

## Month 1 OFY-LA Jaguars Newsletter

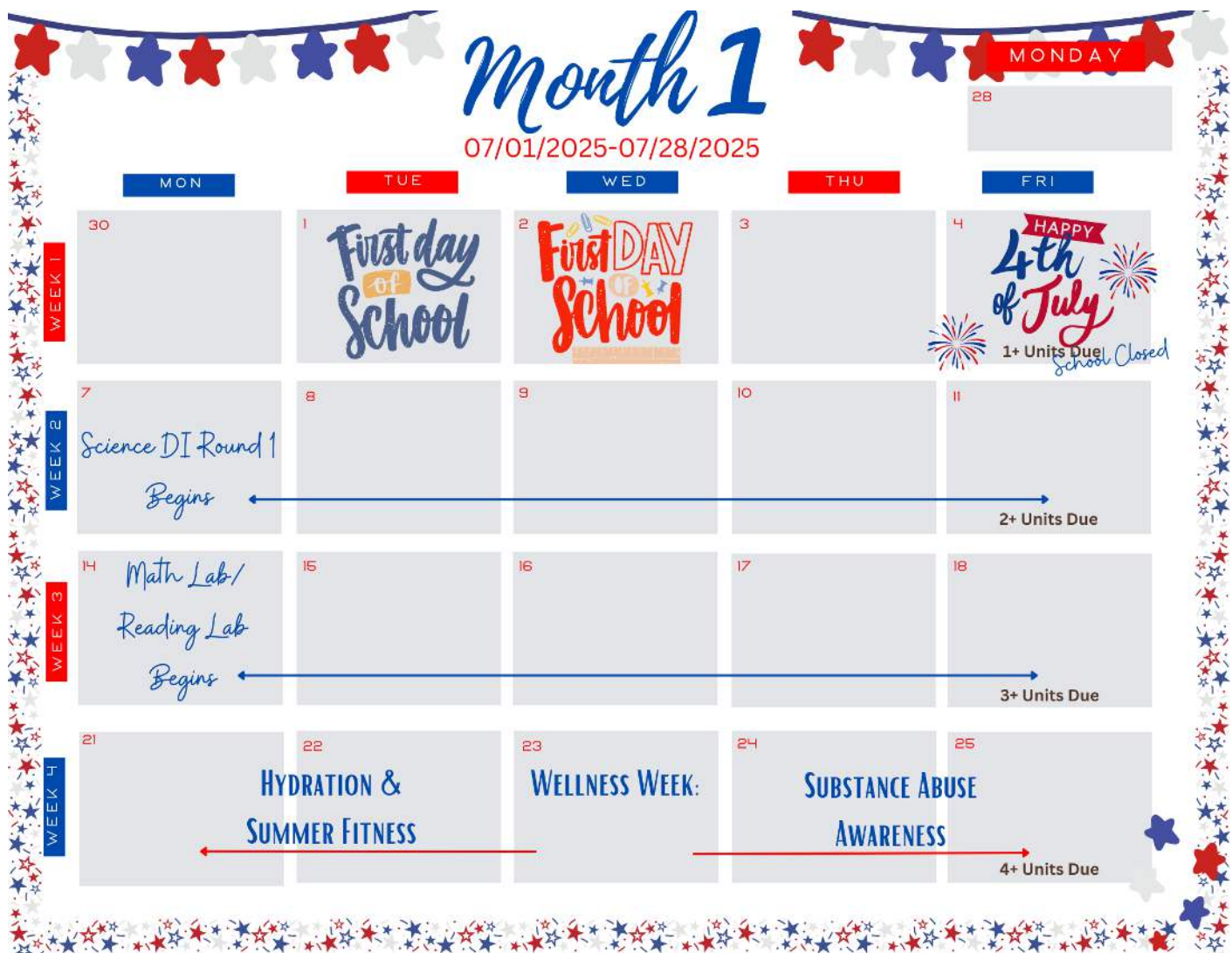
Mayra Estrada • 5 days ago • Thursday, Jul 3 at 12:00 PM • **DU - Bellflower, 9th Grade, 10th Grade, 11th Grade, 12th Grade, Antunovich, Orcutt, Ramirez, Spear, Villegas, Yocky**

Hi Families,

Welcome to Options For Youth - Los Angeles Jaguars! We were so excited to welcome our new students and welcome back our returning students. This week our students learned about center norms and new school procedures that help everyone reach their goals. Let's make this a great year. We are stronger together!

### Month 1 Calendar

Our month 1 calendar is attached for your reference. Please take time to review this newsletter at your convenience.



