

# Youth Newsletter



## Why School Attendance and Homework Matter

"Success starts with attending school and staying on top of homework."

### 2 Self-Esteem and Academic Performance

Self-esteem is a key factor in a student's success. Learn to reduce self-judgement and negative self-talk and take action to cultivate self-worth. Look good, feel good, learn well!

### 4



## Building Success Through Self-Care and Balance

Transforming the school experience involves recognizing both its opportunities and challenges.

- **\*\*Prioritizing Self-Care\*\***:
  - Establish a routine with sufficient sleep, nutritious food, and physical activity.
  - Consistent sleep enhances performance and mindset.
  - Healthy eating and regular exercise boost physical and mental well-being.
- **\*\*Long-term Benefits\*\***:

A balanced routine supports mental health and fosters a well-rounded lifestyle.



### 3 Youth Quest Conference

This year Pala tobacco program is looking to attend Youth Quest in Sacramento to advocate for a smoke-and tobacco free California.

### 1 Impact of Absenteeism on Youth Education and Homework

Recent studies show that absenteeism is hurting students' education. When students miss school, it's harder for them to keep up with lessons and complete homework on time. This can lead to lower grades and increased stress for both students and teachers.

# Youth Education Rates



## Native Youth and Education

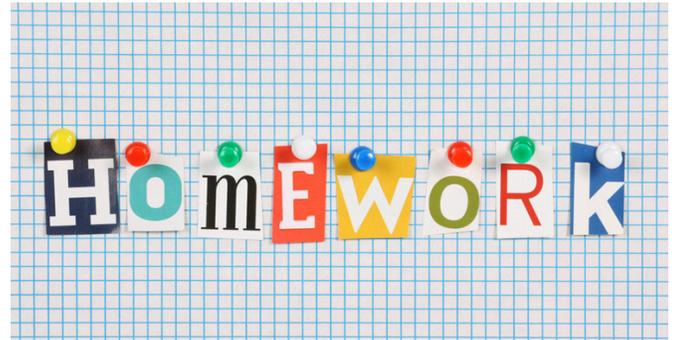
In the 2023/24 school year, 44% of American Indian and Alaska Native students missed 10% or more of school days, highlighting a significant challenge in ensuring consistent school attendance. This high absenteeism rate reflects ongoing disparities and may be linked to factors such as access to resources, health challenges, and systemic barriers that affect these students' education. The high absenteeism rate among American Indian and Alaska Native students can be attributed to a range of factors, including chronic and acute illnesses, family responsibilities, trauma, and housing or food insecurity. Additionally, poor transportation, inequitable access to services (including healthcare), system involvement, and a lack of stable learning environments contribute to the issue.



## Absence Vs Truancy

Truancy and absenteeism are distinct concepts. Truancy refers to unexcused or unauthorized absences from school, typically measured by the number of days a student is absent without a valid reason. Absenteeism, on the other hand, includes all instances of a student being absent, whether excused or unexcused. Chronic absenteeism is a broader measure, capturing the total number of absences, while truancy specifically focuses on unexcused absences.

“Education is the Foundation upon which we build our future”



## Impact of Missed School Days on Learning, Homework, and Grades

Missed school days can significantly impact a student's learning, homework assignments, and grades. When students miss school, they fall behind on lessons, which can make it harder to grasp new concepts and keep up with the curriculum. Missing class time also means missing opportunities for direct interaction with teachers and peers, which can affect understanding and retention. In terms of homework, students may struggle to complete assignments accurately or on time, as they haven't been present to learn the material or receive instruction. Over time, chronic absences can lead to lower grades, as the gap between what the student knows and what is being taught widens, making it harder to catch up and perform well on assignments and exams.



# Self-Esteem and Academic Performance

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment”

-Ralph Waldo Emerson



## What is self-esteem?

Self-esteem is the degree to which students feel satisfied with themselves and feel valuable and worthy of respect. In other words, when you feel good about yourself and confident about who you are, you're more likely to engage in schoolwork and perform better on homework and tests as a result!

