



# February 2018

## Discoveryland News

Happy February! It is that time of the month when we are sharing love and friendship at school. We do every month, but this month is designated for just that. Friendship is a hard concept to learn and accept. Making and keeping friends can be tough when you are a child and expect everyone to like you. So when you find that one friend who is willing to be yours, you want to hang onto that person and not share. And when you are this age, sharing is so hard to do. We are learning how God loved us first, and how we can love one another by doing different things for each other. So be ready for lots of love from your kids this month!



Parents, we are having a very rough Flu

season this year. Many students and their family members, and teachers have fallen ill, some more seriously than others. I hope everyone has received the flu vaccine, or planning on it. I highly recommend it. It may not keep you and your family from getting it, but it should help minimize the symptoms if you do. We are praying for everyone's health and that we are all back on our feet soon.

It is with great sadness that I announce our Dear Ms. Delia has left our center to begin a new adventure. She gave us 5 wonderful years here at

Discoveryland. Her smile and friendliness will be missed very much by all. While we are in a transitional stage of hiring, please be patient with us as we will have less hands up front. Thank you for understanding.

We have one day off this month on the 19<sup>th</sup> for Presidents' Day. Please plan on other child care for that day.

Look for flyers from your home room teachers concerning friendship day. Your class will be celebrating in wonderful ways. We will also be starting Reading awareness month on the 20<sup>th</sup>. We won't have a snow day in January due to all the illnesses and rain but plan on having one this month. I will keep you posted.

Thank you for those of you who came to our open house. Many of you brought friends with you or recommended our center to others. THANK YOU! Please remember to have them share your name if they register so you can receive the referral credit.

I am blessed and loved by all your little ones. Thank you for letting us love your little love bugs.



**G** is for Grandparent who can add tradition and wisdom to children's lives. And **G** is for growth which parents and kids can experience together

*Ms. Penny Corpus,  
Director*

## Dates to Remember

### February

- 14 Friendship Day
- 19 No School - Presidents Day Holiday
- 20 Reading Program Begins

### March

- 2 Dr. Seuss Day
- 29 Picture Day
- 30 Reading Awards Chapel at 10am



- 2 Mr. Orson (staff)
- 3 Ms. Janet (teacher)
- 17 Paxon Bay (rm 4)
- 19 Morgan Calata (rm 5)
- 25 Ms. Toni (sub teacher)

