

FAMILY CONNECTION

Keeping you informed and engaged

APRIL 2026

Family Engagement Event

Celebrating Week of the Young Child
APRIL 6-10, 2026

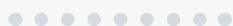
Invitations and details on the special activities will be shared by your child's Family Advocate or Teacher.

We hope you can join the fun!



Check Out CAM's Family Corner!

camarin.org/family-corner



REMINDER:

Please stay connected to **Brightwheel**, our main communication tool.

Education

School Readiness Goal: Building Language Through Storytime
DRDP Alignment: LLD 5 – Interest in Literacy

Help children build strong language and early literacy skills through daily storytime. Every preschool classroom engages in storytime at a minimum twice per week as part of our curriculum. Teachers help children gain comprehension skills by asking questions, retelling parts of the story, and discussing the events and character traits.



Help build these skills at home:

- Read books together from your Raising a Reader book bag
- Ask your child to tell you what happened in the story
- Look at pictures and ask, "What do you think is happening?"
- Watch a ReadyRosie video and try the activity together

Reading and talking about stories for 10 minutes daily helps develop vocabulary skills, memory retention, and confidence with language skills.



Calendar

- **APRIL 3, 2026** 1:00 PM
Early Dismissal School Age
- **APRIL 14, 2026** 6:00 PM – 8:00 PM
Virtual Parent Leadership Council

Community Events

- **FRIDAYS THROUGH APRIL 10, 2026** 9:00 AM – 3:00 PM
Community Action Marin FREE Tax Return Preparation (VITA Program)
Free, bilingual (English & Spanish) California and Federal tax return preparation for eligible households who earn \$69,000 or less and have a social security number or ITIN
7665 Redwood Blvd,
Novato CA 94945

- **SUNDAY, APRIL 11, 2026**
10:00 AM – 1:00 PM
Early Learning & Care Fair
Learn more about childcare and engage in free kids' activities.
Lagoon Park, 110 Armory Drive,
San Rafael, CA 94903

- **SUNDAY, APRIL 26, 2026**
12:00 PM – 4:00 PM
Día del Niño (West Marin Family Fair)
Celebrate children with music, activities, giveaways, and family resource booths.
Feed Barn, 11250 Highway 1,
Point Reyes Station, CA 94956

- **PG&E BILL HELP & ENERGY SAVINGS PROGRAMS** PG&E offers programs to help families lower energy bills and save money. Programs Include:
CARE: 20%+ discount on gas & electricity
FERA: 18% discount for households of 3+
ESA: Free energy-efficient home upgrades
Medical Baseline: Extra support for qualifying medical needs
Apply at pge.com/billhelp or call us at **(415) 526-7550** for assistance.

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Health & Safety

Outdoor Play Safety

With warmer weather comes more outdoor playtime. Not only does outdoor play support children's health, but it also helps them build strong bodies, confidence, and social skills. Running, climbing, exploring, and enjoying nature all become possible during these playful moments.

At school, outdoor play is made safe through close supervision, scans of play areas for hazards, and teaching children how to use playground equipment safely. By working together, we can ensure that outdoor play remains both fun and safe for everyone.



Tips for Home:

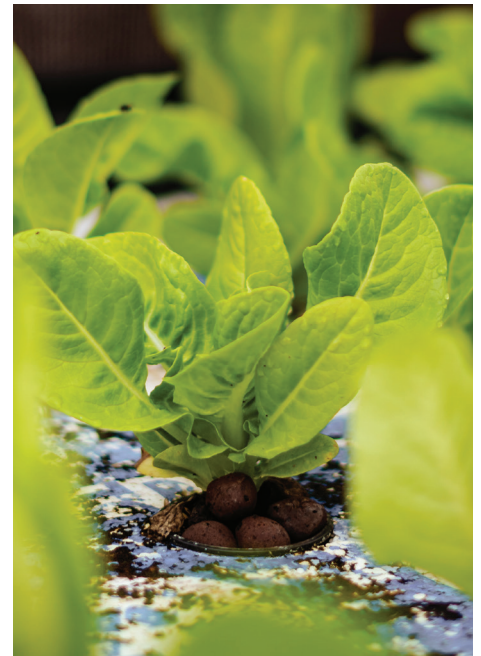
- Apply sunscreen before outdoor play and bring hats for sunny days
- Dress children in comfortable shoes for running and climbing
- Remind children to be visible when playing outside
- Bring water to help children stay hydrated during active play

Helping children learn safe outdoor habits allows them to enjoy active play while staying healthy and protected.

