



Family Resource  
Centers  
**PENN VALLEY SITE**

**MARCH  
2020**

10862 Spenceville Road,  
Penn Valley  
Located on Ready Springs  
School Campus  
Turn right at the campus  
stop sign, we are located  
in the 2nd portable  
(530) 432-1118 x249  
M - F 9:00 to 4:00

## OUR SERVICES

- CLOTHES CLOSET
- FREE DIAPERS
- LENDING LIBRARY
- COMPUTER LAB  
(INTERNET ACCESS, FAX,  
PRINTER, COMPUTERS)
- CAREER DEVELOPMENT  
SUPPORT
- PARENTING CLASSES
- WEEKLY PLAYGROUP
- COMMUNITY RESOURCES  
& REFERRALS

## DIAPER PROJECT



We have diapers supplied from the Diaper Project. These diapers are free and are to help supplement the cost of diapers for families.

You are welcome to get a package of diapers a week from us. We carry diapers from size one to size five.

## STORY TIME AT THE FRC



Every Wednesday Ms. Laurie host Story Time at the FRC from 10 to 11:30. We welcome parents and their children from birth to 5. Story Time features stories, crafts, movement, playtime, and snack. We look forward to seeing you and your little ones!

Drop-ins are welcome!  
Call 432-1118 x249 for more info

## KINDERGARTEN REGISTRATION

Children who will be 5 years of age on or before September 1st are eligible for kindergarten; students turning 5 between September 2nd and December 2nd are eligible for Transitional Kindergarten

Parent may need the following items during the registration process (check with the school to verify):

- original birth certificate
- child's immunization records
- examination for school entry
- legal documents (custody orders, restraining orders, if appropriate)
- health insurance policy number
- proof of residency
- the enrolling kindergarten

### Ready Springs School (TK- 8)

Parent Meeting: March 10 5:30 - 6:30pm

Registration: March 24 and April 8

Hours: by appointment  
Phone: 530-432-1118

### Grass Valley Charter School (K- 8)

Round-up: March 13 1:00 - 2:00pm

Phone: 530-273-8723

### Mt. Saint Mary's Academy (TK- 8)

Parent Meeting: March 25 6:30 - 7:30pm

Phone: 530-273-4694



## 20TH ANNUAL DAFFODIL RUN

Proceeds from the Run support our local schools; Clear Creek School, Williams Ranch School, and Ready Springs School. The run also supports the Penn Valley Rotary, Penn Valley High-Grader Lions, and the Penn Valley Area Chamber of Commerce. It also supports Western Gateway Park. Additionally funds raised go toward beautifying our area by providing daffodil bulbs throughout our community to bloom each spring.

A scholarship for a Nevada Union High School senior. Planting daffodil bulb in our community, and supports Western Gateway Park

The Daffodil Run is for the whole family and all ages:

- Free Kids Run for little ones ages 2-8. Starts at 8:30am
- 5K and 10K runs and 5K walk starts at 8:45am

The fees are \$25 for all adults 15+ \$12 for 14 years and under  
Fees include a T-shirt if paid before April 1st.

For more information  
Call 530-263-7386  
geegill116@yahoo.com  
daffodilrunpv.com

## OUR FUNDING PARTNERS



## Close the Distance

*Sometimes I wish I had a megaphone as I call across the expanse of the house to my son. I might even sound upset as my voice gets louder and louder, trying to get his attention. Has this ever happened to you? Daily, maybe? Sometimes families sound like they are yelling at one another. They might not be upset - just too far away from one another to speak respectfully.*

Continued on page 2

## PARENTING PARTNERS Parenting Tips with Annie



Annie Keeling,  
MFA

*Continued from page 1*

There are three volume levels.

1. Outside or Playground voice - as loud as one can be
2. Speaking up voice - the level one might use in a classroom
3. Inside voice - a calm voice that happens within arms' reach of another

One of the biggest changes we made as a family was to consciously Close the Distance - that is, to go close enough where the person you want to communicate with can see and hear you. Then we can use inside voices, which reduce the overall volume in the home. It has turned out to be one of the best parenting tips we've ever used.

To practice, try playing The Loud/Soft Game :

1. Before coming inside from outside play, have the child yell a "phrase of the day" as loud as they can. My son liked, "Leapin' Larpnoodles".
2. With each step closer to the front door, have your child lower the volume
3. Take it to the extreme - have them whisper and tiptoe to the sink to wash hands and then to the table for a snack.

A house full of people yelling at one another doesn't feel like a safe place to be. My son really notices now how loud other families can be and he seems to find it disconcerting. This is one parenting tool that increases family communication and can be used with children of any age. It helps calm all the nerves in the household and makes the day go easier.

*Annie Keeling, MFA, is the Parenting Specialist for Nevada County Superintendent of Schools. She teaches parenting classes throughout the year. Contact Annie to find the next class near you: [akeeling@nevco.org](mailto:akeeling@nevco.org) or 530-268-5086.*

## PARENTING CLASSES IN 2020 NURTURING PARENT 8 WEEK CLASS

Call Annie to register: 530-268-5086  
Cost: \$35 (scholarships available)  
Pizza & childcare provided  
Space is limited, so register today!

Annie Keeling, our Parenting Specialist, will be teaching another parenting class! Annie will help you put some great new tools in your parenting tool box! These tools will help reduce family stress, become a more confident parent, create an organized, orderly family routine with ground rules that everyone knows & follows and enjoy a more harmonious family environment.

### Grass Valley:

Tuesday Nights

March 24th - May 19th 2020

Grass Valley Charter School  
225 S. Auburn Street, Grass Valley

5:30 to 7:30pm

You do not need to be a part of these schools to attend. Our parenting classes are open to all who wish to attend. We look forward to seeing you in January.

## COMMUNITY CLASSES at Connecting Point Free!

### March Classes

#### Universal Precautions

March 3rd

3:30 to 5:00pm

Connecting Point

#### Living Well with a Chronic Condition

March 4th to April 8th

2:00 to 4:30pm

Glenbrook

#### CPR and First Aid

March 9th and March 11th

2:00 to 4:30pm

Cedar Park Apartments Community  
Room

#### Freedom from Smoking

March 31st to May 12th

2:00 to 4:00pm

Glenbrook Apartment Community  
Room

Register online at  
[connectingpoint.org/events](http://connectingpoint.org/events) or by  
phone, call Karen 274-5601

## CLOTHES CLOSET DONATIONS

We are running low on our kids clothes, especially spring clothes!

Please bring in your clean used kids clothes to the Family Resource Center. Thank you! Your donations are greatly appreciated.

## PARENT TO PARENT COFFEE GROUP

A place for parents of students with Special Needs to come together.

Meets Monthly at Caleb's Creamery & Coffee, 17329 Penn Valley Drive  
Contact Nathan to find out when next meeting will be held, 530-788-2355