### The Fourth of July

We will be closed on the 4th of July in observance of the holiday! The Fourth of July is known as Independence Day or July 4th. In the United States commemorating the Declaration of Independence, which was ratified by the Second Congress of July 4, 1776, establishing the United States of America. From the 1776 to the present day July 4th has been celebrated as the birth of American independence with festivities ranging from fireworks, parades, and concerts to casual family gatherings and barbecues. But did you know that the 4th of July has only

been a federal holiday since 1941? We hope you all have a safe 4th of July! **We'll be back on Monday, July 7th!**



**With the weather warming up and our neighboring schools out for summer break our OFY Students** are required to attend all school appointments. If a student is going to be absent, they must notify the teacher to schedule make-up arrangements.

## ATTENTION PARENTS & GUARDIANS!!!

### ParentSquare - Main Communication Portal

If you haven't done so already please register with ParentSquare and download the app. All of our family communication will be via this avenue throughout the year.



### Download the ParentSquare mobile app

Send and receive school communications on the go



**Sign In**

Email or Phone Number

Password

[Forgot password?](#)

**Sign In**

OR

Sign In with Google

Sign In with Microsoft

**Register**

Email or Phone Number

**Get Started**

You must use the email/phone you provided to your school

### Metro GoPass Is Still Here

Students if you are using a TAP Card it expired on 6/30/2025. If, you need a new code please ask Liz for a new code. Hope this helps.



## Health and Wellness

Substance Abuse Awareness Month is time to highlight the vital role substance abuse prevention in both individual and community health has, to remember those who have lost their lives to substance abuse, to acknowledge those in recovery, as well as children parents, family, and friends supporting them.

Here are some [resources](#) that offer a helpline, treatment facilities, and support groups. SAMHSA'S National Helpline, 1-800-662-4357 (also known as the Treatment Referral Routing Service), TTY: 1-800-487-4889 is confidential, free 24-hour-a-day, 365-a-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders.



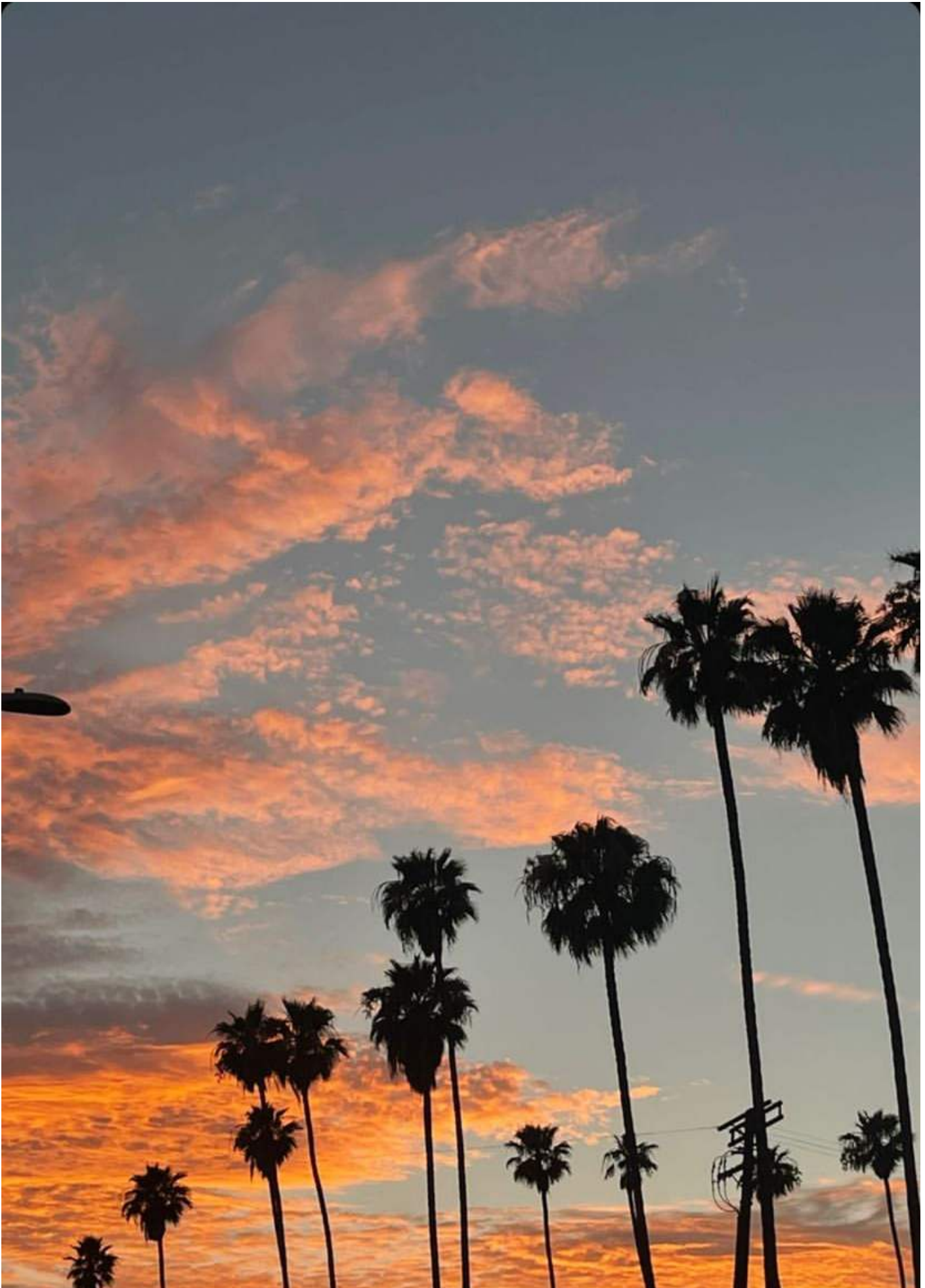
[988 Suicide & Crisis Lifeline](#)

