



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

OPT News

Summer is almost over and we prepare for the new school year by welcoming the new children enrolled at all centers. We hope your summer is going well and you are sharing time with your child.

In the month of September you as a parent will have the opportunity to join your child and his or her teacher during Open House at all centers. Take the time to get to know your child's teacher and the various activities planned for this school year. Your child's Open House date will be on the September calendar.

Remember you can always be part of your child's early childhood education by participating as a volunteer in your child's classroom or by running for a position on the OPT Board. *New Officer* forms have gone out to the centers and we are delighted to see the parents' interest already. You as a parent play a very important role in our "Educate Early" philosophy.

You may still notify your Site Supervisor if you are interested in running for a position on the board. Campaigning starts September 11th at all centers and elections will be held September 18th to the 22nd.

Our fall fundraiser is on its way and will begin October 16th, ending October 30th. Midland Fundraising was selected this year to offer amazing products and we are really excited to have them support us through this fundraising campaign. Keep an eye out for catalogs at your child's center. This is one of the most important fundraisers throughout the year. We hope you can support our programs by participating.

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Tell us about your child's experience at Young Horizons!

September 2017

Monthly theme: "Discovering Me"

Has your child ever asked how tall they are or how much they weigh? Has he or she ever wondered how their body functions and how we grow?

The theme for September is "Discovering Me." Children will explore the idea that we are all different and that we should learn to love ourselves just the way we are. They will talk about their families and learn how to introduce themselves to new friends.

The teachers have planned various activities for children to learn about their body parts. How does their heart work? What do they need to do to keep their body healthy? They will learn about these topics through music, poems and discussions.

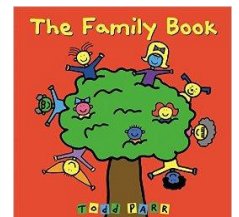
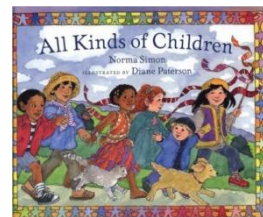
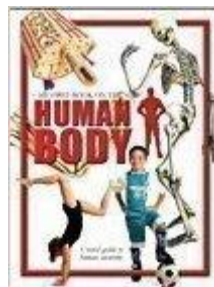
The teachers' goal is to develop a child's self-esteem by demonstrating the many things their body can do. They will feel capable of trying new activities therefore developing their self-esteem and positive energy.

Recommended books for the month of September include the following:

"Human Body" By: Sean Kennelly

"All Kinds of Children" By: Norma Simon

"My Family Book" By: Todd Parr



Cooking Experience

9/26 Lunch: Tuna on crackers



13 Tips for Starting Preschool

Is your child entering a preschool program for the first time? Use these tips to help both you and your child make a smooth transition.

1. Visit your local library during a read-aloud time so your child gets used to hearing someone other than Mom, Dad, or Grandpa read aloud book in a group setting.
2. Establish a routine of "early to bed" and "school wake-up time" several weeks before school begins so your child has time to adjust to the new schedule.
3. Find out about the toileting procedures at the new school or center so you can review the situation with your child and make sure she is comfortable.
4. Arrange play dates with children who will be in your child's class. Usually moms or dads go along on these early play dates.
5. If there's a home visit or school visiting day, make sure you and your child participate. If you aren't able to participate, call the school to arrange for a visit to the school and to meet your child's teacher.
6. Make a book at home about the new preschool experience your child is about to begin. Perhaps take photos of the school or of your child in front of school and add text like: "This is Sammy at school. This is her favorite t-shirt. This is Mommy picking up Sammy when school is over."
7. Let your child pick out a new backpack and together write her name on it.
8. Tell stories about when you went to school and share how you felt about it. Find childhood pictures of yourself and other adults in your child's life and talk about the photos.
9. If your child has never before been cared for by someone else, start to leave her for short periods of time with friends or relatives. Reinforce the fact that you will return and that she is safe with others.
10. Give your child a personal belonging of yours like a favorite scarf or bandanna so she knows you will come back to get it.

11. Read books about going to school and saying goodbye, such as

The Kissing Hand by Audrey Penn
David Goes to School by David Shannon
Will I Have a Friend? by Miriam Cohen
First Day of School by Anne Rockwell
When I Miss You by Cornelia Maude Spelman
Take a Kiss to School by Angela McAllister
It's Time for Preschool by Esme Raj Codell
A Pocketful of Kisses by Audrey Penn

12. Select a special object from home that your child can take to school--like a lunchbox, a book to share, and a small pillow for rest time.
13. Remember that separation is a process. Expect that your child (or yourself) will need time to feel comfortable with the new situation.

<https://families.naeyc.org/learning-and-development/music-math-more/13-tips-starting-preschool>



Dates to Remember

September 11: OPT Candidate Campaigns Begin

September 18-22: OPT Elections

October 16-30: OPT Fall Fundraiser

October 11: First OPT Board Meeting



Get ready for the Open House Meet and Greet at your child's center. All centers will prepare something special for their families. This will be a great time to talk to your child's teacher and find out more about the fun projects and activities your child is working on. Remember that if you have any questions or concerns, you can always talk to your child's teacher or Site Supervisor.

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