



**Public Service Announcement  
First 5 Yuba  
Preparing for the First Day  
Series: 1 of 4**

**Time: 30 seconds**

THE FIRST DAY OF SCHOOL IS EXCITING BUT CAN BE A LITTLE FRIGHTENING FOR YOUNG KIDS. TO HELP EASE FIRST DAY JITTERS, TALK TO YOUR CHILD ABOUT SCHOOL ACTIVITIES AND WHAT THE DAILY SCHEDULE MAY LOOK LIKE.

VISIT THE SCHOOL IN ADVANCE AND MEET THE NEW TEACHER TO HELP YOUR CHILD GET USED TO THE NEW SURROUNDINGS.

FOR MORE WAYS TO GET YOUR CHILD READY FOR THE FIRST DAY OF SCHOOL, CONTACT FIRST 5 YUBA AT (530) 749-4877 OR VISIT [WWW.FIRST5CALIFORNIA.COM/PARENTS](http://WWW.FIRST5CALIFORNIA.COM/PARENTS).

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PSA 2 OF 4 CONTINUED ON NEXT PAGE



**Public Service Announcement  
First 5 Yuba  
Healthy Kids Make Happy Students  
Series: 2 of 4**

**Time: 20-25 seconds**

WHEN KIDS ARE HEALTHY, THEY FOCUS BETTER ON WHAT'S  
IMPORTANT IN SCHOOL – LEARNING!

IN CALIFORNIA, KIDS ENTERING PUBLIC SCHOOL FOR THE FIRST TIME  
NEED TO BE UP-TO-DATE ON ALL IMMUNIZATIONS AND MUST HAVE  
COMPLETED A DENTAL EXAM.

TO FIND OUT WHERE THESE FREE AND LOW-COST SERVICES ARE  
AVAILABLE IN YOUR AREA, CONTACT FIRST 5 YUBA AT (530) 749-4877 OR  
VISIT [WWW.FIRST5CALIFORNIA.COM/PARENTS](http://WWW.FIRST5CALIFORNIA.COM/PARENTS).

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PSA 3 OF 4 CONTINUED ON NEXT PAGE



**Public Service Announcement  
First 5 Yuba  
School Success Starts at Home  
Series: 3 of 4**

**Time: 15 seconds**

SUCCESS IN SCHOOL STARTS AT HOME.

RESEARCH SHOWS THAT CHILDREN WHO SPEND TIME READING WITH THEIR PARENTS AND CAREGIVERS ENTER SCHOOL BETTER PREPARED FOR LEARNING.

FOR MORE SCHOOL READINESS TIPS, CONTACT FIRST 5 YUBA AT (530) 749-4877 OR VISIT [WWW.FIRST5CALIFORNIA.COM/PARENTS](http://WWW.FIRST5CALIFORNIA.COM/PARENTS).

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PSA 4 OF 4 CONTINUED ON NEXT PAGE



**Public Service Announcement  
First 5 Yuba  
Start the Day Off Right  
Series: 4 of 4**

**Time: 15 seconds**

RESEARCH SHOWS THAT EATING A HEALTHY BREAKFAST HELPS KIDS DO WELL IN SCHOOL.

KIDS WHO START THE DAY WITH A NUTRITIOUS MEAL ARE MORE LIKELY TO FOCUS AND BE PHYSICALLY ACTIVE.

FOR MORE ON STAYING HEALTHY, CONTACT FIRST 5 YUBA AT (530) 749-4877 OR VISIT [WWW.FIRST5CALIFORNIA.COM/PARENTS](http://WWW.FIRST5CALIFORNIA.COM/PARENTS).

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