



# PALA Youth

## EMPOWERMENT INITIATIVE PROGRAM

### SLEEP SCHEDULE

To kick things off, let's focus on improving our sleep habits by:

- Establishing a calming nightly routine
- Putting our phones away to avoid late-night scrolling
- Getting organized the night before, rather than rushing in the morning

Let's start the year on a positive note and strive to maintain good grades while being present at school!



### BACK -TO- SCHOOL

This is the last thing you want to hear... School is just around the corner! Are you prepared for the upcoming year? Do you find yourself missing your friends, those you don't see as often, and the joy of being in their company? It's that time again, so let's gear up for a successful school year ahead!



The prospect of returning to school can ignite feelings of excitement for some, while others may experience dread. School often stirs a variety of emotions. However, it's essential to keep in mind that setting boundaries is vital for success in your educational journey.

- Establish personal limits on when to say no
- Prioritize homework over social outings
- Set specific study times to complete assignments
- Take breaks as needed to maintain balance

By doing so, you can create a more productive and enjoyable school experience.

Remember, it's not just about academics; it's about personal growth. Engage in extracurricular activities to discover new interests.

Staying organized is another key to success. Use planners or phone, tablet or computer calendars to keep track of assignments and deadlines. This will help you manage your time effectively and reduce stress.

Don't forget to reach out for support when needed. Teachers, counselors, and classmates can be valuable resources. Building a strong support network can make navigating the school year much smoother.

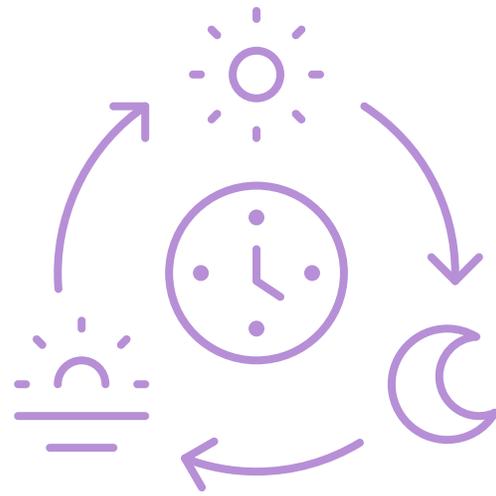
Let's embrace this new school year with a fresh start and an open mind. Here's to a year full of learning, growth, and memorable experiences!

# SLEEP ROUTINE



Do you know how important sleep is? Sleep is very important for you and your health, here is why: for growth, brain development, emotional regulation, and learning.

You should be getting plenty of rest, at least 8 - 10 hours of sleep per night. Having a good nights rest helps you make better decisions, improve your concentration, and maintain a positive outlook on life. It enhances your memory and allows your body to repair and rejuvenate itself, preparing you for the challenges of the day ahead.



Establishing consistent nightly routines can help you maintain a regular sleep schedule. For example, after school, you might:

- Arrive home and unwind
- Tackle chores
- Complete your homework
- Enjoy dinner
- Go for a walk for some exercise
- Possibly take a shower
- Prepare for bed

Following a routine like this during the week can help you establish good habits.

Sticking to this schedule not only benefits you throughout the week but also sets you up for success in the future.



# BACK TO SCHOOL ESSENTIALS

Let's get the school essentials in order!

