

# WIEC NEWS



For the Hung-A-Lel-Ti Community

<https://wiec.website/>

March 2020

## Important Dates:

**March 16-17: California Conference on American Indian Education in Sacramento, CA. Center open with limited staff.**

**March 18: DVES— Early out, minimum day**

**March 20– DVES— End of 3rd Qtr**

**March 23: DVES— Early out, minimum day**

**March 26: DVES Parent/Teacher Conferences @ WIEC, 1pm-4pm; minimum day. WIEC not open for tutoring until after 4pm.**

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## **Upcoming April events:**

**April 6-10: South Tahoe H.S. Spring Break**

**April 13-17: DVES & DHS Spring Break**

**A Spring Break calendar will be out soon. Community Unity events will be included.**



## March Student Spotlight:

### Ian Dondero, 4th grade

We are so happy to share this month's Student Spotlight with you. Ian Dondero, a 4th grader at Diamond Valley Elementary School, has been a WIEC attendee for several years. We are proud of the progress he has made since 1st grade. He is a kind, friendly, and smart young man. Even though he didn't want to brag about himself for the spotlight, we will say that he is very bright and talented in math. Ian doesn't hesitate to ask for help and has become focused on getting his work done at the center. Keep up the good work, Ian! We believe in you and know that you have the potential to be anything you want to be.



# COVID-19

## NOVEL CORONAVIRUS PREVENTION TIPS

**Don't be scared, be prepared!** Help prevent the spread of respiratory diseases like COVID-19.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand-sanitizer containing at least 60% alcohol. Thorough cleaning with soap and water will remove most microorganisms.



Avoid touching your mouth, nose, and eyes with unwashed hands.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces including: desks, tables, counter-tops, sinks, door handles, faucets, railings, phones, bathrooms and rooms.

Cleaning removes germs from surfaces, while disinfecting kills germs on surfaces. Use alcohol-based products to disinfect surfaces.



Stay home when you are sick, except to get medical care. Call your doctor before going in to get checked so they are aware of your condition.

Avoid close contact with people who are sick. If a family member is sick, place them in a separate room and bathroom if possible.



Remember to stay calm and practice good hygiene. Reach out to your local health department or medical provider with any questions.

For more information please visit: <http://dphh.nv.gov/coronavirus/>



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Nevada Department of Health and Human Services  
Division of Public and Behavioral Health  
Public Health Preparedness



# Director's Chair, March 2020

Happy March! The school year is racing by and the center is open for tutoring and homework assistance. For students who are missing assignments, please come over and work on getting those assignments completed and turned in.

There has been a lot of discussion regarding the coronavirus, so I'd like to address the concerns and precautions the WIEC is taking during the COVID-19 pandemic. First, according to Alpine County's Public Health Officer, Richard Johnson, we know that this virus spreads easily, there is high risk of death for the elderly and those with compromised immune systems, and that the government does not have it under control.

"However, there are no cases of COVID-19 in Alpine County or surrounding areas including South Lake Tahoe (El Dorado County), Douglas County, Carson County, Amador or Calaveras County. In the USA, less than 500 cases have been identified in more than 30 states, with at least 21 fatalities. This includes 114 cases in California, and 2 in Washoe County (Reno). In Northern California, cases have been reported in Placer County (one death) and all counties west along I-80 including San Francisco. Santa Clara County (San Jose) has been especially hard hit."

"The general population is at low risk. Estimates are that 80% of those who become infected have no symptoms or are only mildly ill and do not seek medical care. Children do not appear to get infected very often, and when they do, the illness is generally mild." He is not aware of any deaths in a person under the age of 10 years.

"There is no vaccine, and with the furious efforts, it will be many months before a vaccine is deployed for the general population. Please practice common sense advice: Wash your hands frequently with soap and water for at least 20 seconds; use hand sanitizer until you can access soap and water; avoid touching your eyes, nose, and mouth with unwashed hands; avoid close contact with persons who are sick; stay home from school or work if you are sick."

Center Policy on sickness: Please do not send your child(ren) to the center if they are sick. Keep them home if they have symptoms like runny nose, coughing, sneezing, fever, or vomiting. If a student is exhibiting these symptoms and shows up at the center, we will send him/her/them home to prevent others (and WIEC staff/tutors) from contracting their virus. We will make sure all surfaces and equipment are disinfected each day/use and that staff experiencing sickness stay at home until they are well.

There are events, concerts, and large gatherings being postponed/canceled and most California colleges and universities are transitioning from face-to-face classes to online instruction. Until we receive word from the California Department of Education regarding temporary shut down of Indian Education Centers, we will remain open.



