

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.

SFP Coordinator

Amanda Salasibarra
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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!

SFP Coordinator

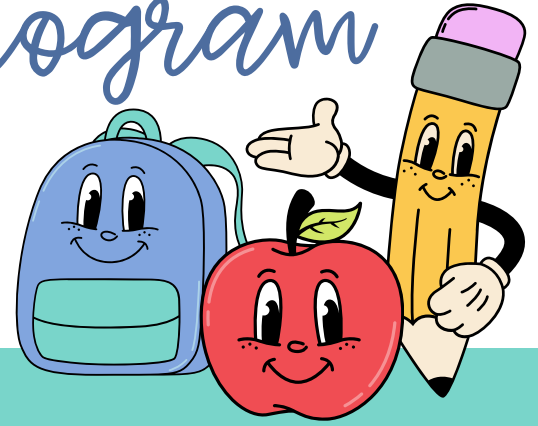
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Strong Families Program Pride Post



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

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Scan to visit our website ----->



Final Pride Post - School Year 2024-2025

STRONG FAMILIES PROGRAM

OUR YEAR IN REVIEW

SHOPPING SPREE WINNERS!

- Best Attendance
Quicha
- Most Improved
Toni
- Special Mention
Ana



NUMBER OF FAMILIES SERVED

100+

Including both direct and indirect services.

ENDING THE YEAR ON A HIGH NOTE

Every year, the last few days of Core Classes, the participants get to teach the teacher! Each participant gets to pick something they love, and share it with the class. This year we made calm jars, cooked pastel azteca, made mini cheesecakes, learned infant massage techniques, and crazy hair inspirations!



GOALS SET & ACHIEVED BY PARTICIPANTS THIS YEAR

- Complete my GED (all 5 exams)
- Get a job
- Improve my relationship with my children
- Get a promotion
- Improve my credit score
- Teach my child to read
- Learn to cook healthy meals

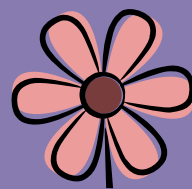
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WWW.YUMA.ORG/STRONG-FAMILIES-PROGRAM





SFP Pride Post



April 21, 2025

We are using the last few weeks of the Strong Families Program (for this school year) to practice some super fun hands-on activities! Perfect for encouraging & continuing learning over summer.



Unpoppable bubbles

Ok, they aren't really unpoppable. But they are stronger than regular bubbles and will roll & bounce across surfaces for a while before they pop! They are also much more colorful and rainbow-y than normal bubbles.

Pictured above are a few of our participants practicing making a batch.

Peanut butter playdough

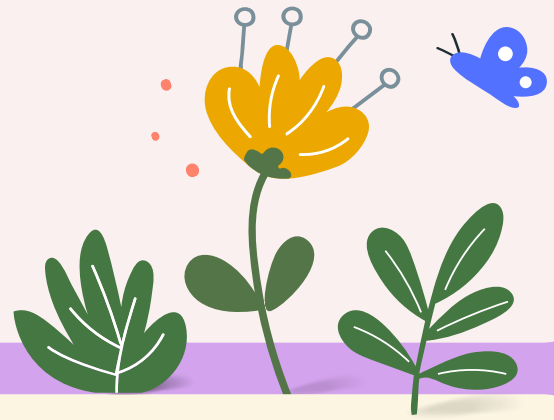
This is a fun, messy activity that sneaks in a little reading, math, and science! The SFP Participants had the chance to practice making some.

*It is safe to eat as long as the child has clean hands when they start to play with it.



SFP

PRIDE POST



Welcome back from Spring Break! The **Strong Families Program** has 4 weeks left, and we are going to squeeze every last second out of them. If you missed us this year and are curious about joining us next year, reach out and ask questions! Our door is open.



GED

Current Topic : Social Studies
Last class this school year: May 8th

When will it start again next year?
Sometime in September!

*All classes through the SFP are **FREE**

ESL

Aprende a hablar ingles
El último clase de este año escolar:
28 de abril

¿Cuando comenzará de nuevo el
próximo año?
Mas o menos en Septiembre!



CORE GROUP

**Last PACT Time in the student's
classroom:** April 16

Last Core Group Class: April 30th

Missed us? We start sometime in
September next year!

HAVE QUESTIONS?

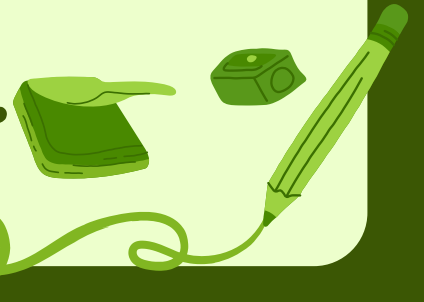
**Strong Families Program
Coordinator**

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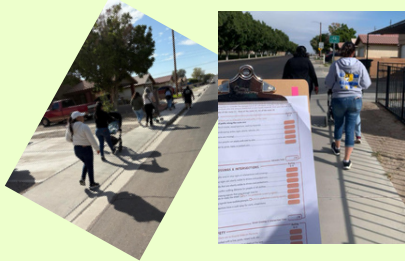




Strong Families Program Pride Post



Community Audit Walk



Last week our SFP participants partnered with Yuma County Health Zone to complete a Community Audit Walk. The group walked around the school's neighborhood and gave feedback on what we feel needs improvement or fixing. These ideas were then sent up to the next level for consideration.

