

SFP Pride Post

Strong Families Make Strong Students

2023 – MAR - 20

SECOND EDITION

Congrats to our Cooking Workshop winner!

All participants in the Cooking Workshop took home a bag of kitchen utensils and other goodies, thanks to Yuma County Health and the AZ Health Zone.

Pictured here is Lori, the attendance prize drawing winner! Congrats on your family size air fryer!



UPCOMING PARENT FIELD TRIPS:

- Yuma Community Food Bank
- Main Library Tour
- AWC Testing Center

CURRENT GED TOPIC:

Algebraic Expressions

Our class is open start, which means you can join anytime! There is no enrollment cut-off date.

Questions? Call or email Amanda Salasibarra.

UPCOMING TOPICS:

- Effects of screen time
- Impacts of physical activity
- How do I keep learning going over summer?

Contact me!

Amanda Salasibarra

(928)502-7835

asalasibarra@yuma.org

FAQ: Where are the classes & workshops held?

A: At OC Johnson
1201 W 12th St

FAQ: Can any parent join?

A: Any parent/guardian of any YSD1 student is eligible!

FAQ: Do I have to be part of the GED portion?

A: No, not all of our participants are GED students. It is just an option.

The SFP Pride Post

no.203.078

Brought to you by the YSD1 Strong Families Program

March 6th, 2023

We've gardened, we've cooked... now what?

What we're up to:

How much protein do kids need every day? How much fruit is too much? I have a picky eater, how can I make sure they are getting what they need? Fresh fruits and veggies are expensive, how can I provide healthy choices for my family but stay in my budget?

Find the answers to these questions and more, join us Tue-Thu 9-11am.

(928)502-7835

asalasibarra@yuma.org

What's coming up:

How to: Canning Fruits & Veggies

A 2-day Workshop
March 15 & 16
9:00-11:00am

In-person, at OC Johnson

All materials provided for free! Must RSVP by March 13th.

Keep your eye out for a flyer, coming soon!

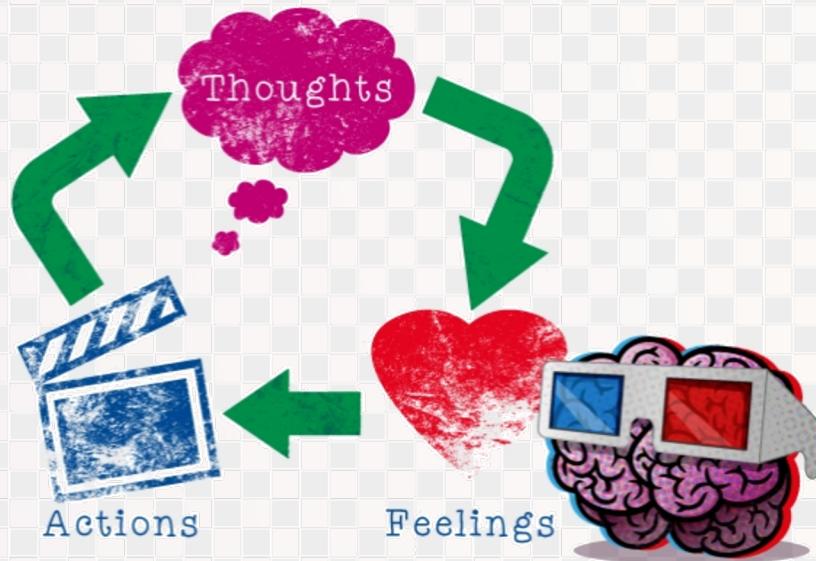
***Classes and workshops open to all YSD1 Parents & Guardians**



Date today February 21, 2023

SFP Pride Post

4 sneaky influences on children's behavior



Last week we posted about sleep, do you know the other 3 “sneaky influences” on behavior? Did you know these 4 things affect our behavior too, not just children!?

Paying attention to these 4 things can make a big difference in your children's ability to focus, their attitude, and their physical health.

Join us Tue-Thu (9-11am) to learn more!

Spring conferences are coming!

Spring Parent-Teacher conferences are next month. If your child is struggling, the P/T Conference is the perfect time to speak with the teacher about what is going on. If you are not sure

what to ask, or you feel a little anxious about it, we can help!

We will be going over the ins-and-outs of conferences, we will chat about what to expect, and we can even come up with specific questions for your situation.

Reach out, join us!