## SCHOOL SUPPLIES LIST



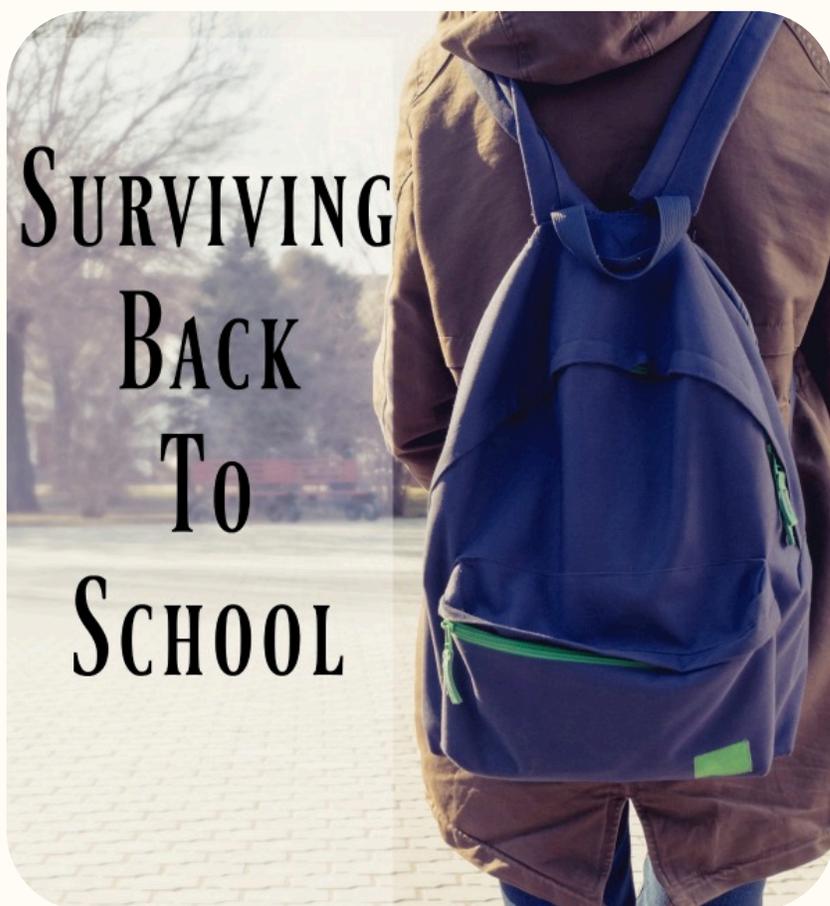
- |   |   |
|---|---|
| <input type="checkbox"/> Note books       | <input type="checkbox"/> Pencil sharpener |
| <input type="checkbox"/> Pens             | <input type="checkbox"/> Earphones        |
| <input type="checkbox"/> Pencils          | <input type="checkbox"/> Gluestick        |
| <input type="checkbox"/> Eraser           | <input type="checkbox"/> Colored pencils  |
| <input type="checkbox"/> Ruler & Scissors | <input type="checkbox"/> Water bottle     |
| <input type="checkbox"/> Protractor       | <input type="checkbox"/> Lunch bag        |
| <input type="checkbox"/> Calculator       | <input type="checkbox"/> Hand sanitiser   |
| <input type="checkbox"/> Highlighters     | <input type="checkbox"/> Backpack         |

You got this!

# BACK TO SCHOOL... EVEN IF U DONT WANT TO

LET'S BE HONEST, NOT EVERYBODY WANTS TO GO TO SCHOOL. FOR SOME KIDS, IT'S THE HIGHLIGHT OF THE YEAR: NEW CLOTHES, FRESH BOOKS, AND CATCHING UP WITH YOUR FRIENDS. BUT FOR OTHERS LIKE ME WHO HAVE THE THOUGHT OF WAKING UP EARLY EVERY MORNING, SITTING IN CLASS FOR HOURS LISTENING TO TEACHERS TALK, AND DOING HOMEWORK AGAIN SOUNDS LIKE THE OPPOSITE OF FUN!

YOU DON'T HAVE TO LOVE IT, JUST SURVIVE IT! NOT LOVING SCHOOL DOESNT MEAN YOU'RE A FALIURE IT JUST MEANS YOURE A HUMAN. BUT SOMETIMES, THE BEST THINGS IN LIFE COME FROM JUST SHOWING UP EVEN WHEN YOU DONT WANT TO, LATER IN LIFE YOUR GOING TO HAVE SHOW UP FOR THINGS.