Low self-esteem can be expressed by talking down about oneself, saying things such as, "I can't do this," or "I'm not good at anything." It can affect how you engage with life outside of school by making you less likely to try new things out of fear that you may make a mistake, which can make you feel less-than in front of your friends and peers.

School can be challenging, but learning can be fun. Accept that as long as you try and aim to be better than you were yesterday; it doesn't make you bad, stupid, or less worthy of love and respect. Take pride in yourself for attempting something that takes time to be good at. Everyone starts out as a beginner.



## How I can improve my self-esteem?

Start by being kind to yourself. Reflect on what makes you happy and find joy and gratitude for those things. Write them down somewhere and look at it when you're down.

Challenge unkind thoughts. All of us have moments of doubt, but that's when we have to push ourselves to rise to the challenge. Try to notice when negative self-talk and judgement happens. Think: would you talk to a friend like this? Would you like if a friend talked this way to you?

Focus on positive relationships. Keep those good people in your life close and be brave in speaking up when you're having a difficult time. If you don't feel like you have anyone close you can talk to, come by Pala Housing! We can also help you with your school work. Here, you're never a bother :)

Although it may be scary, connect with your teacher and work together to figure out how you best learn and what you need to be able to succeed and achieve.

Volunteer your time. Studies show when you help others, it improves your mood and boosts self-esteem! Ask a friend or family member if they need help with anything. It could be an opportunity to learn something new, as well!

It's important to feel good about who you are when you're at school. Focus on yourself and your own well-being, and try to ignore unnecessary drama you may see others engaging in. Your priority should be to improve your education so you may help others when the time comes. Knowledge is power, and as Uncle Ben said, "With great power comes great responsibility."



## Maintaining mental health & school

by Paula E.

School is a place where you acquire knowledge, have experiences, form friendships, and create lasting memories. However, it can sometimes feel like the opposite, making it challenging to achieve those goals. Which poses the question, how can we transform the school experience into a positive one instead of a negative one?



Prioritizing self-care is crucial. How can we nurture ourselves? Start by creating a routine that includes going to bed at a reasonable hour for adequate rest, consuming nutritious foods, and staying physically active. Establishing a routine can help you maintain balance in your daily life, keeping you organized and making everything more manageable. Have you thought about setting a consistent bedtime? While it might seem impractical during your teenage years, sticking to a regular sleep schedule can actually enhance your school performance. You'll feel less fatigued and irritable, leading to a more positive mindset.

When it comes to nutrition, avoiding junk food and choosing healthier options benefits both your body and mind. Lastly, think about how you can incorporate physical activity into your day. Engaging in exercises like walking, running, weightlifting, or hiking can significantly boost your mental well-being.

Improving your mental health and navigating school with a solid routine, regular sleep, healthy eating, and physical activity will not only maintain your balance but also teach you how to lead a well-rounded lifestyle as an adult.

**"Don't try hard to fit in, and certainly don't try so hard to be different...Just try hard to be you."**  
~Zendaya



## Pala Youth Empowerment Program



The Pala Housing Resource Center is more than just a place for youth to receive help with their schoolwork—it's a valuable resource designed to support the next generation in a variety of important ways. Open Monday through Friday, and some Saturdays, the center offers a safe and encouraging space for young people to enhance their academic performance and develop essential life skills.

### A Focus on Academic Success

One of the primary services offered at the Pala Housing Resource Center is homework assistance. Understanding that school can be a challenging environment for many young people, the center provides the guidance and support needed to help students succeed. Whether it's math, science, reading, or writing, youth can count on the knowledgeable staff to assist with assignments and ensure that they understand the material. This extra help allows students to improve their grades, boost their confidence, and develop a love for learning.

### Life Skills Development

In addition to academic support, the Pala Housing Resource Center also offers programs aimed at enhancing life skills. These sessions focus on building the tools that young people need to thrive in their personal and professional lives. Topics like communication, time management, problem-solving, financial literacy, and career planning are just a few of the areas covered. By participating in these workshops and activities, youth are better prepared for the challenges they will face as they transition into adulthood.

