

Family Calendar

and Parent Handbook

2026-2027

Empowering children and their families to maximize their full potential through opportunities for growth and change.

For more Information,
please visit our website
www.kidzcommunity.org



Head Start | Early Head Start | State Preschool | Child Care Services
1166 High Street, Auburn, CA 95603
(530) 885-5437 | www.KidZCommunity.com



Board of Directors

Janice LeRoux, *Chairperson*
Jo-Carol Arisman, *Vice Chairperson*
Toni Moots, *Secretary*
Toni Moots, *Treasurer*

Jo-Carol Arisman, *Board of Directors Liaison*

Plus, additional Board Members

Policy Council Executive Officers

Brianna Rollins *Chairperson*
David Rossel *Vice Chairperson*
Wendy Calderon *Treasurer*
Melissa Andrews *Secretary*
Tatiana Martinez *Parliamentarian*

**Policy Council Representatives
from each site**

Executive Director
Denyse Cardoza

Letter of Introduction

Dear Parent:

KidZCommunity child and family development programs provide a safe, caring, and educational place for your child.

The ongoing quality of the program is guaranteed by the excellent cooperation of committed parents and dedicated staff. We value your participation in parent advisory committees, parent education workshops, parent meetings, parent/teacher conferences, and daily contacts. Family engagement is necessary to sustain our program. To continue our quality service for you and your child, please share your child's needs with us so that we can be of support to your family.

We know you have many choices, and we appreciate the opportunity to serve you and your family this year.

Sincerely,

A handwritten signature in blue ink that reads 'Denyse Cardoza'.

Denyse Cardoza
Executive Director

Our Mission

Empower children and their families to maximize their full potential through opportunities for growth and change.

Our Vision

KidZCommunity envisions a future in which children and families are the nation's top priority. KidZCommunity is recognized for offering services that enrich children's development through self-discovery, extraordinary environments and healthy enjoyable experiences. We are guided by a Reggio Emilia inspired approach to teaching, learning and reflection that promotes family engagement in, children's development, the program and the community.

We promote healthy eating and serve organic foods grown in community gardens. We invite staff to participate in relationship based reflective practices, and health and wellness activities. Our teachers are fully engaged, focused and have the time and space to reflect. They bring joy into teaching and help children to enter kindergarten with an enthusiasm to learn.

Values

The entire KidZCommunity organization is dedicated to creating and fostering a supportive environment which promotes trust, respect, professional growth, and quality leadership.

KidZCommunity administers Head Start, Early Head Start, State Preschool, Family Child Care Partnerships, and Private Provider programs throughout Placer and Nevada Counties. Every effort will be made to provide maximum benefits within the model and funding from the agency.



“Children are one third of our population and all of our future.”

- Unknown

My Child's Center Information

Welcome to: _____

Our Center's Phone Number is: _____

Our Site Supervisor's Name is: _____

Your Child's Teachers' Names are: _____

Your Family Advocate/ Home Visitors' Name and Phone Number is: _____

Your Bilingual Teacher Assistant's Name is: _____

The Hours of the School Day are: _____ to _____

Breakfast is Served at: _____

Lunch is Served at: _____

Snack is Served at: _____

Rest Time is at: _____

Your Parent-Center Committee Meetings are Scheduled for: _____

My Evacuation Area is: _____

My Class out-of-area Evacuation site is: _____

**When in doubt of evacuation location call
KidZCommunity's
Central Office (530) 885-5437 or 1-800-655-0432**

Notes:

KidZCommunity | Placer Community Action Council, Inc.
Central Office number is (530) 885-KIDS (5437) or (800) 655-0432

Our Curriculum



Early Head Start Center Base Curriculum

Our Early Head Start center-based program is guided by the Program for Infant/Children Care (PITC) Curriculum, a relationship-based approach that supports infants and toddlers through caring, responsive interactions. Through daily routines, play, and exploration, children are encouraged to learn with curiosity, confidence, and a sense of wonder. Teachers thoughtfully observe each child's development, interests, strengths, and needs so they can create individualized experiences that support the whole child. This approach also honors each family's culture, language, and values, helping build strong partnerships between home and school.

Prenatal and Early Head Start Home Based Curriculum

Our Early Head Start and Prenatal home-based program uses the Program for Infant/Children Care (PITC) Curriculum to support parents as their child's first and most important teacher. With guidance from the Home Visitor, families build on everyday routines and relationships to support learning, growth, and development. Through observation, reflection, play, and shared experiences at home and during socializations, parents are encouraged and empowered to nurture their child's curiosity, confidence, and development in ways that honor their family's culture, language, and values.

Head Start Curriculum

Our Head Start program uses the HighScope Curriculum, a research-based approach that supports children's learning through active, hands-on experiences, meaningful play, and strong relationships with teachers and peers. In HighScope classrooms, children learn by exploring materials, making choices, solving problems, asking questions, and reflecting on their experiences, which helps build independence, curiosity, and confidence. Teachers intentionally plan learning opportunities that support school readiness in all areas of development, including language and literacy, early math, science, social studies, physical development, and the arts. Social and emotional development is also a central part of the curriculum, as children practice communication, self-regulation, cooperation, conflict resolution, and building positive relationships. Through a balance of play, intentional teaching, and individualized support, children develop the skills they need to be successful in kindergarten and beyond.

Enhancements of the Curricula:

Reggio Emilia Philosophy has three core principles: the child is valued as central to their own learning, not simply an empty vessel waiting to be filled with knowledge, the environment often referred to as 'the third teacher', enables uninterrupted exploration, play and learning and outdoor spaces are valued just as highly as formal classrooms, the teachers are encouraged to observe children rather than to direct them. It is important that children are allowed to experiment in their own way, make mistakes and find new solutions.

Loose parts play is a type of **play** that supports invention, divergent thinking, problem solving and offers a sense of wonder to children. They are materials that can be moved, carried, combined, redesigned, lined up, and taken apart and put back together in multiple way

Anji Play approach is based on a **philosophy** that an environment of love (one that provides trust, warmth, support, and safety) allows children to take developmentally appropriate risks. These risks (physical, emotional and intellectual) provide children with experiences of joy.