Coming soon! How to: Canning fruits & veggies

We've had a gardening class, a cooking class, and now we will host a class about how to preserve excess fruits & veggies from your garden that didn't make into the recipes. Don't have a garden? You can can fresh fruits & veggies from the store too, stock up when they are on sale!

A 2-Day workshop
3/15 & 3/16 (9-11am)

This workshop will be in-person at OCJ

RSVP to Amanda Salasibarra at (928)502-7835 or
asalasibarra@yuma.org

Are your kids getting enough sleep?

How much sleep do kids need?



Good sleep is linked to academic success

Getting a good night's sleep each night can seem like a small thing in comparison to everything a student does and experiences each day, but it is a small thing with a HUGE impact.

How much and how well a student sleeps can have a direct influence on their academic success, personal relationships, and even their physical health.

And sleep is only one of 4 "sneaky influences" on behavior that we are going over in the Strong Families Program. There are 3 more "sneaky influences" on behavior that **every student experiences** in their daily lives.

Join us to find out what they are, how we can teach our children to make healthy choices, and how we can make healthy choices for ourselves.

(928)502-7835 or asalasibarra@yuma.org

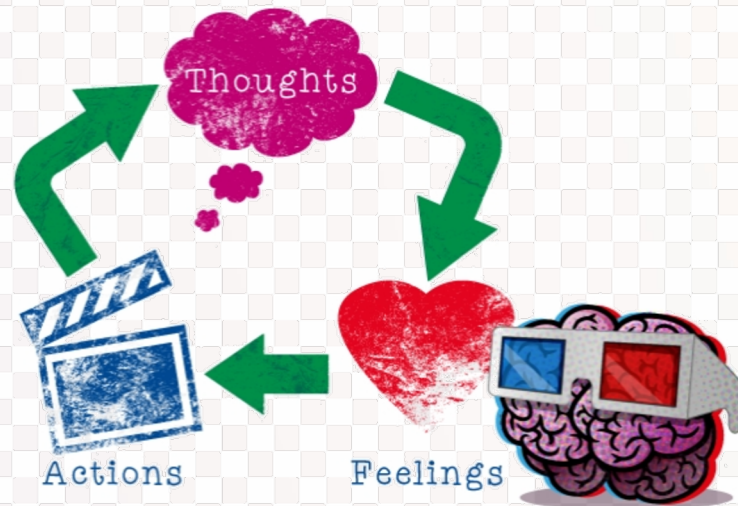


THE SFP Pride Post

Brought to you by the Strong Families Program

January 23rd, 2022

4 Sneaky Influences on Children's Behavior



Coming up...

SFP Class meets Tue-Wed,
9:00-11:00am

Over the next few weeks we will be discussing the 4 sneaky influences on children's behavior. If your child struggles in school, or at home, these 4 things are a great place to start.

Join us to find out what they are and how simple changes can have a huge impact on your family.

Contact:
asalasibarra@yuma.org
(928)502-7835

TOMORROW IS LAST DAY TO RSVP FOR COOKING CLASS

Registration for our most popular class, Around the Table Nourishing Families, closes tomorrow!

Learn about nutrition. Hands-on practice, try a new dish every day.

When all seats are taken, I will start a wait list.

One lucky attendee will be drawn to win a family size air-fryer!

RSVP must be confirmed before your seat is reserved.

SFP Pride Post

Brought to you by the YSD1 Strong Families Program

January 9, 2023

Are you ready to kick off the 2nd half of the school year?



Family support is one of the biggest influences on a student's success!

The SFP has openings!

Did you know that, according to studies, over long breaks from school, students can “lose” up 40% of what they learned?! Join us at the SFP to find out how you can help your student get that learning back *and* how you can help prevent sliding backwards over the next long break.

When? The SFP meets 3 days a week (Tue, Wed, & Thu), 9-11am.

Participants eligible for technology lending library, attendance incentives, workshop prizes, and more!

Coming soon!

(Workshops open to all YSD1 Parents/Guardians)

Around the Table Nourishing Families (The Cooking Class)

1 day a week, for 6 weeks
1/26, 2/2, 2/9, 2/16, 2/21, & 3/2 (9-11am)

AZ Driver's License Written Test Structured Study Group

We will go over the AZ Driver's Manual step-by-step together, learn strategies to reduce test anxiety, and more. All materials provided for free.
Mondays 9-11am

SFP Pride Post

2ND. EDITION

December 12, 2022

Big things are coming!

A returning favorite, and something new...

