



This month's Shout Out goes to Mrs. Shelley Hongeva!

Mrs. Hongeva is the Cultural/Language teacher. She has been with MDS for several years now. Often, she is volunteering her extra time to support MDS efforts, whether it is academic or extra-curricular.

This year she has gone above and beyond her role in the virtual classroom. She was a big part of the virtual Native American week festivities and arranged the virtual storytelling session. In November, she offered to aid in the 1st grade classroom when her Culture classes are not in session.

Asquali Mrs. Hongeva for all your efforts and hard work. We look forward to seeing what you have planned for 2021!

IMPORTANT NOTICE

MDS will continue to cease food delivery to students for the month of January due to safety and the rising numbers in COVID.

We apologize for any inconvenience this may cause.

Thank you for your understanding.

CONGRATULATIONS

*School Board Election
Winners!*

Doris Honani: Re-Elected

Justin Hongeva: Re-Elected

Gina Chimerica: Newly Elected

Swear-in will take place at the January Board meeting.

Is your New Year's resolution
to save more money?

MDS presents
**DREAM CATCHER
FINANCIAL STRATEGIES
LLC**

Learn ways to save money and become more financially prepared for the future.

January 20th ~ 5:30-7:30pm

Zoom ID: 914 3276 7717
Access Code: money2021

Also available through the Family Engagement Course in Schoology.

Access Code: **WCX6-RBKW-FJHX4**

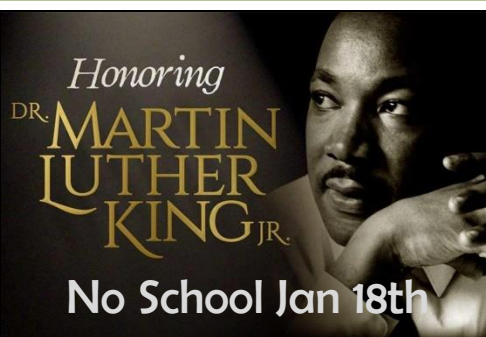
* Answer the discussion question to earn bonus points.

Well done!

Thank you to our students and staff for their participation in the virtual holiday program. It was a perfect ending to 2020.

Missed the program?

Do not worry. It is still available in Schoology. Join the Family Engagement course today.



Fitness Night event:



Fun Family Country Line Dancing

**Jan. 13, 2020 - 5:30pm
Family Enrichment Course**

Hopi Words of the Month

nuva- snow yokva- rain

mowana- moisten

naawakinpi- prayer puuhu- new

taavo- cotton tail rabbit sowi- jack rabbit

maqto- hunt màakya- hunter

putskoho- stick for hunting rabbits

taataqt- men tootim- young men

momoya- women mamant- young women

Hopi Character Trait

Hak hiita nukngwat yorikniqey put
aqw ö'qalngwu.

“Assert the potential”

50 NEW YEAR'S RESOLUTION IDEAS FOR 2021

1

CAREER

1. Get A Promotion
2. Change Careers
3. Start Your Own Business
4. Invest In Education
5. Become More Organized
6. Take On A Special Project
7. Establish Work-Life Balance

2

PERSONAL GROWTH

8. Read More Books
9. Make Time For Self Care
11. Check-In With Yourself
12. Do Random Acts of Kindness
13. Listen To Podcasts
14. Start A Journal
15. Become More Confident
16. Use A Planner
17. Solo Travel
18. Social Media Detox
19. Set Goals For The Year
20. Try Manifesting
21. Stick To Your Resolutions

3

RELATIONSHIPS

22. Create Meaningful Connections
23. Step Outside Your Comfort Zone
24. Set Boundaries
25. Make Time For Family & Friends
26. Plan A Vacation
27. Let Go Of Toxic People
28. Connect With Old Friends

4

FINANCIAL

29. Create A Budget
30. Save More Money
31. Invest Your Money
32. Spend Less Money
33. Make A Wish List
34. Start A Side Hustle
35. Pay Off Your Debts
36. Adopt An Abundance Mindset

5

HOBBIES

37. Learn A New Hobby
38. Share Your Gifts With The World
39. Find Your Community
40. Perfect Your Craft
41. Monetize Your Hobby

6

HEALTH & FITNESS

42. Eat More Healthy
43. Exercise Regularly
44. Lose Weight
45. Try Meditation
46. Be Mindful
47. Try Meal Planning
48. Try A New Workout
49. Drink More Water
50. Stick To A Sleep Schedule



KNOW THE SYMPTOMS

COVID-19, SEASONAL ALLERGIES AND FLU

COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Loss of smell and taste	Sometimes	Common	Common	Common
Shortness of breath	Sometimes	X	X	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches, muscle pains	Sometimes	Mild	Common	X
Sore Throat	Sometimes	Common	Sometimes	X
Fatigue	Sometimes	Sometimes	Common	Sometimes
Chills, repeated shaking	Sometimes	Rare	Common	X
Diarrhea, vomiting	Rare	X	Sometimes*	X
Swollen toes	Rare	X	X	X
Runny nose	Rare	Common	Sometimes	Common
Sneezing	X	Common	Sometimes	Common

*Sometimes for children

Sources: CDC, WHO, American College of Allergy, Asthma and Immunology

INSIDER

COVID-19: IMMUNE SYSTEM BOOSTERS



Zinc

Lean meats, seafood, milk, whole grains, beans, seeds, and nuts
Important for wound healing.



Vitamin C

Broccoli, cantaloupe, kale, oranges, strawberries, tomatoes, guava, and lychee
Protect cells from oxidative stress.



Iron

Lentils, spinach, tofu, and white beans
Aids in non-specific immunity, the body's first line of defense.



Vitamin E

Nuts, seeds, wheat germ, green leafy vegetables, avocado, and shrimp
Helps protect cells from oxidative stress.



Vitamin A

Sweet potatoes, carrots, red bell pepper, spinach, black-eye peas, and mango
Helps regulate the immune response.



Vitamin B6

Green vegetables, chicken, tuna or salmon
Supports more efficient reactions between different parts of the immune system.