



Habematolel Pomo of Upper Lake Education Department

Walk to Wellness

November 21, 2023



Amelia, Monique, Janine & Billy



Weya



Maya



Teacher Joy, Hayzel, Maya & Weya



Janine



Billy

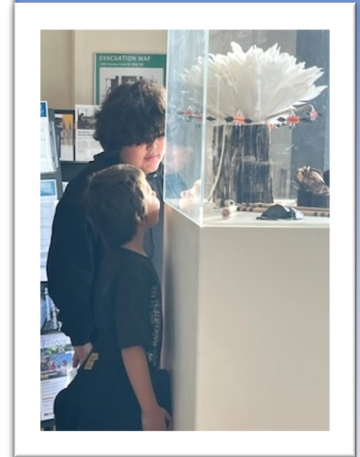
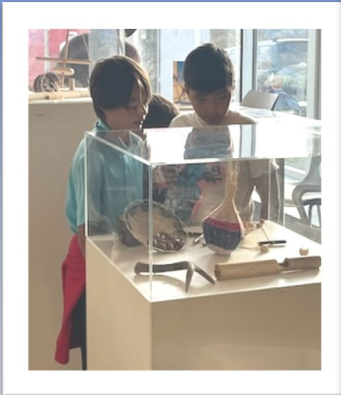


Teacher Amelia & Monique & kids!

Thank you LCTHC!



Mendocino College



HPUL Members (pictured left to right): Vincent, Rudy, Ethan & Jack



The HPUL Tribal Education Center traveled to Mendocino Community College to partake in the Native American Heritage Month Celebration. Youth explored the campus and engaged in cultural activities, music, Pomo dancing, and a Native American Art Exhibit.

Cal Poly Humboldt

Cherylanne Snow traveled with the Upper Lake High School Native American Club to Cal Poly Humboldt University to attend the American Indian College Motivation Day, focusing on creating a sense of belonging and cultural relevancy, and connecting students to support teams.



Upper Lake High School

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Native American Club college field trip to [@humboldtpolytechnic](https://www.instagram.com/humboldtpolytechnic)

#CollegeReady

#WeAreTheMightyCougars ❤️



HPUL Member, Cherylanne, pictured top right.

Super Youth Award

**HPUL
HPUL STAR
Award
- Nya Marcks**



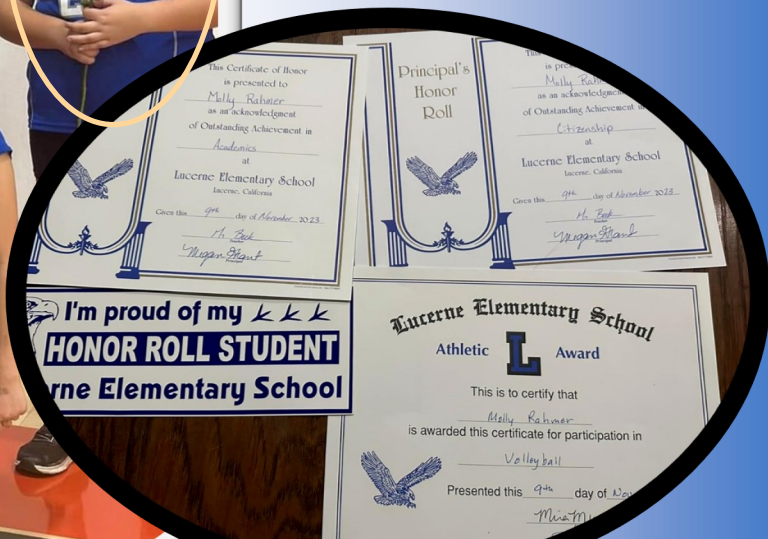
December



Nya Marcks-NCLI Coastal Mountain Conference All-League Team Soccer & 4.0 GPA



**HPUL
Student of the Month
- Molly Rahmer**



Molly Rahmer-Outstanding Achievement in Academics, Outstanding Achievement in Citizenship & Athletic Award for Volleyball

Sports



Congratulations to our Varsity Girls basketball team - Consolation Champions in the Cloverdale Tournament.

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PICTURED CENTER: Leyla Marcks, ULHS-JV Wrestling



Nya Marcks, ULHS Varsity Girls Basketball, All Tourney



Janine Bechtol, ULMS B Team Girls Basketball



Theodore Bechtol



Theodore Bechtol, NYC Wrestling

WELCOME TO

Northshore Youth Club

ATHLETICS | ARTS | ADVENTURES



HPUL Programs

Super Youth Award Program

<https://www.hpultribe-nsn.gov/education/super-youth-award-application/>

Guidelines for Super Youth Awards:

- ◇ STAR AWARD - chosen for “out of this world effort” (i.e. making the team, good grades, or trying their best).
- ◇ HEART AWARD - chosen for “random acts of kindness” (i.e. showing compassion, playing nice, or giving a helping hand).
- ◇ YOUTH OF THE MONTH - chosen for “personal growth” (i.e. self-improvement, leadership, or sportsmanship).

Super Youth Award applications and further information can be obtained by visiting the Tribe’s website on the Member Portal or the HPUL Education Center! Nominees receive a \$20.00 Amazon gift card and an announcement in the HPUL Education Center’s Education Updates.



Grade Incentive Program

<https://www.hpultribe-nsn.gov/education/student-grade-incentive/>



IT’S THAT TIME AGAIN!

Calling all report cards elementary, middle school, high school, & higher education!

- Elementary up to \$60.00
- Middle School up to \$75.00
- High School up to \$100.00
- Higher Education full time students up to \$200.00
- Higher Education part time students up to \$100.00
- Guidelines & Application can be found on the member portal!



LGBTQ+

Suicide Prevention Resources



National Suicide Prevention Lifeline

1-800-273-TALK (8255)
Veterans: Press 1

Text TALK to 741741

Text with a trained counselor from the Crisis Text Line for free, 24/7

The Trevor Project

TrevorLifeline: Available 24/7 at 1-866-488-7386

TrevorText: Text TREVOR to 1-102-304-1200

TrevorChat: Via thetrevorproject.org

Trans Lifeline

Support for transgender people, by transgender people
1-877-565-8860

SAGE LGBT Elder Hotline

Peer-support and local resources for older adults
1-888-234-SAGE

The LGBT National Hotline

Peer-support and local resources for all ages
1-888-843-4564



- **National Human Trafficking Hotline** 1 888 373 7888
 - Text **BEFREE** 233733

- **Child abuse hotline**
 - 1 (800) 451-5155
 - 1 (800) 540-4000 in CA
 - 1 (213) 639-4500 outside CA

- **Childhelp National Child Abuse Hotline**
 - Call or text 1 (800) 422-4453

Crisis Hotlines

- **National Domestic Violence Hotline**
 - 1 (800) 700-7233
 - Text **LOVEIS** to 22522

- **National Suicide Prevention Lifeline**
 - 1 (800) 273-8255
 - Crisis text line **HELLO** 741741



Holiday Cheer!





IMPORTANT DATES:

- January 1 New Years Day Holiday
- January 2-5 Center Closed/Admin Days
- January 8 Center Resumes Normal Business Hours
- January 11 Wellness Circle w/ Native Minds
- January 15 MLK Jr. Birthday Holiday
- January 18 Wellness Circle w/ Native Minds
- January 25 Wellness Circle w/ Native Minds
- January 26 Tobacco Education w/ LCTHC



Education Department Contacts

For Newsletter
 Submissions Email
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