



First Five Yuba Updates

- [First Five Yuba Office](#) will be closing at 4:00PM Thursday's and Fridays beginning January 5, 2012.
- [2012 FIRST FIVE YUBA CALENDARS](#)- Are now available in increments of 25. Call 749-4877 to reserve your copies!
- [POTTER THE OTTER](#)—A Tale About Water: FFY has a limited quantity of books available for children 0-5 and they are **FREE!** Come by our office to get your free copy.
- [2011-2016 FIRST FIVE YUBA STRATEGIC PLAN](#)- Formally approved by the full Commission on November 23, 2011.
- [2010/2011 FIRST FIVE YUBA EVALUATION FINDINGS](#)— Presented by Francesca Wright of Davis Consultant Network.



Yuba County child at Exerstations playground located in the Edgewater subdivision.

Calendar Theme of the Month

Healthy Eating

Breastfeeding your baby has lifelong benefits. Breast milk:

- Helps protect babies from ear infections, lung infections, diarrhea and reduces their risk for allergies and asthma
- Helps mothers bond with their babies
- Saves money

As your children grow, help them to make healthy food choices, including eating plenty of vegetables, fruit, low-fat milk, yogurt, lean meats and beans. Kids who eat healthy:

- Will grow to be strong and healthy
- Learn to prefer the taste of healthy food
- Have lots of energy and want to play

Children can make choices that give a sense of having some influence over things that happen in their life.

***Based on the 40 Developmental Assets which are positive factors within young people, families, communities, schools and other settings that research has found to improve and promote the healthy development of young people.:*

Partner/Community Announcements and Resources

GraceSource

[CLICK HERE](#) to read Tips on: *Healthy family, Health and wellness, Meeting other moms, and Learning kid friendly snacks.*

Community Link

Community Services Planning Council is now Community Link Capital Region. In conjunction with their new name, they have launched a new, more user friendly and comprehensive website, www.communitylinkcr.org [CLICK HERE](#) for more information.

The Fremont—Rideout Health Group

The Fremont-Rideout Health Group would like community members to take a short survey that is being conducted to collect data on a possible name change. Please [CLICK HERE](#) for more information.

Monthly Calendar of Events

School Readiness Program

- [Linda Elementary School](#)
- [Cedar Lane Elementary School](#)
- [Ella Elementary School](#)

Newsletters from other Organizations

[California Pre-Existing Condition Insurance Plan Newsletter](#)

[Earlychildhood Newslink](#)

[First 5 San Joaquin](#)

[PEI Newsletter](#)

[Yuba-Sutter Transit Newsletter](#)



Job Opportunities

Sierra Health Foundation

Sierra Health Foundation is expanding their staff and accepting applications for the following new positions:

- Director of Health Programs
- Evaluation Director
- Public Affairs and Communications Director
- Program Officer

Online applications only accepted. [CLICK HERE](#) for additional information.



Training and Conferences

First 5 San Joaquin Presents:

Bridges Out of Poverty Seminars

"*Strategies for Professionals and Communities*"
(For First 5 Contractors and Community Partners)
held at the Robert J. Cabral Agricultural Center in
Stockton. [CLICK HERE](#) for registration
information. Date is as follows:
February 6, 2012 8:30AM—4:30PM

"What Every Church Member Should Know About
Poverty" (A workshop for faith-based
organizations) held at the Public Health
Auditorium in Stockton. [CLICK HERE](#) for more
information. Date is as follows:
February 7, 2012 8:30AM—4:30PM

First 5 California and the Water Cooler Joint Conference:

Day One: Investments in Early Learning—Let
Evidence Lead the Way

Day Two: Stronger Together—Winning Our
Children's Future

Conference will be held at the Sheraton Grand
Sacramento Hotel. [CLICK HERE](#) for more
information. Dates are as follows:

Day One February 8, 2012

Day Two February 9, 2012

Important Dates to Remember

January 2, 2012—First Five Yuba Office CLOSED in observance of New Years Day

January 16, 2012—First Five Yuba Office CLOSED in observance of Martin Luther King's Birthday

January 26, 2012—First Five Yuba Commission Meeting

