



# Soboba Tribal Family Services

## September Newsletter

"Our families made strong through balance and support."

### Soboba Tribal Family Services Staff:

**Nancy Currie, Director**  
**Alicia Golchuk, Tribal Social Worker**  
**Catherine Gonzalez, Legal Admin. Assistant**

**Mon - Fri 8am to 4:30 pm**  
**(951) 487-0283**



PAYOMKAWICHUM SOBOBA INTER-TRIBAL  
**17TH ANNUAL POWWOW**  
SEPTEMBER 20, 21 & 22 2013

**For General Information,**  
dial (951) 654-5544 option 2

For Sponsorships & Vendor information, contact  
Andrew Vallejos at (951) 203-4589  
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For more information, visit [www.nativeamericanday.com](http://www.nativeamericanday.com)  
or call (909) 537-7204

### **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

### *The Importance of Preschool*

*This is the first in a series of articles on things that parents and caregivers can do to help their children be successful in school.*

The new school year has already begun for many families. This will be a school year of change for everyone. The California Department of Education is implementing new academic content standards for both English language arts and math, which are known as the Common Core State Standards (CCSS). These new standards impact all students from kindergarten through grade 12.

As education has evolved over the past few decades (both for better and for worse) it has become imperative that in order for children to be successful in school that they begin kindergarten prepared to learn and with skills, that in previous decades, were learned at home and in kindergarten. Children who start school without the necessary skills are behind from the very beginning and tend to stay behind, which increases the likelihood that they will not graduate from high school.

Preschool is essential for most children as it helps ready them for the demands of kindergarten. Here are some things that your child should know before starting kindergarten and how preschool can help develop these skills:

Know the alphabet – Can your child sing the alphabet song AND say the alphabet? Your child should be able to recognize random letters of the alphabet, both upper and lower case.

Counting and number recognition – Your child should be able to count to 20 and they should be able to count items, such as crayons or toys.

Social Skills are life skills – Once learned, these skills will be with your child throughout a lifetime. Does your child know how to get along with others? Can he make decisions, such as which color cup he wants to use or which book he wants to read? Can she cooperate with the teachers and others to complete tasks? Is he able to share and take turns with toys or the drinking fountain?

Does your child understand that people can have different points of view without arguing? Preschool helps children to develop or strengthen all of these skills, which will serve them well throughout their education.

The ability to focus – Children need to be able to listen and sit still for at least 15 minutes. We know that children can do this when they are watching TV or playing video games. However, sitting on the floor and listening to a story or sitting at a table working on an activity is a very different process as it is not as fast paced as a video game. Getting good at sitting still and listening takes practice.

*Continued on reverse....*

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



## Native American Day Word Search

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

Basket  
Bird  
California  
Culture  
Dance  
Family  
Heritage  
Music  
Native  
Song  
Traditions  
Weaving



National Alliance On Mental Illness offers local classes for various mental health related topics. Current classes include:

- Depressive Bipolar Support Alliance  
Ongoing free weekly classes held at 191 S. Columbia Street, Hemet, on Tuesdays 7-9pm. For more information, call George at 951-551-4416.
- Peer to Peer – Classes start October 7, 2013 through December 9, 2013 will be held on Mondays from 1-3pm at the San Jacinto Mental Health Clinic in San Jacinto. Classes are free, however registration is required. Contact Brenda Scott at [namihemet@gmail.com](mailto:namihemet@gmail.com) or call (951) 317-0312.
- Family to Family Classes in Murrieta – Free classes starting September 20, 2013. For more information, please contact Judy McConahay at [judymcconahay@gmail.com](mailto:judymcconahay@gmail.com) or call (951) 924-9657.

Excerpted from [www.namicalifornia.org](http://www.namicalifornia.org)

Visit us at [www.soboboa-nsn.gov](http://www.soboboa-nsn.gov) and select "Family Services" in the "Departments" tab for our Newsletters, upcoming events/trainings, resources and referrals and information on the Indian Child Welfare Act.

## The Importance of Preschool

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A sense of responsibility – Children need to be responsible for their belongings, which means keeping track of the items they brought to school, such as a backpack, and those items that need to be taken home, such as school papers or completed projects.

Using classroom tools such as scissors, pencils and paper, glue. Many activities require a child to be able to write with a pencil. Holding the pencil correctly is important as it makes it easier to write. Many tasks in kindergarten require that a child be able to use small scissors to cut out items and then paste them on the project on which he is working. Learning to use scissors takes time and patience. Using glue properly can also be a challenge and more than a little messy.

Confidence – Children are more confident with something if they are familiar with it. Helping your child to develop the above skills before beginning kindergarten will give them a sense of confidence and mastery before they even walk into their first day of school.

Given the skills that are needed to be successful in school, preschool is the best way to assist your child in developing those skills.

Preschool is a safe and culturally sensitive environment where children learn to line up, raise their hands, wait their turn, and follow the teacher's directions. They will also learn how to compromise, be respectful of others, and problem solve.

Preschool provides a place where a child can explore, play with peers, build self-confidence and develop a sense of who they are in the larger community. Additionally, many of the developmental skills such as learning to use scissors, how to hold a pencil, and use paper are part of many daily activities and help child develop mastery in these areas.

"There's increasing evidence that children gain a lot from going to preschool," says *Parents* advisor Kathleen McCartney, PhD, dean of Harvard Graduate School of Education, in Cambridge, Massachusetts. "At preschool, they become exposed to numbers, letters, and shapes. And, more important, they learn how to socialize -- get along with other children, share, contribute to circle time."

"Children who attend high-quality preschool enter kindergarten with better pre-reading skills, richer vocabularies, and stronger basic math skills than those who do not," says NIEER director W. Steven Barnett, PhD.

Soboba has a wonderful preschool which provides students with many opportunities to develop the skills they need to be successful students, not just in kindergarten, but throughout their school career.

For more information on Soboba Preschool please stop by and talk to Dianne King, Director.

Excerpted from [www.parents.com](http://www.parents.com)