COMM
UNITY
ACTION
MARIN

FAMILY CONNECTION

Keeping you informed and engaged

NOVEMBER 2026

Family Engagement Event

Should I Talk to My Children About What They Saw or Heard

TUESDAY, NOV. 7, 2026
5:30 PM

Learn from our partners at Center for Domestic Peace about how to talk with your child if they've witnessed violence between adults in their life.

Zoom Meeting ID:
838 6576 1477

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

Welcome to Our New Mental Health Program Manager

Join us in welcoming Stephanie as CAM's Early Childhood Mental Health Program Manager. With a degree in psychology from San Francisco State University and experience supporting children and families across behavioral and mental health settings, Stephanie is passionate about fostering children's social-emotional development and empowering families and educators to help every child thrive. what your life was like as a child, your favorite childhood foods, or family celebrations.



Stephanie Lopez
Early Childhood Mental Health Program Manager

Calendar

- **NOVEMBER 6, 2026**
  1:00 PM
  Early Dismissal for Staff Development
- **NOVEMBER 10, 2026**
  6:00 PM - 8:00 PM
  Virtual Parent Leadership Council
- **NOVEMBER 11, 2026**
  Closed in Observance of Veteran's Day
- **NOVEMBER 26-27, 2026**
  Closed for Thanksgiving Holiday

Community Events & Resources

- **NOVEMBER 7, 2026**
  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, featuring live music, dance performances, traditional altar displays, children's art activities, face painting, and local food vendors. Organized by Canal Alliance and other community partners.
  Albert J. Boro Community Center, 50 Canal Street, San Rafael, CA
- **NOVEMBER 26, 2026**
  Bank of Marin Turkey Trot
  8:00 AM - Youth (1 Mile)
  8:25 AM - 10K
  8:30 AM - 5K
  A family-friendly Thanksgiving morning run/walk with multiple distance options. Participants of all ages can join to get active and enjoy the festive atmosphere.
  Indian Valley Campus, 1800 Ignacio Blvd, Novato, CA

Follow Us

@communityactionmarin

Health & Safety

Protect Your Family This Flu Season

Flu season is here. Influenza is a virus that affects the nose, throat, and lungs. Symptoms range from mild to severe and can lead to hospitalization. The Centers for Disease Control recommends an annual flu shot for everyone 6 months and older to prevent illness and complications.

Protect yourself by:

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

As the season progresses, illnesses may spread among children and staff. If there is an exposure, a notice will be posted on the classroom door and shared through Brightwheel. Please watch for symptoms in your child and take any necessary precautions.



Nutrition

November is National Diabetes Month

Type 2 diabetes is increasingly common amongst children and teens in the United States. Over time, uncontrolled diabetes can lead to health concerns like heart disease, kidney disease, and vision loss. Type 2 diabetes is often preventable. Making healthy changes builds lifelong habits.



Try these tips together as a family:

- Serve meals & snacks. Eat more fruits, vegetables, and whole grains.
- Drink more water and fewer sugary drinks.
- Share meals together at the table.
- Let kids help with cooking and grocery shopping.
- Move every day with family walks, dancing, or trips to the park.
- Limit screen time.
- Stick to a regular bedtime.

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

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**

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

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
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.

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Network for a Healthy California