



Soboba Tribal Family Services

AUGUST NEWSLETTER

Back to School On a Budget

Preparing children for another school year is no easy task. As the new school year approaches our children may be thinking about what teachers they want, what friends they may re-connect with, and what fashions they will embrace. On the other hand, parents and caregivers may be considering finances and how to afford their children's needs and wants. Each year parents spend hundreds of dollars preparing for the new school year. With ongoing budget cuts in many school systems, the expense of school supplies is often passed on to parents. It is almost impossible to gather all the items your child may need for the school without the expenses adding up. The following tips may help:

Budget Tips:

- **Know your budget** - Calculate a budget: How much can you and your family afford. Write down an amount, stay realistic about available funds, and stick to your budget.
- **Keep communication open** - Talk to your children about the importance of having a budget. Give each child an age appropriate role to play in staying on budget, such as asking each child to make a personal list of items needed and review the list with him/her while discussing budget limits.
- **Take an inventory before leaving the home** - Go through your child's closet. This should be done with your child, inspecting current clothing, keeping what's still good and useable while donating non-useable clothing that is still in good condition. Also take an inventory of office/school supplies that you have on hand, like paper, pens and pencils.
- **Make a list and stick to it** - After taking an inventory and discovering what items you already have, make a list and remember to only put on the list what is needed. Stick to your list, while remaining somewhat flexible, allowing room for small changes as long as those changes don't put you over budget.
- **Become a wise shopper** - Search for bargains, make use of money-saving coupons and shop end of summer sales. Resist the urge to buy more than what's needed.
- **Make use of community resources** - Find out what resources are available in your community for families in need. Check into reduced or free lunch at your child's school. Visit your local thrift shop for quality items at an inexpensive price.

For additional help on making a family budget, ways to stay on a budget, and more information on community resources, visit Tribal Family Services.



Soboba Tribal Family Services Staff:

Nancy Currie, Director

Alicia Golchuk, Tribal Social Worker

Walidah Thrift, Therapist

Catherine Gonzalez, Legal Admin. Assistant

Office Hours:

Mon-Fri 8:00am to 4:30pm

(951) 487-0283



HEALING HEARTS

Soboba Tribal Family Services
is again offering the

Foster Family & Relative Caregiver Training

Informational meeting

August 15th

10:00 a.m. - Tribal Hall

Lunch will be provided

Trainings will take place on Thursdays:

August 22,

September 5, 12, 19 and 26

and lunch will be provided

If you are interested in this training, please
call Soboba Tribal Family Services at

(951) 487-0283



Alternatives to Domestic Violence 24-hour Hotline

Riverside City and out of County: (951) 683-0829

Remainder of Riverside County: (800) 799-SAFE (7233)

(800) 787-3224 – TDD Line

Hemet Office: (951) 929-3079

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

Tips for Kids Going Back to School

It's school time again. You're probably a little excited and maybe a little sad that summer is over. Some kids feel nervous on their first day of school because of all the new things: new teachers, new friends, maybe even a new school. Luckily, these "new" worries only stick around for a little while.

Here are some tips to help you through:

1. Get Oriented – the first day of school is your first chance to find your way around a new school, or learn the pathways to new classes in your old school.
2. Notes – It might help to write a few notes to yourself, so you'll remember the important stuff, like your locker combination and when lunch starts.
3. Make the first day of school feel special by wearing an outfit you like.
4. You might already know a lot of kids in your classes the first day. But it's a great day to make a new friend, so try to say hello to kids you know and new ones that you don't. Make the first move and you'll be glad you did and so will your new friend.

Moving to Middle School? Sixth grade often signals a move to middle school or junior high, where you may find lockers and maybe a homeroom. This is just like it sounds – a classroom you'll go to each morning, kind of like your home in the school. In middle school, you might move from classroom to classroom for each subject. Your teachers know that this is a big change from elementary school and will help you adjust.

Excerpted from www.KidsHealth.org

Back to School Word Search

W	S	D	S	D	N	E	I	R	F	Backpack
R	S	T	N	E	D	U	T	S	E	Books
I	E	S	K	Q	S	V	J	P	C	Classes
T	C	R	C	H	R	S	M	E	N	Friends
I	E	E	A	I	E	W	A	L	E	History
N	R	H	P	S	A	T	T	L	I	Learning
G	B	C	K	T	D	I	H	I	C	Lunch
L	Z	A	C	O	I	Q	C	N	S	Math
U	L	E	A	R	N	I	N	G	I	Reading
V	C	T	B	Y	G	M	M	Y	G	Recess
										Science
										Spelling
										Students
										Teachers
										Writing

For information on Tribal Customary Adoption, visit www.CalTCA.org

A Bad Start?

What if you **hate** school by the end of day one? Teachers recommend giving things some time to sort themselves out — once you know your way around the building and get adjusted to the new routine, you'll probably feel better. If those feelings don't fade, talk to your mom, dad, teacher, or school counselor.

Here are a few final tips for a fantastic school year:

- Get enough **sleep**.
- Eat a healthy **breakfast**.
- Try your best.
- Use good work habits, like writing down your assignments and turning in your **homework** on time.
- **Take your time with school work. If you don't understand something, ask the teacher.**
- Keep a sense of humor. One teacher we know shows his new students a picture of himself graduating high school — a grinning ape in a red graduation cap and gown. This usually makes the kids laugh, and it's a good way to remind them that school is **fun!**

Excerpted from

www.kidshealth.org/kid/feeling/school/back_to_school.html



Strong Hearted Native Women's Coalition, Inc., by honoring our women ancestors, will advocate for women and their families by promoting safety and a traditional non-violent lifestyle. Working towards empowering women with the tools for independence, courage, and a strong direction to make healthy life choices for herself, her children, and family.

PO Box 2488
Valley Center, CA 92082
760-644-4781 office
760-477-5993 fax

www.strongheartedwomen.org



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