Happy 4th of July

Placer County

Auburn

July 4th

Parade: 10:00 am @ Corner of Harrison and
Lincoln Way

Vendors and Fireworks to follow at
Gold Country Fairgrounds
5:00 pm - 10:00 pm

Downtown Colfax

July 3rd

Festivities 2:00 pm - 9:30 pm

Parade: 6:00 pm and 7:00 pm

Fireworks/Light Show: 9:15 pm

Lincoln

July 4th

Parade: 9:00 am Downtown Lincoln

Music and Events: 2:00 pm - 10:00 pm

@ McBean Memorial Park

Fireworks: 9:30 pm @ McBean Memorial Park

City of Roseville

July 4th

Parade: 9 am @ Vernon Street Town Square

Fireworks: 5:00 pm - 10:30 pm @ The Grounds

Foresthill Memorial Park

July 4th

Parade: 10:00 am

Music and Events: 10:00 am - 3:00 pm

Nevada County

July 4th

Downtown Nevada City

Parade: 11:00 am

Fireworks: Sunset

Grass Valley Downtown Association

Events: 8:00 am - 9:30 pm

Parade: 11:00 am

Truckee/Tahoe Basin

July 4th

Historic Downtown Truckee

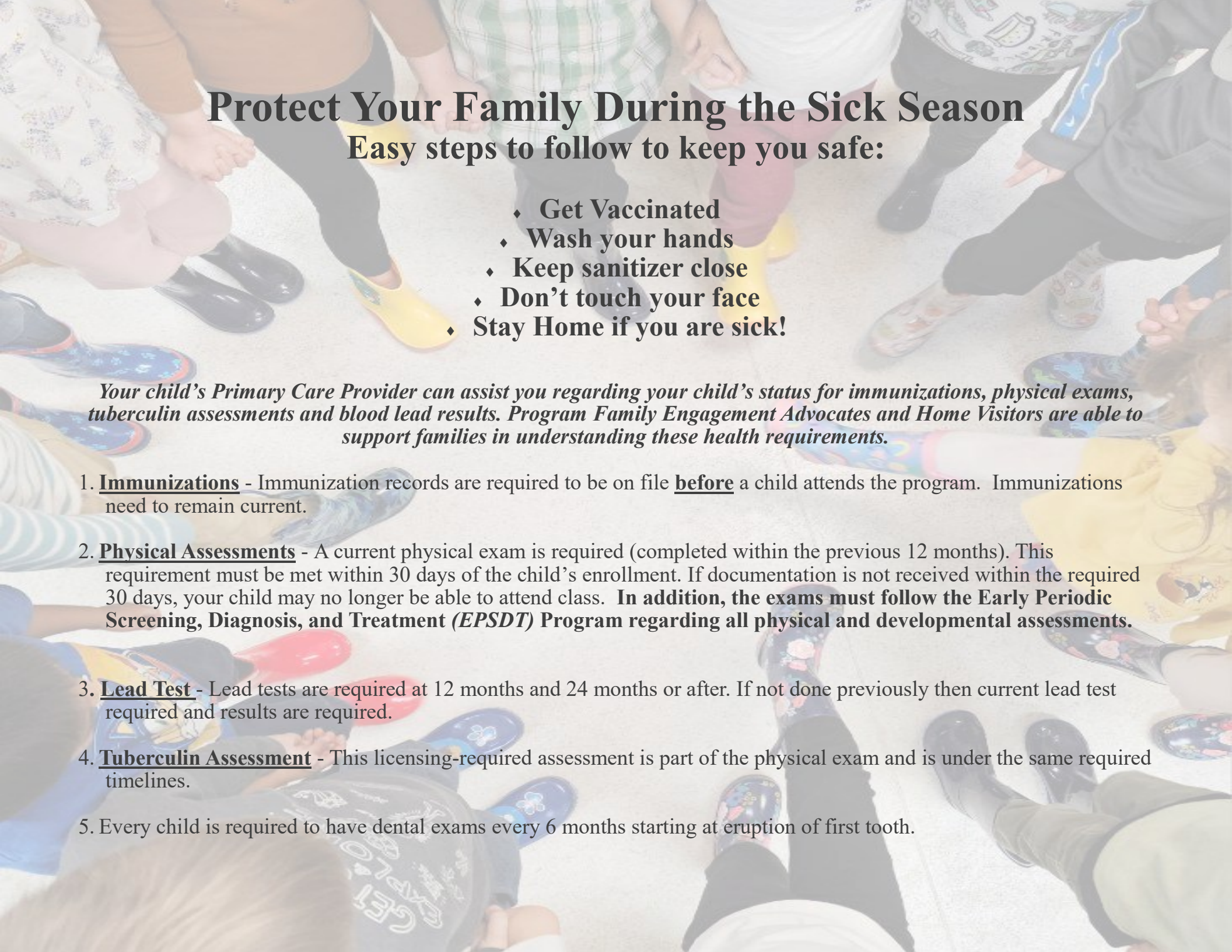
Parade and Events: 10:00 am - 1:00 pm

Fireworks: Sunset

July 2026

Please, review your
program calendar for more
information about your
program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 <i>~No School~</i>	4  <i>Independence Day Holiday</i>
5	6	7	8	9 Policy Council (Executive Officers) 9:30am - 12:00pm (Zoom)	10	11
12	13	14	15 Make a clean-up song. Make cleaning fun!	16	17	18
19	20	21	22	23	24	25
26	27	28 Personnel Committee 1:00pm - 2:00pm Interviews as needed	29	30 Program Finance Committee 1:00pm - 2:00pm	31	



Protect Your Family During the Sick Season

Easy steps to follow to keep you safe:

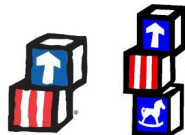
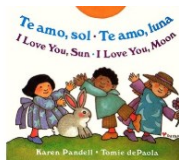
- ♦ Get Vaccinated
- ♦ Wash your hands
- ♦ Keep sanitizer close
- ♦ Don't touch your face
- ♦ Stay Home if you are sick!

Your child's Primary Care Provider can assist you regarding your child's status for immunizations, physical exams, tuberculin assessments and blood lead results. Program Family Engagement Advocates and Home Visitors are able to support families in understanding these health requirements.

1. **Immunizations** - Immunization records are required to be on file **before** a child attends the program. Immunizations need to remain current.
2. **Physical Assessments** - A current physical exam is required (completed within the previous 12 months). This requirement must be met within 30 days of the child's enrollment. If documentation is not received within the required 30 days, your child may no longer be able to attend class. **In addition, the exams must follow the Early Periodic Screening, Diagnosis, and Treatment (EPSDT) Program regarding all physical and developmental assessments.**
3. **Lead Test** - Lead tests are required at 12 months and 24 months or after. If not done previously then current lead test required and results are required.
4. **Tuberculin Assessment** - This licensing-required assessment is part of the physical exam and is under the same required timelines.
5. Every child is required to have dental exams every 6 months starting at eruption of first tooth.

August 2026

Please, review your
program calendar for more
information about your
program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <i>Early Head Start ~No School~</i>	4 <i>Early Head Start ~No School~</i>	5 <i>Early Head Start ~No School~</i>	6 <i>Early Head Start ~No School~</i>	7 <i>Early Head Start ~No School~</i>	8
9 	10 First Day of 2026-2027 Program Early Head Start (both counties) Head Start (Placer County) <i>~Minimum Day~ Placer County Head Start Programs</i>	11 <i>~Minimum Day~ Placer County Head Start Programs</i>	12 <i>~Minimum Day~ Placer County Head Start Programs</i>	13 <i>~Minimum Day~ Placer County Head Start Programs</i> Policy Council (Mental Health) 9:30am - 12:00pm (Zoom)	14 <i>~Minimum Day~ Placer County Head Start Programs</i>	15
16	17	18	19	20 Board of Directors Meeting 5:00pm - 7:00pm	21 Today be the first call- er to win I Love You Sun / I Love You Moon: Te Amo Sol / Te Amo Luna (530)886-4125	22 
23	24 First Day of 2026- 2027 Truckee Pines Head Start <i>~Minimum Day~ Truckee Pines Head Start</i>	25 <i>~Minimum Day~ Truckee Pines Head Start Only</i>	26 <i>~Minimum Day~ Truckee Pines Head Start Only</i>	27 <i>~Minimum Day~ Truckee Pines Head Start Only</i>	28 <i>~Minimum Day~ Truckee Pines Head Start Only</i>	29
30	31					

PARENTS ARE LEADERS

Get Involved! Head Start offers multiple opportunities to enhance and learn new leadership skills.

Policy Council

Policy Council representatives collaborate to lead the direction of Head Start programs. A Delegate and Alternate are chosen from each classroom/program to be representatives at monthly Policy Council Meetings. They also share information with other families at parent meetings. A stipend will be provided for seated members.

We'd love for you to join!

Please contact a staff person for more information.

Parent Meetings

Classroom parent meetings are held once a month. They are opportunities for parents to give input into curriculum planning, Fun-a-Thon, and special activities. Topics of importance to families are also discussed, which often include child development, nutrition, closing the "exposure gap" and positive discipline.

Standing and Advisory Committees

Parents are encouraged to participate in the committees and give input into the Head Start programs. These meetings are held periodically throughout the month.

Program
Finance
Personnel

Child Development
Health Mental Health Services
Family Partnership Services
Enrollment & Recruitment (ERSEA)

Please contact a staff person for more information.

September 2026

Please, review your
program calendar for more
information about your
program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 <i>~No School~</i> <i>Labor Day</i>	8 Family Partnership Services Advisory Committee 1:00pm - 2:00pm	9	10 Policy Council (League of Women Voters) 9:30am - 12:00pm (Zoom)	11 <i>-Minimum Day- All Sites</i>	12
13 	14 Today, be the first to call and win the book "The Very Hungry Caterpillar" (530) 886-4125	15 Safety Advisory Committee 3:00pm - 4:00pm	16	17 Health Mental Health Services Advisory Committee 1:00pm - 3:00pm Emergency Preparedness 3:00pm - 4:00pm	18	19
20	21	22	23	24 Program Finance Committee 1:00pm - 2:00pm	25	26
27	28	29 Personnel Committee 1:00pm - 2:00pm Interviews as needed	30			

Holidays and Celebrations Policy

KidZCommunity provides learning environments that reflect and respect the cultures, traditions, and lived experiences of children and their families while supporting their appreciation of their peers and community.

Holidays and celebration activities at **KidZCommunity, Placer Community Action Council, Inc.** are planned in thoughtful, inclusive, and developmentally appropriate ways. Activities may be as simple as reading a book, offering open-ended art materials, sharing music, having a classroom discussion, or inviting families to share how they observe a holiday or tradition.

Because children's ages and developmental needs vary across **Early Head Start, Head Start, and Home Base**, celebration activities may look different in each program. **Early Head Start** activities are designed for infants and toddlers and should focus on simple, sensory, relationship-based, and age-appropriate experiences with parent involvement. **Head Start and Home Base** activities may include more discussion, storytelling, child-led exploration, and family connection, while still ensuring activities are appropriate for the children's ages, interests, and developmental levels.

