

HEALTH GREENVILLE RANCHERIA

BACK TO SCHOOL

Here are a few good tips to get off to a great start:

1. VISIT THE SCHOOL: if your child will be walking to school, walk or ride the route your child will be taking, make a note of crossing guards and high traffic areas. Talk to your child about NOT talking to strangers and discuss the dangers.
2. INTRODUCE YOURSELF TO YOUR CHILD'S TEACHER: ask about their preferred method of communication. (Some Teachers prefer email and social media, while others prefer phone or in person meetings.)
3. MAKE HOMEWORK A PRIORITY: make homework times a daily habit. Find a quiet and consistent place at home where your child can complete his/her homework.
4. PREPARE A STUDY AREA: Set up a special place at home to do homework. Remove distractions. Inform them that education is top priority, show interest and praise your child's work.
5. TAKE CHARGE OF TV TIME: limit the time your child watches TV, make TV time, family time.
6. GET EVERYONE TO BED ON TIME: During the summer, children aren't always on a schedule, which is understandable. Help your child get back on

track by having them go to bed earlier and wake up earlier at last a week before school starts.

7. MAKE HEALTHY MEALS: Studies show that children who eat healthy, balanced breakfasts and lunches do better in school. Fix nutritious meals at home, if you need extra help, find out if your family qualifies for any programs.
8. GET A CHECK UP: It's a good idea to take your child in for a physical and an eye exam before school starts. Most schools require up to date Immunizations, and they may ask for paperwork showing that your child has all the necessary shots and vaccines.

The Greenville Rancheria's Pediatricians see a broad spectrum of patients from age 0 to 18 years. Services provided include:

- CHDP's (well child exams and immunizations)
- Sports physicals
- School physicals
- WIC
- Pre-Operative physicals



Let Greenville Rancheria help you and your child get off to a good start for this new school year!!

HEALTH PROGRAMS

FAMILY PRACTICE

PEDIATRICS

MEDICAL FACILITIES

DENTAL FACILITIES

MEDICAL TRANSPORT WITHIN PLUMAS

AND TEHAMA COUNTIES

COMMUNITY HEALTH REPRESENTATIVES

INDIAN CHILD WELFARE WORKER

DIABETES SERVICES

MENTAL HEALTH SERVICES

DRUG, ALCOHOL AND FAMILY COUNSELOR

ADDICTION AND MEDICATION-ASSISTED TREATMENT

8 SUB-SPECIALTIES:

WOMEN'S HEALTH, INTERNAL MEDICINE,
ORTHOPEDICS, PHYSICAL THERAPY,
PSYCHIATRY, CARDIOLOGY,
PULMONOLOGY AND PAIN MANAGEMENT

Se Habla Espanol

PARTICIPATING IN
COVERED CALIFORNIA
AND MEDI-CAL
MANAGED CARE

AS A COURTESY, WE
WILL BILL MOST INSURANCES

NATIVES
AND NON-NATIVES

Open for Walk-ins. 8am – 5pm.
Medical every Saturday, 8am - 5pm and
Dental every Saturday, 8am - 4:30pm

RED BLUFF *TRIBAL HEALTH CENTER 1425 MONTGOMERY ROAD 528-8600 - DENTAL CLINIC 343 OAK STREET 528-3488

GREENVILLE* MEDICAL CLINIC 284-6135 – DENTAL CLINIC 284-7045 410 MAIN STREET