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P a t h w a y s N e w s

Local News

“A”ta’ ha’whees aah go. Ya’ at’eh daadii nee’dolee Be’edii dah’sinil dee’. Naasgo Ota’inizhonigo bil ninaa deelnish dooleel. (In all direction we are saying hello from Albuquerque, we will continue to work together with schools.)

Pathways has completed its second full year of the project. It’s hard to believe we started working with the students at the end of second grade and that they’ll be starting fifth grade in the fall. Throughout the two years we’ve been in the schools, we have supported the classroom and physical education teachers and food service staff, interacted with families at the family events, and met with the principal or other school staff. We’ve made some great friendships and lasting partners in our effort to provide a healthier school, family and community environments for your children.

The Pathways Fourth Grade Curriculum was implemented by 17 teachers in seven Navajo intervention schools. Throughout the 12 weeks, students learned about Sometimes Foods in addition to Everyday Foods, prepared snacks, listened to traditional stories, cooperated in making a Helping Hands Quilt with school personnel and family members, applied their knowledge to nutrition label reading, and practiced being physically active as part of goal-setting. Mirroring a Lakota story, “The Great Race”, students practiced a two-mile walk/run. The story is about a race between the two-legged, four-legged and winged animals. The culminating activity was playing a board game, which reviews Pathways concepts. In an evaluative session, teachers expressed positive statements about using Pathways with their students.

In Pathways, the students and their families learn about the seven different Indian Nations involved in the project, including the Navajo Nation. This spring we had an Ending Celebration combined with the two-mile Great Race walk/run event. At this event the students and their families had their own “great race”, and the students, teachers, and staff were all recognized for their outstanding effort this year in participating in the Pathways program.

The Spring Food Service training workshop was held the end of January at Mesa Elementary School in Shiprock, New Mexico. Food service staff from several schools shared their wonderful low-fat recipes and tips. They are all working hard to serve healthy and delicious foods to the students.

The goal of the physical activity component is to promote children’s enjoyment and participation in regular physical activity to encourage lifelong activity. The participants at the Spring Pathways physical activity training included the physical education specialists or classroom teachers who teach PE at the seven participating schools. In addition to attending PE classes, students have the opportunity to play American Indian games, perform daily classroom exercise breaks, and have free time play at recess. It is so important for young children to be engaged in daily physical activity and to choose healthy foods to live a healthy lifestyle.

The Pathways staff at the University of New Mexico wish everyone a safe and enjoyable summer. We look forward to seeing you in the fall.

Trying new fruit slicers, given out during the January 1999 food service training session

Vance Aspaas, 4th grade Great Race winner at Atsa Biyaazh, his brother Keishaun, and mother Edwina