



Office of

CHILD & YOUTH

SUCCESS

A City Where Children & Youth

Can Thrive!

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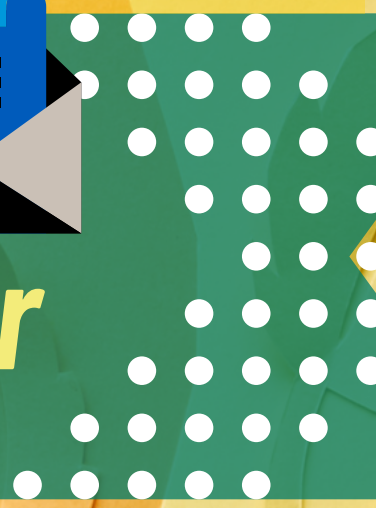




October Newsletter



Contact Us 



ABOUT

The Office of Child and Youth Success will serve as a navigation and connection point for residents seeking supportive services and programming for youth ages 24 and below.

Vision & Mission

Through trust, transparency, equity, and inclusion, the City of San Diego, Office of Child and Youth Success, will coordinate a network of community stakeholders that will provide a shared framework to deliver high impact solutions to challenging circumstances for young people empowering them to thrive in the community they serve.

The Office of Child and Youth Success is dedicated to prioritizing San Diego's youngest community by providing access to resources, services, and high-quality programs to improve social, health, and educational outcomes.



Specific topics we Cover

- Education and Career Pathways
- Economic and Workforce Development
- Youth Empowerment
- Engaging Activities
- Child Care and Camp Access



Contact Us 

Halloween Around The World

Happy Spooky Season! Let's take a look at how Halloween is celebrated around the world.

Mexico: Día de los Muertos

Día de los Muertos (Day of the Dead) is a vibrant and festive Mexican holiday that celebrates and honors deceased loved ones. It falls between Oct 31 through Nov 2 and it is believed that the border between spirits and the living dissolve, allowing families to eat, drink, and dance with their loved ones.

Ireland/Scotland: Samhain

Samhain is a Gaelic festival marking the end of harvest season and beginning of winter. In modern days, it is celebrated as a spiritual and religious holiday to honor the cycles of nature and remember ancestors. It is celebrated with bonfires, traditional games, and children dressing up in costumes.

Japan: Halloween Trains

Though trick or treating is uncommon in Japan, young adults embrace dressing up in costumes and participating in Halloween-themed activities. For instance, trains in Japan transform into places of celebration with unique themes, such as zombies, vampires, and other spooky characters.

Italy: Ognissanti

"Ognissanti", or All Saints' Day, is a Christian holiday observed on Nov 1. It is followed by "Il Giorno dei Morti", the Day of the Dead, on Nov 2. Italians remember and pray for all the souls deceased, including family members and friends, and often visit cemeteries to light candles and leave flowers at graves.

Guatemala: Festival de Barriletes Gigantes

The 'Giant Kite Festival' celebrates kite flying—a 3,000 year old tradition—and was believed to be a way to communicate with the deceased. Vibrant, handmade kites—which are constructed of paper, cloth patches, and bamboo—soar over the cemeteries in Sumpango and Santiago Sacatepequez.

Philippines: Pangangaluluwa

On the evening of November 1st (All Saints Day), families gather at cemeteries to remember their loved ones with plenty of food, games, and share stories of the past.

Costa Rica: Día Nacional de la Mascarada Costarricense

Día Nacional de la Mascarada Costarricense recognizes and honors the importance of masquerade traditions, particularly the "Mascaradas" where participants wear elaborate masks and costumes of the country's folklore.

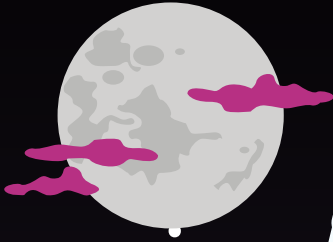
India: Diwali

Known as the "Festival of Lights", Diwali is a five-day celebration that encompasses many traditions and festivities and usually falls between late Oct and early Nov, depending on the Hindu lunisolar calendar. Diwali celebrates the triumph of good over evil and symbolizes the victory of light over darkness, or knowledge over ignorance.

October can be a great month for those who participate in Halloween festivities and it can still be a great month for those who do not celebrate. Respecting and being aware of another person's decision is essential to being considerate of others throughout the month.

