

# FAMILY CONNECTION

Keeping you informed and engaged

JANUARY 2025

## Community Events

### Spanish Library Services: Bolinas

Thursday, January 9, 2025, 3:30pm – 6:30pm

Stop by Bolinas Library during Spanish Services hours for help opening a library card, navigating library resources, or supporting your child's reading with a bilingual librarian.

### MLK Weekend of Service:

Friday, January 17 – Monday, January 20.

Honor the legacy of Dr. Martin Luther King, Jr. by giving back to your community! Volunteer for a day of service with activities for all ages, including park maintenance, habitat restoration, guided walks, and kid-friendly programs. Event registration is required.

Questions?  
(415) 561-3044 or  
volunteer@parksconservancy.org

## Education

As we step into 2025, let's bring some early math fun into our daily routines! At school, we are introducing foundational math skills such as counting, sorting, and recognizing patterns. These concepts can easily be reinforced at home using everyday items. Simple activities like sorting toys or counting items during meals can significantly boost your child's understanding of math. Math is all around us!



**Tip:** Involve your child in daily tasks that require counting. Ask them to count spoons while setting the table or sort their toys by color or size. Questions like, "How many red cars do you have?" or "Can you find a bigger cup?" help your child grasp numbers, comparisons, and patterns. These activities are not only fun but also crucial for their learning, and the best part is you don't need any special materials—just use what you already have at home!



## Calendar

- **JANUARY 10, 2025**  
Time: 1pm  
Early Dismissal
- **JANUARY 14, 2025**  
Time: 6-8pm  
Parent Leadership Council Meeting
- **JANUARY 20, 2025**  
Holiday - No School  
(Martin Luther King, Jr. Day)

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## (Cont.) Community Events

### First 5 Marin

8:30-Noon  
Friday, January 31st

### Child Care Means Business in Marin.

This is a free forum for parents, providers, and employers about the importance of affordable, high-quality care for working families.

Breakfast included.

Embassy Suites  
101 McInnis Pkwy,  
San Rafael, CA 94903

To register:

[facebook.com/  
events/1286478525840965](https://www.facebook.com/events/1286478525840965)

**IN YOUR CORNER®**

# Health and Safety

Happy New Year! As we kick off 2025, it's the perfect time to focus on establishing healthy habits that will benefit your child's overall well-being throughout the year. Here are some tips to keep your family healthy and safe:

- 1. Stay Active:** Encourage daily physical activity, whether it's playing outside, going for a walk, or engaging in indoor exercises. Regular activity helps boost mood and overall health.
- 2. Healthy Eating:** Incorporate a variety of fruits, vegetables, whole grains, and lean proteins into your child's diet. Healthy eating fuels their bodies and minds.
- 3. Hydration:** Make sure your child drinks plenty of water throughout the day, especially after physical activities.



- 4. Sleep Routine:** Establish a consistent sleep schedule to ensure your child gets enough rest. Adequate sleep is crucial for growth, learning, and overall health.
- 5. Handwashing:** Continue practicing good hand hygiene to prevent the spread of germs. Follow the proper handwashing steps mentioned in our December newsletter.

These simple practices can help keep your family healthy and happy. For more tips, visit the American Academy of Pediatrics ([aap.org](https://www.aap.org)) and the Centers for Disease Control and Prevention ([cdc.gov](https://www.cdc.gov)) websites.

Sources: [HealthyChildren.org](https://www.healthychildren.org) - AAP • CDC - [Healthy Living](https://www.healthyliving.org)

## Community Resources

### Sign up for CalKids Free College Savings Accounts

CalKids is a state program designed to help families save for their children's future education. It offers eligible public school students in grades 1-12 and all newborns in California up to \$500 in college savings accounts. This initiative provides an excellent opportunity to start building a financial foundation for your child's higher education.

Eligibility for CalKids includes:

- **Public school students:** Students in grades 1-12 enrolled in California public schools are eligible if they meet the income requirements.
- **Newborns:** All children born in California on or after July 1, 2022, automatically qualify.

Visit:

[calkids.org/get-started](https://calkids.org/get-started)

to see if your child is eligible for an account.