All holidays and celebrations activities should be respectful, inclusive, and optional, with a focus on learning, belonging, family engagement, and children's social emotional development.

October 2026

Please, review your
program calendar for more
information about your
program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Today, be the first to call and win a Pumpkin Sticker Kit! (530) 886-4125	2	3
4	5	6 Policy Council & Board of Directors Orientation/Training (In Person)	7 Policy Council & Board of Directors Orientation/Training (In Person)	8 Policy Council (Child Development) 9:30am - 12:00pm (Zoom)	9 -Minimum Day- All Sites	10
11	12	13 Family Partnership Services Advisory Committee 1:00pm - 2:00pm	14	15 Board of Directors Meeting 5:00pm - 7:00pm	16	17
18	19	20	21	22	23	24
25	26	27 Child Development Advisory Committee 2:00pm - 3:30pm	28	29	30	31

Turkey Noodle Soup

Ingredients:

- 1 tablespoon olive oil
- 3/4 cup diced carrots
- 3/4 cup diced celery
- 2 quarts reduced-sodium broth (turkey broth, chicken broth or vegetable broth)
- 2 cups small pasta (such as mini shells, orzo, or elbows)
- 1 cup diced fully cooked turkey
- 1/2 teaspoon salt
- Parmesan cheese, minced fresh parsley, fresh lemon juice (optional)

Directions:

1. Heat a medium pot over medium heat. Add the oil to warm.
2. Add the carrots and celery and stir to coat. Cover and cook for 4 minutes.
3. Add the broth and turn the heat to high. Bring to a boil, then reduce the heat back to medium so it's at a simmer with regular small bubbles.
4. Add the pasta and cook for 5-6 minutes or until tender.
5. Stir in the turkey.
6. Season to taste with salt and serve with parmesan, minced parsley and/or fresh lemon juice if desired.

*<https://www.yummytoddlerfood.com/turkey-noodle-soup/>

Ways to involve children in cooking:

- * Allow child to measure Ingredients.
- * Help child to mix ingredients together.
- * Ask children to help set the table with plates and utensils.

November 2026

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Did you know mandarins are a strong source of Vitamin C and fiber?						
1 	2 Today, be the first to call today to win the book, Thank You, Gracias (530) 886 - 4125	3	4	5	6	7
8	9	10 Family Partnership Services Advisory Committee 1:00pm - 2:00pm	11 ~No School~ Veterans Day Holiday	12 Policy Council (Nominations & Elections) 9:30am - 12:00pm (In Person)	13 -Minimum Day- All Sites	14
15	16	17	18	19 PC Officers Training Bylaws and Standing Rules Review (Zoom) (TBD)	20 Placer County Mandarin Festival The Grounds-Roseville 	21 Placer County Mandarin Festival The Grounds-Roseville 
22 Placer County Mandarin Festival The Grounds-Roseville 	23 ~ No School ~	24 ~ No School ~	25 ~ No School ~	26 ~ No School ~ Thanksgiving Holiday 	27 ~ No School ~	28
29	30					

Things Every Parent Should Know About Play

Children learn through their play:

Don't underestimate the value of play. Children learn and develop:

Cognitive Skills – math and problem solving in a pretend grocery store.

physical abilities – balancing blocks and running on the playground.

New Vocabulary – the words they need to play with toy dinosaurs.

Social Skills – playing together in a pretend car wash.

Literacy Skills – creating a menu for a pretend restaurant.

Play is healthy

Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

Play reduces stress

Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

Make time for play

As parents, you are the biggest supporters of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

*NAEYC

National Association for the Education of Young Children

Play and learning go hand-in-hand

They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

Play outside

Remember your own outdoor experiences of building forts, playing on the beach, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories too.

Trust your own playful instincts

Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

Play is a child's context for learning

Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. For example, in playing restaurant, children write and draw menus, set prices, take orders, and make out checks. Play provides rich learning opportunities and leads to children's success and self-esteem.

December 2026

Please, review your
program calendar for
more information about
your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Personnel Committee 1:00pm - 2:00pm Interviews as needed	2	3 Program Finance Committee 1:00pm - 2:00pm	4	5 City of Auburn Festival of Lights Parade
6 	7 Today, be the first to call today and win the book. "I Love You When You're Angry" (530) 886-4125	8	9	10 Policy Council and Board of Directors Meeting (Health) 9:30am - 12:00pm (In Person)	11 -Minimum Day- All Sites	12 35th Annual Nevada County Food and Toy Run 
13	14	15	16 Ask your child questions about the weather.	17	18	19
20	21 <i>~ No School ~ Winter Break</i>	22 <i>~ No School ~ Winter Break</i>	23 <i>~ No School ~ Winter Break</i>	24 <i>~ No School ~ Winter Break</i>	25 <i>~ No School ~ Winter Break</i>	26
27	28 <i>~ No School ~ Winter Break</i>	29 <i>~ No School ~ Winter Break</i>	30 <i>~ No School ~ Winter Break</i>	31 <i>~ No School ~ Winter Break</i>		

Healthy Body ~ Healthy Mind

We recognize the value of good nutrition to the well-being of your child. Accordingly, well-balanced meals are served that follow the required Child and Adult Care Food Program (CACFP) meal patterns and regulations. Menus are posted in the classroom.

Children requiring special food or accommodations because of food allergies and/or health reasons must have the required physician's statement on file with all applicable information. This is a requirement of State Licensing, Head Start and the CACFP (from USDA). **Without this documentation, all children must be served the same food.**

Please save special food treats for your celebrations at home. The Head Start Performance Standards specify that foods served be low in fat, sugar and salt. Therefore, non-food items such as birthday crowns, special books or plates are appropriate in our program.

Children are given a light breakfast when they first arrive at school, a nutritious lunch and a pm snack. It is suggested that your child eat breakfast at home before coming to school as the early meal they will receive at school is light. Meals are a part of the program, and there is no charge. We serve whole milk at all programs with meals.

Mealtimes provide learning opportunities for children. Meals are served family style to encourage self-help and independence. Children are encouraged to serve themselves small portions of foods (including new foods) but are never forced to eat. Also, food is never denied a child as a form of punishment. Please note that all food must be consumed on site.

Staff, children and parents always wash their hands before preparing and eating food. Set up and clean-up are a collaboration between staff, parents and children.



January 2027

Please, review your
program calendar for
more information about
your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>~ No School ~ Winter Break</i>	2
3	4	5	6	7	8 -Minimum Day- All Sites	9
10	11	12 Family Partnership Services Advisory Committee 1:00pm - 2:00pm	13	14 Policy Council (Nutrition) 9:30am - 12:00pm (Zoom)	15	16
17	18 <i>~ No School ~ Dr. Martin Luther King Jr. Birthday</i>	19 Safety Advisory Committee 3:00pm - 4:00pm	20	21 Health Mental Health Services Advisory Committee 1:00pm - 3:00pm Emergency Preparedness Committee 3:00pm-4:00pm	22 Today, be the first caller by 10:00 am and win a free child size bike helmet (530) 886-4125	23 
24	25	26 Personnel Committee 1:00pm - 2:00pm Interviews as needed	27	28 Program Finance Committee 1:00pm - 2:00pm	29	30
31						

Safety on the Move



Bicycle & Pedestrian

- Always wear a helmet.
- Fit your helmet correctly by making sure that it fits snug and sits level on your head.
- Ride on the sidewalk
- Wear reflective clothing.
- Children under age 10 should NOT cross the street alone.
- Teach and practice with stop, look, and listen before crossing the street.

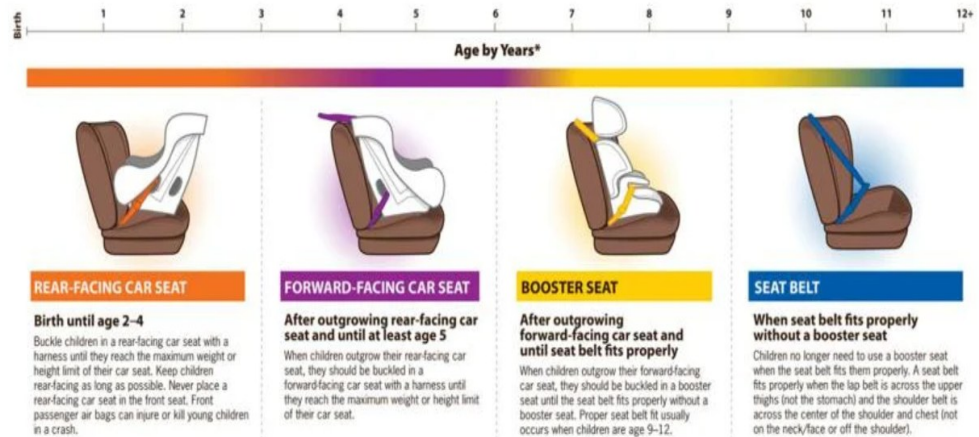


Never leave
your child
alone in a car,
even for a
minute.