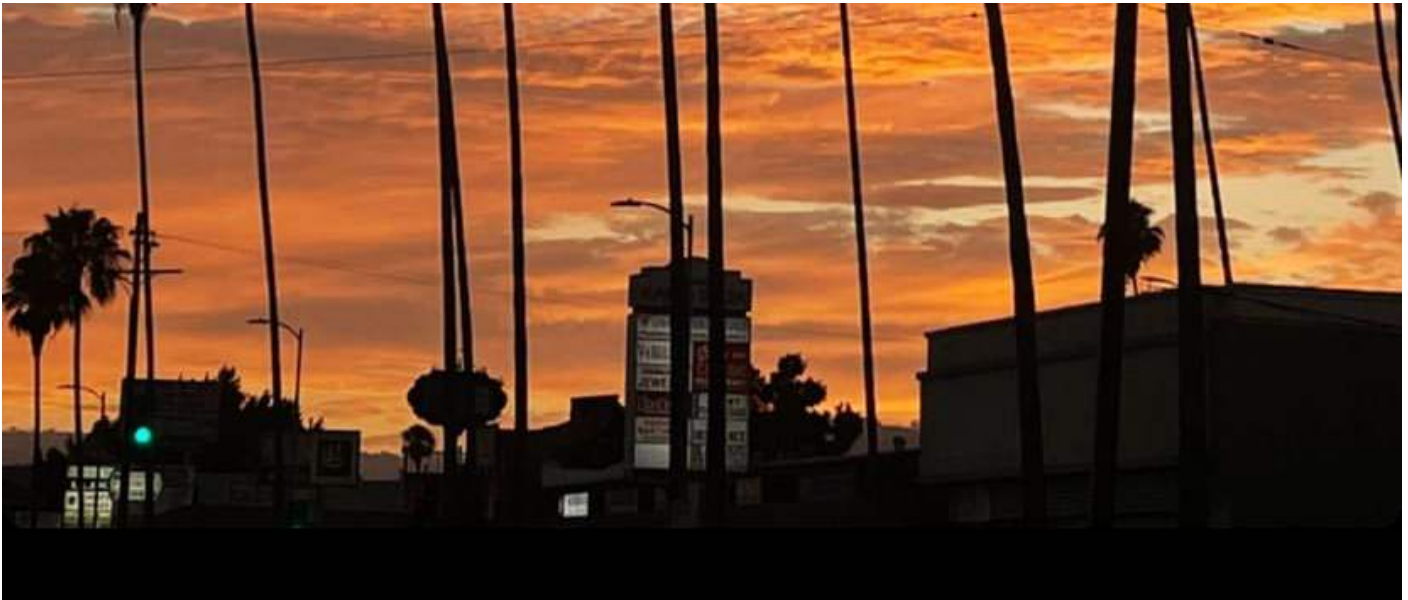
[CalHHS](#)

[988-Crisis Policy Advisory Group](#)

## Hydration and Summer Fitness

It's **SUMMER!!!** The best time of the year. Summer is my favorite time of the year. I love the warm weather, the long and lively days, the tan lines, the crisp refreshment of iced water, and the way our tall LA palm trees bask in the sun that seems to shine a little brighter it's such a beautiful feeling.





