

FAMILY CONNECTION

Keeping you informed and engaged

SUMMER 2024

Community Events/Resources

• SUNDAY, AUGUST 4

Visit Muir Woods for free

In honor of the Great American Outdoors Act (reservations still required). Sunday, 8 am–6 pm.

The first-ever Goodie's Kids' Fair in Mill Valley

Features a petting zoo, arts and crafts, face painting, a bounce house, and more! Sunday, 10 am–2 pm.

• THU. AUGUST 8, 3-7 PM

Heart & Student Health Day at St. Andrew Presbyterian Church in Marin City

Free family event with healthy cooking demos, yoga, and heart health testing from Kaiser.

• SAT. AUGUST 24, 12-3 PM

Sausalito Marin City School District Back to School Event at MLK Academy Free family event welcoming students and community with resources and fun activities.

Education

This year has been filled with growth, learning, and joy for both the children and our dedicated staff!

Our classrooms were abuzz with creativity and curiosity as the children engaged in a variety of enriching activities. From imaginative art projects to hands-on science experiments, each day was an adventure in discovery.



We want to express our gratitude to the families. It is amazing to see the strong sense of community and the connections formed between families and staff. Your participation and support in our events have been invaluable, and we are grateful for the trust you place in us to care for and nurture your children. Thank you for being an essential part of Community Action Marin.



Calendar

- **FRIDAY, AUGUST 2ND, 2024**
Classrooms closing at 1:00 PM



Community Events/Resources (Cont.)

- **TUESDAY, AUGUST 20TH, 4-7 PM**
4th Annual Back to School Backpack and Community Resource Fair
Hamilton School, Novato
– free for families.

“A child is going to remember who was there, not what you spent on them, kids outgrow toys and outfits, but they never outgrow time and love.”

– Unknown

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Health and Safety

BIKE SAFETY

Bike riding is a great activity for your child to get exercise. However, before your child starts pedaling, here are some safety tips to consider:

BIKE SIZE: The child should be able to sit on the seat and touch the ground with both feet. If the child is standing, the center bar should be about an inch below the groin area. Avoid using a bike that is too large for the child.



HELMETS: By law, all children are required to wear helmets. Helmets should fit properly, and the straps fastened. Helmets should meet Consumer Product Safety Commission bicycle safety standards.

To encourage the habit, set the standard early and role model the behavior by wearing a helmet yourself. Talk to your child about why wearing a helmet is important and let them choose their own helmet and decorate it.

Sources:

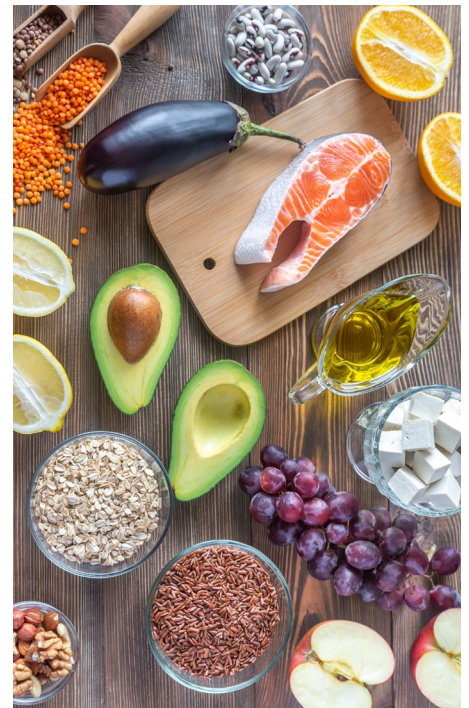
Bicycle Helmet Safety: Importance of Wearing a Helmet (clevelandclinic.org)
How to Get Your Child to Wear a Bike Helmet – HealthyChildren.org
How to Choose the Right Size Bike & Helmet: Tips for Parents (HealthyChildren.org)
Bike Helmet Safety – Seattle Children's (seattlechildrens.org)

Nutrition

IRON STRONG

Iron is an essential mineral that a body needs for growth and development. It is used to keep your blood strong, helping to carry oxygen to your lungs and muscles. Having enough iron also helps to fight off colds and illness, and to keep your energy levels up. Children with low iron (anemia) levels may feel tired, may get sick more often, and may have a harder time learning. It is important to offer a variety of iron rich foods:

- Lean meat, seafood, and poultry
- Iron-fortified breakfast cereals, pastas, breads
- White beans, lentils, spinach, kidney beans, and peas
- Nuts and some dried fruits
- Eggs
- Tofu, firm



Sources:

Iron – Consumer (nih.gov) California WIC | Iron for Strong Blood (phfwic.org)