Look before you lock!



Using the correct car seat or booster seat can be a lifesaver. Make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



Keep children age 12 and younger properly buckled in the back seat.

*Recommended age ranges for each seat type vary to account for differences in child growth and weight/height limits of car seats and booster seats. Use the car seat or booster seat manual to check for important information about installation, the seat weight and height limits, and proper seat use.

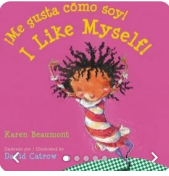
Child passenger safety recommendations: American Academy of Pediatrics (AAP) 2018.

www.cdc.gov/transportationsafety/child_passenger_safety



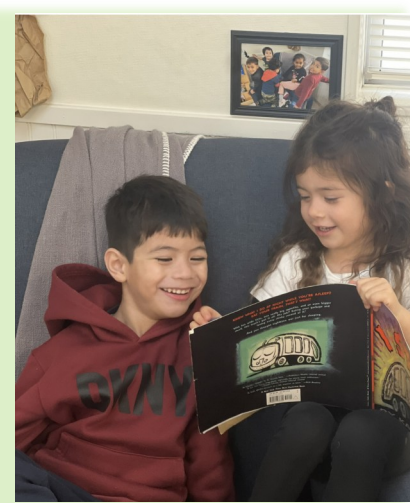
February 2027

Please, review your
program calendar for
more information
about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 	8 Today, be the first to call and win the book “Me Gusta Como Soy!” “I Like Myself!” (530) 886-4125	9 Family Partnership Services Advisory Committee 1:00pm - 2:00pm	10	11 Policy Council (Family Services) 9:30am - 12:00pm (Zoom) ERSEA Committee 1:00pm - 3:00pm	12 -Minimum Day- All Sites	13
14	15 <i>~No School~ Presidents Day</i>	16 Safety Advisory Committee 3:00pm - 4:00pm	17	18 Board of Directors Meeting 5:00pm - 7:00pm	19	20
21	22	23 Child Development Advisory Committee 2:00pm - 3:30pm	24	25	26	27
28						



Oh the Places You'll go When you...



Tips for Reading with your Child:

Read together at least 20 minutes each day.

Check out a variety of books from the library.

Talk about what you read.

Ask questions about what's happening in the pictures.

Join a story time at your local library.



March 2027

Please, review your
program calendar for
more information
about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Dr. Seuss's Birthday! National Read Across America Day Be the first Caller for a Dr. Seuss Kit (530) 886-4125	2	3	4	5	6
7	8	9 Family Partnership Services Advisory Committee 1:00pm - 2:00pm	10	11 Policy Council (Family Literacy) 9:30am - 12:00pm (Zoom)	12 -Minimum Day- All Sites	13
14	15	16 Safety Advisory Committee 3:00pm - 4:00pm	17 St. Patrick's Day	18 Health Mental Health Services Advisory Committee 1:00pm - 3:00pm Emergency Preparedness Committee 3:00pm - 4:00pm	19	20
21	22	23	24	25 Program Finance Committee 1:00pm - 2:00pm	26	27
28	29 <i>~ No School ~ Spring Break</i>	30 <i>~ No School ~ Spring Break</i> Personnel Committee 1:00pm - 2:00pm Interviews as needed	31 <i>~ No School ~ Spring Break</i>			

APRIL IS NATIONAL *child abuse* PREVENTION MONTH



All KidZCommunity/PCAC employees are required by law to report any known or reasonable suspicion of child abuse or neglect to local Child Protective Services. Parents/Guardians will not be informed by agency staff when a report has been made. If a report is made, regard and support for families will continue, and confidentiality about the report will be maintained. **Therefore, if your child has had an accident away from the center which has resulted in an injury, please explain what happened to the Teacher, Family Advocate, or Home Visitor.**



April 2027

Please, review your
program calendar for more
information about your
program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>~ No School ~ Spring Break</i>	2 <i>~ No School ~ Spring Break</i>	3
4 	5 Today, be the first to call and win a Spring Family Basket. (530) 886-4125	6	7	8 Policy Council (Lead) 9:30am - 12:00pm (Zoom)	9 -Minimum Day- All Sites	10
11	12	13 Family Partnership Services Advisory Committee 1:00pm - 2:00pm	14	15 Board of Directors Meeting 5:00pm - 7:00pm	16	17
18	19	20	21	22 	23	24
25	26	27 Child Development Advisory Committee 2:00pm - 3:30pm	28	29	30	

Preparing for Kindergarten

Children may have a lot of questions about their new school.
Here is a list of ideas that help make the transition smooth for your family:

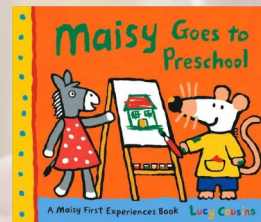
Before School Starts

- ☐ Call the school and schedule a visit to the classroom and to meet the teacher.
- ☐ Ask the teacher for the best way to communicate with each other.
- ☐ Make transportation plans and practice walking or riding the route together with your child.
- ☐ Make needed child care arrangements for before and/or after school. Discuss these arrangements with your child.

On the First Day of School

- ☐ Plan to arrive on time and stay with your child 15-30 minutes. Together explore the classroom, meet other children, and/or play with a few toys or books.
- ☐ Confirm the school has current phone numbers, and emergency contact numbers.
- ☐ Post a calendar of school events on your refrigerator so you know all minimum days, parent meetings, or school activities.
- ☐ Get involved with parent-teacher organizations.

Breathe...



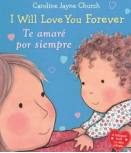
Will my teacher be nice? Where are the bathrooms? Do I get to play in Kindergarten?

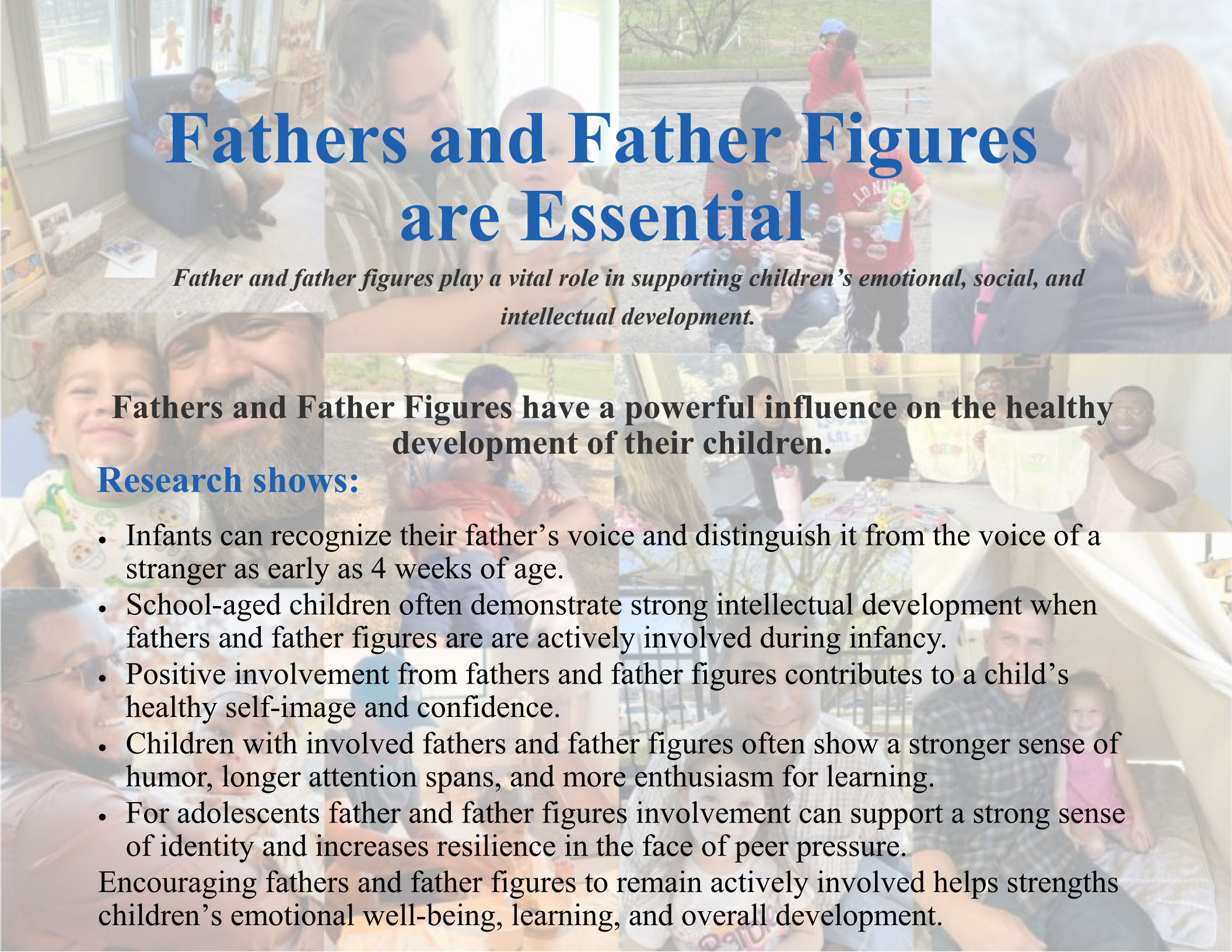
Anticipating kindergarten can be both exciting & frightening for young children. Here are 4 ways you can help prepare for this new experience:

- Encourage your child to ask questions about kindergarten.
- Talk about kindergarten with a positive attitude, explain what to expect and answer all questions honestly.
- Read books about kindergarten. All Head Start classrooms have books about transitioning, ask your teacher!
- Establish a routine several weeks before the first day of school that will give your child adequate sleep and time to dress, eat, and gather needed school supplies.

May 2027

Please, review your program calendar for more information about your program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Write words with your child that begin with
2 	3 Today, be the first to call and win the book I will love you forever Te amaré por siempre. (530) 886-4125	4	5 ~Minimum Day~ Lower Placer Only KidZCommunity Family Festival Lower Placer County	6	7	8
9 Mother's Day	10	11 Family Partnership Services Advisory Committee 1:00pm - 2:00pm	12	13 Last Day for Placer County Head Start (Subject to change, please see classroom calendar for updates) Policy Council (Transitions) (Zoom) 9:30am - 12:00pm	14 -Minimum Day- All Sites	15
16	17	18 Happy 62nd Birthday Head Start! 	19 ~Minimum Day~ Truckee Only KidZCommunity Family Festival Kings Beach/Truckee	20 Health Mental Health Services Advisory Committee 1:00pm - 3:00pm Emergency Preparedness Committee 3:00pm - 4:00pm	21	22
23	24	25 Personnel Committee 1:00pm - 2:00pm Interviews as needed	26	27 Program Finance Committee 1:00pm - 2:00pm	28	29
30	31 <i>~ No School~ Memorial Day</i>					



Fathers and Father Figures are Essential

Father and father figures play a vital role in supporting children's emotional, social, and intellectual development.

Fathers and Father Figures have a powerful influence on the healthy development of their children.

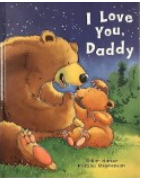
Research shows:

- Infants can recognize their father's voice and distinguish it from the voice of a stranger as early as 4 weeks of age.
- School-aged children often demonstrate strong intellectual development when fathers and father figures are actively involved during infancy.
- Positive involvement from fathers and father figures contributes to a child's healthy self-image and confidence.
- Children with involved fathers and father figures often show a stronger sense of humor, longer attention spans, and more enthusiasm for learning.
- For adolescents father and father figures involvement can support a strong sense of identity and increases resilience in the face of peer pressure.

Encouraging fathers and father figures to remain actively involved helps strengthen children's emotional well-being, learning, and overall development.

June 2027

Please, review your
program calendar for more
information about your
program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Last Day for Truckee Pines and CC Coppin Head Start (Subject to change, please see classroom calendar for updates)	2	3	4	5
6 	7 Today, be the first to call and win the book "I love You Daddy" (530) 886-4125	8	9	10 Policy Council (Executive Officers) 9:30am - 12:00pm (Zoom)	11 -Minimum Day- All Sites	12
13	14	15	16	17 Board of Directors Meeting 5:00pm - 7:00pm	18 ~No School~ Juneteenth Holiday	19
20 Father's Day	21	22	23	24	25	26
27	28	29	30			

Keep yourself busy this Summer!

Go for a walk and talk about your beautiful surroundings.

Make up rhymes with your names in them.

Play “Simon Says,” Hide and Seek or tag.

Make a tent with a sheet over the kitchen table.

Ask “thinking” questions. “Where do you think birds sleep?” OR “Where does the water go after it goes down the drain?”

Eat dinner outside “picnic style.”

Make a Smoothie

2 1/2 cups strawberries

1/2 cup 100% grape juice

1 pitted peach

1 cup low-fat plain yogurt or strawberry yogurt if you don't have the nectar

1 cup ice

Make your own book by cutting out magazine pictures and pasting them on paper.

Dance: Turn on some music, march around the house play freeze dance!

Create an obstacle course with cushions to climb over, a box to crawl through and shoes to hop over.

Visit the library and check out some books or movies. Ask your librarian about a summer reading program.

Have a fun park day!

Play in the water: Visit a local pool, splash pad or have fun with a sprinkler.

Enjoy popsicles outside!

July 2027

Please, review your
program calendar for more
information about your program.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Today be the First Caller and win a beach towel! (530) 886-4125	2	3
4  <i>Independence Day</i>	5 <i>~No School~</i>	6	7	8 Policy Council (Executive Officers) 9:30am - 12:00pm (Zoom)	9 -Minimum Day- All Sites	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27 Personnel Committee 1:00pm - 2:00pm Interviews as needed	28	29 Program Finance Committee 1:00pm - 2:00pm	30	31

Policies and Procedures

Non-Discriminatory Statement

KidZCommunity strives to involve the entire family in addressing the educational and developmental needs of children. All children 0-5 years old and their families are afforded a safe and creative learning environment. KidZCommunity is committed to providing quality services for all families and encourages enrollment of children with disabilities.

Enrollment

Families qualify based upon specific income and child age criteria 0-5.

Fees

No fees are charged for Head Start, or Early Head Start Services.

Child Emergency Form and Procedures

Every child enrolled in the program must have current emergency form on file.

Forms be current with names, phone number and addresses of adults to be called if you cannot be reached in case of emergency.

Arrival/Signing-In Procedure

Sign your child in and out of the program with your full signature and exact time upon arrival and departure on our daily sign in/sign out sheets.

Parents will remain until the health check is complete.

Children may leave the preschool

only with the parent or guardian, or an adult 18 years or older

PLEASE NOTE: Your child will not be released to an adult who does not have the necessary authorization or proper identification. If someone else should bring your child to school, please inform them of the sign in procedure and they will need to be on the Emergency Contact Form.

Transportation of Children

It is the expectation of this program that all children are transported in compliance of California Vehicle Code Section 27360 which states, **“No driver shall transport...any child in a motor vehicle.... without providing and properly securing the child in a child passenger restraint system meeting applicable federal motor vehicle safety standards unless the child is at least: *Eight years of age or older.*”**

Child Adult Care Food Program Non-discrimination Statement:

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability and reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than

English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a form AD-3027, USDA Program Discrimination Complaint form, which can be obtained online, [@www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf](http://www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf) from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or Fax:(833) 256-1665 or (202) 690-7442; or Email:program.intake@usda.gov

This institution is an equal opportunity provider.

Limited English Proficiency (LEP) Services

KidZCommunity provides free language assistance services for families with limited English proficiency. Translation, interpretation, and other language support are available at no cost to ensure equal access to all programs and services, in compliance with CACFP civil rights requirements.



For additional information about these and other policies/ procedures please scan the QR code, or see your teacher or home visitor.

Policies and Procedures

Safe Release Policy **Head Start Performance Standards** **1302.47 Safety practices.**

Policy:

As advocates for the health and safety of KidZCommunity families, Placer Community Action Council staff follows a safe release policy when releasing children to adults.

Children shall only be received from and/or released to adults listed on their **Information and Consent for Medical and Emergency Treatment Form**

PLEASE NOTE: It is unlawful to leave a child unattended without an adult in a vehicle.

Attendance Policy and Absences

Parents are required to bring children to class/play group when in session, except when a child is ill, the parent is ill, when it is in the best interest of the child, or a family emergency has occurred. Families are allotted 10 Best Interest Days per school year.

When to keep your child home

Please keep your child home if they:

- * Have a fever above 100° within 24 hours
- * Appears very ill
- * Diarrhea
- * Vomiting
- * Respiratory symptoms
- * Nasal discharge with color
- * Sore throat

Regular attendance provides children with the maximum opportunity to benefit from the program.