<https://www.beautyandtips.com/motivation/10-tips-on-how-to-be-the-best-person-you-can-be/>

## 10 Tips on how to be the best person you can be

For most successful people in the world, that success didn't come overnight; they had to work at being the best in their field and at becoming the best person that they could possibly be. Most of us have more in us than we know, so read these ten ways in which you could start to become the best person that you can be.

### 1. Start by thinking about what it is that you want

A good starting point is to work out what it is that you are looking for in life. Set yourself some objectives and think about where you would like to be ten, fifteen and twenty years and, from there, you can begin to formulate a plan.

### 2. Believe in yourself

Whatever your dreams, only one person will make them come true and that is you! Recognise your own talents and believe in yourself. You are capable of far more than you think!

### 3. Nurture your dreams

Don't ignore your dreams, follow them. Every day, if you try, you can do something that will take you a step closer to becoming the person that you want to be. It won't happen overnight, so be patient but be persistent.

### 4. Practice makes perfect

Whatever it is that you aspire to be, you will need to practice to get there. Build on the talents that you already have and work toward improving them. Don't fear mistakes along the way, they are just a part of the learning process.

### 5. Gain inspiration from other people

Take a look at other people who are more like the person that you want to be. You don't need to copy them because, after all, you should stay true to yourself, but you can learn from the people that you admire.



## **6. Surround yourself with positive people**

Try not to let negative people get you down; there will always be someone who will be happy to shatter your dreams. Surround yourself with positive people and people that you admire and some their positivity will run off on you.

## **7. Read books**

Read inspirational books and make a promise to yourself to never stop learning. Someone somewhere will have done before, what it is you are trying to do today, so get into the reading habit and learn how other people have made themselves a better person.

## **8. Get organized**

Get organized, declutter, and don't get distracted from the task in hand. Whatever your ambitions or your goals are, the more focused you are to achieving them, the easier it will be.

## **9. Step out of your comfort zone**

If you tell yourself that you can't, then you won't, so be prepared to take on new challenges and try new things. Becoming a better person doesn't mean changing who you are, but it does mean pushing at the boundaries a bit harder.

## **10. Start today!**

Lots of people think that they could be a better person and some even promise themselves that will do something about it, most, however, never actually get around to making a start. You have to start some time, so why not decide that the time is today?

How to be the best person you can be?

Stay happy!

REMEMBER, HAPPINESS  
STARTS WITH YOU.  
NOT WITH YOUR  
RELATIONSHIP, OR  
YOUR FRIENDS, OR  
YOUR JOB. BUT  
WITH YOU.

[WWW.LIVELIFEHAPPY.COM](http://WWW.LIVELIFEHAPPY.COM)



# March 2020

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Parent University 12-2:30p	3 Parent University 12-2:30p Washoe Lang. 3:30p	4	5 Parent University 12-2:30p Washoe Lang. 3:30p	6 DHS- No School Parent University 12-2:30p	7
8	9 Parent University 12-2:30p	10 Parent University 12-2:30p Washoe Lang. 3:30p AWG Meeting @ WIEC, 5:30p Girl Scouts, 5:30p	11 DHS- Late Start	12 Parent University 12-2:30p Washoe Lang. 3:30p	13 Parent University 12-2:30p	14
15 CCAIE 2020	16 CCAIE 2020- WIEC open with limited staff	17 CCAIE 2020- WIEC open with limited staff Washoe Lang. 3:30p	18 DVES early out	19 Parent University 12-2:30p Washoe Lang. 3:30p	20 DVES- End of 3 <sup>rd</sup> Qtr. Parent University 12-2:30p	21
22	23 DVES early out Parent University 12-2:30p	24 Parent University 12-2:30p Washoe Lang. 3:30p	25	26 DVES Parent/Teacher Conferences @ WIEC, 1-4p Washoe Lang. 3:30p	27 Parent University 12-2:30p	28
29	30 Parent University 12-2:30p	31 Parent University 12-2:30p Washoe Lang. 3:30p				

WIEC

**WIEC Hours:**  
Mon/Tues/Thurs, 12-8p  
Wed/Fri, 10a-5p  
**School Break Hours:**  
Mon-Fri: 10am-4pm

**Parent University:**  
Mon, Tues, Thurs, & Fri  
12-2:30p

**Girl Scouts:**  
The 2nd and 4th  
Tuesdays, 5:30p

**Washoe Language:**  
Tues & Thurs, 3:30p