HALLOWEEN IS COMING

31
OCT



ARE YOU PREPARED?

5 SAFETY TIPS FOR KIDS ON HALLOWEEN

1. **ALWAYS CARRY A FLASHLIGHT WITH YOU.** IT CAN HELP YOU FEEL MORE SECURE IN YOUR SURROUNDINGS.
2. **PRACTICE SAFE TRICK-OR-TREATING ETIQUETTE.** ONLY APPROACH HOMES THAT HAVE THEIR LIGHTS ON. SAY HAPPY HALLOWEEN AND THANK YOU!
3. **MAKE A VISUAL PLAN.** DRAW A MAP OF THE STREETS YOU PLAN TO TRICK-OR-TREAT ON.
4. **STAY ON THE SIDEWALKS AND WEAR REFLECTIVE GEAR.**
5. **TALK IT THROUGH BEFOREHAND AND ESTABLISH EASY-TO-REMEMBER BEHAVIORS TO FOLLOW WHEN FACED WITH CHALLENGING SITUATIONS.**



HALLOWEEN

SAFETY TIPS FOR

COLLEGE STUDENTS

HALLOWEEN TIPS FOR

KIDS WITH SENSORY

SENSITIVITIES



HALLOWEEN ENGAGING ACTIVITIES

GAMES, ARTS & CRAFTS, COOKING, AND MORE!

**COOKING
WITH KIDS**



FOOD NETWORK'S TOP 50 HALLOWEEN RECIPES



BREAKFAST IDEAS, TOO!

FOR FAMILIES THAT WOULD RATHER
KEEP THINGS LOW-KEY.

50 HALLOWEEN ACTIVITIES FOR YOUTH
45 HALLOWEEN GAMES FOR YOUTH

**GAMES
&
ACTIVITIES**



**ARTS &
CRAFTS**



CHECK OUT SOME AGE-APPROPRIATE AND
SPOOKTACULAR CRAFTS!

CLICK ON THE IMAGE TO FIND MORE
CRAFTS LIKE THESE.

SOME CREATIVE AND
FREE CRAFT TEMPLATES.



FOR FALL FESTIVITIES AND EVENTS,
VISIT PARKS & RECREATION'S WEBSITE.

Contact Us

DON'T BREAK THE BANK



HOLIDAY SAVINGS TIPS & TRICKS

DID YOU KNOW?

- More than a third (35%) of Americans took on debt to pay for their holiday purchases in 2022
- During the holiday season, demand tends to be strong because consumers have gifts they need to buy.

EARLY PREP

- Making a list and sticking to it
- Shopping Early before demand
- Snagging deals and catching deals

BUDGETING

- Avoid Spending what you don't have
- Setting a financial limit for each holiday and holding yourself accountable

THRIFTING

- Costume drives are a unique way of thrifting
- DIY costumes are a great way to show off creativity

REUSING

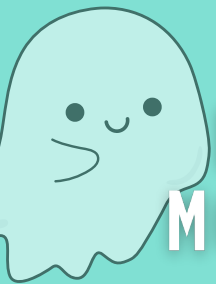
- Reusing Decorations yearly and mix & matching
- Repurposing no longer needed items (DIY)

MODERATE YOUR SUGAR!

FOODS AND DRINKS HIGH IN SUGAR...

Eating too much of these can actually suppress our immunity levels, causing more risk to getting sick. It's important to balance our diet with fruits and vegetables that can give us essential vitamins and minerals.

HALLOWEEN IS JUST AROUND THE CORNER



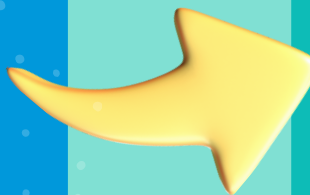
ENJOY WITH
MODERATION!

Here are some
negative effects of
too much sugar



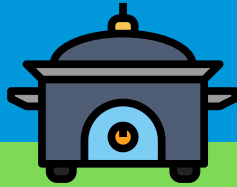
LEARN MORE ABOUT
SUGAR AND ITS EFFECTS

- lowers concentration
- causes diabetes
- food allergies
- causes stomachaches
- suppresses immune system
- contributes to eczema
- can cause learning disabilities
- linked to asthma
- tooth decay and cavities
- hyperactivity
- mood swings





Easy budget friendly meal recipes



Creating low-cost family meals that are easy to prepare can help you save money while keeping your family well-fed



These recipes are versatile and can be customized based on one's preferences and ingredients on hand.

