



Soboba Tribal Family Services

August Newsletter



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

Back to School – Emotions

Here's a simple equation: new place = new emotions. Lots of people feel **anxious**, scared, or excited about school. Although students who are coming back as seniors may be happy they're in their final year and can't wait to visit with friends, most freshmen or new kids are likely to be tense or worried.

It's perfectly normal to feel nervous on the first day of school. Getting back to the school routine and adjusting to new workloads takes some getting used to after a long summer break. If you're having a mental meltdown, think back to some previous "first days." Everything probably settled down pretty quickly once you got into the routine.

Meeting new people or getting reacquainted with classmates can feel overwhelming, especially if you're the **shy** or reserved type. Start small: If large groups make you nervous, try saying hello to one or two new people a day — the kid at the desk next to yours in homeroom is a good place to start. Or ask new people to sit with you in the cafeteria.

If you still feel uncomfortable after a few days, talk to the school guidance counselor, a favorite teacher, or someone else you trust about how you're feeling and what you can do. But give yourself time — most problems adjusting to school are only temporary.

Excerpted from www.kidshealth.org

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

August 2014

Back to School - First Day Mania

After a summer of sleeping in or doing things on your time, the alarm clock announcing that first day of school can be a rude awakening. Whether you're an anxious new middle schooler or a confident high school senior, heading back to school is a time of transition: new classes, new teachers, new schedules, and a new social scene.

Dread it or love it, you have to go to school. Here are some ways to make the transition from summer to school a little easier.

- If you're headed to a new school, try to arrange a visit before classes begin. Some schools offer maps. Get one and give it a read before school starts — then keep it in your backpack until you're familiar with your new surroundings.
- Your first day is also the time to bring in school supplies and paperwork. It can help to pack your backpack the night before school starts so you're not scrambling around at the last minute looking for what you need.
- Did you try on eight different outfits before deciding what to wear? Lots of people check out who's wearing what on the first day of school. The key is to wear what makes you feel good, whether it's a brand-new outfit or a comfy old sweater. If you plan to wear a new pair of shoes, break them in a few days beforehand or your feet may scream for relief long before last period.

Each school has a different opening-day drill. Some start with homeroom or an assembly, but others may jump right into the first-period class. You'll meet your new teachers, and they'll probably give you an overview of the course, class rules, what the semester will be like, what supplies you'll need, and expectations of your performance and behavior. Some teachers will jump right into their first lesson, while others may have non-coursework activities planned. It all depends on the class and teacher.

Excerpted from www.kidshealth.org



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



We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. Shots can prevent serious diseases like the flu, measles, and tuberculosis (TB). It's important to know which shots you need and when to get them.

Everyone age 6 months and older needs to get a flu shot every year. Other shots work best when they are given at certain ages.

- If you have a child age 6 or younger, find out which shots your child needs.
http://www2a.cdc.gov/nip/kidstuff/newscheduler_1e/
- Immunizations aren't just for children. Find out which shots adults and teenagers need.
<http://www2.cdc.gov/nip/adultImmSched/>
- Use this chart for adults to see if you are up to date on your shots.
<http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>
- If you are pregnant, check out this recommended immunization schedule.
http://www.cdc.gov/vaccines/pubs/downloads/f_preg_chart.pdf

Talk to your doctor or nurse to make sure that everyone in your family gets the shots they need.

Excerpted from <http://www.cdc.gov/vaccines/schedules/>

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, or call Soboba Tribal Family Services.

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

Having a Brain Drain?

School seemed simple when you were younger. Everyone told you where to go, what classes to take, and how to finish your homework. Now things are different; there are so many choices and priorities competing for your time. Stretch yourself too thin and you may find yourself feeling stressed out.

Here are some things you can do to help regain control:

- **Plan ahead.** Get a wall calendar or personal planner. Mark the dates of midterms, finals, and other tests. Note the due dates of term papers, essays, and other projects as they are assigned. List any other time commitments you have, like basketball practice or play rehearsals. When your calendar starts to fill, learn to say no to additional **activities** until things calm down.
- **Stay ahead.** Try not to fall behind. If you feel yourself falling behind and starting to feel frustrated, let your teachers know. Almost everyone struggles with a particular subject or class. If you're having trouble with a particular subject or homework project, ask your teacher for extra help after class. Taking a few minutes to address the problem right away can save time later, and if your teacher knows that you're struggling with something, he or she is likely to be more understanding of the situation.
- **Listen up.** Paying attention in class can actually pay off in the long run. Sure, it's often easier said than done, but actively listening and taking notes during lectures can make recalling information easier when it comes time to **study** and remember things.
- **Take notes.** If you **take notes** and review them before class begins (or while studying for an exam), you can ask a teacher to go over anything you don't understand. It can also be helpful to go over notes with a friend after class — as long as you're confident your friend really grasps the material! Learning good note-taking skills in high school also helps put you ahead of the curve in college, when good lecture notes are key to studying and doing well.

Excerpted from www.kidshealth.com