- Parents must record all absences daily following sign-in/sign-out procedures. Include the specific reason for the absence and sign **full signature**.

If a pattern of irregular attendance develops, teaching and family advocate staff will work with your family to develop an Attendance Goal to support your family.

- **Contact your program within one hour with a specific reason for absence.**
- **If we do not hear from you a staff member will call or text you.**
- **If they do not reach you a home visit will be made.**
- **If needed for the health and safety of your family a welfare check may be made.**

Child Behavior Policy

Staff will follow the National Association for the Education of Young Children (NAEYC) Code for Ethical Conduct & Statement of Commitment, Principles and above all, staff shall not harm children.

Active Supervision Policy

Active supervision is the most effective strategy for creating a safe environment and preventing injuries in young children. Active supervision requires focused attention and intentional observation of children at all times.

Dual Language Learner Policy

KidZCommunity values children and their family's primary home language while supporting the social, emotional and cognitive development of children which is essential for English acquisition and school readiness.

Sexual Harassment Policy

It is the policy of KidZCommunity that sexual harassment, or any unlawful harassment, will not be tolerated. Violators of the policy are subject to disciplinary action, including discharge. Sexual harassment includes many forms of offensive behavior. Acts that constitute sexual harassment include, but are not limited to, unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature.

Diapering/ Toileting Policy

No child is denied admission or participation in a KidZCommunity, PCAC program or activity based on the fact that the child requires the use of diapers or pull-ups, or has toileting accidents.

Safe To Sleep Policy

This Safe to Sleep Policy will be reviewed at the time of enrollment with staff and enrolled families in KidZCommunity, PCAC, Inc. to familiarize them with the program's sleep policies for infants and to provide them with current recommendations. Safe sleep and napping practices reduce the risk of Sudden Infant

Death Syndrome (SIDS) and the spread of contagious diseases.

Toddler Program Participation

Children between 18–36 months of age will participate in the Toddler Program. Children will not transition to the Preschool Program before 30 months of age without written permission.



For additional information about these and other policies/ procedures please scan the QR code, or see your teacher or home visitor.

Siblings/ Non-Enrolled Children in the Classroom Policy

- All preschool and childcare programs must follow regulations regarding adult: child ratios. For that reason, non-enrolled children must be directly supervised by their parent / guardian at all times when they are at the center.
- Your non-enrolled infant or preschool age child must be a sibling of your enrolled child.
- A copy of the current immunization record and TB risk assessment of the non-enrolled child must be presented before the child can be brought to the classroom.
- You should always be in direct sight and hearing of the non-enrolled child and are responsible to ensure the child behaves appropriately and follows the teaching staff's requests.

Jewelry Policy

KidZCommunity is dedicated to the health and safety of your child. The following guidelines apply when children are in our care to assure, they are safe and healthy:

KidZCommunity cannot be responsible for lost or broken jewelry, including jewelry with monetary value and/or high sentimental value.

Early Head Start Centers and Head Start Classrooms:

All jewelry will be removed and stored while napping and during active play. This includes and is not limited to bracelets, necklaces, and earrings other than stud and huggie earrings.

Early Head Start Centers, Head Start Classrooms, and Home-Based Playgroups:

If a parent is present during napping or active play, the parent will take responsibility for the care of the child.

Staffing

Centers have qualified teaching staff with credentials in Early Childhood Education and certified by the State of California.

Clothing

Children are active in the program. They will be using expressive materials including paint, water and sand. They will also be involved in many climbing and running activities. Please dress your child in comfortable clothing and sturdy shoes that can accommodate these activities.



For additional information about these and other policies/ procedures please scan the QR code, or see your teacher or home visitor.

General Communication Procedures

Sometimes miscommunication or incomplete information causes concern. Immediately clarifying the situation with the people involved is efficient and creates opportunities to develop successful solutions. A team approach to resolution helps everyone. To resolve questions, concerns or problems successfully as possible, KidZCommunity asks parents to initiate the following steps:

1. Meet informally with the person (s) involved.
2. State the facts and the concern.
3. Call and make an appointment with your teacher or family advocate.
4. Request a meeting with the Child Development Manager and Site Supervisor
5. If your concerns need further support the Family Services Manager will assist you in implementing the agency complaint procedure and arrange a meeting with the Executive Director if you have further concerns.

Community/Parent Concerns

KidZCommunity supports parents in setting positive examples for their children in resolving issues or conflicts. To be an empowering role model for your child, we encourage you to use the following procedure:

1. Address concerns with the immediate person involved.
2. If the issue is not resolved, go to the Site Supervisor or the Immediate Supervisor.
3. If mediation is still needed, please contact Denyse Cardoza,

the Executive Director
KidZCommunity: Placer
Community Action Council, Inc.
She can be reached directly at
(530) 886-4130 or e-mail her at
dcardoza@pcac-inc.org.

4. If you feel the above steps were unsuccessful, contact the Department of Social Services, State of California, Community Care Licensing at 8745 Folsom Blvd. Ste. 200 Sacramento, CA 95826 or at (916) 229-4530.

Parent Conduct

Courteous and respectful behavior between and among all program participants is essential for KidZCommunity to achieve its mission and help to assure a positive environment and promote safety and security.

Tobacco Guidance

KidZCommunity programs are "Tobacco Free." No tobacco will be permitted on any of our sites and refrain from using tobacco while participating in school functions (including field trips) in order to safeguard the health of all program participants.

Children Left After Hours/ Late Pick-Ups

We realize that emergencies and unusual circumstances occur which may prevent you from picking up your child at the appropriate time. For these reasons, it is required that you have at least one alternative, reliable person that you can call to pick up your child on time. If your child has not been picked up by the

Policies and Procedures

end of class and no parent contact has been received, the following steps will be taken:

- Attempts will be made by staff to contact parent/guardian, by home, cell or work phone numbers
- Emergency contact person (s) will be called to pick up the child, if parent/guardian cannot be reached

PLEASE NOTE: If after one hour the child has not been picked up and no contact has been made, Child Protective Services (CPS) maybe called by the Teacher or Family Advocate. After second late pickup, the teaching staff and the family engagement advocate will schedule a meeting with you. The purpose of the meeting is to develop a Plan of Support, to support you in becoming successful in picking up your child on time.

Children's Wellness Support Plan (supporting ill children in the classroom)

- The wellness support plan is in place to ensure the health and safety of all children and staff, and is aligned with licensing regulations, and guidance from Caring for Our Children.

When children show signs of illness during the school day, staff will respectfully guide the child to the wellness support area (staff office, or other designated area)* and provide a clean cot or chair with a blanket, toys, or books.

Community Visitor/Walking Experiences

Community visitors and walking experiences should be designed to provide children with a wide range of learning experiences which will help them develop socially, intellectually, physically, and emotionally.



For additional information about these and other policies/procedures please scan the QR code, or see your teacher or home visitor.

Kaitlyn's Law: Unattended Child in Motor Vehicle Act

Never Leave A Child Alone in A Car

- At least 37 children died in the United States in 2025 after being left in hot cars. On average, 37 to 38 children under the age of 15 die each year from vehicle heatstroke. Almost every U.S. state has recorded at least one child vehicular heatstroke death since 1998, the year the national tracking began.
- Children age 5 and under accounted for more than 85% of these deaths.
- Most cases involved children left in cars by parents or other adults, but one-third were the result of children crawling into unlocked parked cars.



In the fall of 2001, the Governor of California signed into law Senate Bill 255, also known as *Kaitlyn's Law*. Named for Kaitlyn Russell, a six-month old who died after being left alone in a parked car for more than two hours, the law makes it illegal for a child to be left unattended in a motor vehicle.

California Vehicle Code 15620

(a) A parent, legal guardian, or other person responsible for a child who is **6 years of age or younger** may not leave that child inside a motor vehicle without being subject to the **supervision of a person who is 12 years of age or older, under either of the following circumstances:**

(1) Where there are conditions that present a significant risk to the child's health or safety.

(2) When the vehicle's engine is running or the vehicle's keys are in the ignition, or both.

(b) A violation of subdivision (a) is an infraction punishable by a fine of one hundred dollars (\$100).

(c) Nothing in this section shall preclude prosecution under both this section and Section 192 of the Penal Code, or Section 273a of that code, or any other provision of law.

(d) (1) Subdivision (b) and Section 40000.1 do not apply if an unattended child is injured or medical services are rendered on that child because of a violation described in subdivision (a).

(2) Nothing in this subdivision precludes prosecution under any other provision of law.

In accordance with Kaitlyn's Law, 70% of the proceeds from fines are used for the development and implementation of community education programs on the dangers of leaving children unattended in motor vehicles.

