

FAMILY CONNECTION

Keeping you informed and engaged

MAY 2024

Community Events/ Resources

- **SATURDAY, MAY 11**
From 9:30am-2:00pm

Youth Wellness Festival

Hosted by the Marin County Youth Commission and the Youth Leadership Institute. This is a free event focused on youth and community health and wellness.

Location:

Terra Linda High School,
320 Nova Albion Way,
San Rafael.



Education

COGNITIVE DEVELOPMENT IS AN AREA OF GROWTH FOR ALL CHILDREN.

This is a process in which children acquire, understand, organize, and learn to use information in various ways. Teachers, parents, and caregivers can support children in this area of development by providing opportunities for children so they 1) remember and connect experiences and 2) recognize and recall information.



This can be learned through a *float and sink* activity using objects found in your home or outside in nature. Promote growth through follow-up questions such as, "Why do you think it sinks? Why does a plastic cup float but a spoon sinks? Does a leaf float or sink? Why?"



Calendar

- **TUESDAY, MAY 7, 2024, 6PM-8PM**
Parent Leadership Council
555 Northgate Dr.,
Suite 201, San Rafael
- **FRIDAY, JUNE 7, 2024, 1PM**
All CFS Sites Close at 1:00 pm for staff training

IN YOUR CORNER®



"At three years of age, the child has already laid the foundations of the human personality..."

– Maria Montessori

Follow Us

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Health and Safety

SUN SAFETY

Here comes the sun! It is healthy to enjoy time outdoors. However, it is important to protect your skin from exposure to ultraviolet (UV) light of the sun while doing so. Here are some tips to keep you safe while enjoying the warm days ahead:

- Limit outdoor time between 10am and 4pm, when the sun rays are strongest.
- Play in the shade, if possible.
- Use broad spectrum sunscreen, with an SPF rating of at least 30. Be sure to apply 30 minutes before heading outdoors. Reapply every 2 hours, or after swimming or sweating.
- Wear a hat to protect the face, neck, and ears.
- Wear sunglasses that offer 100% UV protection.
- When possible, wear clothing that covers your entire body. Tightly woven clothing offers more protection.



Sources: Sun Safety: Information for Parents About Sunburn & Sunscreen – HealthyChildren.org
Sun Safety | Skin Cancer | CDC Summer Safety Tips | ECLKC (hhs.gov)

Nutrition

WATER WISE

Water makes up more than half of our body weight and is essential to keeping our bodies working well. Water not only helps our teeth, joints, cells, and bones stay healthy, but getting enough water improves mood and attention in children. It is therefore important to remain hydrated, especially on hot days or after exercise.



Encourage your child to drink water by offering it throughout the day to keep their minds and bodies strong. Add flavor to water by adding slices of berries, cucumber, or mint. Keep them interested by serving water in decorated cups or water bottles.

Offering your child fruits and vegetables with high water content such as watermelon, strawberries, cucumber, and tomatoes will keep them hydrated too!

Sources:

Choose Water for Healthy Hydration – HealthyChildren.org
How Do You Hydrate? Try These Fun, Fruity Ice Cubes | AgLab (usda.gov)
Why Drinking Water Is the Way to Go (for Kids) | Nemours KidsHealth

Welcome to Sprig & Sprout, a monthly Garden of Eatin'® newsletter based on seasonal learning themes, dedicated to everything garden, nutrition, fitness, seasonal fresh produce, and more!

What's Sprouting in May?

- Plant pumpkins, squash, sunflowers, peppers, basil, and melons.
- Release ladybugs and other beneficial insects to help control garden pests.
- Start planning your summer garden now.



Mindfulness and Movement

Breathing helps our bodies and minds relax and calm down. Use a technique called “pick the flowers, blow the seeds” to help children “switch gears” from being anxious, frustrated, upset, or sad. First step, have your child sit on your lap or beside you. You will do this technique together. Tell them that we are going to pretend to pick flowers from the ground, and use your hand to “swoop down” and pick a bouquet of flowers. Then tell them to hold the flowers to their nose and smell the flowers. Breathe deeply, hold their breath, then let the air out saying: “Blow the seeds from the flower to the ground, and swirl your hand to plant those seeds.” Repeat three times! Saying: “pick the flowers,” “smell the flowers,” and “blow the seeds to the ground and plant the flowers!” You will both notice a difference in a more calm feeling!

Garden Buzz:

We delight in the beauty of the spring garden and the winged friends you will find moving about the plants. This month we teach the children how “Things with Wings” grow and develop, interact with each other and the environment, and the role they play in pollination. Without these friends, life on Earth is impossible. What winged friends have you seen in the garden or out in nature lately? Bees, butterflies, other insects, birds, bats, garden and nature fairies, to name a few! What are these winged friends doing? How might they be helping us? We encourage you and your children to go outside and discover these wonderful creatures, and if you're lucky, you might spot a garden fairy hard at work. Now put on your pretend wings, and go buzz around!



New Terminology:

Pollen: Small dust particles plants produce to create seeds and are needed to create more of the same plant; also known as reproduction.

Pollinate: The process of spreading pollen so plants can reproduce.

Pollinator: A garden friend that helps spread the pollen for the plants in exchange for food.

Nectar: Food the pollinator eats that the plant produces.



May is National Bike Month

Physical fitness and movement is incredibly important for our physical and mental health, and can also be beneficial to the environment! Biking is fun, active, efficient, and great to do alone or with other people. Help be a part of a movement to build happy and active lives, safer streets, strong communities, and a healthier Earth. Choosing to bike instead of driving, you are taking one less car, pollution, and gas usage off of the streets.