### For Parents and Families

We understand that parents are an integral part of a child's success. If you would like to meet with a staff member to discuss how we can better support your child, we encourage you to schedule an appointment with Maria Villegas. Maria is available to address any questions or concerns you may have and work with you to ensure the best possible experience for your child at the Pala Housing Resource Center. To schedule a meeting, please contact Maria at (760) 315-0104.

**"FOR YOUTH BY YOUTH"**

# IN PERSON TUTORING

Now assisting students ages 12- 24, with homework, projects, and another other educational areas that may need improvements.

**MONDAY- FRIDAY**  
At 4:30 - 6:00 PM

**PALA HOUSING RESOURCE CENTER**  
35990 Pala Temecula Rd.  
Pala, CA 92059

**MORE INFORMATION CONTACT:**  
**MARIA VILLEGAS**  
760-315-0104 [www.palahrc.com](http://www.palahrc.com)

For any young person looking for a positive space to learn, grow, and succeed, the Pala Housing Resource Center is here to help. With its dedication to supporting youth every day of the week, this resource plays an essential role in shaping the future of tomorrow's leaders.

# Pala Youth Empowerment Initiative



“For Youth By Youth”

## WHO WE ARE

The Pala Youth Empowerment Initiative is based on a "For Youth by Youth" approach. We encourage youth to actively be involved with the newsletter, content, training's, podcasts, and activities. We service youth ages 12 to 24 years of age. We strive to provide Pala youth with the life skills needed to become successful adults. Hours of operation Monday through Friday from 11 am-7:30 pm and every other Saturday from 9 am -5 pm

## Meet the Staff



### Maria Villegas

Youth Empowerment Lead

Cell: (760) 315-0104

Email: mvillegas@palatribe.com



### Paula Ellenwood

Youth Empowerment

Cell: (760) 638-1676 Email:

pellenwood@palatribe.com



### Matt Morning Star

Youth Empowerment

Cell: (760) 717-0448 Email:

mmorningstar@palatribe.com



### Deandra Molina

Tobacco Coordinator

Cell: (760) 893-0769

dmolina@palatribe.com

## OUR SERVICES

### Life Skills

- Cooking Classes
- Driving School Budgeting
- Workshops
- Resume Building

### Personal Skill Development

- After School Tutoring
- GED Classes
- Goal Setting
- Community Service

### Community Events

- Youth Training/Field Trips
- Community Outreach
- Social Media

### Other Services

- Mentorship Guidance and Career
- Development Youth Mental Health
- Guidance

FOLLOW US

@palahousingresourcecenter

www.palahrc.com

# TOBACCO PROGRAM



## About the Program

Hello Community,

I'm reaching out to invite both youth and their parents to join us in learning more about the Tobacco Program here at PHRC. This is an exciting opportunity for families to come together, share ideas, and collaborate on ways we can work to make our reservation a tobacco-free community. We believe that with the active involvement of youth and families, we can create a healthier, tobacco-free environment for everyone. Your input is valuable, and we'd love for you to be part of this important initiative.

Let's work together to make a positive impact on our community!

If you're interested in joining or have any questions, please feel free to reach out



## Upcoming Events

### Youth Quest Conference

Join Us at the Youth Quest Conference in Sacramento!

Mark your calendars for March 9-10TH, as the Pala Tobacco Program will be attending the Youth Quest Conference at the California State Capitol! We're excited to bring together young people who are passionate about advocating for a tobacco-free community. This conference is open to youth ages 13 and up, offering an incredible opportunity to engage in workshops, interactive activities, and educational presentations focused on tobacco prevention and advocacy. It's a great way to get involved, learn more, and make a difference in your community!

