

OPT Parent Newsletter



Young Horizons
Child Development Centers

Long Beach, CA

www.younghorizons.org

May 2021

OPT News

A huge thanks to all the families who participated in submitting their favorite family recipes for our first agency recipe book! We are still working on the electronic format to share with all our families and have it available on our website and social media.

Due to the ongoing pandemic, we will not have our annual end of the year activities. This year, classrooms transformed into a jungle and children enjoyed many activities, books and stories, crafts and sang songs related to the Safari. We hope they enjoyed this day! Infants and toddlers enjoyed their Fun Day with a bubble show and other activities. Thank you to the parents who were able to help teachers with making props!

The first week of May we show our appreciation to our teachers! Staff will receive a token of appreciation from the OPT and Young Horizons.

Graduations will take place in June, there will be assigned times to come pick up your child's certificate and snap a photo with your child's teacher.

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Young Horizons centers
will be closed Monday,
May 26, 2021 in ob-
servance of Memorial Day



You see their smiles, you wipe their tears
You are the one that's always near.
You hold their hands, you see them grow
They learn so much from you, you know
You keep them safe while they explore.
You are the one that they adore.
You know they need the time to play.
You keep them busy every day
So here is a great big "THANKS!" to you
For all the AMAZING things your do!

Happy Teacher Appreciation Week!

Monthly Theme: "Wonders of the Sea"

What is the difference between the green, leafy ground at the park and the tan grainy texture at the beach? This month, children will learn about what treasures you can find at the seashore, what types of animals live in the big blue sea and what sea plants and coral reef are.

Children will explore sand and use it to build and paint with it, and how to identify seashells. Other discussions will include learning about the many different animals who live in the sea such as seals, sea turtles, sea lions, penguins, jellyfish, sharks and stingrays (to name a few), their characteristics and what could happen to when sea animals are taken out of the water.

As on dry land, there are many different types of sea plants that we can't usually see. Children will also learn how to identify and the roles of kelp, coral reef, seaweed and other sea plants.

With the warm weather approaching, a nice walk on the beach will be greatly enjoyed! If possible, visit your local, favorite tide-pools such as Abalone Cove or White Point Beach.

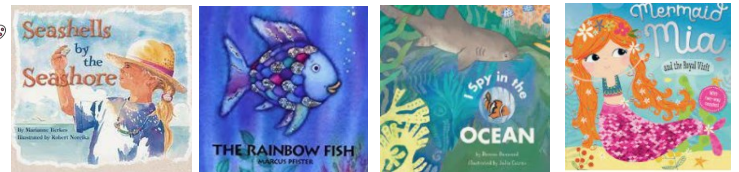
Here is our recommended reading list for the month of May:

"Seashells By The Seashore" By: Marianne Berks

"Rainbow Fish" By: Marcus Pfister

"I Spy in the Ocean" By: Damon Burnard

"Mermaid Mia and the Royal Visit" By: Rosie Greening



May is Asian Pacific American Heritage Month!
Stay connected with us via social media to see how you can
celebrate with your little ones and family!

Stay connected with us!



May is Mental Health Awareness Month: A Guide to Self-Care for Parents: Why Making Time For Yourself Matters

Parenthood can be rewarding, but is it ever busy, too! Between taking children to school and managing other to-dos, some days it may feel like you don't get a minute to yourself. But self-care has little to do with self-absorption and everything to do with health and wellness. In fact, self-care can be one of the best ways for parents to not only meet their own needs, but also their family responsibilities.

What Is Self-Care, Anyway?

Many people treat self-care as a synonym of self-indulgence. Images of eating bonbons in a bubble bath or taking walks on the beach might float through your head.

Why Self-Care Is Important For Everyone, Including (and Especially) Parents

Any type of illness—physical or psychological—inhibits not only our well-being, but also the ability to take care of our responsibilities. That's why practicing self-care techniques is as important to family's needs as it is to your own.

How to Teach Self-Care to Your Children (and Why It's Important)

Did you know that the best way to teach your children about self-care is to model it yourself? Self-care can have the same effects in maintaining your child's mental and physical health as it does for you. Additionally, self-care can teach kids how to react to challenging situations and is shown to improve [empathy development](#).

Now that you're aware of the benefits that self-care can bring to your life, it's time to make a game plan! Try these self-care tips and activities for adults so you don't have to sacrifice your health to maintain your busy parenting schedule:

- Sleep is a key component of both emotional and physical self-care, yet so many parents neglect it. Aim to get at least seven hours of sleep every night, if possible.
- Try to do one thing every day that improves your mental or physical health in some way. You could, for example, go on a walk after dinner or call a loved one you haven't seen in a while.
- Self-reflection is also a crucial part of self-care, so brainstorm what you're currently missing and how to best take care of yourself. Put together a self-care journal and reflect every day on how you took care of your health.

Read the full article: <https://www.waterford.org/education/self-care-for-parents/>



Stay up-to-date! Text your child's center code below to 81010 to receive reminders on school activities!