Nutrition

Family Gardening at Home

Spring is a great time to start a small garden! Gardening helps children learn where food comes from and encourages them to try new fruits and vegetables. Children practice these skills at school when they help care for plants and explore nature outdoors.



Gardening can be free or very low-cost. Reuse containers like yogurt cups, milk cartons, or cans (with small drainage holes). Grow herbs on a sunny windowsill using a little potting soil or soil from outside. Allow children to help water the plant and add the fresh herbs to a family meal!

Easy herbs to try:

- Basil
- Mint
- Cilantro
- Chives

Tip: Many libraries, community gardens, and neighbors share free seeds or plant cuttings in the spring.

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **spinach**



Health and Learning Success Go Hand-in-Hand

Studies show that children who eat breakfast do better in school and are more alert. It is important your child eats healthy and gets at least 60 minutes of physical activity every day. Use *Harvest of the Month* to explore, taste, and learn about eating more fruits and vegetables and being active.

Produce Tips

- Fresh spinach can be found loose or bagged.
- Choose fresh spinach leaves that are green and crisp. Avoid leaves that are limp, damaged, or spotted.
- Store fresh spinach in an open plastic bag in the refrigerator for up to four days.
- Rinse spinach leaves in cool water and pat dry just before using.
- Spinach can also be found canned or frozen. They are nutritious too. Choose low-sodium varieties.

Healthy Serving Ideas

- Use fresh spinach to make a tasty salad. Add sliced mandarins or dried berries and toss with lowfat balsamic vinaigrette.
- Add chopped frozen spinach to lasagna, casseroles, and soups.
- Stir-fry fresh, canned, or frozen spinach. Add garlic, onion, chopped bell peppers, carrots, or other favorite vegetables for a colorful side dish.
- Sauté spinach with eggs. Top with chopped tomatoes for breakfast.
- Use fresh spinach on sandwiches instead of lettuce.

For more ideas, visit:
www.cachampionsforchange.net

VEGGIE TORTILLA ROLL-UPS

Makes 4 servings. 1 tortilla per serving.
Prep time: 20 minutes

Ingredients:

- 4 (7-inch) whole wheat tortillas
- ½ cup nonfat cream cheese
- 2 cups fresh chopped spinach
- 1 cup chopped tomato
- ½ cup chopped bell pepper
- ½ cup chopped cucumber
- ¼ cup diced canned green chiles
- ¼ cup sliced ripe olives, drained

1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top each tortilla with equal amounts of vegetables.
3. Roll up tightly to enclose filling. Slice each roll-up in half. Serve.

Nutrition information per serving:
Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

Let's Get Physical!

- Take your child to the park. Fly a kite, kick a soccer ball, or play a game of tag.
- Encourage your child to walk the dog (or your neighbor's dog) after school. Make this a routine to do together.
- Ask your child to help you clean the house. Turn on the music and dance while you sweep, dust, or vacuum.

For more ideas, visit:
www.bam.gov

Nutrition Facts

Serving Size: 1 cup fresh spinach (30g)
Calories 6 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 1g	
Vitamin A 56%	Calcium 3%
Vitamin C 14%	Iron 4%

How Much Do I Need?

- One cup of fresh spinach is about two cupped handfuls. This is also about the same as ¼ cup of cooked spinach. (Spinach shrinks a lot when cooked!)
- One cup of fresh spinach is an excellent source of vitamin A and vitamin K.
- A ½ cup of cooked spinach is an excellent source of vitamin A, vitamin K, and folate. It is also a good source of calcium, iron, potassium, vitamin C, and vitamin B₆ – all important vitamins and minerals to keep your body healthy.
- Vitamin K helps stop cuts and scrapes from bleeding too much and helps the healing process. Vitamin K works with calcium to help build strong bones.

The amount of fruits and vegetables each person needs depends on age, gender, and physical activity level. Be a champion for your family's health. Look at the chart below to find out how much each person in your family needs to be healthy. Make a plan to help them eat the recommended amount and get at least 60 minutes of physical activity every 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 *CalFresh* information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2011.

