

STRONG FAMILIES PROGRAM PRIDE POST

JANUARY 26, 2026

Parent & Child Together Time

This is what we call PACT Time. It is a scheduled time for you to be in the classroom, participating in all the same activities as your student!



Who can participate?

Any parent, guardian, or emergency contact of any student that is enrolled and attending a Yuma School District One school.

How do I get started?

Contact the SFP Coordinator! We will go over everything you need to know, including the PACT Agreement, and get you set up.



Behavior & Attitude: 4 Sneaky Influences Tip #1

Did you know: According to the CDC, approximately **35% of children in AZ are considered chronically sleep deprived.**

Elementary school age children should get about **10 hours** of sleep (not 10 hours in the bed, 10 hours of actual sleep) **every day**.

Upcoming Topics

- Sneaky Influences #2 thru #4
- Classroom Lingo
 - “What’s a WICOR chart?”
 - “Numbers decompose?”
 - “How do you make a notebook interactive?”

SFP Coordinator

Amanda Salasibarra

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(928)502-7835

www.yuma.org/strong-families-program



THE STRONG FAMILIES PROGRAM

pride post

January 12th, 2026



STRONG FAMILIES PROGRAM

ENROLLMENT OPEN!

Welcome back students and families! We hope you had an exciting break, and had a chance to relax.

The SFP is kicking off right away. Our classroom is located at OC Johnson, but our program is open to ALL families in our district.

All classes run 9:00-11:00am

Specialty Topics: Mondays

Core Group: Tuesdays, Wednesdays, & Thursdays

GED: Fridays (Free!)

UPCOMING TOPICS

~ 4 Sneaky influences on behavior

4 things that every child encounters on a daily basis that can have huge impacts on their behavior. We'll talk about small changes that can lead to improved attitude, academic success, and relationships.

~ Classroom "lingo"

What is a Kahoot? How do I use a tape diagram?

Who is Costa, and why does he have questions?

Why do numbers decompose? We will decode all of these and more!

SEMI-HOMEMADE: NUTRITION & BUDGET FOR REAL LIFE

Learn tips & tricks for picky eaters, try new recipes, learn how to make the healthiest choices on a realistic budget, and more!

All materials & ingredients provided for FREE

6 Sessions, 1 session per week (Commitment to all six sessions required)

January 29, February 5, 12, 19, 26, & March 5

9:00-11:00am at 1201 W 12th St

Open to all parents/guardians & emergency contacts of any YSDI student

*REGISTRATION REQUIRED, CONTACT INFO LISTED BELOW



CONTACT INFO

Strong Families Program Coordinator

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STRONG FAMILIES PROGRAM

DECEMBER 1ST, 2025

Pride Post

IMPORTANT INFO:

Strong Families Program enrollment is **PAUSED** until January. Our enrolled SFP Parents will be participating in a **real-life, hands-on small business experience** between Thanksgiving & Christmas Break. Our program hosts the campus holiday shop, which also doubles as a fundraiser (which is how we provide coffee, snacks, and prizes!).

We will begin taking new enrollments after Christmas Break.



COMING SOON!

Our most popular and anticipated workshop! This one will fill up quickly!

Semi-Homemade: Nutrition & Budget for Real Life

6 Sessions, 1 session per week (Thursdays 01/29/26-03/05/26)

9:00-11:00am

Cost: **FREE** (All ingredients and materials provided!)

*Adults only, no childcare available. We apologize for the inconvenience.

Registration opens January 12th, 2026



UPCOMING EVENTS:

- 12/11: Yuma Community Food Bank Distribution day at OC Johnson (Open to the whole community)
- 12/22-01/09: Christmas Break, the SFP is closed
- 01/12: Back to school!
- 01/29: "Cooking class" starts



Strong Families Program Pride Post



November 10, 2025

www.yuma.org/strong-families-program

Fire Safety Class

Wednesday (11/19/2025)

9:00-11:00am Adults Only

Cost: **FREE** Location: OC Johnson 1201 W 12th St

Core Group Enrollment Paused

The SFP will begin taking
new Core Group
participants after Christmas!

Other classes still open.

IMPORTANT GED NOTES

11/14 - No GED Class
(Teacher out)

11/21 - Regular class
9:00-11:00

11/28 - No GED Class
(Thanksgiving break)

12/5 - Regular class
9:00-11:00

12/12 - No GED class
(Holiday Shop)

12/19 - GED Progress Test

Seeking volunteers for campus Holiday Shop

The SFP is looking for
volunteers to help us run
the Holiday Shop on our
campus.

December 8th-12th
Multiple shifts available.
Bilingual a plus!

Check out our SFP field trip!

We got a behind
the scenes tour
of the Main
Library!

Want to Register? Have Questions? Reach out!

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Strong Families Program

Pride Post

10/27/2025

Core Group

We have been talking about all things budget. We will be finishing up by going over sales, coupons, discount stores, and all the tips & tricks to save money! Now's a great time to stop in to check us out.

GED

Current subject: Science

We are just finishing up chapters 1-6 (the Life Science section), and are moving on to chapters 7-9 (the Physical Science section). New students are always welcome!

SFP Coordinator

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Did you know...

October is Fire Safety month?!

Have you checked your smoke detectors in the past 3 months?

Do you have a home evacuation plan?

Check out these fun, free resources!

www.sparky.org



Fire Safety Class

Wednesday

11/19/2025

9:00-11:00am

OC Johnson

1201 W 12th St

*Adults only

Must be a parent/guardian or emergency contact of a YSDI student.

Registration Req



Strong Families Program Pride Post

October 14, 2025

What's Coming Up

SFP Core Class

Tuesdays-Thursdays

9:00am

All things budget!

