

OPT Parent Newsletter



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

OPT News

The month of April has ended and we would like to thank you, parents and teachers for all your support of our activities.

Thanks to all the fundraising of parents and teachers, Young Horizons was able to take about 330 Preschoolers on fieldtrips to the California Science Center, the Aquarium of the Pacific and the Cabrillo Marine Aquarium. We would not be able to do all this without your help. We would also like to thank the office of Supervisor Janice Hahn for donating a bus for one of our field trips.

Since the Infants and Toddlers are too young to join us for field trips, a Fun Day was organized for them. The OPT provided snacks and materials for them to enjoy.

Young Horizons celebrated the week of the Young Child with different activities planned for each day of the week. The Artsy Thursday Art Galleries were a hit at every center. The families were able to appreciate the art created by our very talented children.

The Ludloff Center will be receiving new carpets for their reading areas and new boom boxes for all six classrooms.

Last but not least, our OPT Picnic is approaching. Save the date! It will be held on Saturday, June 23. It will be a day full of fun and delicious food. This will be a pot-luck style event-bring your favorite dish. More information will be sent to the centers soon.

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Cooking Experience 05/08/18

Veggie Dip with Broccoli and Other Vegetables



Monthly Theme: Wonders of the Sea

Around 70% of the earth is covered by oceans. The largest ocean on Earth is the Pacific Ocean, covering around 30% of the Earth's surface. About **70%** of the oxygen we breathe is produced by the oceans. We have only explored about **5%** of the world's oceans. There's a lot more to be discovered!

This month's theme at Young Horizons is "Wonders of the Sea." The children will learn about different sea animals, sea plants and coral reefs, tides and tide pools. They will also discuss why it is so important to keep our beaches clean.

Some of the activities will include reading books about the sea, creating sea art, counting seashells and discussing why some objects sink and others float.

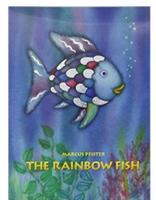
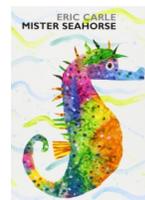
You can extend the learning at home by exploring items that sink and float during bath time or by visit the beach and looking for seashells. Ask your child, "What animal do you think lived in this shell?" Remember, you are your child's first teacher and conversations with you really matter!

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

"Mister Seahorse" By: Eric Carle

"Commotion in the Ocean" By: Giles Andrae and David Wojtowycz

"The Rainbow Fish" By: Marcus Pfister



Next OPT Board Meeting
Wednesday, May 9, 2018
5:00-6:00, Kohn Center Library



Wrigley River Run
June 2, 2018



For more information and to register visit:
<http://wrigleyriverrun.com/index.html>

Heatstroke

Sometimes babies are so peaceful and quiet in the back-seat that we can forget they are even there, and it can be tempting to leave a sleeping baby in the car so we don't have to wake them up while we quickly run into the store. But leaving a child alone in a car can lead to serious injury or death from heatstroke, even in cooler temperatures.

Here is some helpful information and tips for parents about heatstroke prevention for kids.

Hard facts about heatstroke:

- ◆ On average, every 10 days a child dies from heatstroke in a vehicle. In more than half of these deaths, the caregiver forgot the child was in the car.
- ◆ A car can heat up 19 degrees in just 10 minutes. And cracking a window doesn't help.
- ◆ Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's.

Top Tips for Preventing Heatstroke

Reduce the number of deaths from heatstroke by remembering **ACT**

1. **A**void heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. Always lock your doors and trunks - even in your driveway. And keep your keys and key fobs out of the reach of kids.
2. **C**reate reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following normal routine.
3. **T**ake Action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

<https://www.safekids.org/heatstroke>



Last Month at Young Horizons



Infant and Toddlers Fun Day at Grisham Center



The children had a great time during their field trips

Parents and children enjoying their Art Gallery



Have you signed up already?

Stay up to date by texting your center's keyword to **81010**

Kohn Center: **@yhkohn**

Central Pacific Center: **@yhcentral**

North Pacific Center: **@yhnorth**

Ludloff Center: **@yhludloff**

Grisham Center: **@yhgrisham**

Questions: Call Dinora Navarro at 562.437.8991 x14

**Teacher Appreciation Week from
05/07/18 to 05/11/18**



CIVIL RIGHTS STATEMENT

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