YOU'RE NOT THE ONLY ONE  
DREADING TO GO BACK TO  
SCHOOL

IF YOU'RE DREADING GOING BACK, YOU'RE NOT ALONE! ALOT OF KIDS FEEL THE SAME WAY EVEN IF THEY DONT SAY IT OUT LOUD. MAYBE SUMMER FLEW BY TOO FAST OR SCHOOL IS JUST NOT UR THING. THE PRESSURE, THE SOCIAL STUFF, AND THE EARLY MORNINGS IT CAN BE ALOT. SCHOOL IS VERY MANDATORY. YOU HAVE TO SHOW UP, EVEN WHEN YOU'D RATHER STAY IN BED. BUT WHEN SHOWING UP IT DOESNT MEAN YOU HAVE TO LOVE EVERY MINUTE OF IT, WHAT MATTERS THE MOST IS THAT YOUR TRYING YOUR BEST EVEN WHEN ITS HARD!





**Pala Tobacco**  
PROGRAM

# Inter-tribal Tobacco Youth Summer Summit

## SUMMIT RECAP

To close out the summer, the Pala Tobacco Program had the honor of hosting the Southern California Tribal Tobacco Coalition 5th Annual Tobacco Summer Summit. The event had an incredible turnout, with youth learning about the significance of sacred tobacco through interactive activities, including sage bundle making and hands-on science experiments.

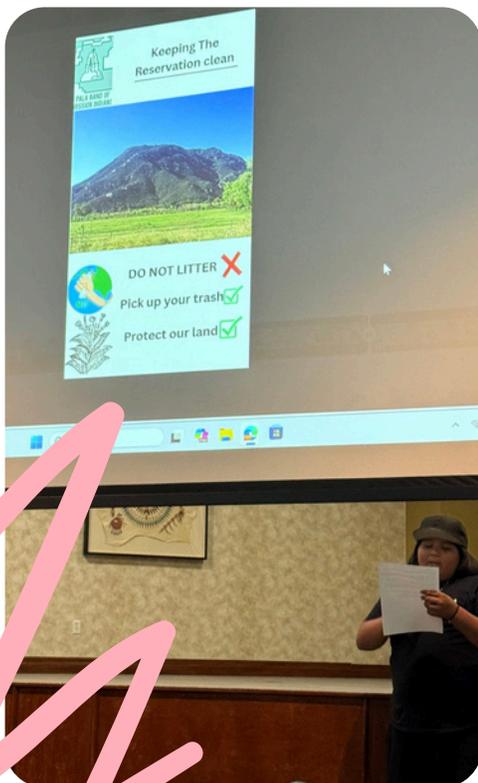
We are grateful to everyone who joined us and helped make this event a success. We look forward to seeing what next summer's summit will bring!



## Building the Future of the Pala Tobacco Program

The Pala Tobacco Program is committed to creating meaningful and engaging opportunities for our youth. We are working hard to grow the program and develop activities that inspire connection, learning, and community.

Looking ahead, we plan to host more culturally focused workshops and events for youth and their families, creating spaces to learn, share, and celebrate our traditions while promoting prevention. We invite community members to join our coalition and help us build programs that are both educational and rooted in culture.



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# WHAT ARE THE YOUTH UP TO?



## Movie Day

PYEI brought a group of youth to watch How to Train Your Dragon in Temecula. There was a twist, youth were encouraged to work within a budget for their movie treats and there before boba drink. And they all succeed and did not go over.



Exclusive Preview



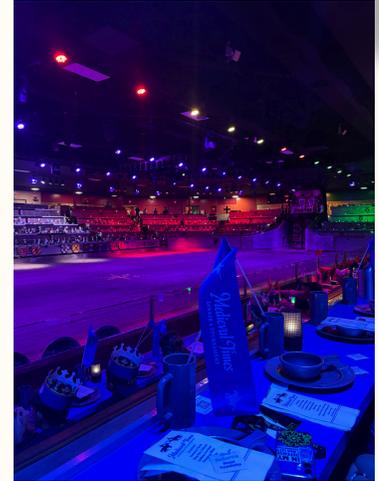
## Beach Day

Today was fun, entertaining, and quite adventurous. The youth were eager to catch waves and enjoy the water. Each of them enjoyed themselves and were treated with pizza to end the trip.