Whether you're a seasoned advocate or new to the cause, this conference will provide the tools and inspiration needed to take action against tobacco use. Help us create a tobacco-free future for all! Don't miss out - let's make our voices heard! For more details or to register, please contact Deandra Molina

## YOUTH QUEST 2025

March 9-10th  
Sheraton Grand Hotel  
1230 J St.  
Sacramento, CA 95814



PALA TOBACCO PROGRAM WILL BE ATTENDING YOUTH QUEST IN SACRAMENTO . LOOKING FOR YOUTH 13 AND UP TO ATTEND. IF INTERESTED PLEASE RSVP BY THURSDAY FEBRUARY 6, 2025. RSVP TO DEANNDRRA AT 760-893-0769

RSVP BY FEBRUARY 6TH

REMINDER

- Talking Circle Meeting
- Youth Conference sign up



# Youth news

February Edition

## Pala Youth Empowerment Initiative

### Youth Cooking Classes

Starting March 3rd! Space is Limited

Don't miss out! —RSVP as soon as possible to secure your spot! Space is filling up fast, and we want to make sure you don't miss this exciting opportunity!



**JOIN THE YOUTH NUTRITION COMMITTEE**  
AGES 12 - 24

**MAKE A DIFFERENCE IN YOUR COMMUNITY!**  
ARE YOU PASSIONATE ABOUT HEALTH, FOOD, AND MAKING POSITIVE CHANGES IN YOUR COMMUNITY? JOIN THE YOUTH NUTRITION COMMITTEE AND HELP PLAN EXCITING EVENTS AND INITIATIVES THAT PROMOTE NUTRITION AND TRADITIONAL FOOD PRACTICES IN OUR COMMUNITY

**WHEN AND WHERE:**  
MEETINGS: EVERY THIRD THURSDAY OF THE MONTH, STARTING JANUARY 2025  
TIME: 4:30 PM - 5:30 PM  
LOCATION: PALA HOUSING RESOURCE CENTER, 35990 PALA TEMECULA ROAD, PALA, CA 92059

**SIGN UP TODAY OR GET MORE INFORMATION**  
CONTACT: MARIA VILLEGAS (760) 315-0104 [mvillegas@palatribe.com](mailto:mvillegas@palatribe.com)  
CHRIS NEJO AT [CNEJO@PALATRIBE.COM](mailto:CNEJO@PALATRIBE.COM)

THIS MATERIAL WAS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP



Stirring Up Culture, One Dish at a Time!

### YOUTH COOKING CLASSES

PALA HOUSING RESOURCE CENTER  
35990 PALA TEMECULA ROAD, PALA, CA 92059  
AGES 12- 24 - LIMITED TO 10 PARTICIPANTS

#### What You'll Learn:

- Food Safety Essentials:** Understand how to handle food safely and correctly.
- Kitchen Skills:** Gain confidence in using kitchen tools and equipment, including knife techniques.
- Healthy and Cultural Recipes:** Discover traditional dishes made with locally sourced ingredients.
- Interactive Cooking:** Create tasty snacks and enjoy the fruits of your labor!

REGISTER NOW



#### Why Join:

This interactive course is more than just cooking, it's about learning valuable life skills, connecting with traditional foods, and having fun with friends.



**6 WEEKS 1 DAY PER WEEK**  
**EVERY MONDAY IN MARCH 2025 | 4:30PM TO 6:30PM**

Register for free with Maria Villegas or fill out the QR code  
(760)315-0104 [mvillegas@palatribe.com](mailto:mvillegas@palatribe.com)

THIS MATERIAL WAS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP.



## Follow Us on Instagram!

@palahousingresourcecenter

## Join the Youth Nutrition Committee



# PHRC February Events

## 2025

Pala Youth Empowerment Initiative

# We Are Open Saturdays

*February Schedule*  
Monday - Friday 10:30 am-7 pm  
Saturdays, February 8th & 22nd 9am-5 pm

*For Any Questions*  
Contact Maria Villegas  
(760) 315-0104



"FOR YOUTH BY YOUTH"