Kohn Center: @yhkohn

Central Pacific Center: @yhcentral

North Pacific Center: @yhnorth

Ludloff Center: @yhludloff



Distance Learning Apps!

We miss our children in our classrooms, Ready Rosie (preschool) and Learning Genie (infant & toddler) are the apps staff are using to engage with children at home. Ask your child's Site Supervisor for more information!



Ready Rosie



For Families with Monthly Fees

Payments can be made over the phone with a credit/debit card M-F, 8am-5pm
(562) 437-8991



CIVIL RIGHTS STATEMENT

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Boletín de la Organización de Padres y Maestros



**Young Horizons
Child Development Centers**
Long Beach, CA
www.younghorizons.org
abril 2021

Noticias de la OPT

¡Un gran agradecimiento a todas las familias que participaron en enviar sus recetas familiares favoritas para nuestro primer libro de recetas de la agencia! Seguimos trabajando en el formato electrónico para compartir con todas nuestras familias y tenerlo disponible en nuestro sitio web y redes sociales.

Debido a la pandemia en curso, no tendremos nuestras actividades anuales de fin de año. Este año, los salones se transformaron en una jungla y los niños disfrutaron de muchas actividades, libros e historias, manualidades y cantaron canciones relacionadas con el Safari. ¡Esperamos que hayan disfrutado este día! Los bebés y los niños pequeños disfrutaron de su día de diversión con un espectáculo de burbujas y otras actividades.

¡Gracias a los padres que pudieron ayudar a los maestros a hacer accesorios!

¡La primera semana de mayo mostramos nuestro agradecimiento a nuestros maestros! El personal recibirá una muestra de agradecimiento de OPT y Young Horizons.

Las graduaciones se llevarán a cabo en junio, habrá horarios asignados para recoger el certificado de su hijo y tomarse una foto con el maestro de su hijo.

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Memorial Day**



Ves sus sonrisas, limpias sus lágrimas
Tú eres la que siempre está cerca.
Tu tomas sus manos, las ves crecer
Sabes? Aprenden mucho de ti!
Los mantienes a salvo mientras exploran.
Tú eres la que adoran.
Sabes que necesitan tiempo para jugar.
Los mantienes ocupados todos los días
Así que aquí hay un gran "¡GRACIAS!" para ti
¡Por todas las cosas INCREÍBLES que haces!

¡Feliz Semana de Agradecimiento a las Maestras!



Tema Mensual: "Cosas en Crecimiento"

¿Cuál es la diferencia entre el suelo verde y frondoso del parque y la textura granulada marrón en la playa? Este mes, los niños aprenderán qué tesoros se pueden encontrar en la orilla del mar, qué tipos de animales viven en el gran mar azul y qué son las plantas marinas y los arrecifes de coral.

Los niños explorarán la arena y la usarán para construir y pintar con ella, y aprenderán a identificar las conchas marinas. Otras discusiones incluirán aprender sobre los diferentes animales que viven en el mar, como focas, tortugas marinas, leones marinos, pingüinos, medusas, tiburones y mantarrayas (por nombrar algunos), sus características y lo que podría suceder cuando los animales marinos son sacado del agua.

Al igual que en tierra firme, hay muchos tipos diferentes de plantas marinas que normalmente no podemos ver. Los niños también aprenderán a identificar y las funciones de las algas marinas, los arrecifes de coral, las algas y otras plantas marinas.

¡Con el clima cálido acercándose, disfrutará enormemente de un agradable paseo por la playa! Si es posible, visite sus pozas de marea favoritas locales, como Abalone Cove o White Point Beach.

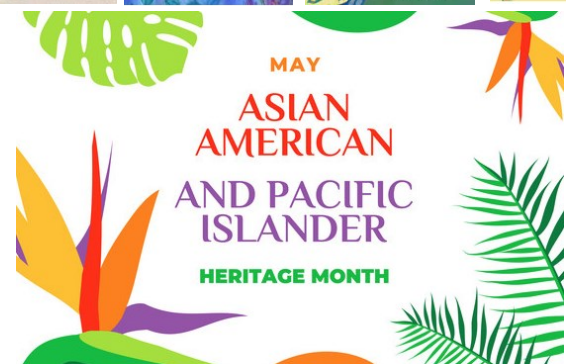
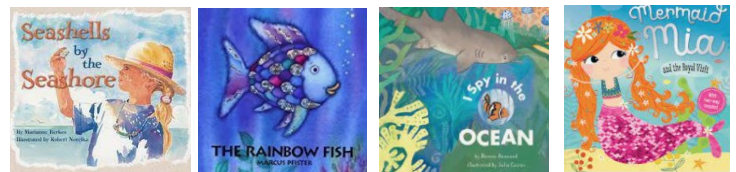
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¡Mayo es el Mes de la Herencia Estadounidense de Asia Pacífico!

¡Conéctese con nosotros a través de las redes sociales para ver cómo puede celebrar con sus pequeños y su familia!

Mantengase conectado con nosotros!