Early Head Start/Head Start Disabilities Services

- Children with Special Needs -

KidZCommunity believes that acceptance and belonging are the essence of a child's reality. For any child, belonging means having the same opportunities as anyone else to participate in life events. That participation has little to do with ability or disability, but instead has to do with understanding— knowing that there is but one world in which each person must play a part.

The magic of young children is that they learn so much from each other. KidZCommunity believes that regardless of the severity of their disability, children benefit from adaptive settings. A key component of our work with children is a consideration of how they are individually unique. The desired results of early childhood environments and experiences for children with and without disabilities is to create within our programs; a sense of belonging, positive social relationships and friendships, and individualized development and learning opportunities.

Since 1972 Head Start programs have been mandated to make available, at a minimum, ten percent of its enrollment opportunities to children with disabilities. These special needs range from mild speech and language delays to more significant developmental, health and orthopedic disabilities. Through partnerships with local special education and early intervention agencies, Disability Services ensures each child with a disability in Head Start is identified and receives appropriate, collaborative, non-duplicated services.

Questions or concerns regarding your child's development can be addressed with your child's teacher, Family Advocate, or by contacting the Disabilities Coordinator (530) 537-7968



Parent Voices Have Power!

Families qualified for CalFresh/CalWORKs benefits are now eligible!

FREE

EARLY LEARNING FOR ALL

Head Start
Early Head Start

PROGRAMS FOR PREGNANT MOTHERS AND CHILDREN BIRTH TO 5 YEARS OLD

Our programs promote school readiness by supporting comprehensive development

Serving Placer & Nevada Counties

OUR PROGRAM OPTIONS

Infant/Toddler | Preschool
Home Based | Family Childcare

- Hands-on learning
- Nurturing and safe environment
- Healthy Snacks and Meals Provided
- Support Services for the Whole Family
- Health, Wellness and Nutrition Services
- Individualization for Children with Disabilities



KidZ Community
Empowering Families®

Apply Online or Call:
530-886-4122
www.KidZCommunity.org

Central Office - 1166 High Street, Auburn, CA 95603
Lic. #313602274

Placer Community Action Council, Inc. is a nonprofit agency. Funding provided by the Department of U.S. Health and Human Services.

PCAC prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, sex, marital status, genetic information, political beliefs, reprisal, or because of or because all or part of an individual's income is derived from any public assistance program.

Help Us
Achieve Full
Enrollment!

Recruit the next
Head Start or
Early Head Start
Family

Family Resource Centers

Family Resource Centers (FRC) offer family support programs and services including referrals to local community resources.

Most FRCs offer the following services:

Counseling, parenting classes, enrollment for medical insurance and financial assistance, child abuse protection information and other community resources.



KidsFirst Family Resource Center - Auburn

200 Auburn Folsom Road Suite 101
Auburn, CA 95603 (530) 887-3536
www.kidsfirstnow.org

KidsFirst Family Resource Center - Roseville

516 Gibson Drive Suite 100
Roseville, CA 95678
(916) 774-6802
www.kidsfirstnow.org



PARTNERS Family Resource Center Grass Valley

236 South Church Street
Grass Valley, CA 95645
(530) 273-4059
www.partnersfamilyresourcecenters.org



Resource Center
FOR FAMILIES

San Juan Ridge Family Resource Center

18847 Oak Tree Road
North San Juan, CA 95690
(530) 292-3174
www.sanjuanridgefrc.org



Lincoln Counselling & Family Resource Center

110 Gateway Drive #210
Lincoln, CA 95648
(916) 645-3300
735 Sunrise Avenue Suite 116, Roseville
11990 Heritage Oak Place #4b, Auburn
3175 Sunset Boulevard Suite 103, Rocklin
www.lighthousefrc.org



Sierra Community House - Kings Beach

265 Bear Street
Kings Beach, CA 96143
(530) 546-0952
www.sierracommunityhouse.org

Sierra Community House-Truckee House

11695 Donner Pass Road
Truckee, CA 96161
(530) 587-2513
www.truckeefrc.org

Community Resources

Need Additional Information? Contact your Family Advocate/ Home Visitor or local Family Resource Center

COUNSELING & PARENTING

Department of Mental Health (Adults)

Placer County.....	(916) 787-8860
Nevada County.....	(530) 265-1437
Tahoe Basin.....	(530) 573-7970
24-Hour Parent Support Line ...	1-888-281-3000

Placer County

<i>Destiny Community Center.....</i>	<i>(916) 780-1873</i>
<i>Insights Counselling.....</i>	<i>(530) 887-1300</i>
<i>KidsFirst Family Resource Center</i>	
Roseville.....	(916) 774-6802
Auburn.....	(530) 887-3536
<i>Latino Leadership Council.....</i>	<i>(530) 333-3283</i>
<i>Lincoln Lighthouse.....</i>	<i>(916) 645-3300</i>
<i>Sierra Native Alliance.....</i>	<i>(530) 888-8767</i>
<i>Placer County Adult System of Care</i>	<i>(530) 889-7240</i>

Nevada County

<i>PARTNERS Family Resource Center</i>	
Grass Valley.....	(530) 273-4059
North San Juan.....	(530) 292-3174
<i>Victor Community Support Services</i>	
Grass Valley	(530) 273-2244
<i>Nevada County Children's Mental Health</i>	<i>(530) 470-2736</i>
<i>Nevada County Stabilization Unit</i>	<i>(530) 470-2409</i>

Truckee/Kings Beach

<i>Sierra Community House</i>	<i>(530) 546-0952</i>
24 hr. help line	<i>(800) 736-1060</i>
<i>Sierra Mental Wellness Group</i>	
Tahoe City.....	<i>(530) 581-4054</i>



SUBSTANCE ABUSE RECOVERY

Granite Wellness Centers

1-855-467-3496 https://www.granitewellness.org//	
Auburn.....	(530) 885-1961
Grass Valley.....	(530) 273-9541
Lincoln.....	(916) 434-8927
Roseville.....	(916) 782-3737
Truckee.....	(530) 587-8194
Kings Beach.....	(530) 546-5641

Alcoholics Anonymous (AA)

Auburn	(530) 888-3607
Grass Valley.....	(530) 272-6287
Roseville.....	(916) 781-2763

County Alcohol & Drug Services

Placer County	(530) 885-7240
Nevada County.....	(530) 265-1437

Common Goals Substance Abuse Counselling

Grass Valley/ North San Juan	(530) 274-2000
------------------------------	----------------

SAMHSA's National Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)
(also known as the Treatment Referral Routing Service), or TTY:
[1-800-487-4889](tel:1-800-487-4889)

Also visit the [online treatment locator](#), or send your zip code via text message: [435748](tel:435748) (HELP4U) to find help near you.



Community Resources

Need Additional Information? Contact your Family Advocate/ Home Visitor or local Family Resource Center

EDUCATION & EMPLOYMENT

Placer County

Adult Literacy	(530) 889-4000
Library	(530) 886-4500
CTE Works (49er ROP)	(530) 889-5949
Adult School.....	(530) 885-8585
Roseville Adult School.....	(916) 782-3952
Golden Sierra Job Training.....	(916)-746-7722

Nevada County

Library	(530) 265-7050
ESL/ Literacy (FRC).....	(530) 273-4059
Business and Career Network	
Grass Valley	(530) 265-7088
Truckee	(530) 550-3015

Sierra College

Rocklin.....	(916) 624-3333
Nevada County.....	(530) 274-5300
Tahoe / Truckee.....	(530) 550-2225

CHILD CARE

KidZCommunity/ Placer Community Action Council

Placer/ Nevada.....	(530) 885-5437
---------------------	----------------

Placer County Office of Education (PCOE)

Placer County.....	(530) 889-8020
--------------------	----------------

Sierra Nevada Children's Services (SNCS)

Grass Valley.....	(530) 272-8866
Truckee	(530) 587-5960

YOUTH SERVICES

National Runaway Safe line	800-786-2929
Suicide Prevention Lifeline.....	800-273-8255
Youth Crisis Line.....	800-843-5200

Coalition for Placer Youth (Drug Free)

www.coalitionforplaceryouth.org

Roseville/Rocklin	(530) 886-3641
Auburn/ Lincoln.....	(530) 273-7956
Tahoe/ Truckee.....	(530) 546-1942

ABUSE & DOMESTIC VIOLENCE

Children's System of Care

Placer County.....	(916) 872-6549
Nevada County	(530) 273-4291

Tahoe Safe Alliance

Truckee.....	(530) 582-9117
Kings Beach.....	(530) 546-7804
Stand Up Placer 24/7 Help.....	1-800-575-5352
Auburn.....	(530) 885-0443
Roseville.....	(916) 773-7273

