



# OPT Newsletter

*The mission of the Organization of Parents and Teachers is to strengthen the parent-teacher connection and assist with the children's overall preparation for success*

Young Horizons Child Development Centers Long Beach, CA [www.younghorizons.org](http://www.younghorizons.org)

October 2017

## 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 OPT 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 16<sup>th</sup> and run until October 30<sup>th</sup>. 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 Wednesday, October 11<sup>th</sup>, 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.

Maria Lozano  
Administrative Assistant  
[mlozano@younghorizons.org](mailto:mlozano@younghorizons.org)



Family Fun Day is  
Coming!  
Check your center's  
calendar for dates



## Monthly theme: "Health, Safety & 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, the importance of brushing their teeth and eating healthy foods.

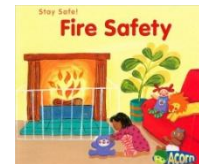
Fire safety is an important topic that the children will be discussing with their teachers. They will learn about the interesting work that Firefighters do in our communities. Teachers have activities that use pretend flames and spray bottles to put out these pretend fires.

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 19<sup>th</sup>. 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 October include the following:**

- "Healthy Habits" by Rebecca Weber
- "Fire Safety" by Sue Barraclough
- "Quackers" by Liz Wong



## Cooking Experience

10/10: Pumpkin Pie Smoothie



## AlertLongBeach

AlertLong Beach is a free emergency notification system designed to keep those that live or work in Long Beach informed of important information before, during and after a major emergency or disaster. Alerts will be sent to subscribers that will let them know what has happened, what first responders are doing and what actions you should take to protect yourself and preserve property.

### How Does it Work?

Sign Up online at AlertLongBeach on the City's website: [www.longbeach.gov](http://www.longbeach.gov). When an emergency happens, AlertLongBeach sends out a voice, text and e-mail alert to impacted residents, businesses, schools and hospitals who have registered in the system.

### BEFORE AN EMERGENCY

Have a preassembled "Emergency Go Kit" with important supplies and emergency contact information readily available. Predetermine a meeting place for your family. Practice your plan regularly.

### EVACUATION WARNING

An evacuation warning alerts people in an affected area(s) of a potential threat to life and property. People who need additional time, such as the elderly and those with young children or pets, should prepare to evacuate at this time.

### EVACUATION ORDER

An evacuation order requires the immediate movement of people out of an affected area due to an imminent threat to life. Choosing to stay could result in loss of life and impede the work of emergency personnel.

### SHELTER IN PLACE

A shelter-in-place order means the best place to be safe from an airborne or other risk is indoors. Monitor AlertLongBeach and tune in to the TV, radio or internet for announcements on when the threat has passed. Do not venture outside of your shelter area until you are instructed that it is safe to do so.

<http://www.longbeach.gov/disasterpreparedness/alert-long-beach/>

## What's Happening this Month?

**October 16-30:** Fall Fundraiser

**October 19:** The Great Shakeout, 10:19 a.m.

**October 19:** Read for the Record



JUMPSTART'S READ FOR THE RECORD®  
— THURSDAY, OCTOBER 19, 2017 —

Join us on October 19, 2017 to be a part of the world's largest shared reading experience — bringing together over 2 million people each year in classrooms, libraries, community centers, and homes across the US. This annual campaign was launched over a decade ago to highlight the importance of building early literacy and language skills for EVERY child, so that all children have the opportunity to enter kindergarten prepared to succeed.



### OPT Board 2017-2018!

Margarita Mendoza, President  
Sonnoya Meloncon, Vice President  
Jacqueline Gonzalez, Treasurer  
Emily Bowman, Secretary

Ernesto Guzman, Kohn Center Representative  
Eslly Espinoza, Central Pacific Center Representative  
Monica Olivarez, North Pacific Center Representative  
Tania Garcia, Ludloff Center Representative  
Jazmin Barrios, Grisham Center Representative

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