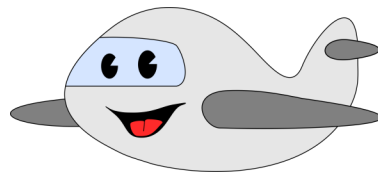


OPT Parent Newsletter



Young Horizons
Child Development Centers
Long Beach, CA
www.younghorizons.org
February 2018

OPT News

The OPT would like to thank all of you that are participating in our ITERS/ECERS annual environment rating review. Call me or email me if you would like to be part of this and get to know the program better. There is still time!

Our chocolate fundraiser will be going on from 1/29/18 to 2/28/18. The chocolates have been distributed to parents. The money we raise will be used to cover expenses for field trips and other things provided for the program. Thank you very much for your participation! If you have not signed up yet, you can still do it.

Thanks to all your efforts in fundraising, this month the OPT was able to provide new boom boxes for all three classrooms at the Grisham Center. The children will enjoy listening to audio books and music.

Don't forget that Young Horizons T-shirts are available at all the centers. Ask your teacher if you want to purchase one.

Dinora Navarro
Administrative Assistant/OPT Coordinator
dnavarro@younghorizons.org
(562) 437-8991 ext. 14



Cooking Experience 02/13/18



Carrot and Raisin Salad

Monthly Theme: Transportation

This month's theme is transportation. The children will be learning about the different types of transportation we use such as cars, ships, boats, trains, helicopters and airplanes. They will learn how each kind differs from the other.

They will be doing different activities such as counting cars, creating an airport out of cardboard and identifying its areas. They will pretend to be passenger and flight attendants. They will learn about density and why boats float and the meaning of length and speed.

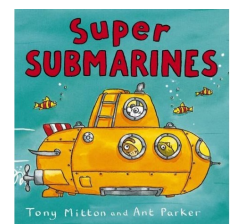
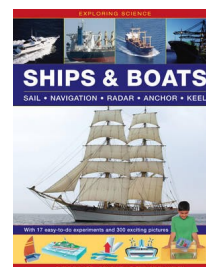
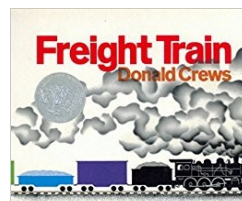
February will be a month full of learning!

This month we recommend the following books to extend classroom learning:

"Freight Train" By: Donald Crews

"Ships and Boats" By: Chris Oxlade

"Super Submarines" By: Tony Mitton and Ant Parker



February Kindergarten Festivals

02/03/18: Roosevelt Elementary
1574 Linden Ave, Long Beach, CA 90813

02/24/18: Oropeza Elementary
700 Locust Ave, Long Beach, CA 90813

From 8:45am to 12:00pm

Dental Hygiene: How to Care for Your Child's Teeth

Healthy teeth are important to your child's overall health. They help your child eat and talk. Strong oral care helps set good dental habits as your child grows. Poor oral care can lead to infection, disease, or other teeth problems.

Help make dental hygiene fun with these tips.

- ◆ Let children help choose their own toothbrush. They can pick one that has a favorite color or character.
- ◆ Let children help choose toothpaste. They can pick their favorite flavor.
- ◆ Read books or watch videos that talk about dental hygiene.
- ◆ Use a timer to make sure kids brush their teeth for 2 minutes. Or play their favorite song to help keep track of time.
- ◆ Reward children for good oral care. Do not give them food or sugary treats. Offer something healthy or simple instead, like apple slices or a gold star.
- ◆ Plan a fun activity following your child's dentist visit.

Kids who eat a lot of sugary foods and drinks are at high risk for cavities. It is important to make healthy food choices. Avoid too much sugar. Do not let your child have a lot of soda, fruit juice, or sweetened drinks. Limit sweet snacks and drinks between meals. If your child does have sugar, make sure they brush their teeth afterward.

<https://familydoctor.org/dental-hygiene-how-to-care-for-your-childs-teeth/>

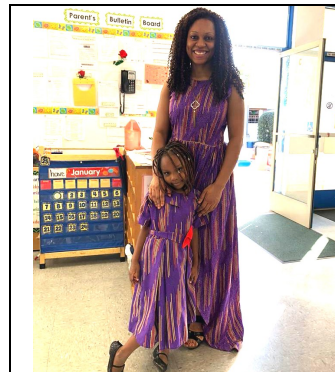
Last Month at Young Horizons



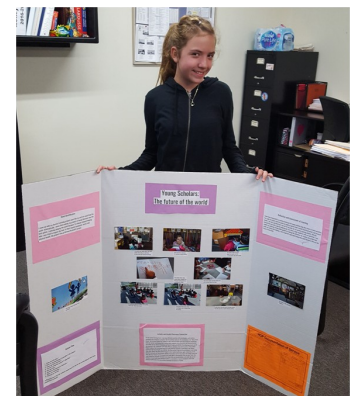
Creating and tasting a fruit salad at Kohn Center



Pijama day at Ludloff Center



Discovering new cultures at Central Pacific: A parent and her daughter wearing traditional attire for a Sunday gathering in Nigeria.



Sherlyn Rodriguez, a former Young Horizons student came to show us her project "The Future of the World" which she completed at Young Horizons. She got an A! Congratulations Sherlyn!

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