

FAMILY CONNECTION

Keeping you informed and engaged

OCTOBER 2025

Family Engagement Event

Parent Voices, Pedestrian Safety, & Ready Rosie

October 24, 2025
5:00 PM

Learn about Parent Voices
Marin, how to keep your
children safe, and engage
in Ready Rosie activities.

Presenter: Amarantha
Silva, Parent Voices Marin



Education

October is a wonderful month to celebrate family traditions and build your child's love for learning. At school, children explore stories, songs, and conversations that develop language and literacy skills. At home, you can extend this learning by sharing your own family traditions and cultural stories. Children love hearing about what life was like when you were their age, favorite foods you enjoyed, or celebrations your family honors.

Tip: Choose a family story or tradition to share this week. You might tell the story of a holiday, a special meal, or a favorite memory from your childhood. Use photos, songs, or objects to bring the story to life. Encourage your child to ask questions and retell the story in their own words. This simple activity builds vocabulary, strengthens memory, and celebrates your family's culture!

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





Calendar

- **OCTOBER 3, 2025**
1:00 PM **dismissal for Staff Development**
- **OCTOBER 14, 2025**
6:00 PM – 8:00 PM **Parent Leadership Council Orientation**



Community Events

- **OCTOBER 4, 2025**
Nuestro Canal, Nuestro Futuro Community Fair
11:00 AM – 2:00 PM

A community fair with workshops, booths from local organizations, kids' activities, resources, food, and so much more. Be part of Canal Alliance's initiative to involve residents in envisioning the future of the Canal neighborhood.

711 Grand Avenue, San Rafael
- **OCTOBER 31, 2025**
Halloween Festival at Marin Country Mart ("The Mart's Halloween Festival")
4:00 PM – 7:00 PM

An evening featuring a kids' costume contest, trick-or-treating at local shops, hands-on crafts, temporary tattoos, and a family-friendly movie night!

Marin Country Mart, Larkspur

Follow Us

@communityactionmarin



Health & Safety

A Healthy Eyesight is Essential for your Child's Development and Learning

Regular vision checks monitor how your child's vision changes as they grow. During well-child visits, your child's healthcare provider will check their vision and may recommend seeing a specialist if needed.

Experts recommend scheduling eye exams for your child at the following ages:

- Once between 6 and 16 months
- Once between 3 and 5 years old
- Once before starting first grade
- Annually after first grade

Protect your child's eyes at home by:

- Spending time outdoors each day
- Eating a variety of fruits and vegetables
- Ensuring quality sleep
- Wearing sunglasses in the sun and protective glasses for sports

Our program provides vision screenings for children who have not yet had one.

Nutrition

Model Healthy Habits for Your Kids

Support your child's growth and development by adding fruits and vegetables to your child's meals. Packed with essential vitamins, minerals, and fiber, these foods help keep kids strong and healthy.

- Offer fruits and vegetables at meals and snacks when possible
- They can be fresh, frozen, canned, or dried.
- For canned or frozen options, choose ones with no added sugar and low sodium.

How many servings of fruits and vegetables should children eat each day?

- 12–23 months: ½–1 cup fruit, 2/3–1 cup vegetables
- 2–3 years: 1–1½ cups fruit, 1–1½ cups vegetables
- 4–8 years: 1–2 cups fruit, 1½–2½ cups vegetables

Offer a variety of fruits and vegetables; small steps build healthy habits for life!



Harvest of the Month

Network for a Healthy California

The Harvest of the Month featured fruit is **apples**



Health and Learning Success Go Hand-in-Hand

Healthy eating can help with your child's success in school. Eating the recommended amount of fruits and vegetables can help kids do better in school. Explore, taste, and learn about eating more fruits and vegetables and being active every day.

Let's Get Physical!

- "Walk to School" Week takes place the first week of October. Join your child's "Walk to School" Week activities. Visit www.cawalktoschool.com for more information.
- If walking to school is not possible, consider other safe places to walk — a park, shopping mall, or around your neighborhood.
- Take a family walk after dinner.

For more physical activity ideas, visit: www.kidnetic.com

Healthy Serving Ideas

- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
- Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

For more ideas, visit:
www.cachampionsforchange.net

TUNA APPLE SALAD

Makes 4 servings. 1 cup per serving.
Prep time: 15 minutes

Ingredients:

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons chopped red onion
- 1 medium apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup golden raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

1. In a small bowl, stir tuna, onion, apple, celery, raisins, and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of tuna and salad greens. Serve immediately.

Nutrition information per serving:
Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg

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

Produce Tips

- Look for apples that are firm and do not have bruises or soft spots.
- Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.

Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)	
Calories 28	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 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

How Much Do I Need?

- A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple.
- A ½ cup of sliced apples is a source of fiber.
- Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. It is found only in plant foods.
- Fruits and vegetables are an important part of an overall healthy, balanced diet. Go to www.mypyramid.gov to learn about the other food groups.
- Discuss with your child what your favorite fruits or vegetables are, why you like them, and your favorite ways to eat them.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need 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.