

FAMILY CONNECTION

Keeping you informed and engaged

NOVEMBER 2025

Family Engagement Event

**Partnership with Raising
a Reader & Center for
Domestic Peace**

November 25, 2025
5:00 PM

Discover ways to make reading fun at home and use book bags to boost your child's literacy skills. Gain guidance on how to talk with your child if they've witnessed violence.

Presenter: Center for Domestic Peace and Parent Services Project



Education

Strong language and reading skills build the foundation for your child's success. Support these skills at home by reading together daily. Just a few minutes helps grow vocabulary, explore ideas, and build critical thinking.



Tip: Make reading more fun with the Raising a Reader bag! Ask questions like, "What do you think happens next?" or "Can you find the letter 'A' on this page?" Use different voices for characters, act out parts of the story, and move around as you read.

Reminder: Please stay connected through Brightwheel, our primary tool for communication.



Calendar

- **NOVEMBER 7, 2025**
1:00 PM **dismissal for Staff Development**
- **NOVEMBER 11, 2025**
Closed in observance of Veterans' Day
- **NOVEMBER 18, 2025**
6:00 PM – 8:00 PM **Virtual Parent Leadership Council Orientation**
- **NOVEMBER 27-28, 2025**
Closed in observance of Thanksgiving Holiday



Community Events

- **NOVEMBER 1, 2025**
Día de los Muertos / Day of the Dead Celebration
3:00 PM – 9:00 PM

A vibrant community celebration honoring loved ones who have passed. The event will feature live music, dance performances, traditional ofrenda displays, children's art activities, face painting, and local food vendors. Organized by Canal Alliance and community partners.

Albert J. Boro
Community Center
- **NOVEMBER 27, 2025**
Bank of Marin Turkey Trot
8:00 AM

A family-friendly Thanksgiving morning run/walk with multiple distance options (1 Mile, 5K, 10K). Participants of all ages can join to get active and enjoy the festive atmosphere.

College of Marin
Indian Valley Campus (Novato)

Follow Us

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Health & Safety

Protect Your Family This Flu Season

Flu season is here! Influenza is a virus that affects the nose, throat, and lungs. Symptoms can range from mild to severe, and may require a hospital visit. The Center for Disease Control (CDC) recommends an annual flu shot for everyone 6 months and older to help prevent illness and complications.

How to prevent illness:

- Ensure your child and family receive a flu shot. Ask your healthcare provider or visit your local pharmacy.
- Wash hands often and cover coughs and sneezes.
- Keep children home if they are sick.

As the season continues, children or staff may occasionally be exposed to illnesses. Exposure notices will be communicated through Brightwheel and posted on classroom doors. These notices remind you to monitor your child for symptoms and take necessary precautions.

Nutrition

Rethink Your Drink: Limit Added Sugar

Sugar makes up about 17% of a child's daily diet. Many children consume too much added sugar, especially from drinks like soda, juice, flavored milk, and sweetened yogurts. Early high sugar intake can increase the risk of obesity, high blood pressure, dental cavities, and type 2 diabetes.

Healthy Drink Tips:

- For children under two: Offer only water and plain milk. Avoid sweetened drinks.
- For ages two and up: Limit added sugars to less than 25 grams per day.
- Check labels: Look for "Added Sugars" on the Nutrition Facts panel.

Encourage water or milk instead of sugary beverages. Lifelong healthy habits start with small steps.



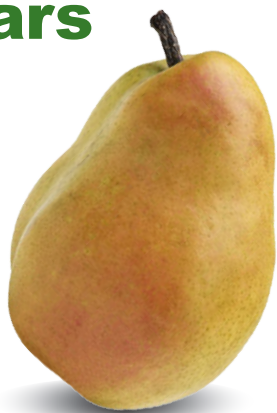
Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is

pears



Health and Learning Success Go Hand-in-Hand

Eating a balanced diet rich in fruits, vegetables, and whole grains supports a healthy body and mind. With *Harvest of the Month*, your family can explore, taste, and learn about eating more fruits and vegetables and being active every day.

Produce Tips

- Choose pears that look colorful and fresh with no bruises or holes.
- Test for ripeness by pressing gently near the stem. If it feels soft, it is ready to eat.
- To ripen a pear, place on countertop, in a bowl, or in a paper bag. If placed near apples, pears will ripen more quickly.
- Store ripe pears in the refrigerator.
- To keep sliced pears from turning brown, dip them into a mixture of one tablespoon 100% apple juice and one cup water.

Healthy Serving Ideas

- Cut a pear in half and remove the core. Fill the center of each half with all-natural peanut butter or lowfat yogurt. Sprinkle with granola and cinnamon for a healthy snack.
- Add sliced pears to spinach salads.
- Enjoy a whole pear for an afternoon snack.
- Talk with your child about other fruits and vegetables that are in season. Find a recipe and make it together.

For more ideas, visit:

www.calpear.com

FRUIT CRUNCH COBBLER

Makes 4 servings. 1 cup per serving.

Cook time: 10 minutes

Ingredients:

- 1 (15-ounce) can sliced peaches, drained*
- 1 (15-ounce) can pear halves, drained*
- $\frac{1}{4}$ teaspoon almond or vanilla extract
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{3}{4}$ cup lowfat granola with raisins

*Choose canned fruit packed in 100% juice.

1. Combine peaches, pears, extract, and ground cinnamon in a microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover the bowl with a lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 5 minutes. Be careful removing bowl from microwave because it may be hot. Let cool slightly before serving.

Nutrition information per serving:

Calories 171, Carbohydrate 41 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 54 mg

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California—Children's Power Play! Campaign, 2009.

Let's Get Physical!

- Walk to the grocery store with your child. On the way home, do arm curls with the lighter grocery bags.
- If you have to drive, park the car farther away than normal and walk the rest of the way.

For more physical activity ideas, visit:

www.healthierus.gov/exercise.html

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup pears, sliced (70g)
Calories 41 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	9%
Sugars 7g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 1%

How Much Do I Need?

- A $\frac{1}{2}$ cup of sliced pears is about half of one pear. This is about the size of one cupped handful.
- A $\frac{1}{2}$ cup of sliced pears has fiber and vitamin C.
- Fiber is a complex carbohydrate. It helps keep food in your stomach longer so that you feel full. It may help lower the risk of high blood pressure, heart disease, stroke, and some types of cancer.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs to eat. All forms count toward the daily amount – fresh, frozen, canned, and dried. Make a family plan to eat the recommended amount each day.

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.



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 for healthy tips. © California Department of Public Health 2010.