If you have any questions or need help registering your account, please reach out to Arturo Alvarez ([aralvarez@camarin.org](mailto:aralvarez@camarin.org)), Bilingual Financial Coach.



## Follow Us

@communityactionmarin



## Nutrition

Harvest of the Month: Nutritional benefits of seasonal fruits like persimmons.

Eating seasonal fruits like persimmons can provide a range of nutritional benefits for your family:

- **Rich in Vitamins:** Persimmons are packed with vitamins A and C. These vitamins are essential for good vision, healthy skin, and a strong immune system.
- **Good Source of Fiber:** Persimmons are high in dietary fiber, which helps with digestion and maintaining healthy cholesterol levels.



- **Antioxidant Power:** They contain antioxidants like beta-carotene and lutein, which help protect the body from harmful free radicals and reduce the risk of chronic diseases.
- **Support Local Agriculture:** Eating seasonal fruits ensures fresher, more flavorful options and supports local farmers.

Including fruits like persimmons in your diet is a delicious and nutritious way to boost your family's health.

**Sources:** Healthline – Benefits of Persimmons  
Harvard T.H. Chan School of Public Health – Fiber

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **persimmons**



## Health and Learning Success Go Hand-in-Hand

Students who get regular physical activity often perform better in the classroom. Children need at least 60 minutes of physical activity every day. Encourage your child to be active and help them eat a colorful variety of fruits and vegetables.

### Produce Tips

- Look for bright orange and red-colored persimmons with smooth skins and leaves still attached.
- Ripe Fuyus are firm and stay fresh for up to three weeks at room temperature. For longer storage, keep refrigerated.
- Ripe Hachiyas are soft and may be slightly wrinkled or have a few brown spots. Store at room temperature and use within a few days.
- To ripen firm Hachiyas, place in paper bag with an apple or banana.

**Helpful Hint:** Hachiyas are mostly used in baking and can be eaten by scooping the flesh out with a spoon.

For more tips, visit:

[www.fruitsandveggiesmatter.gov/month/persimmons.html](http://www.fruitsandveggiesmatter.gov/month/persimmons.html)

### Healthy Serving Ideas

- Offer whole or quartered Fuyu persimmons to your child as an after-school snack.
- Toss sliced Fuyu persimmons into salads or add to stir-fries.
- Add Hachiya persimmons to recipes like muffins, pies, and puddings.
- Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.

## PERSIMMON & SPINACH SALAD

**Makes 6 servings. ½ cup per serving.**  
**Prep time:** 30 minutes

### Ingredients:

- 1½ tablespoons olive oil
- 3 tablespoons 100% orange juice
- 2 tablespoons rice vinegar
- ½ teaspoon salt
- 3 cups spinach, washed
- 3 medium Fuyu persimmons, sliced
- ¼ cup dried cranberries

1. In small bowl, combine oil, orange juice, rice vinegar, and salt for dressing. Chill in refrigerator.
2. In large bowl, combine spinach, persimmons, and cranberries.
3. Toss salad with dressing and serve.

Variation: Top with sliced, grilled chicken breasts.

### Nutrition information per serving:

Calories 112, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 4 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 210 mg

Adapted from: [www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

### Let's Get Physical!

- **In the morning:** Go for a brisk 10 minute walk with your child to warm up your bodies and minds.
- **After school:** Set aside 20 minutes for your child to play outside or be active indoors before starting homework. It may help your student to focus better.
- **In the evening:** Unwind by doing stretches with your child.
- **On the weekend:** Walk around at a farmers' market and see how many different produce items you and your child can find.

For more ideas, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

### Nutrition Facts

Serving Size: ½ medium persimmon (84g)	
Calories 59	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 0g	
Vitamin A 27%	Calcium 1%
Vitamin C 11%	Iron 1%

### How Much Do I Need?

- Half of a medium persimmon is about a ½ cup of fruit.
- A ½ cup of persimmon is an excellent source of vitamin A and a good source of vitamin C and fiber.
- Persimmons also have many antioxidants like beta-carotene, which becomes vitamin A in the body. Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Encourage your family to eat a variety of colorful fruits and vegetables every day – fresh, frozen, canned, and dried! It will help them reach their recommended daily amount.

### Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	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](http://www.mypyramid.gov) to learn more.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. © California Department of Public Health 2010.