- How can I change my car insurance payment?
- If I pay my minimum credit card payment, why doesn't my balance go down?
- Is buying in bulk always the best option?

And more!

Home-Buying 101

10/21/25

9:00am

Cost: FREE

*Will also include information about fixing credit scores!

Car Seat & Home Safety

10/23/25

9:00am

Cost: FREE

*Possibility of having your current car seat installation inspected.

SFP Location

Our classroom is located at OC Johnson Elementary (1201 W 12th St).

But our program is open to **any** parent, guardian, or emergency contact of **any** YSD1 student.



Looking for something specific?

Looking for a class you haven't seen yet? Maybe; how to write a resume or best advice for acing a job interview?

We're listening! Leave us an email or voicemail telling us what you are looking for.

SFP Coordinator

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Strong Families Program

Pride Post

Home-Buying 101 10/21/25 9:00am

OC Johnson (1201 W 12th St)

What is Escrow? What if my credit is bad? What if I can't afford to put any money down right now? How do I even start the process?

Whether you are ready to start looking for your dream home today, or you just want to be ready when the time comes: Join us to learn about the process of buying a home, what programs may be available to assist you, and tips to help you get the home of your dreams.

Car Seat Safety & Home Safety 10/23/25 9:00am

OC Johnson (1201 W 12th St.)

Join us to learn:

The difference between car seat styles, how to determine which type of car seat is safest for your child, the proper way to install child restraints, and other important child safety tips! You can even have your current car seat installation inspected.

Registration required:

asalasibarra@yuma.org or 928-502-7835

Open to all parents, guardians, and emergency contacts of Yuma School District One students.

No child care available, we apologize for the inconvenience

Other upcoming topics:

- SMART Goals
- Parent-Teacher conferences: What's the deal?
- Budget for real life

Strong Families Program Coordinator

Amanda Salasibarra
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928-502-7835

Strong Families Program PRIDE POST

SEPT. 15TH, 2025

What have we been up to?

Communication is key!

The past few weeks we have been breaking down different communication styles and practicing different ways of approaching situations. Understanding communication styles and how children develop communication skills can help tame (or avoid) meltdowns that arise from misunderstandings (on both sides).

FAQ

I want to do some of the program, but I'm not sure I want to do all of it. Can I do some of it?

Yes! You can do some parts and not others. There are some attendance expectations depending on what part you are interested in participating in, but we can build an individual plan! Just contact us and we will work it out together.

What's coming up?

We cover a lot of topics in the SFP. Some coming up in the next few weeks are:

- Understanding these tiny humans (basic child development)
- How to help your child feel like they can learn/do ANYTHING.
- How to decode a report card.
- Absences: what are the real impacts and what do they really mean for our students?

And lots more!

GED Corner

Last week our participants took their Science Pre-Test. Over the next few weeks we will be working our way through the GED Science curriculum.

Missed the pre-test? No worries, you can still join the class.

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SFP PRIDE POST

September 2, 2025

What is PACT Time?

Simply put: 1 hour a week, in your child's classroom, experiencing all the things!

What is a digraph? Or a WICOR Chart?

PACT Time is a great way to learn what your child is learning so when homework comes home you are prepared to help your child.

I need to ask the teacher a question, but I'm nervous.

PACT Time is also a great way build a bond with your student and make a connection with the school and the teacher.

My child doesn't go to OC Johnson, can I still do PACT Time?

Yes! We will work with any school, teacher, and admin team in Yuma School District One. All YSD1 families are eligible to enroll in the Strong Families Program.

PACT Time Starts this month!

The specific start date may be a little different for each family, but PACT time is kicking off in September!

Free GED Class

Fridays @ OC Johnson

9:00-11:00am

Topic: Science

This class is in English. Looking for GED in Spanish or Adult ESL Classes? Reach out!

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Strong Families Program

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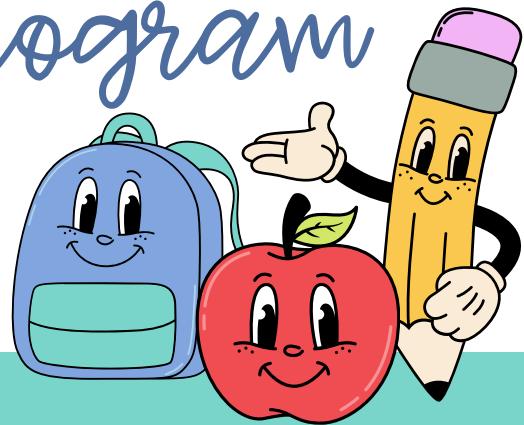
August 18, 2025

Welcome!

Welcome back YSD1 Families! We hope you had a wonderful summer, and that you have been settling into the new school year well.

The Strong Families Program is kicking off this week!

Families from any Yuma School District One school are welcome to join our program.



Coffee & Questions

Wednesday, August 20, 2025

9:00am

OC Johnson (1201 W 12th St)

Coffee, snacks, & prizes.

Bring a friend, bring your questions, & find out what the SFP is all about!

Free GED Class

Fridays 9:00-11:00am

In person, at OC Johnson

Class starts August 29, 2025

*This class is in English only.

More info at our Coffee & Questions Event!

Have you ever wondered...

- How am I supposed to help my child with their homework if **I** don't know how to do it?
- I am worried about my kindergartener adjusting to school, what can I do?
- I am new to the area, how can I get connected or find something I need?
- I'd like a different/better job, where do I start?
- My child is not doing well in school and I don't know what else to try!

The Strong Families Program can help with these questions.

Have other questions? We are a great place to start for ANY question.

Contact Info:

SFP Coordinator: Amanda Salasibarra
(928)502-7835 asalasibarra@yuma.org

Scan to visit our website ----->