COMING UP AFTER BREAK:

Around the Table Nourishing Families
(aka The Cooking Class)

1 day a week, for 6 weeks

Learn about nutrition, and try making dishes hands on! All materials provided FOR FREE!

AZ Driver's License Written Test
Structured Study Group

Mondays, 9-11am starting January 23rd.
Open to all YSD1 parents/guardians.

For more info: Amanda Salasibarra
asalasibarra@yuma.org
(928)502-7835



Huge shout out to Mrs. Tricia Kinnell from Yuma County Health for teaching the Gardening Class for the parents in the Strong Families Program! It was fun and packed with great information.

Every participant got to practice techniques and new things hands on! They also received materials to start a home garden with their families, courtesy of Yuma County Health.

• SFP Pride Post •

Strong Families Make Strong Students

Field Trips and Prizes!

November was an eventful month for the Strong Families Program. Our participants went on a field trip to the Yuma Community Food Bank, received a free book of their choice for good attendance, several parents earned the 1st piece of their at home reading nook, and we had a Thanksgiving Potluck!

What's coming up?

There may only be 3 weeks until break, but we are making the most of those weeks! There is a Home-Buying 101 workshop this Wednesday, our GED Class is starting Ratios, Rates, & Proportions, and we are continuing our discussion of all things to do with budget. We're even going to have a holiday party!

**Our program is open start, there is no registration cut off. Join anytime. Call for more info.*



Congrats to our Monthly Book Reward Recipients: Ryan, Lori, Christina, Veronica, & Edna.

Congrats to our attendance reward earners: Edna, Ryan, Christina, Dulce, and Dolores.

Contact Info:
Amanda Salasibarra
asalasibarra@yuma.org

(928) 502-7835

SFP Pride Post

Strong Families Make Strong Students

2022 – NOV - 07

SECOND EDITION

Congrats to our Garden Workshop winner!

All participants in the Garden Workshop took home a bag of gardening goodies, thanks to Yuma County Health and the AZ Health Zone.

Goodies included seeds, gloves, plant pots, and more. But one lucky participant won the drawing for an extra prize! Congrats Veronica!



UPCOMING PARENT FIELD TRIP:
Yuma Community Food Bank
Visiting the food bank for the first time can feel intimidating, so we're going to go together!
Questions? Call or email Amanda Salasibarra

CURRENT GED TOPIC:
Fractions
Our class is open start, which means you can join anytime! There is no enrollment cut-off date.
Questions? Call or email Amanda Salasibarra.

UPCOMING WORKSHOP:
Home Buying 101
Wednesday, Nov 30th, 9:00-11:00am

SEATING LIMITED, MUST RSVP

Contact me!

Amanda Salasibarra

(928)502-7835

asalasibarra@yuma.org

FAQ: Where are the classes & workshops held?

A: At OC Johnson
1201 W 12th St

FAQ: Can any parent join?

A: Any parent/guardian of any YSD1 student is eligible!

FAQ: Do I have to be part of the GED portion?

A: No, not all of our participants are GED students. It is just an option.

SFP pride post

ANY TIME IS A GOOD TIME TO START

GED Class

We're finishing the chapter on decimals and will be starting fractions. This class is free, and you can join any time! (Priority to registered SFP parents, but some seats open for others.) Call or email for more info.

Workshops

Did you know the SFP works with community partners to bring workshops to OCJ that are open to ALL parents/guardians of YSD1 students? That's right, ALL parents/guardians of YSD1 students are eligible. Look for one next month!

Budgeting & Money "Smarts"

Coming up in our regular SFP classes will be budgeting! We will talk about all things budget, savings, and coupons. We will also talk about programs that can help fill those budget gaps.

PACT Time

Has your student ever brought home homework that you struggled to help them with? Maybe it didn't make sense to you? PACT time can help you be the best support for your student possible. Call me for more info.



Lori, prize - inflatable faux fur seat (Not pictured: Veronica, prize - book shelf)

WE HAVE OUR FIRST SET OF PRIZE WINNERS!

Did you know parents registered in the SFP earn prizes just for attending and participating? Every 20 days of attendance earns a piece of a "Book Nook". Each Book Nook consists of a book shelf, reading lamp, cozy seat, and buildable fort or foam floor puzzle. After that, the sky is the limit!



Amanda Salasibarra

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Strong Families Program
Coordinator
(928)502-7835
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The STEP Pride Post

no.203.078

Brought to you by the OCJ Strong Families Program

October 11th, 2022

Growth Mindset vs Fixed Mindset: What are you modeling?