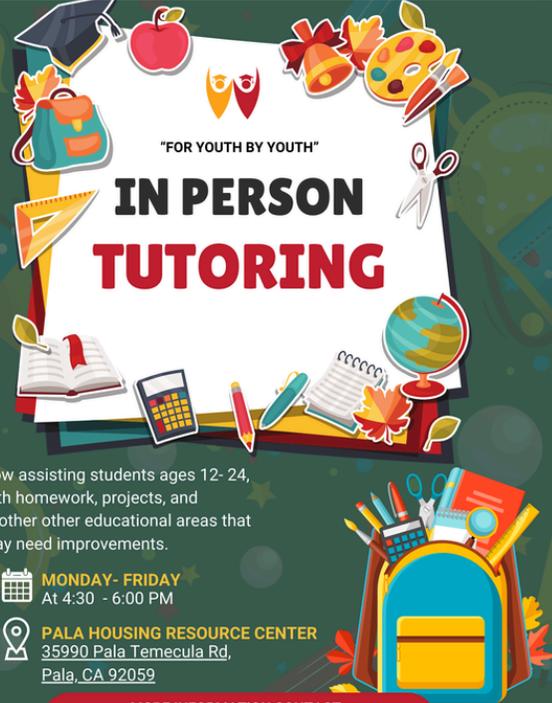
# IN PERSON TUTORING

Now assisting students ages 12-24, with homework, projects, and another other educational areas that may need improvements.

**MONDAY- FRIDAY**  
At 4:30 - 6:00 PM

**PALA HOUSING RESOURCE CENTER**  
35990 Pala Temecula Rd,  
Pala, CA 92059

**MORE INFORMATION CONTACT:**  
MARIA VILLEGAS  
760-315-0104 [www.palahrc.com](http://www.palahrc.com)



Tutoring services offered at the  
Pala Housing Resource Center  
Monday through Friday from 10:30 am to 7:00 pm



Pala Housing Resources Center Presents

# DRIVING LESSONS

Calling all youth 15 and up to come get your driver's license with one-on-one behind the wheel training



**IN PARTNERSHIP WITH**



**REGISTRATION NOW**

Contact: Maria Villegas  
(760) 315-0104

SCAN ME  TRTS Registration

**REGISTER NOW**

The Pala Housing Resource Center is calling all youth 15 and up to join the waiting list for driving school. Let's work together on getting our youth safely on the road.

# PHRC Events

## 2025

### YOUTH SUBMISSIONS WANTED!

We want you to share your creativity! Pala Housing Youth Newsletter is now accepting submissions from youth aged 12-24!

Share your:

- Artwork
- Photography
- Poems
- Short stories
- Personal essays

Opinion articles about any music, TV shows, podcasts, books, etc. that you think other people should check out!

**CONTACT MARIA, PAULA, OR MATT**  
 mvillegas@palatribe.com  
 pellenwood@palatribe.com  
 mmorningstar@palatribe.com

### Youth Digital Media Lessons

Starting In February

RSVP

Wanting to learn more about:

- Pod Cast Production
- Managing youth social media
- Developing Content
- Video and Audio Editing

Where: PHRC  
 Ages: 12 to 24  
 2 DAYS A WEEK  
 4:30 PM - 6:30 PM

Instructor: Dylan Luna

RSVP to Deandra Molina: [dmolina@palatribe.com](mailto:dmolina@palatribe.com) or (760) 893-0769

### PALA YOUTH EMPOWERMENT PROGRAM

# VALENTINE'S DINNER

FOOD GAMES CRAFTS MUSIC

DRESS TO IMPRESS

**7th FEBRUARY**

LOCATION  
PALA HOUSING RESOURCE CENTER

TIME 4PM TO 6PM  
AGES 12 TO 24

RSVP YOUR SPACE: (760) 315-0104  
 Contact Maria Villegas for more information

# Listening Circle

CALLING ALL YOUTH AGES 12-24  
 LET US KNOW WHAT WE CAN DO TO HELP PALA YOUTH WITH JOB TRAINING, MENTORSHIP, EDUCATION, AND SOCIAL MEDIA MANGEMENT.

