

# FAMILY CONNECTION

Keeping you informed and engaged

AUGUST 2025

## Family Engagement Event

**Returning families,  
please join us for  
the Family Welcome  
& Orientation!**

Tuesday, August 12  
2:30 – 4:00pm

Location: Your child's  
classroom

Connect with  
teachers, tour the  
classroom, and enjoy  
a simple art or project  
activity. Includes a  
program introduction,  
orientation, and  
important updates for  
the new year.

## Education

**It's hard to believe the program year ends on Friday, August 8!**

This year has been full of growth, learning, and joy for both children and staff. Our classrooms buzzed with creativity as children explored through art, science, and play—each day bringing new discoveries.

Thank you for being  
an essential part  
of our Community  
Action Marin family.  
Your involvement,  
support, and trust  
have helped create  
a strong sense of  
connection between  
families and staff.



For children moving on to TK, kindergarten, or other schools, we wish you all the best—your last day will be Friday, August 8.

For returning families, please note: all sites will be closed Monday, August 11, and Tuesday, August 12 for staff training. We reopen on Wednesday, August 13 for the new school year.

We look forward to welcoming you back at the Family Welcome on August 12 from 2:30–4:00pm!



## Calendar

- **AUGUST 8, 2025**  
Last Day of the Program Year  
1:00 p.m. dismissal for  
Staff Training
- **AUGUST 11-12, 2025**  
No School for Staff Training
- **AUGUST 13, 2025**  
First Day of the Program Year  
(Returning children only)



## Community Events

- **AUGUST 8, 2025**  
**2nd Friday Art Walk –  
Downtown San Rafael**  
5:00 – 8:00pm  
  
Enjoy galleries, open studios, art  
exhibits, and more throughout  
downtown. Anchored by the  
Art Works Downtown galleries  
and studio tour, this monthly  
event brings art, inspiration, and  
community together.  
  
Art Works Downtown &  
surrounding venues in  
Downtown San Rafael
- **AUGUST 10, 2025**  
**Create a Nature Treasure Box**  
10:00am – 12:00pm  
  
A hands-on, kid-friendly nature  
activity to explore and collect  
outdoor treasures. Sponsored by  
Marin County Parks.  
  
RSVP: Visit [parks.marincounty.gov/  
discoverlearn/events-calendar](https://parks.marincounty.gov/discoverlearn/events-calendar)  
  
McNears Beach Park  
201 Cantera Way, San Rafael  
Meet at the snack bar

## Follow Us

@communityactionmarin



## Health & Safety

### Healthy Smiles All Year Long

A healthy smile starts early! Caring for your child's teeth helps them eat, speak, and feel good about themselves and builds habits that last a lifetime. Here's how to support your child's oral health every day:

- Brush twice a day: Use a soft toothbrush and a rice-sized amount of fluoride toothpaste for kids under 3, or a pea-sized amount for kids 3 and up.
- Make it fun: Sing a song while brushing, use a timer, or let your child pick a toothbrush with their favorite character.
- Visit the dentist: Children should see a dentist every 6 months, starting at age 1.
- Skip sugary drinks: Water and milk are the best choices for healthy teeth.
- Model good habits: Let your child see you brushing and flossing too!



## Nutrition

### Reflect & Reset: Ending the Year with Healthy Habits

As the program year comes to a close, it's a great time to reflect on your family's healthy habits. Maybe your child tried a new vegetable, drank more water, or helped out in the kitchen. Those small wins matter!

Start the new year by setting simple, fun goals together. Add a fruit or veggie to one meal a day, make water your first drink choice, or involve kids in cooking and grocery shopping by offering choices they can make.

### Make it playful!

#### Ask questions like:

- What was your favorite meal this year?
- What color foods did you eat today?
- If you were a vegetable, which one would you be?

These quick moments, whether during dinner, bus rides, car rides, or playtime, can spark joy, curiosity, and a lifelong love for healthy eating.