Community Beyond Violence

Nevada County.....	(530) 272-2046
--------------------	----------------

RECREATION & PARK DISTRICTS

Auburn.....	(530) 885-8461 auburnrec.com
City of Lincoln.....	(916) 434-3220 lincolnca.gov
Nevada City	(530) 265-2496 ext. 129 nevadacityca.gov
Truckee Donner.....	(530) 582-7720 tdrpd.com
Roseville	(916) 772-7529 roseville.ca.us/parks
Rocklin	(916) 625-5200 rocklin.ca.us/thingstodo



***For More Resources in
Nevada County:
Call #211
or 1833-DIAL211***

***Sacramento County:
Call 2-1-1 or 1-800-500-4931***

Community Resources

Need Additional Information? Contact your Family Advocate/ Home Visitor or local Family Resource Center

HOUSING

CA Fair Employment & Housing Department

1-800-884-1684 // www.dfeh.ca.gov

Housing Authority ("Section 8 Programs")

Placer County.....(530) 889-7676

Roseville.....(916) 774-5270

Nevada County.....(530) 671-0220

www.rhasnc.org

Home Start

Roseville(916) 782-6667

The Gathering Inn

Roseville(916) 791-9355

Auburn.....(530) 885-8108

HEALTH & HUMAN SERVICES

Human Services (including MediCal)

Placer County.....(530) 889-7610

www.benefitscal.org

Nevada County.....(530) 265-1340

www.c4yourself.com

Social Security & Medicare1-800-633-4277

CalFresh.....1-888-385-5160

www.getcalfresh.org

CalWORKs.....(530) 889-7647

UTILITIES

AT&T Universal Lifeline.....1-800-288-2020

California Alternate Rate for Energy (CARE)

PG&E1-866-743-2273

Southwest Gas (Truckee).....1-877-860-6020

SMUD Energy Assistance Program Rate (EAPR)....1-888-742-7683

Truckee Donner PUD - Energy Savings Program.....(530) 587-2513

LEGAL SERVICES

Placer County

District Attorney.....(916) 543-8000

Child Support Services.....1-866-901-3212

Nevada County

District Attorney.....(530) 265-1301

Child Support Services.....1-866-901-3212

Legal Service of Northern CA.....(530)823-7560

WEB RESOURCES

Talk, Read, Sing: State First 5

<https://www.first5california.com/en-us/>

PBS Parent

www.pbs.org/parents/education/reading-language/reading/activities/

Reading Rockets

www.readingrockets.org/audience/parents

Reading Partners

www.readingpartners.org/take-action/resources-for-parents/

Daily Parents Imagination Library

www.imaginationlibrary.com/news-resources/parent-resources/



Community Resources

Need Additional Information? Contact your Family Advocate/Home Visitor or local Family Resource Center

FOOD & CLOTHING

Nevada County

Interfaith Food Ministry
440 Henderson Street
Grass Valley, CA 95945
(530) 273-8132
Open: M/W/F 10am-1pm

Call Food Bank of Nevada County for more location
(530) 272-3796

Placer County

Auburn Interfaith Food Closet
12972 Earheart Ave. #301
Auburn, CA 95602
(530) 885-1921
Open: M-F 10am-2pm

Sierra Reach Ministries
18015 Applegate Road
Applegate, CA 95703
(530) 878-2705
Open: Thursdays 9-12pm

7th Day Adventist Church
12225 Rock Creek Rd.
Auburn, CA 95602
(530) 885-4232
Open: Tuesdays 9-1pm

Placer Food Bank
www.placerfoodbank.org

The Salvation Army

286 Sutter Street
Auburn, CA 95603
(530) 889-3990
Open: M/W/F 10-2pm
(closed 12-12:30)

The Salvation Army

100 Lincoln Street
Roseville, CA 95678
(916) 784-3382
Open: M-Th 10-1pm, 2-3pm
Friday 1-3pm

Truckee/ Kings Beach

Project Mana
Kings Beach/ Truckee
(775) 298-0008

Sierra Bible Church Food Pantry

11460 Brockway Road
Truckee, CA 96161
(530) 587-6025
Open: M-F 9-11am

Women Infant and Children (WIC)

WIC provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

Toll Free Number
for California:
1-888-942-9675

**Farmer's Markets
across California are
now accepting Cal
Fresh EBT!!**





LIBRARIES

Placer County

Applegate.....	(530) 878-2721
Auburn.....	(530) 886-4500
Colfax.....	(530) 346-8211
Foresthill.....	(530) 367-2785
Granite Bay.....	(916) 791-5590
Kings Beach.....	(530) 546-2021
Lincoln.....	(916) 434-2410
Loomis	(916) 824-2905
Penryn.....	(916) 663-3621
Rocklin.....	(916) 624-3133
Roseville.....	(916) 774-5221
Roseville Maidu....	(916) 774-5221
Roseville Riley.....	(916) 774-5221
Tahoe City.....	(530) 583-3382

Nevada County

Bear River.....	(530) 271-4147
Chicago Park Elementary School.....	(530) 346-2153
Grass Valley.....	(530) 273-4117
Madelyn Helling.....	(530) 265-7050
Penn Valley.....	(530) 432-5764
San Juan Ridge.....	(530) 292-3008
Truckee Library.....	(530) 582-7846



COMMUNITY AND FAMILY EVENTS

The Mandarin Festival

This festival celebrates the harvest of locally grown Owari Satsuma Mandarins in Placer County attendees can view three stages of live entertainment; hundreds of quality crafters; a cooking stage with demonstrations; a competitive recipe contest; an area devoted to children's activities; and fifteen local citrus farmers selling their freshly harvested Mandarins in Roseville, CA at The Grounds. This happens the Third Friday, Saturday, and Sunday in November.

Festival of Lights Parade

An annual tradition for staff, children and families of KidZCommunity is to attend parade. A chilly, yet fantastic way to celebrate the lights of the season! Auburn, The first Saturday of December.

Nevada County Food and Toy Run

For the last 35 years, hundreds of motorcyclist's rumble through the towns of Nevada City and Grass Valley on the way to the Nevada County Fairgrounds where families await in anticipation of their arrival. Families may receive a holiday dinner, a bag of potatoes and canned goods to take home for the Holidays. Each child receives a toy, and everyone celebrates with vivacious atmosphere. Grass Valley, The Second Saturday in December.

Be on the lookout! Check our social media for up to date information on events in the community and much more!

Facebook: <https://www.facebook.com/HeadstartPCAC> or search @KidZCommunity

Instagram: <https://www.instagram.com/kidzcommunity/> or search @Kidzcommunity

Twitter: https://twitter.com/_KidzCommunity or search @_KidzCommunity



Are You Ready For An Emergency?

Here Are Some Ways To Be Ready...

Emergency Supplies:

- ☐ **Water** - One gallon per person per day
- ☐ **Non-perishable Food** - at least three day supply
- ☐ **Battery Powered or Hand Crank Radio**
- ☐ **Extra Batteries**
- ☐ **Flashlights**
- ☐ **First Aid Kit**
- ☐ **Whistle**
- ☐ **Moist Towelettes**
- ☐ **Garbage Bags**
- ☐ **Plastic Ties**
- ☐ **Wrench or Pliers** - to turn off utilities
- ☐ **Manual Can Opener**
- ☐ **Important Family Documents**
- ☐ **Plastic Sheeting and Duck Tape** - for sheltering in place
- ☐ **Items for Unique Family Needs** - medication, diapers, formula, etc...
- ☐ **Cell Phone and Charger**
- ☐ **Filter Mask** (cotton T-shirt) to help filter air (ask your Dr.)
- ☐ **Jump Drive** Personal Information Saved on i.e. Birth Certificates and Important Documents

For Weather (per person):

- ☐ **Jacket or Coat**
- ☐ **Long Pants**
- ☐ **Long Sleeve Shirt**
- ☐ **Sturdy Shoes**
- ☐ **Hat and Gloves**
- ☐ **Sleeping Bag or Warm Blanket**

Ever Heard of ICE?

“ICE” = IN CASE of EMERGENCY

It is suggested that you have an “ICE” contact on your cell phone. If you have an emergency, paramedics will know who to contact.

How to set up an “ICE” Contact in your phone:

1. Go to add a new Contact,
2. In the Contact’s Name screen put “ICE”
3. Put the person’s phone number you want contacted on the line for the number.
4. Under notes you can add the person’s name and relation.
5. To add more than one ICE: ICE2, ICE3, ICE4 etc.

Adapted from www.ready.gov also see website for more information