[Read More](#)

# MIDIEVAL TIMES....

We anticipated the chance to share this opportunity with the youth who took part in the PYEI summer classes held here at the Pala Housing Resource Center throughout July. It was an enjoyable evening filled with jousting, sword fighting, and cheering for a favorite knight, complemented by a delightful four-course meal that included chicken, baked potato, corn on the cob, and dessert.



## THE WAVE WATER PARK

A hand full of youth partake in day at the water park. At first, they anticipated to get into the water, with a little convincing they were off to adventure the rest of the time. They had a blast on the water slides and gave "The Wave" a try.



# HIBACHI DINNER

Youth were invited to Bonzai Japanese Steakhouse as a reward for their participation in this summer's activities and classes hosted at the Pala Housing Resource Center.

Each of them participated in PED's filming and editing, language class, and other events.

All in attendance walked away full and motivated to head back to the class room, as school is just around the corner for these youth.



Thank you, youth participants! We wish you all a great school year! Remember, we are here to help with you with your school related needs, we can provide support to help you succeed!

# 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](mailto:mvillegas@palatribe.com)



#### **Paula Ellenwood**

Youth Empowerment  
Cell: (760) 638-1676  
[pellenwood@palatribe.com](mailto:pellenwood@palatribe.com)



#### **Deandra Molina**

Tobacco Coordinator  
Cell: (760) 893-0769  
[dmolina@palatribe.com](mailto: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
- Career Development
- Youth Mental Health Guidance

**FOLLOW US**

[@palahousingresourcecenter](https://www.instagram.com/palahousingresourcecenter)

[www.palahrc.com](http://www.palahrc.com)



# PHRC AUGUST EVENTS

2025

Pala Youth Empowerment Initiative

**WE ARE OPEN  
IN AUGUST**

## AUGUST SCHEDULE

Monday - Friday 10:30 am-7 pm

Closed: Aug. 14<sup>th</sup>, 28<sup>th</sup> 2025

For Any Questions

Contact Maria Villegas  
(760) 315-0104



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

Let's Talk About

## Wellness

JOIN US THE LAST TUESDAY OF EVERY MONTH FOR  
CRAFTS, FOOD, AND OPEN DISCUSSION

Open to ages 12 and up

Location: Pala Housing Building  
35990 Pala Temecula Rd, Pala, CA 92059  
Time: 3pm- 5pm



Brought to you by: Pala Senior Department,  
Pala Youth Empowerment Initiative, and Indian Health Council

# AUGUST EVENTS

## 2025

### BOW & ARROW MAKING

PART 2

THIS CLASS IS A SECOND PART CLASS. PARTICIPANTS WILL BE FINISHING BOWS AND MAKING ARROWS.

WEDNESDAY AUGUST 20TH, 2025

4:00PM-6:00PM

Location: Pala Cupa Cultural Center

RSVP: 760 891 3590  
CUPA@PALATRIBE.COM

Ages 13 +

UNLESS ACCOMPANIED BY AN ADULT

### PALA POP UP SHOP

AUGUST 28, 2025

JIM BANKS SPORTS PARK

12194 Pala Mission Rd.  
Pala

2PM-6PM

CHECK OUT  
THE COLLEGE & CAREER FAIR  
INSIDE THE PALA ADMINISTRATION  
4PM-6PM

OPEN TO THE  
PUBLIC

Vendors Contact April  
@ 760-638-6462

### MUSIC MONDAYS

Pala Youth Center

10am-11am

Learn how to play:

Guitar  
Bass  
Keys  
Drums

For more information contact:

Acantu@palatribe.com

Arameshwar@palatribe.com

### SHINNY WORKSHOP & PRACTICE



August 22, 2025  
5:00PM

Location: Pala Cupa Cultural Center



PLEASE CONTACT NA'LEIGHA AGUAYO AT  
Naguayo@palatribe.com/760 891 3590  
TO RESERVE YOUR SPOT



# AUGUST EVENTS

## 2025



Pala Learning Center

## COLLEGE AND CAREER FAIR

Come by our College and Career Fair, open to students, recent graduates, and adults considering a new direction! Explore a wide range of opportunities from colleges, universities, vocational schools, and local companies, whether you're planning for higher education, returning to school, or seeking job opportunities.

