

The Media Runner

Southwest
Educational
Development
Center

Can you say Ouelessebouyou?

You and your class are invited to take the trip of your life without even having to leave the classroom!

SEDC has two toolboxes filled with treasures from the Ouelessebouyou tribe from Mali, West Africa.

These toolboxes are available to be checked out the same way other media is and will be dropped off and picked up as part of the media run.

The toolkits are a great hands-on way for your students to learn about life in Indian tribes. The kits offer a variety of materials for both teachers and students to enjoy.

The toolkits include:

- A Teacher Curriculum Manual - full of educational activities and a resource guide.
- Laminated Photo Packet
- Ten minute corresponding video
- "Ouelessebouyou At A Glance" Packet
- Map of Mali

- Malian Money
- Kolon/Kolongalan [grinder]
- Talking Drum
- Boubou [traditional clothing]
- Gourd Instrument
- Well Dipper
- Mask
- Malian Toothbrush
- Soap
- Gourd Dipper
- Doll or Toy
- Millet [in box]
- Jewelry [in box]
- Mudcloth [in case]
- Mali Flag

Reserve these toolkits soon for your classes! The barcodes are 170001 & 170002.

Eliminating Holiday Stress

Let's face it, we all get stressed in during the holiday season.

Whether the stress is fruit-cake or school induced, we could all use help finding a balance.

The following titles are recommendations to helping you and your class get over those holiday blues:

- Less Stress [1103009]
- The Problem with Problems [1103295]
- Running Out of Time [1103227]
- Brain: Stress and Emotion [1101186]
- Exercises to Energize; Relax; Feeling Good; Senses [110683]
- Teen Stress [1102397]
- "Has Anybody Seen Phil?" [1102399]
- Ten Greatest Stress Reducing Tips on Earth [1103287]
- The Joy of Stress [1104297]
- Stress in the Family [1104379 & 1104637]

SEDC's Christmas Gift to YOU!

We are giving away DVD copies of the 13 min Holiday Video: *Too Many Tamales!* Summary: Everyone is coming for Christmas dinner at Maria's house. She and her mother prepare by kneading the "masa" to make tamales. When her mother takes off her ring, Maria tries it on - and is beside herself when, hours later, she thinks it has been kneaded into the tamales. How many can you eat? For preschool thru 3rd grade.

Email: karak@sedck12.org by Dec. 6th to receive your copy! (one copy per school)

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Christmas Fun Facts:

- Electric lights for trees were first used in 1895.
- "It's a Wonderful Life" appears on TV more often than any other holiday movie.
- "Rudolph" was actually created by Montgomery Ward in the late 1930's for a holiday promotion. The rest is history.
- If you received all of the gifts in the song "The Twelve Days of Christmas", you would receive 364 presents.
- Contrary to common belief, poinsettia plants are non-toxic.
- Christmas became a national holiday in America on June, 26, 1870.

SEDC Attn: Media
520 W. 800 S.
Cedar, UT 84720
(435) 586-2865
(435) 586-2868 fax

Tuesday & Wednesday
Media Run Driver:
Bill Jarrett
(435) 592-0699

Media Secretary and
Thursday Run Driver:
Kara Finley
(435) 586-2865

Making a Reservation-

There are four ways to do it:

1. Email: media@m.sedc.k12.ut.us
2. Mail
3. Fax
4. Online Catalog www.sedc.k12.ut.us-search/request-media

What is needed on a request:

1. Name of teacher and barcode #.
2. School name.
3. First Choice of Date
4. Alternate date if the first is not available
5. Video Barcode Number