

# The LA Jaguars Beat - Month 3 Newsletter

Mayra Estrada • 4 days ago • Thursday, Aug 21 at 10:40 AM • **DU - Watts, 7th Grade, 8th Grade, 9th Grade, 10th Grade, 11th Grade, 12th Grade, Adams, Barraza, Cummings, Galvez Reyes, Huynh, Jones, Munoz-Paz, Tovar**

Hello LA Jaguars Families,

We are starting Month 3!

## Month 3

Our month 3 calendar is attached for your reference. Please take time to review this newsletter at your earliest convenience.



## Month 2 Progress Report

Month 2 progress report cards are available vis StudentTrac. As always, feel free to reach out to your child's teacher with any questions or concerns.

## NO School Monday, 9/1 Labor Day

Our school will be closed on Monday, September 1st in honor of Labor Day. Labor Day is a federal holiday in the United States celebrated on the first Monday in September to pay tribute to the contributions and achievements

of American workers. Labor Day also symbolizes the end of summer for many Americans, and is celebrated with beach parties and barbeques. Hope you enjoy your day off!



#### **Attendance Matters**

**We understand that the weather is nice and warm but 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.



### **Family Handbook**

Please use our **family handbook** shared as a resource for you and your child(ren). We want to ensure that you and your family understand the procedures and policies in place at Options For Youth -Public Charter Schools - Duarte that help us provide consistency and safety, as well as a well-balanced education for your child(ren). We hope this handbook helps to answer any questions you may have. If you have other questions, please call your child's teacher.

## **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

Sign In

[Forgot password?](#)

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

## Health and Wellness

**This month we are rising awareness for suicide prevention.** A time to remember the lives lost to suicide , acknowledge the millions more who have experienced suicidal thoughts, and the many individuals, families and communities that have been impacted by suicide. The subject of suicide is often portrayed as taboo, making it extremely difficult topic for many to discuss. But people of all ages, genders, sexual orientations, ethnicities, socioeconomic statuses, and physical capabilities are at risk for suicide. Therapy is one of the best tools for

suicide prevention. It is important to highlight warning signs and share messages of hope.



**Warning signs:**

- **Talking about death and wanting to die**
- **Expressing being in pain or burden to others**
- **Elevated anxiety or agitation/rage or extreme mood swings**
- **Making a plan (which can look like):**
  - **Giving away prized possessions**
  - **Withdrawing or isolation**
  - **Lack of interest in future plans**
  - **Terminating gas/electrical/water or other household needs**

Visit the [\*\*Suicide Prevention Resource Center \(SPRC\).\*\*](#)

## Teen suicide prevention: What parents need to know



## Healthy Routines

**Healthy and easy routines** is the key to success. Daily habits will help you crush your goals! I'm sharing 10 healthy routines that will help you stay organized and put you on track to becoming the best student you can be.





# 10 Easy Daily *Healthy Routines* checklist

- ✓ WAKE UP ON TIME.
- ✓ MAKE YOUR BED.
- ✓ BRUSH YOUR TEETH AND FRESHEN UP.
- ✓ EAT A HEALTHY BREAKFAST.
- ✓ CHECK AND PACK YOUR SCHOOL BAG.
- ✓ ARRIVE TO SCHOOL ON TIME.
- ✓ PAY ATTENTION IN CLASS.
- ✓ DO YOUR HOMEWORK AFTER SCHOOL.
- ✓ LAY OUT TOMORROW'S CLOTHES.
- ✓ GO TO BED EARLY.



## Monthly Recipe

This month I'm sharing a quick, delicious, and healthy breakfast recipe. I don't know about you but no matter how

busy I am I never miss my breakfast. It's my favorite meal of the day! I invite you all to make this whole grain toast with avocado and sprinkle chili flakes.

## Whole Grain Toast with Avocado



### Ingredients:

- 1 ripe avocado
- 1/2 cup mashed chickpeas
- 1 slice whole grain bread
- A squeeze of lemon juice
- Salt & pepper to taste
- Optional: cherry tomatoes, fresh herbs, or a sprinkle of chili flakes

### Instructions:

1. Mash or slice the Avocado
2. Toast the Bread
3. Assemble
4. Enjoy! A delicious, nutritious snack ready in minutes!



## Avocado Toast & Poached Eggs



### 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.*

Bellflower: (562) 867-0815

Compton : (310) 885-1477

Watts : (310) 329-3626



# Sports

Get ready, **Basketball** and **Volleyball** season begins this September! Exciting details coming your way soon!

## ESports

- Matches/Games every Friday
- Practice every Tuesday & Thursday 3-5pm
- If you're interested please speak to Coach Carmen!
- Scan the QR code to register



OFY LA JAGUARS ESPORTS  
PRESENTS

**MARVEL**

# RIVALS



SEASON STARTS SEPT. 18, 2025

COME LEVEL UP WITH COACH CARMEN EVERY TUESDAY AND  
THURSDAY FROM 3-5PM!

DON'T MISS OUT ON THE ACTION. BRING YOUR GAME FACE!

USE QR CODE TO REGISTER



## The Yearbook is Back!

We're excited to announce that **our school is bringing back the yearbook for the first time since COVID-19!** This year's edition will celebrate student life, learning, events, and the incredible memories we've made together. After several years without a printed yearbook, we're proud to revive this tradition and capture the spirit of our school in a keepsake that students and families will cherish for years to come. Stay tuned for photo submission deadlines, senior quotes, and much more. Let's make this yearbook unforgettable because this year matters.



## Reminders

### ParentSquare Is Our 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. ParentSquare provides a simple and safe way for



everyone at school to connect.



### 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

The GoPass Program is available to students at participating K-12 schools with a focus on helping students ride transit without the worry of paying fare. With a registered GoPass Tap card, students attending participating schools can ride Metro and other participating systems to and from school. Students will need to register their cards to activate them before using them.



### Important Upcoming Dates:

- 9/1 Labor Day - School Closed

- 9/9 Basketball and Volleyball Season Begin
- 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!