Incentives will be provided  
**Thursday, Feb. 6th & 20th**  
 From 4pm-5pm  
 AT THE PALA HOUSING RESOURCE CENTER

**CONTACT MARIA FOR MORE INFORMATION**  
 (760) 315-0104 | [mvillegas@palatribe.com](mailto:mvillegas@palatribe.com)

# Local Events

## 2025

### BUSD NATIVE LEARNER ADVISORY COMMITTEE

**TUESDAY, FEBRUARY 11 2025  
5PM TO 6:30PM**

**NEW LOCATION: PALA HOUSING RESOURCE CENTER (35990 PALA TEMECULA RD, PALA, CA 92059)**

**TOPICS:**

- BUSD UPDATES
- STUDENT SUPPORTS/504s/IEPs
- COMMUNITY FEEDBACK

**DINNER & CHILDCARE (AGES 6+) PROVIDED**

CONTACT RHIANNON FOR ANY QUESTIONS  
RHJOHNSON@PALATRIBE.COM OR 760-292-6275

### SAN DIEGO STATE UNIVERSITY Established 1897

**CAMPUS TOUR  
FEBRUARY 19TH!**

**What to expect:**

- ✓ Opportunities to meet school reps
- ✓ Guided tour with SDSU staff
- ✓ Transportation provided
- ✓ Explore the campus
- ✓ Lunch provided

**HIGH SCHOOL STUDENTS ONLY: RSVP NOW! LIMITED SPOTS AVAILABLE**

Contact Rhiannon to RSVP or for any questions [rhjohnson@palatribe.com](mailto:rhjohnson@palatribe.com)

## HIGH ROAD

EQUITY | CLIMATE | JOBS  
An Initiative of the California Workforce Development Board

This initiative targets - Native American participants 18+ years old with training, certification, case management, and supportive services to assist with accessing quality jobs in the Construction and Utilities industries. The project will partner with local tribal organizations and unions that provide quality jobs.

**PROJECT HIGHLIGHTS**  
130 participants will have an opportunity to enroll in either an apprenticeship or pre-apprenticeship training program. 75% of project participants will receive supportive services.

**KEY PARTNERS**  
The International Brotherhood of Electrical Workers Unions Local 440 and Labor Council AFI - CIO Local 93/184 Inyo, Kern, Mono, and Riverside Counties Workforce Development Boards

---This project will serve under-employed or low-income Indian and Native Americans---  
**PLEASE CONTACT THE NEAREST CIMC OFFICE FOR MORE INFORMATION.**

CIMC - Escondido  
San Diego/Imperial Counties  
35006 Pala Temecula Road  
Pala, CA 92059  
(760) 742-0586

CIMC - San Bernardino / San Jacinto  
Riverside/San Bernardino Counties  
3750 E. Florida Avenue, Unit D  
Hemet, CA 92544  
(916) 618-5172

CIMC - Eastern Sierra  
Inyo, Kern, Mono Counties  
50 Tu Su Lane, Building 3A  
Bishop, CA 93514  
(760) 873-3419

**CALIFORNIA INDIAN MANPOWER CONSORTIUM, INC.**  
cimcinc.org | 800-640-CIMC

CIMC is funded in part by the U.S. Department of Labor. CIMC is an Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities.

December 2024

### INLAND VALLEY CERT COMMUNITY EMERGENCY RESPONSE TEAM

**What is CERT?**  
This program helps to train people to better respond to emergency situations in their communities.

**CERT 3-Day Training @ Pala Fire Station:**  
Sunday, February 2nd  
Saturday, February 8th  
Sunday, February 9th  
Time @ 9am - 5pm

**SCAN ME to sign up!**

**Course Topics**

- ✓ First Aid
- ✓ Disaster Preparedness
- ✓ Basic Fire Suppression
- ✓ National Weather Service Storm Spotter
- ✓ Disaster Medical Operations- Part I & II
- ✓ Search & Rescue Operations: Terrorism
- ✓ CERT Organization: Disaster Psychology

