

OPT Parent Newsletter




Young Horizons
Child Development Centers
Long Beach, CA
www.YHCC-LB.com
October 2016

YOUNG HORIZONS
CARING LOVING LEARNING

OPT News

The month of October brings many exciting activities to our centers. We are excited this month to offer fun activities for the whole family.

The results are in! We have a newly elected OPT Board that will be contributing new ideas and activities this year. Parents and Staff at all centers participated by electing the people they believed would work and advocate for the interests of our families and children. We hope that this year, as in other years, brings fun activities and events for the whole family to enjoy. We thank the parents and staff who volunteered to be part of the Board and the parents who would like to volunteer in the classrooms and at our events. You can find more information about our new OPT Board on the back.

Our Fall fundraiser will begin on October 10 and run until October 24. Please help our organization by purchasing products from the Midland Fundraiser catalogs. The catalogs have arrived and will be distributed to classrooms very soon. Keep in mind that a percentage of your purchase stays at Young Horizons and we are then able to use those funds to provide extracurricular activities throughout the year. As always, you may offer any ideas and suggestions for educational field trips through your Center Representative.

Our first OPT Board Meeting will be held on October 12th at Young Horizons' Kohn Center Library at 5:00pm. I look forward to meeting our new board members and working with them to have a productive and fun-filled year. Thank you all for donating your time.

Javier Zamorano
Administrative Assistant
jamorano@yhcc-lb.com



Monthly theme: "Health, Safety and Nutrition"

This month's theme is related to the wellbeing of our children. The theme "Health, Safety and Nutrition" will teach your child how to follow basic hygiene rules, brushing their teeth and eating healthy foods.

Fire safety is an important topic that the children will be discussing with their teachers. They will learn about the interesting work that Firefighters do in our communities. Teachers have activities that use pretend flames and spray bottles to put out these pretend fires.

Children will learn about exercising and how important it is to be active to maintain a healthy lifestyle. Throughout the centers, teachers have planned physical activities such as push-up challenges, jumping jacks and going up and down slides.

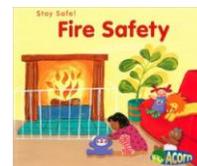
The "Health, Safety and Nutrition" theme leads us to the important topic of safety. We will participate once again in **The Great Shakeout** on October 20th. This is an annual event where we raise awareness about the importance of safety during an earthquake. Children will prepare by learning to drop, cover and hold. With the heightened earthquake alert in California this event will be perfect for our children to learn about earthquake safety.

Recommended books for the month of September include the following:

"Healthy Habits" by Rebecca Weber

"Fire Safety" by Sue Barraclough

"The Bear Ate Your Sandwich" by Julia Sarcone-Roach



Cooking Experience

10/11 Breakfast: Oatmeal and fruit

10/25 Lunch: Beef taco with cheese, lettuce and salsa



OPT Newsletter Page 2

Earthquake Safety Tips

Earthquakes are a common occurrence, rumbling below Earth's surface thousands of times every day. But major earthquakes are less common. Here are some things to do to prepare for an earthquake and what to do once the ground starts shaking.

Safety Tips

Have an earthquake readiness plan. Consult your local health department to learn how to make your home sturdier, such as bolting bookcases to wall studs, installing strong latches on cupboards, and strapping the water heater to wall studs. Locate a place in each room of the house that you can go to in case of an earthquake. It should be a spot where nothing is likely to fall on you. Keep a supply of canned food, an up-to-date first aid kit, 3 gallons (11.4 liters) of water per person, dust masks and goggles, and a working battery-operated radio and flashlights. Know how to turn off your gas and water mains.



If Shaking Begins

Drop down; take cover under a desk or table and hold on. Stay indoors until the shaking stops and you're sure it's safe to exit. Stay away from bookcases or furniture that can fall on you. Stay away from windows. In a high-rise building, expect the fire alarms and sprinklers to go off during a quake. If you are in bed, hold on and stay there, protecting your head with a pillow. If you are outdoors, find a clear spot away from buildings, trees, and power lines. Drop to the ground. If you are in a car, slow down and drive to a clear place. Stay in the car until the shaking stops.

<http://environment.nationalgeographic.com/environment/natural-disasters/earthquake-safety-tips/>

What's Happening this Month?

October 10-24: Fall Fundraiser

October 20: The Great Shakeout, 10:20 am

(10:20 on 10/20)



Join us for the 11th anniversary of Jumpstart's *Read for the Record*®, a global movement towards transformative change in early education. On 10/27, children and adults around the world will highlight the importance of children's literacy by participating in the world's largest shared reading experience. This year's campaign book, "The Bear Ate Your Sandwich" by Julia Sarcone-Roach, is a classic tale of a bear's epic journey and the mystery surrounding one delicious sandwich. Join the movement today at readfortherecord.org.



OPT Board 2016-2017!

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OPT Board Photograph coming soon!

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