



Soboba Tribal Family Services

March Newsletter

Daylight Savings Time Begins



Celebrate National Social Worker Month

March 2014



Did you know?

- Social Workers are committed to improve social conditions and quality of life for everyone, especially the most vulnerable in society.
- Social Workers across the globe believe that all people have dignity and deserve respect.
- All children have the right to safe environments and quality education.
- Dignity and caregiving for older adults help define a nation's character.
- Social Workers help people to achieve social improvement and strive for social change to benefit a wide variety of individuals, families and communities.
- Social Workers celebrate the courage, hope and strength of the human spirit throughout their careers.

Excerpted from www.socialworker.org and the Social Work Month 2014 Proclamation.

Soboba Tribal Social Service Staff:

Nancy Currie, Director
Catherine Gonzalez, Legal Admin Assistant

Monday through Friday
8:00am to 4:30 pm
(951) 487-0283

Check us out online at www.soboba-nsn.gov in the Departments tab.



Parenting the Love & Logic Way

A free 6-week parenting class offered by Soboba Tribal Family Services

Thursdays March 20th – April 24th
9:30 a.m. to 12:00 p.m.
Lunch provided

Learn techniques that are:

- simple and easy to learn
- teach responsibility and character
- Lower your stress level
- Have immediate and positive effects
- Up the odds that you will enjoy a lifelong positive relationship with your kids and grandkids

Take advantage of this opportunity to gain practical and proven tools for raising respectful, responsible and happy kids!

This program is open to all Soboba parents, grandparents, guardians, and foster parents or those caring for Soboba Children.

Space is limited. Contact Catherine Gonzalez at (951) 487-0283 or email at cgonzalez@soboba-nsn.gov to register

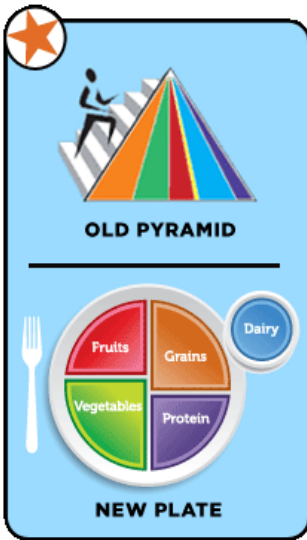


24 – Hour Child Abuse Hotline for Riverside County
(800) 442-4918 or (800) 442-4453

Alternatives to Domestic Violence 24-hour Hotline
Riverside City and out of County: (951) 683-0829
Remainder of Riverside County: (800) 799-SAFE (7233)
TDD Line – (800) 787-3224

If you are in immediate danger call 9-1-1

Healthy Eating & Your Family My Plate Food Guide



In an effort to make it easier for parents to figure out how to feed their kids nutritious, balanced meals, the U.S. Department of Agriculture (USDA) has introduced an easy-to-follow food guide icon: *MyPlate*.

The colorful divided plate includes sections for vegetables, fruits, grains, and foods high in protein.

It's an improvement upon the complex and confusing *MyPyramid* that previously detailed the USDA's dietary guidelines.

With *MyPlate*, forget about measuring out serving sizes and trying to remember whether a piece a chicken should be the size of a fist or a golf ball. *MyPlate's* user-friendly, interactive website provides simple messages parents can readily grasp, such as:

- fill half your child's plate with vegetables and fruits
- make at least half the grains you serve whole grains, like oatmeal and brown rice
- serve fat-free or low-fat (1%) milk and water rather than sugary drinks
- when buying pre-packaged foods, choose ones low in sodium
- don't serve oversized portions

For more information, visit www.kidshealth.org and www.kidshealth.org/parent/nutrition_center/healthy_eating/habits.html

For more tips and resources that can help children make healthier choices, visit

www.choosemyplate.gov/kids/ParentsEducators



March 3rd

The National Education Association's *Read Across America* Day is a nationwide reading celebration that takes place annually on March 2nd (this year on Monday, March 3rd). Across the country, thousands of schools, libraries, and community centers participate by bringing together kids, teens and books.

And teachers and principals seem to be more than happy to dye their hair green or be duct-taped to a wall if it boosts their students' reading.

Motivating children to read is an important factor in student achievement and creating lifelong successful readers. Research has shown that children who are motivated and spend more time reading do better in school.

We encourage all young students to sit down and enjoy a good book.

Excerpted from www.nea.org

SPRING FORWARD!

Daylight Savings Time Begins March 9th.

Don't Forget to Turn Your Clocks Forward Saturday night, March 9th.



And remember...when you change your clock, change your battery.

Working smoke alarms save lives!

ST. PATRICK'S DAY WORD SEARCH

M K A R S G P I W L
K C O R M A H S E K
Y I W G W T I P N N
U R B O E P R N E O
C T M L B E Q E T L
T A O D C N R C U C
S P W H T G I C P D
G U A Y B Z K A R M
A U I R I S H M R Y
N N S I D D K U G F

WORDS

GOLD
GREEN
IRISH
LEPRECHAUN
LUCK
PATRICK
RAINBOW
SAINT
SHAMROCK