4 Easy to make Recipes

Slow Cooker Chicken & Gravy over rice:

Only 3 ingredients:

Boneless skinless chicken breasts, cream of chicken soup, and chicken gravy mix.

Instructions:

Place chicken in a slow cooker and season with salt and pepper, then pour a mixture of soup, gravy mix, and water (optional) over the chicken. Cook on LOW for 4-6 hours, break chicken into bite-sized pieces, and serve over hot steamed rice. It's an easy and kid-friendly meal.



Homemade Chili:

Instructions:

Cook onions and ground beef with spices and tomato paste in a large pot. Add diced tomatoes, kidney beans, beef broth, and tomato sauce. Let it simmer for 20-25 minutes and rest for 5-10 minutes before serving. Optional toppings include shredded cheddar cheese, sour cream, sliced green onions, saltine or oyster crackers, and diced avocado.



Tuna Melt:

Instructions:

To make the tuna salad, combine chunk white tuna, celery, parsley, dill, scallions, lemon juice, mayonnaise, cornichons, pickle relish, and mustard in a bowl. Season with salt and pepper. Spread mayonnaise on slices of sourdough bread and place Tuna Salad and Cheddar on top. Top with remaining bread and cook in a nonstick skillet until golden brown and cheese is melted.

Egg Fried Rice:

Instructions:

Start by sautéing cooked rice with scrambled eggs, frozen peas and carrots, soy sauce, and a dash of sesame oil





BEST STUDYING PRACTICES FOR STUDENTS



MODEL BEST STUDYING PRACTICES:

Creating a study schedule, setting clear goals, organizing your study space, active learning, using different study methods, prioritizing difficult material, breaking down material, taking regular breaks, practicing retrieval, using mnemonics, teaching someone else, staying healthy, staying organized, reviewing and revising, seeking help when needed, practicing self-assessment, staying motivated, limiting distractions, staying inquisitive, and staying positive.



TIME MANAGEMENT TIPS

Effective time management is crucial for productivity and achieving goals. Tips include creating a to-do list, prioritizing tasks, using time blocks, setting deadlines, avoiding multitasking, limiting distractions. Additional advice includes reviewing progress, avoiding perfectionism, managing energy, setting personal boundaries, continuous learning, and celebrating achievements.

MORE INFO



WAYS TO RELEASE WORKLOAD STRESS

Managing workload stress involves organizing tasks, setting realistic goals, breaking projects into smaller tasks, delegating tasks, saying no, seeking support and communicating, practicing mindfulness and meditation, exercising regularly, eating a healthy diet, staying hydrated, social support, taking short breaks, practicing deep breathing, engaging in hobbies or leisure activities, journaling, seeking professional help if necessary, taking vacations or days off, and reframing your perspective on stress.

College App Workshops



Applications for the Fall 2024 semester are officially open! Here are some resources for understanding each application process:

Virtual Webinars:

➤ **UC and CSU Application walk-throughs**

October 15th @ 6PM

[REGISTER NOW](#) 

➤ **College Admissions Trends**

October 16th @ 5PM

[REGISTER NOW](#) 

Struggling with your personal statement? Here are some tips:

1. **Open Strong** - make your essay memorable to admissions officers
2. **Put out your best** - show them that you have strong command of grammar and vocabulary
3. **Answer the prompt** - stay on topic and to the point
4. **Stick to your style** - this is a personal statement. Use your vocabulary you are comfortable with and matches the tone of your statement rather than trying to impress someone with fancy words
5. **Proofread** - go over your essay for mistakes multiple times, and ask teachers or parents to read over them too for an extra set of eyes
6. **Watch your word count** - keep in mind that these essays are short so know your word count and don't exceed it
7. **Focus on YOU** - the school is interested in hearing your story, not your peers or your role models

-CollegeBoard

Deadlines for Fall 2024:

Common App - Various (See each institution page)

CSU System - November 30

UC System - November 30

California and San Diego Community Colleges accept applications on a rolling basis and have no deadline! Apply today!

BREAST CANCER



Awareness MONTH



→ LEARN MORE

Opening up Conversation

When communicating a cancer diagnosis to a child, use direct language and a visual aid if helpful. Reassure them that their needs will be met and invite them to ask questions. Let teachers and other caregivers know what's going on. Use "the 5 C's" when discussing the diagnosis: say it's cancer, reassure them it's not their fault and they can't catch or control it, and emphasize that quality time and fun can still be had.