# Local Events

## 2025

**SAVE THE DATE**

3RD ANNUAL CALIFORNIA  
MISSING AND MURDERED INDIGENOUS PEOPLE

**MMIP TRIBAL  
POLICY SUMMIT**

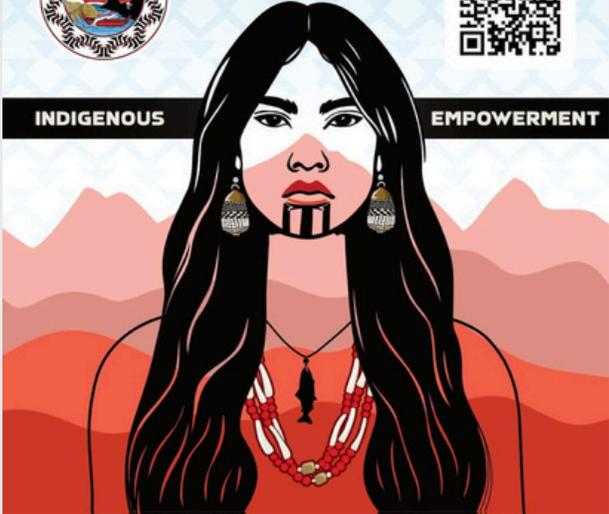
PALA, CALIFORNIA  
**FEBRUARY 25<sup>TH</sup>-26<sup>TH</sup>, 2025**



SCAN CODE & RSVP TO THE EVENT



**INDIGENOUS** **EMPOWERMENT**



TAKE THE NEXT STEP TOWARD HIGHER EDUCATION



**FRIDAY, FEB. 28, 2025**  
8 A.M.-2 P.M.  UC RIVERSIDE

Learn how you can join our familia of Highlanders.

GET INFO ON:

- Transfer requirements
- Support services
- Cultural empowerment
- Life on campus
- Campus Tours

**REGISTER HERE**  
SPACE IS LIMITED. RESERVE BY FEB. 14

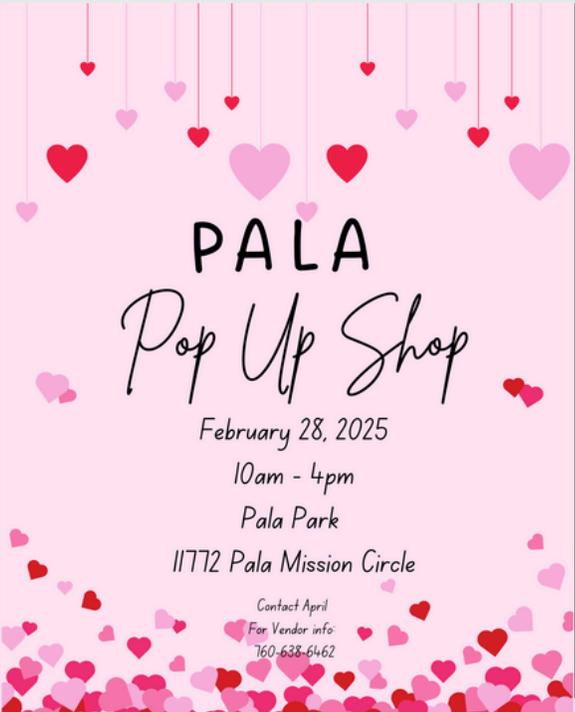
For more information, contact:  
**CHICANO STUDENT PROGRAMS**  
bibiana.canales@ucr.edu  
csp.ucr.edu



**PALA**  
*Pop Up Shop*

February 28, 2025  
10am - 4pm  
Pala Park  
11772 Pala Mission Circle

Contact April  
For Vendor info  
760-638-6462



# SAVE THE DATE

# Pala Youth Empowerment Initiative

"For Youth, by Youth"



## Location:

35990 Pala Temecula Road  
Pala, CA 92059  
[www.PalaHRC.com](http://www.PalaHRC.com)

## Youth Contact:

Maria Villegas  
(760) 315-0104  
[mvillegas@palatribe.com](mailto:mvillegas@palatribe.com)

Paula Ellenwood  
(760) 638-1676  
[pellenwood@palatribe.com](mailto:pellenwood@palatribe.com)

Matthew Morning Star  
(760) 717-0448  
[mmorningstar@palatribe.com](mailto:mmorningstar@palatribe.com)

The Pala Youth Empowerment Initiative is based on a "for youth by youth" approach. We encourage youth to actively be involved with the newsletter, content, trainings, podcasts and activities.

To empower Native youth, ages 3-25, to be resilient, positive, and productive members of the community. Youth Suicide Prevention engages youth with a culturally sensitive, trauma-informed approach through social group events, and peer mentoring.