The key to believing you can do anything!

Do you and your family know the power of “yet”? The power of “yet” is what can help you do anything!

We will be talking about the power of “yet” and how it will help you and your kids achieve your dreams.

Curious? Give me a call, email me, or stop me at dismissal.

(928)502-7835 or
asalasibarra@yuma.org

Hands-On learning: Upcoming Field Trip

Did you know our local libraries have movies, video games, and family activity kits to check out? AND they offer resume workshops, English speaking classes, college financial aid workshops, and more...all for free!

This week our parents will have the opportunity to visit the library, get a hands on tour, see some behind-the-scenes magic, and learn all our libraries have to offer.

Interested? Contact Amanda Salasibarra.

Date today September 26, 2022

OCJ SFP Pride Post

Gardening starts soon!



Free gardening course

*Seed to Supper:
Growing Veggies on a Budget*

Where:
OC Johnson Elementary
1201 W. 12th St
Room E9

Who:
Parents/Guardians of
YSD1 students

When:
1 day a week, for 6 weeks
9:00-11:00am
9/29, 10/6, 10/12*, 10/20, 10/27, 11/3

How:
Seats are limited,
MUST RSVP by Sept 23rd.
(928)502-7835
asalasibarra@yuma.org

Details:
Learn low-cost ways to build healthy soil,
plan your growing space, choose your
crops, care for your growing garden,
and harvest your bounty!

ASALASIBARRA
AZ HEALTH ZONE

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP through the AZ Health Zone. This institution is an equal opportunity provider.

Our gardening class starts this Thursday!

We have ONE seat left.

Parent/Guardians only.

Call or email to claim it.

(928)502-7835 or asalasibarra@yuma.org

GED on Fridays

Don't forget, we offer a GED class on Friday mornings.

We encourage parents to take part in the regular SFP classes AND the GED together. But we do have a few select seats open for parents that would like to take the GED only.

Registration for the class is required.

The GED class is in English.

Please call or email the Strong Families Program Coordinator for more information.

(928)502-7835

asalasibarra@yuma.org

Parent Teacher Conferences are coming!

Parent-Teacher Conferences are an important part of your child's journey through school, but it can be hard to know what questions to ask. Or, to admit that we don't totally understand something the teacher is talking about.

This week in the SFP we will be talking about Parent-Teacher Conferences, how to read a report card, and more.

Want to join us, or have questions?

Call or email (928)502-7835 or asalasibarra@yuma.org

THE

SFP Pride Post

Brought to you by the OCJ Strong Families Program

September 12, 2022

What's a Zingo chart... or Portal points?

PACT Time in the Classroom...

Zingo charts, Portal points, the Blobbster app... these are not real things. But sometimes when our children come home and talk about what they learned or saw at school it can feel like they are speaking another language. (Just like our examples above.)

Parents in our program not only learn about the apps, charts, and programs their children will use, they also get to spend time in their child's classroom to see them in action!

Want to join us?

- SFP Classes are Tue, Wed, & Thu, 9-11am
- GED Classes are Fri, 9-11am

*Registration required for SFP and GED Classes

Upcoming Workshop

- **BACK BY POPULAR DEMAND!** Seeds to Supper: Gardening on a budget (1 day a week, for 6 weeks). 9-11am
RSVP REQUIRED
Dates: 9/29, 10/6, 10/12, 10/20, 10/27, & 11/3

Questions? Contact Amanda at (928)502-7835 or asalasibarra@yuma.org



SFP Pride Post

Brought to you by the OCJ Strong Families Program

August 29th, 2022

Kicking off, diving in, starting strong!



What's coming up?

We are kicking off the Strong Families Program this week, classes start on Wednesday the 31st (9-11am).

Right off the bat, parents start working toward earning supplies for a Book Nook at home, OCJ-MVP points for their student's grade, and other rewards. Don't miss out!

GED Classes start this week as well.

Call or email if you have any questions! (My contact info is listed in the post.)

What's new this year?

- Parents enrolled in the OCJ Strong Families Program will have the opportunity to be **in their student's classroom** this year!
- Last year, in order to be a part of the free GED classes you had to enroll & participate in the whole SFP program. But this year we have **some** spots open for parents that want **ONLY** the GED, and are unable to participate in the rest of the SFP classes. Call or email me if you are interested!