

FAMILY CONNECTION

Keeping you informed and engaged

FEBRUARY 2026

Family Engagement Event

Immigration and Family Benefits

TUESDAY, FEBRUARY 24, 2026
5:00 PM

Stay informed with clear Know Your Rights guidance and the latest updates on Public Charge. Learn about immigration services from the Immigrant Institute of the Bay Area. Obtain practical information about CalFresh, including what the program offers, who qualifies, and how to apply for food support.

Presenters: Immigrant Institute of the Bay Area, SF-Marin Food Bank, and Community Action Marin's Benefit Enrollment team



Link: Zoom meeting ID 86751496343

Education

School Readiness Goal: Staying Focused.

DRDP Alignment: ATL-REG 1 – Attention Maintenance

Helping children learn to focus and stay engaged in activities without getting distracted helps achieve school readiness goals. Observing how children pay attention, engage with an activity, and finish tasks measures readiness. All our preschool classrooms offer age-appropriate activities at least once a week, building these skills with tools such as puzzles, matching games, and hands-on problem-solving.



Try These at Home:

- Puzzles or matching games from the library
- Sort socks, utensils, or toys by color or size
- Read a story from your Raising a Reader Bag and then discuss
- Encourage your child to finish a drawing or building before starting something new

Tips for Families:

Keep activities short, turn off distractions when possible, and praise effort, not perfection. A few focused minutes make a big difference.

Reminder: Please stay connected to Brightwheel, our main communication tool.



Calendar

- **FEBRUARY 6, 2026**
1:00 PM
Early Dismissal for all programs except School Age
- **FEBRUARY 10, 2026**
6:00 PM - 8:00 PM
Parent Leadership Council at Old Gallinas
- **FEBRUARY 16, 2026**
6:00 PM - 8:00 PM
Closed for Presidents' Day



Community Events

- **FEBRUARY 15, 2026**
Free Family Nature Walk at China Camp State Park

Explore nature with a guided, family-friendly walk focused on local wildlife and outdoor discovery.

*China Camp State Park,
San Rafael.*

- **FEBRUARY 27, 2026**
5:30 PM - 7:30 PM
Free Family Movie Night

Family friendly movie screening in a relaxed, community setting.

*Pickleweed Library,
San Rafael.*

Follow Us

@communityactionmarin



Health & Safety

February is Dental Health Month!

Dental Health Month is the perfect time to promote dental health, keeping your child's smile healthy and strong. Good dental care supports overall health, helps children eat comfortably, speak clearly, and, importantly, feel confident. Prevent cavities and pain by starting healthy habits early. In class, we practice healthy routines and encourage regular dental checkups. Brushing teeth, choosing healthy foods, and scheduling routine dental checks are vital to protect your child's teeth.



Tips:

- Brush teeth twice daily with fluoride toothpaste. Use a rice-sized amount of toothpaste for young children.
- Help your child brush until they can do so on their own (age 8+).
- Choose water instead of sugary drinks and limit sweets.
- Schedule regular dental checkups (every 6 months or as recommended by your dentist).

Nutrition

Leafy greens such as spinach, kale, romaine, and collard greens are packed with nutrients that help nourish growing bodies. They provide vitamins that support the health of your vision, bones, and immunity. Introducing leafy greens early helps children get used to their taste and texture.



For babies and toddlers, leafy greens can be finely chopped and mixed with familiar foods like eggs, rice, or soups. Preschoolers may enjoy helping wash greens, tear leaves, or choose which greens to try. Many attempts before a child accepts new food is normal.

Easy Ways to Offer Leafy Greens:

- Add spinach to scrambled eggs or pasta.
- Mix chopped greens into soups or beans.
- Serve greens alongside a favorite food.
- Let children help prepare and taste at their own pace.

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured produce is **mandarins**



Health and Learning Success Go Hand-in-Hand

Did you know a single serving of fruits or vegetables usually costs less than 25 cents? These small costs have big health benefits. Eating a variety of colorful fruits and vegetables and being active every day are healthy habits that can help your child do better in school, feel good, stay healthy, and grow strong. *Harvest of the Month* provides ideas to help your family eat more fruits and vegetables and be more active every day.

Produce Tips

- Look for plump mandarins that feel heavy for size and have stems still attached.
- Look for mandarins with glossy, deep orange skins. (Some patches of green near the stem are okay to eat.)
- Keep on the counter and use within a few days. Or, store in the refrigerator for up to one week.
- **Helpful Hint:** Mandarins that have a deep orange-red color are called *tangerines*. Other types of mandarins include satsumas, clementines, and tangelos.

Healthy Serving Ideas

- Serve breakfast with a glass of 100% fruit juice.
- Provide healthy after-school snacks like fresh or canned mandarin slices (packed in 100% fruit juice).
- Dip tangerine segments into lowfat flavored yogurt.
- Add mandarins to green salads.
- Squeeze juice of citrus fruits over chicken and fish to make tender and juicy. Or, use juice to make reduced fat salad dressings.

For more ideas, visit:

www.kidsnutrition.org

ORANGE FREEZE

Makes 4 servings.

1¼ cups per serving.

Prep time: 5 minutes

Ingredients:

- 1 cup 100% orange juice
- 10 ice cubes
- 1 cup 1% lowfat or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups drained, canned mandarin oranges

1. Place all ingredients in a blender.
2. Blend for about 30 seconds or until smooth.
3. Pour into four glasses and serve.

Nutrition information per serving:

Calories 91, Carbohydrate 18 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 33 mg

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California, 2009.

Let's Get Physical!

Help your child be active and prepare for spring fitness testing with these tips:

- Set a weekly goal for each family member. (Example: Walk 10,000 steps and do stretches every day.)
- Post goals in a highly visible area, such as on the refrigerator.
- Encourage each other to meet goals and set new ones.
- Decide on a "reward" for meeting goals. (Example: family outing or hike).

For more ideas, visit:

www.activeca.org

Nutrition Facts

Serving Size: ½ cup tangerine, sections (98g)

Calories 52 Calories from Fat 0

	% 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 2g	7%
Sugars 10g	
Protein 1g	
Vitamin A 13%	Calcium 4%
Vitamin C 43%	Iron 1%

How Much Do I Need?

- One medium mandarin orange is about a ½ cup of fruit sections.
- A ½ cup of mandarins is an excellent source of vitamin C and a good source of vitamin A.
- Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Vitamin C is found only in plant foods.
- Our bodies do not make or store vitamin C so try to eat foods with vitamin C every day.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables can help you stay healthy. Fruits and vegetables come in a variety of forms – fresh, frozen, canned, dried, and 100% juice – and all forms count toward your daily amounts. Find out how much each person in your family needs. Make plans to help your family reach the goal amount.

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.