**Date:**

Thursday  
August 28th, 2025

**Location:**

Pala Administration  
Building: 12196 Pala Mission  
Rd, Pala, CA, 92059

**Time:**

4:00- 6:00PM



Enjoy free snacks, raffle prizes & support local food vendors!

Contact Rhiannon for more information: [rhjohnson@palatribe.com](mailto:rhjohnson@palatribe.com) or 760-292-6275

## PALA'S SCHOLARSHIP PROGRAM

FURTHER YOUR EDUCATION THROUGH THE PALA LEARNING CENTER

Dreaming of a brighter future but worried about the costs? The Pala Tribal Scholarship Program is here to support enrolled tribal members like you in achieving your goals, whether you're pursuing college, vocational training, trade school, or junior college. Invest in your future with the support you deserve!

**WHAT YOU'LL GET:**

- ✓ Covers 75% of tuition and 100% of books and fees
- ✓ Access to free and low-cost tutoring resources
- ✓ Discounts and special offers on school supplies, technology, and more
- ✓ Academic support every step of the way

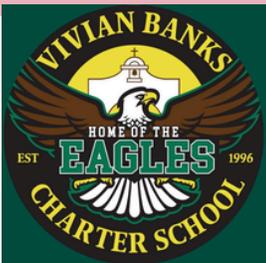


**ROLLING APPLICATION DEADLINE**

**APPLY NOW!**

**CONTACT INFORMATION:**

[rhjohnson@palatribe.com](mailto:rhjohnson@palatribe.com)  
760-742-1997



## CELEBRATING 30 Years GATHERING

Vivian Banks  
Charter School

4:30 PM - 6:30 PM  
AT VIVIAN BANKS CHARTER SCHOOL  
WEDNESDAY, MAY 13<sup>TH</sup>, 2026

**FUNDRAISER**

*\$30 for  
30 years!*

As we celebrate 30 years, we want to honor Vivian Banks' legacy by meeting the needs of our children and community. Money raised will go towards new programs, services, resources, and school site beautification at Vivian Banks.

Show your support!!!  
Donate \$30 per family, \$1 per year.  
All Donations are Tax Deductible

**DONATE TODAY!!**

SCAN ME



Website: [vb.bonsallusd.com/](http://vb.bonsallusd.com/)  
11800 Pala Mission Rd, Pala, CA 92059  
Media Contact: Principal, Tina Calabrese

# Fundraising EVENT

# AUGUST EVENTS

2025



*Pala*

# HONORING TRADITIONS GATHERING

## PALA REY YOUTH CAMP AUGUST 30, 2025

BIRD SINGING, PEON, BOW ARROW CONTEST, CONTESTS,  
SHINNY GAMES (LOCAL TEAMS ONLY), PLANET PALA KIDS  
ACTIVITY ZONE, + OTHER ACTIVITIES

THE GATHERING BEGINS 12:00P.M.	BIRD SINGING BEGINS 1:00 P.M.	PEON GAMES BEGIN DUSK
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## THE PUBLIC IS WELCOME

NO DRUGS, ALCOHOL, VAPING, OR SMOKING ARE PERMITTED AT THIS EVENT  
(760) 891-3590 | [CUPA@PALATRIBE.COM](mailto:CUPA@PALATRIBE.COM) | [CUPA.PALATRIBE.COM](http://CUPA.PALATRIBE.COM)  
SPONSORS: CUPA CULTURAL CENTER, PALA CULTURAL RESOURCE COMMITTEE, PBMI  
VENDOR INQUIRIES: CONTACT NA'LEIGHA AGUAYO NAGUAYO@PALATRIBE.COM / 760-891-3590



# 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  
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The Pala Tobacco Program is dedicated to inspiring and motivating our community—especially our youth—to learn and honor the traditional use of tobacco. Our mission is to promote a culturally forward mindset, ensuring that our traditions are preserved and respected in today's world. By reconnecting with our roots, we strive to build a healthier future for generations to come, keeping our traditions alive for a long time to come.