Discoveryland  
Preschool

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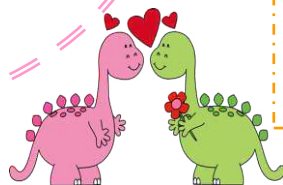
Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Blueberry Muffins, Fresh Fruit, & Milk  <b>Chik'n Divan, Steam Rice, Mix Vegetables, Bread Rolls, Fresh Fruit, &amp; Milk</b>  Wheat Thins & Apple Juice	2 Raisin Bran Cereal, Fresh Fruit, & Milk  <i>Fishless Fillet Sandwich, Tater Tots, Fresh Fruit, &amp; Milk</i>  Ritz Crackers & Orange Juice
5 Corn Chex Cereal, Fresh Fruit, & Milk  <i>Penne Rigate Pasta, Carrots, Garlic Bread, Fresh Fruit, &amp; Milk</i>  Graham Crackers, Milk, & Apple Juice	6 English Muffins, Fresh Fruit & Milk  <i>Bean &amp; Cheese Burrito, Green Beans, Spanish Rice, Fresh Fruit, &amp; Milk</i>  Cheese-It Crackers & Grape Juice	7 Cinnamon Toast, Fresh Fruit, & Milk  <b>Chik'n Salad Wrap, Cucumber, Fresh Fruit, &amp; Milk</b>  Granola, Fruit, Yogurt, & Mango Juice	8 French Toast, Fresh Fruit, & Milk  <b>Chik'n Chow Mein, Peas and Carrots, Fresh Fruit, &amp; Milk</b>  Pita Bread w/Jam & Cranberry Juice	9 Cheerios, Fresh Fruit, & Milk  <i>Grilled Cheese Sandwich, Curly Fries, Fresh Fruit, &amp; Chocolate Milk</i>  Triscuit Crackers & Pineapple Juice
12 Raisin Bran Cereal, Fresh Fruit, & Milk  <i>Lasagna, Toss Salad, Sliced Bread, Fresh Fruit, &amp; Milk</i>  Ritz Crackers & Grape Juice	13 Pancakes, Fresh Fruit, & Milk  <i>Haystacks, Corn, Spanish Rice, Fresh Fruit, &amp; Milk</i>  Animal Crackers, Milk, & Apple Juice	14 Bagels w/Cream Cheese, Fresh Fruit & Milk  <b>ABC Soup, Chik'n Sandwich, Mix Vegetables, Fresh Fruit, &amp; Milk</b>  Goldfish Crackers & Mango Juice	15 Egg & Cheese Croissant, Fresh Fruit, & Milk  <i>Teriyaki Hamburger, Steam Rice, Green Beans, Fresh Fruit, &amp; Milk</i>  Wheat Thins & Cranberry Juice	16 Corn Chex Cereal, Fresh Fruit, & Milk  <i>Cheese Burger, Tater Tots, Fresh Fruit, &amp; Milk</i>  Cheese-it Crackers & Orange Juice
19  Presidents Day  SCHOOL CLOSED	20 Waffles, Stripples, Fresh Fruit, & Milk  <i>Cheese Quesadilla, Green Beans, Spanish Rice, Fresh Fruit, &amp; Milk</i>  Pita Bread w/Jam & Mango Juice	21 French Toast, Fresh Fruit & Milk  <b>Chik'n Nuggets, Cucumber, Bread w/Jam, Fresh Fruit, &amp; Milk</b>  Vanilla Wafer, Milk, & Apple Juice	22 Blueberry Muffins, Fresh Fruit, & Milk  <b>Fried Rice w/Egg, Turk'y Strips, Mix Vegetables, Fresh Fruit, &amp; Milk</b>  Ritz Crackers & Grape Juice	23 Cheerios, Fresh Fruit & Milk  <i>Pizza w/Sausage, Tater Tots, Fresh Fruit, &amp; Chocolate Milk</i>  Wheat Thins & Pineapple Juice
26 Corn Chex Cereal, Fresh Fruit, & Milk  <i>South of Border Pasta, Carrots, Sliced Bread, Fresh Fruit, &amp; Milk</i>  Graham Crackers, Milk, & Cranberry Juice	27 Egg & Cheese Croissant, Fresh Fruit, & Milk  <i>Cheese Enchiladas, Spanish Rice, Corn, Fresh Fruit, &amp; Milk</i>  Goldfish Crackers & Apple Juice	28 Cinnamon Toast, Fresh Fruit, & Milk  <i>Tortas, Green Beans, Fresh Fruit, &amp; Milk</i>  Triscuit Crackers & Grape Juice		



**Eating for Heart Health...**  
**RED Alert! Be HEART Smart!**  
*You are the HEART of your home. More women die from heart disease every year than from all cancers.*

**Feed your heart:** fish, oats, beans, chia seeds, berries, nuts, olive oil, broccoli, and dark greens.  
**And reduce sugars, salt, and processed foods.**



**Super Easy Chili and Chili Mac**

*Open 5-6 cans of beans: 1 – 2 cans of chili beans in sauce. 4 cans of (rinsed and drained) white, black, pinto and/or butter beans. Put all beans into large pot. Add in 1 can of diced tomatoes. Heat over medium heat until bubbly. Stir in pepper and cumin to taste. Top with a little bit of shredded cheese. For chili Mac – serve over cooked macaroni. Add ground beef or ground turkey, canned chilies or cooked onions – if desired.*

*(Note: Nutritional value varies depending on ingredients.)*