

OPT Parent Newsletter



**Young Horizons**
Child Development Centers
Long Beach, CA
www.younghorizons.org
November 2017

OPT News

The Organization of Parents and Teachers would like to thank each and everyone one of you for the amazing participation in this year's Fall Fundraiser. The orders have been sent and we will be receiving the items soon. Using these funds, the board will decide on activities this coming year. Remember if you have any suggestions you can always speak to your Center Representative and they will gladly present it to the board.

November brings great food and celebration with one's family. At Young Horizons your child will experience our Harvest Luncheon. Your child will enjoy a delicious thanksgiving meal with their teachers and friends. Young Horizons has been providing this meal for many years and it has been very popular among the children.

The OPT had its first meeting and we were very fortunate to have Executive Director Sarah Soriano provide a training on how to run meetings, board member roles and making decisions. Our new board members were filled with excitement and enthusiasm starting their new leadership roles as members of the OPT Board.

We are here to help each other in these new leadership roles and what brings us together is the ultimate goal of making our children's experience at Young Horizons, a memorable one.

We thank the new OPT Board members for taking the time to volunteer their time and committing to being there to represent families and their children.

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Remember we are closed on the following dates:

November 23/24: Thanksgiving Holiday

Have a safe and enjoyable holiday!



Monthly theme: "The Five Senses"

We use our five senses to get a better understanding of the world around us. Using our senses can help us prevent dangerous situations and help other people who may have some trouble with one of their senses.

The month of November brings the "The Five Senses" theme and takes your child on a journey to discovering the senses they use every single day. It will be a fun-filled month learning how we are able to taste foods, hear sounds and see beautiful colors. The teachers have also included activities that will have your child touching various textures and noting the similarities and differences between them.

Children will also learn about the objects we can use to improve our senses when they are not working properly. For example:

- How do glasses help us improve our vision?
- How do hearing aids help our listening?

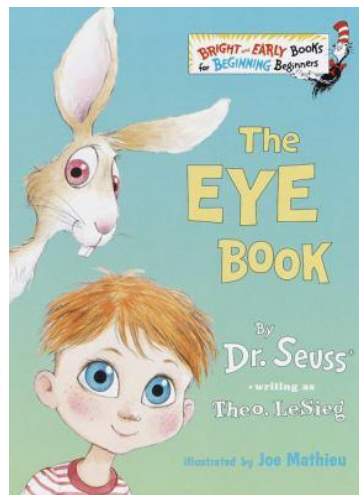


This month we recommend the following books:

"Our Skin Can Touch" By: Jodi Wheeler

"The Eye Book" By: Dr. Seuss

"Our Eyes Can See?" By: Jodi Wheeler



The Flu: A Guide for Parents

Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

What are some ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs. Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness

www.cdc.gov/flu

Next OPT Board Meeting is on December 13th.

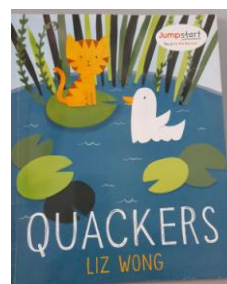
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Jumpstart

Read for the Record

Thanks to all the parents, staff and board members who stopped by to read to our children!



Cooking Experience: Apple Tasting and Making Apple Sauce



The children had fun tasting different kinds of apples and making apple sauce.