

OPT Parent Newsletter



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

OPT News

The OPT Family Picnic was a huge success thanks to the contributions of volunteers, staff and parents. Three jumpers provided fun active play for children, face painters created masterpieces on children's faces and community members provided information on medical resources, child safety IDs and Read Conmigo provided free books and resources. Congratulations to Knott's Berry Farm raffle winner. A HUGE thank you to Dinora Navarro for all her hard work in making this event possible.

As the summer takes off in full swing, we want to remind parents to keep safety in mind. Always use sunscreen on yourself and your children, keep a close eye on children during water play and never leave a child unattended in a car. We will be having water play days at the center so be sure and take note of the days. We wish everyone a happy and fun summer!

The OPT Board will be on break until the Fall elections. Be thinking about whether or not you want to run for a position on the board! The positions are President, Vice President, Secretary and Treasurer. We also elect a representative from each center. More information will be sent next month.

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Cooking Experience 07/10/18

Banana Smoothie

Children will mix ingredients following a recipe.



Monthly Theme: Incredible Insects

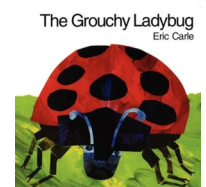
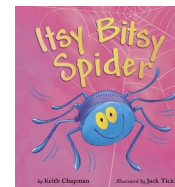
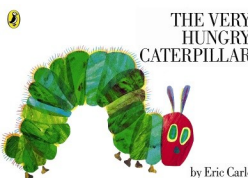
Creepy crawlies will be the center of attention this month at the centers. Children will learn about the difference between insects and spiders. What are the characteristics of an insect and a spider? Ladybugs, caterpillars and butterflies are all insects. Creepy crawlies are snails, slugs, centipedes, roly pollys, ants and worms.

Children will learn about the 3 body parts of an insect: the head, the thorax and the abdomen. Spiders only have 2—the head and the abdomen. What are antennae used for? Which of these insects can fly? They will also learn about the stages of insects' life cycle.

Vocabulary words children will learn are Camouflage, Chrysalis, Antennae, Pupa and Life Cycle. When you hear your child use these words, you can reinforce and expand the learning by using them at home as well.

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

“The Very Hungry Caterpillar” By: Eric Carle
“The Itsy Bitsy Spider” By: Keith Chapman
“The Very Grouchy Ladybug” By: Eric Carle



NO OPT Board Meeting
This month or next

Centers will be closed on
Wednesday, July 4, 2018
in observance of
Independence Day



Heat Stroke

This month's article is from the Safe Kids Worldwide website: <https://www.safekids.org/heatstroke> Sometimes babies are so peaceful and quiet in the backseat 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's 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 to **ACT**.

1. **Avoid** heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.
2. **Create** reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the back seat when traveling with your child.
3. **Take 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.

Learn More

Learn more about protecting kids from [heatstroke](#) and other areas of safety in and around cars at <https://www.safekids.org/heatstroke>.

Last Month at Young Horizons

Graduations took place last month at all the centers:



The OPT Picnic



DATES TO REMEMBER

Fiscal year 2018-2019

Centers will be closed:

July 4th—Independence Day

August 31st—Teacher Training Day

September 3rd—Labor Day

November 22nd and 23rd—Thanksgiving Holiday

December 24th and 25th —Christmas Holiday

December 31 & January 1st, 2019—New Year's Day 2019

January 15th—Martin Luther King Day

February 16th—Teacher Training Day

February 19th—Presidents Day

May 28th—Labor Day

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