SFP Members received a gift card from Yuma County for their participation.



Did you know...



How much screen time your child has each day can have a huge impact on their academic performance, attitude, sleep habits, food choices, and behavior?

The American Academy of Pediatrics recommends **no more than 2 hours** of screen time per day for elementary aged children (not including what they are required to complete at school for assignments).

Interested in learning more small changes you can make in your child's day that can lead to huge differences? Our SFP Core Group is still taking new participants! Our program has no registration cut off date.



Contact

Interested in being a part of our group or joining one of our classes?

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STRONG FAMILIES PROGRAM

P R I D E P O S T

[HTTPS://WWW.YUMA.ORG/STRONG-FAMILIES-PROGRAM](https://www.yuma.org/strong-families-program)

3/3/2025

CONGRATULATIONS TO OUR WINNER!

Our **Semi-Homemade: Nutrition & Budget for Real Life** Workshop finished up last week, and one of our participants won an electric skillet in the participation raffle!

In this workshop we talk about how to decode a nutrition label, the effects of stress & food on your body, how to make the best budget friendly & healthy choices in the grocery store, and much more. And every session includes a hands on cooking experience, all ingredients and supplies provided for free. If you missed it this year, keep your eyes peeled for when it comes around next year!



4 SNEAKY INFLUENCES ON BEHAVIOR

We have been talking about the 4 things our kids encounter every single day that have a huge impact on their attitude, academic performance, and health.

Two of those are nutrition and physical activity. Did you know the USDA

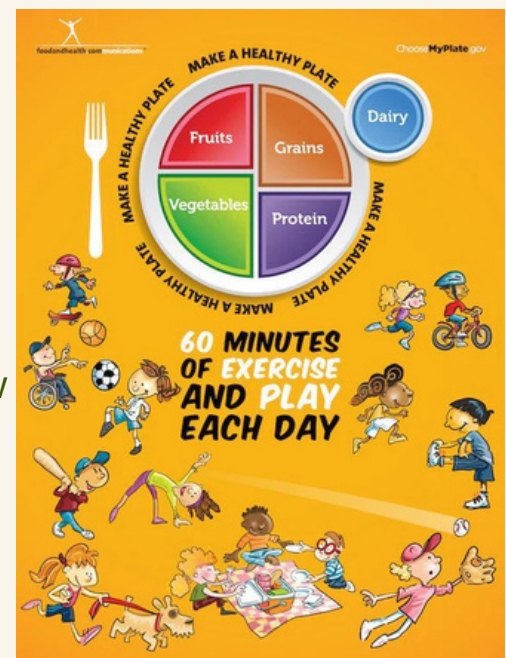
suggests staying **under 50** grams of sugar a day?

Guess how much is in a popart?

...Around 20 grams!

Also, kids

should be getting **at least** 60 minutes of vigorous play and activity every day. Not just on PE day, even weekends!



SFP Pride Post

A LOOK AT WHAT'S BEEN HAPPENING,
AND WHAT IS COMING UP.

Semi-Homemade

The last 2 weeks, in our cooking class, we talked about the effects of stress & food on our bodies, as well as what a healthy plate looks like. What should it have on it?

To demonstrate these ideas we made a quinoa & veggie salad, and black bean & corn quesadillas.

This week is our final week, and we will be talking about using dinner time to extend learning (and making a dish to go along with it)!



**March
4TH**

OC Johnson
1201 W 12th St

9:00AM

**Be ready to save a life
Hands-Only CPR Class**

Learn to deliver lifesaving CPR without rescue breaths and be prepared.

This class is **FREE**

This class is **NOT** a certification course.

**PRE-REGISTRATION REQUIRED.
SEATS LIMITED.**

STRONG FAMILIES PROGRAM PRIDE POST

2/3/25

WE'RE FINISHING UP...

All things related to creating and sticking to a healthy budget. We talked about loans, credit, groceries, and many more things that need to be considered when breaking down the family finances.

WE'RE ABOUT TO START...

Going over the 4 things that every kid encounters on a daily basis, that have a huge impact on their behavior and attitude. Small changes in these areas go a very long way.



COOKING CLASS

Participants in our cooking class made sauteed cinnamon and brown sugar bananas and then combined that with yogurt and other fruit to make healthy parfaits.

CONTACT INFORMATION

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