



Strong Families Program

Pride Post
March 9, 2026

Attitude & Behavior: Tip # 4

Did you know... too much screen time has been linked to increased likelihood to develop diabetes? It has also been linked to lower grades and test scores and increased meltdowns. What is the recommended amount of screen time?
2 hours or less per day.



What a fun time!

We wrapped up our “Semi-Homemade: Nutrition & Budget for Real Life” workshop last week. Each week we focused on a different theme: Kitchen safety, what makes a balanced meal, making grocery money stretch, sneaky sugars and what they means for our bodies, tips for helping picky eaters make healthy choices, & how can food spark curiosity. Each week participants got to make 1 or 2 recipies, hands on, all materials provided for FREE! Two lucky participants were drawn to win (pictured above)!



Upcoming Topics

- ~ Parent-Teacher
- Conferences: Facts & Myths
- ~ Taxes 101
- ~ What is the summer slide?



Contact Info

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www.yuma.org/strong-families-program

STRONG FAMILIES PROGRAM PRIDE POST

2/23/2026 | www.yuma.org/strong-families-program

NEW

Walk & Talk Mondays

Meet new people, get healthy,
and hit those goals!

If you've been looking for a way to get some healthy activity into your day, but need a little push... this is for you!

Every Monday

Smucker Park
9:00-10:00am

*Open to **all** parents/guardians. No sign-up or registration required!

A fun, no pressure get together for parents! We'll walk (or run, your choice) around the paved path at Smucker Park. You can group up and chat, or go ahead solo. There's no wrong way to do it!

Grab your water, bring a friend, and we'll see you there!

Behavior & attitude:

Tip # 3

Too much sugar not only affects the body, it affects the brain! It can **affect focus, memory, and learning**. The USDA recommends staying under 50g of sugar a day. A popart has about 12g **per popart!**

Upcoming Topics

- 4 Sneaky Influences: Tip #4
- How do all these tips work together?
- Parent-Teacher Conferences: Facts & Myths
- What is the "Summer Slide"?

SFP Coordinator

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FEBRUARY 9, 2026

'STRONG 'FAMILIES PROGRAM Pride Post

LOOK WHAT WE ARE UP TO!

Our "Cooking Class" participants learned about knife cuts, culinary terms, and tips to get picky eaters to try new things.

We also made a new recipe: Apple Nachos!

(This class is full, but we do have seats in other parts of our program!)

BEHAVIOR & ATTITUDE: 4 'SNEAKY INFLUENCES

TIP #2

Did you know... elementary school children should be getting **60 minutes** of vigorous play every day?! Not just on PE days, and not only on school days. **Every day.**

Getting the right amount of physical activity not only helps keep their bodies healthy, it actually **helps their brain grow!**



SFP COORDINATOR

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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?"

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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.

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!

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**

Check out our SFP field trip!

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

Want to Register? Have Questions? Reach out!

Strong Families Program Coordinator

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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!

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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?

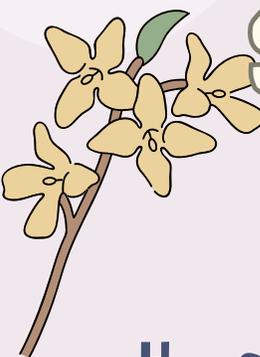
We're listening! Leave us an email or voicemail telling us what you are looking for.

SFP Coordinator

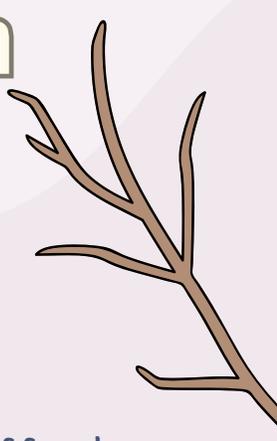
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Strong Families Program Pride Post



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.

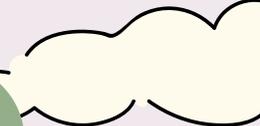


Registration required:

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
- 

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