Summer is fun but it is very important to be intentional to stay hydrated. It is as easy carrying your favorite reusable water bottle everywhere with you. Eat fruits and rich in water such as watermelon, pineapple, oranges, cantaloupe, celery, and cucumbers.

# Hydrating Summer Routine:



Stay Fresh & Energized



- ✓ Start the day with lemon water
- ✓ Carry a reusable water bottle
- ✓ Add fruit slices to flavor your water
- ✓ Set reminders to sip hourly
- ✓ Drink a glass before every meal
- ✓ Snack on hydrating fruits (melon, berries)
- ✓ Limit caffeine & sugary drinks
- ✓ Use a water-rich app or bottle
- ✓ Eat water-rich meals (soups, salads)
- ✓ Drink herbal tea or coconut water in the evening



# Amazing Health Benefits of Berries

## 4 TASTY SUMMER FRUITS



### 1. Blackberries

TART BUT SWEET & DELICIOUS

Blackberries are packed with health benefits. Not only are they full of vitamins C and K, but they are high in fiber and have anti-bacterial qualities to support your oral health.

### 2. Blueberries

A SWEET & TASTY SUPERFOOD

Blueberries are often referred to as a superfood as they are low in calories but high in nutrients. They're also packed with fiber, vitamin C, K and Manganese.



### 3. Raspberries



## 5. Raspberries

A POP OF COLOR & TASTE

Raspberries can make any meal feel extra special with a pop of color, sweet and tartness. But they're also packed with potassium and high in anti-oxidants. Winning!

## 4. Mulberries

RED, BLACK & WHITE BERRIES

Mulberries are rich in vitamins and minerals, especially Vitamin C and they are also a great source of iron. They also contain potassium and Vitamins E and K.



Enjoy the beauty of the summer days and run or walk in the sun. There is so much more time for your run. If you're a morning runner, head out and take in the sunrise as you run. If you prefer running in the evening, enjoy the extra time and soak in the beauty of golden hour.

# Beat the Heat:

## Tips to Exercise in the Summer

Summer time is the best time to exercise in the outdoors.

- **Drink Water.** Always carry a water bottle with you and take a couple of sips from it throughout your workout.
- **Apply Sunscreen.** Sunscreen is a must even when the weather is cloudy.
- **Plan your workout.** Plan to workout early in the morning or late in the evening. Avoid working out between 11am-4pm which is the hottest part of the day.
- **Choose your location.** Running or walking near your home will help you stick to your exercise plan.
- **Limit caffeine or sugary drinks.** Drinking a cup of coffee is not the best idea during summer time as caffeine is a diuretic.
- **Replace lost Electrolytes.** If your electrolytes are low you may suffer from muscle cramps. Be aware that some sports drinks may contain a lot of added sugar. Coconut water or infused water might be a better option.

These are just a few tips that will help protect you against dangerous risks such as a heat stroke or dehydration while working out in the summer.

Here is a recipe for one of our favorites and refreshing agua frescas. Make it and please share how you much your family liked it.

## Receta de agua de frutas estilo "La Michoacana" (RECETA COMPLET...



### School Meals

Healthy school meals are available every day at no cost to our students. Meals are limited, students talk to your teacher interested.



# SCHOOL MEALS

## *Available*



Healthy Lunches



Available Every Day



No Cost to Students!

*For more information call or visit your  
child's school.*



Bellflower: (562) 867-0815

Compton : (310) 885-1477

Watts : (310) 329-3626





# ALMUERZOS

*Disponibles!*



Almuerzos Saludables



Disponibles todos los dias



GRATIS!

*Para obtener mas informacion llame o  
visite la escuela de su hijo/a.*

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## Important Upcoming Dates:

- 7/4 4th of July - School Closed

- 7/7-7/8 Science DI Round 1 Begins
- 7/14 Math Lab/Reading Lab Begins
- 7/28-8/1 Fall RenStar Testing
- 7/31 Back to School Night (Stronger Together)
- 8/11-8/12 Semester 1 Math/English DI Classes Begin
- 9/1 Labor Day - School Closed
- 11/11 Veterans Day - School Closed
- 11/20 Shark Tank
- 11/27-11/28 Thanksgiving Break - School Closed
- 12/8-12/12 Semester 1 DI Classes End
- 12/12/ Half Way There Bash
- 12/18 Family Engagement Night
- 12/22-1/4 Winter Break - School Closed

Please '**appreciate**' or **comment** on the post to help me know if you saw it! Have a great day!