Sustainability Challenge:

Use a bike to go to the store, a park, friend's house, or any other place you would usually drive a car. Don't have one? Walk, jog, or consider carpooling or taking public transportation.





Dear Readers,

My name is Daisy, and I have a monthly question and answer column called Dear Daisy. I am here to answer any questions about nutrition, health, and fitness. No question is too strange or too specific!

Dear Daisy,

I started growing a veggie garden at home per your suggestions, and everything is thriving! Now that I have so many fresh spring greens and herbs, I can't keep up with them! I would love suggestions on creative ways to eat all of these greens so they won't go to waste and my children will keep eating them!

Stumped on Greens

Dear Stumped on Greens,

Leafy greens are so nutritious for our bodies and can be very diverse in the kitchen. If you have an overabundance of greens, try chopping them up and storing them in the freezer for when your greens aren't as abundant! Here's a list of foods I love putting leafy greens in:

Smoothies

Pesto, chimichurri, and other sauces

Pasta sauce

Sauteed with other veggies

Egg scrambles

Wraps and sandwiches

Piled onto pizza

Incorporated into salads

Savory pies, galettes, tarts

Soups

Tacos

Here is a basic pesto recipe where you can substitute your standard basil ingredient for ANY garden greens! It is great with pasta, crackers, and used as a dipping sauce for other vegetables!

Daisy



Garden Greens Pesto

Prep time: 20 minutes

Makes: 2½ cups

Ingredients:

2 cup garden greens
(collards, basil, kale,
chard, fava greens)

1 cup toasted walnuts (or
pine nuts, other seeds,
almonds)

½ to 1 lemon

½ cup parmesan cheese

2 large garlic cloves

½ cup olive oil

pinch of salt

Instructions:

Squeeze lemon to collect the juice. Put all ingredients in a blender or food processor and blend until smooth. Taste test. Add _____, if you need _____: Lemon = more acidic; Salt = more flavor; Olive oil = smoother consistency; Cheese = more complex taste.



New words:

pollinators,
pollen,
pollination,
nature, garden,
fairies, beak,
feathers, fly,
wings

Seasonal produce:

apricots, arugula, asparagus,
avocados, beans, beets,
berries, cherries, broccoli
rabe, carrots, celery, chard,
cherries, citrus, cucumber,
fava beans, fennel, garlic,
herbs, kale, lettuce, leeks,
peas, potatoes, spinach,
turnips



Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **peas**



SNOW PEAS

Health and Learning Success Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and being active for 60 minutes every day will help keep your family healthy. Healthy students miss fewer school days, are more alert, and are ready to learn. With *Harvest of the Month*, your family can learn tips to help you eat more fruits and vegetables and be active every day.

Healthy Serving Ideas

- Add frozen or canned green peas to soups, casseroles, and rice.
- Serve fresh snow and sugar snap peas with lowfat dip for a crunchy snack.
- Toss fresh or frozen snow and sugar snap peas with vegetables and chicken strips for a healthy stir-fry.
- Simmer green peas with sliced mushrooms and chicken broth.

For more ideas, visit:
www.cachampionsforchange.net

Produce Tips

- When buying fresh green peas, always look for them in the pod.
- Fresh pods like snow and sugar snap peas should be firm, bright green, and look like they are almost bursting.
- Store fresh peas in the refrigerator — unwashed and in an open plastic bag — for up to three days.
- Choose low-sodium varieties of frozen or canned peas.

MEXICAN RICE

Makes 6 servings. $\frac{3}{4}$ cup each.

Total time: 35 minutes

Ingredients:

- 1 tablespoon vegetable oil
 - 1 cup onion, chopped
 - 1 (14½ -ounce) can low-sodium chicken broth
 - 1 cup white rice
 - $\frac{3}{4}$ cup tomatoes, chopped
 - $\frac{1}{2}$ teaspoon chili powder
 - $\frac{1}{4}$ teaspoon salt
 - 1 cup frozen peas and carrots mix
 - 1 cup frozen corn, thawed
1. Heat oil in saucepan over medium heat. Add onions and sauté until soft, about 5 minutes.
 2. Stir in broth, rice, $\frac{1}{2}$ cup tomatoes, chili powder, and salt. Bring to boil.
 3. Reduce heat and simmer according to rice package instructions.
 4. Stir in vegetables and let stand 5 minutes.
 5. Spoon remaining tomatoes over top and serve warm.

Nutrition information per serving:

Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg

Adapted from: *Healthy Latino Recipes Made With Love*, Network for a Healthy California, 2008.

Let's Get Physical!

- Plan at least one activity each week to do as a family (e.g., go for a bike ride, play basketball or soccer, take a walk).
- Get your child moving in the morning — turn on the radio and dance.

For more ideas, visit:
www.fns.usda.gov/eatsmartplayhardhealthylifestyle/

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup green peas, cooked (80g)	
Calories 67	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	18%
Sugars 5g	
Protein 4g	
Vitamin A 13%	Calcium 2%
Vitamin C 19%	Iron 7%

How Much Do I Need?

- A $\frac{1}{2}$ cup of peas is about one cupped handful.
- A $\frac{1}{2}$ cup of peas (fresh or cooked) is an excellent source* of vitamin K.
- Peas are also a good source* of fiber, vitamin C, vitamin A, folate, and thiamin.
- Thiamin is also called vitamin B₁. It helps keep the body's nerves healthy.

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Be a champion for your family's health. Look at the chart below to find out how much each person in your family needs to be healthy. Make a plan to help them eat the recommended amount and get at least 60 minutes of physical activity every day.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.