➔ Coping when a Parent has Cancer

Children may experience negative emotions such as worry, guilt, sadness, and anger when a parent is undergoing treatment. To help them cope, it is important to maintain a normal routine, encourage communication and questions, and provide outlets for their thoughts and feelings such as journaling and socializing. Support groups and seeking help from a neutral person or professional counselor can also be beneficial.

Parents should watch for risky behavior and seek outside help if necessary.



More Info



6 Facts about breast cancer

- Breast cancer is the most common non-skin Diagnosis among women.
- 1 in every 8 women will face a breast cancer diagnosis during her lifetime.
- A new case of breast cancer is diagnosed about once every 2 minutes.
- In the U.S alone there are about 2.9 million breast cancer survivors

EARLY Detection SAVES LIVES

The 5-year survival rate for women whose cancer was detected early is nearly 100% Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer



Supporting the Arts ¹¹



Office of Child and Youth Success

HOW TO SUPPORT THE ARTS

WHAT ARE THE BENEFITS OF ENROLLING YOUR KIDS IN ARTS PROGRAMS?

- ✦ Teaches kids to be quick thinkers
- ✦ Reduces anxiety and boosts confidence over time
- ✦ Improves a child's ability to express their emotions
- ✦ Exposes them to a set of skills and perspectives that would have been left underdeveloped

✦ Enroll your kids! - Showing interest in arts programs demonstrates the value we hold in such programs

✦ Attend events - Create a community that engages with and uplifts local artist

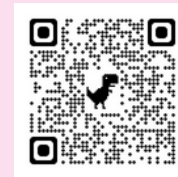
✦ Recycle or donate your supplies - Art materials can be hard to come by or expensive for some artists depending on their craft. Look for exchanges like these to cut costs and reduce waste

Art Programs

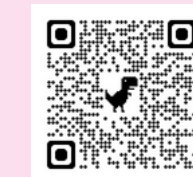
Afterschool Art



Art Therapy



Civic Dance Art Program



FREE



Upcoming Events and Performances

Studio Sessions: Live Jazz Thursdays

Play Day @ Museum of Contemporary Art

Young Artists in Harmony Fall Showcase

HOW WE GATHER Exhibition Opening

The Studio Door - ART+ LGBT History Month Art Gallery Reception

OCTOBER 2023
OCYS NEWSLETTER

20 October, 2023

Youth Celebration Day



What is Youth Celebration Day?

National Youth Appreciation Day is celebrated on October 20th of every year. It's a day to celebrate the potential of young people, their accomplishments, energy, and spirit. The aim is to instill confidence into them and continue to help them grow into successful adults.

How To Celebrate!

how a young person in your life you care. Provide them with the tools to reach their potential. Most importantly, offer them the knowledge, skills and know-how to build their confidence. Above all, by planting a seed and watching it grow, you celebrate their achievement.



Events Around the City

OCTOBER

Fall Festival Belmont Park

Saturday, September 9, 2023 (All day) to
Tuesday, October 31, 2023 (All day)

Kids Free San Diego

[READ MORE](#)

Sunday, October 1, 2023 (All day) to
Tuesday, October 31, 2023 (All day)

Santee Lakes Spooktacular and Trunk-O-Treat

Saturday, October 28, 2023, 10:00am to
2:00pm

Hauntfest on Main

FRIDAY, OCTOBER 20, 2023 | EL CAJON

Wildin' Mission Bay Kayak Eco Tour- Kids Free October

Saturday, October 21, 2023, 9:00am to 11:00am

Events Around the City

KIDS secondhand STYLE

SUNDAY, 1ST OCTOBER 12PM - 3PM



Sunday, October 1, 2023,
12:00pm to 3:00pm
Pizza Cassette
5322 Banks Street San Diego, CA
92110

hullabaloo at Del Mar Highlands

Thur.

10AM

Join us at the upper plaza between
Panini Kabob Grill and Cinépolis

Reservations due to inclement weather will be posted on our Facebook and Instagram pages.

Del Mar Highlands Town
Center, 12925 El Camino Real,
San Diego, United States



East Main Street from Magnolia
to Avocado/Ballatyne
Friday, October 20, 2023,
4:00pm to 9:00pm