



Discoveryland News



Happy September! We have successfully started the new school year! It's wonderful to come into the rooms and see the children working hard on their activities, getting to know each other with stories about their toys at home, or stories about where they went over the summer. Welcome to our many new faces and welcome back to our old faces!

We have had some staffing changes as well. The room teachers are as follows: Room 1: Ms. Leila and Ms. Kim. Room 2: Ms. Odilia and Ms. Tania. Room 3: Ms. Jenel and Ms. Janet. Room 4: Ms. Annie. Room 5: Ms. Angela and Ms. Anitha. Ms. Vera is our teacher's aid. You will see her helping out where needed. Our friendly faces in the office are Ms. Arlene and Ms. Lynne. Our cooks work hard every day to provide healthy meals for us. They are Ms. Martha and Ms. Yaneth. And, I am Ms. Penny, the Program Director. You can find me almost anywhere. My office is open to you, and you are welcome to call or email me at any time with your concerns or just need a listening ear.

I want to share with you some things that are going on this month. Please also check the important date's box, since I don't always cover everything.

The first item is **Grandparents Day on September 10!** We would like to invite all grandparents to come and join your grandchildren in their rooms between **9:30-10:45**. You will get the opportunity to read to the children, do small projects with them, and work in the classroom centers. If you can come, it would mean a lot to the kids.

Next up, **September 27** is an important night for you as parents. It is our **Orientation Night**. We will meet in the church at **6 PM**, and I will go over some important information concerning our policies and rules. After that, I will excuse you to go to your child's room to get acquainted with how your child's class works this year, the curriculum, room rules and other important things. We hope you can make it.

Lastly, we also have a **date change** for our Pumpkin Patch trip. It will now be on **Monday, October 22 at 10 AM**. More information to follow.

Before I go...

"Life is a journey one that your child essentially will have to take alone. Yes, they have parents to guide them and sometimes siblings to forge the way. They have friends to walk by their sides and teachers and people they admire to mentor them, but in the final analysis, they choose their path themselves. And they do it one step at a time through the many choices they learn to make. We teachers at Discoveryland are here to hold their hands, hearts and minds, helping them to make good choices and learn what they need to in order to succeed in life."

Thank you for entrusting us with this responsibility. Have a wonderful year.

Sincerely,

Ms. Penny, Director

Dates to Remember

September

- 3 Labor Day Holiday – No School
- 10 Grandparents Day
- 27 Family Orientation Meeting 6 PM

October

- 1 Re-registration week for returning students
- 23 Picture Day
- 22 Field trip to pumpkin patch and farm



- 14 Zoe Pierruques (Rm 5)
- 17 Shakthi Suresh (Rm 1)
- 19 Aaron Pan (Rm 5)
- 22 Danika Ramirez (Rm 3)

Discoveryland
Preschool

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Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Labor Day</p> <p>DISCOVERYLAND CLOSED</p>	<p>4</p> <p>Waffles, Fresh Fruit & Milk</p> <p><i>Crunchy Tacos, Corn, Spanish Rice, Fresh Fruit & Milk</i></p> <p>Cheese-It Crackers & Cranberry Juice</p>	<p>5</p> <p>Blueberry Muffins, Fresh Fruit & Milk</p> <p><i>Beef Chalupa, Carrots, Fresh Fruit & Milk</i></p> <p>Animal Crackers, Milk & Apple Juice</p>	<p>6</p> <p>Egg & Cheese Croissant, Fresh Fruit & Milk</p> <p>Chik'n Divan, Steam Rice, Peas & Carrots, Fresh Fruit & Milk</p> <p>Ritz Crackers & Mango Juice</p>	<p>7</p> <p>Raisin Bran Cereal, Fresh Fruit & Milk</p> <p><i>Grilled Cheese Sandwich, Curly Fries, Fresh Fruit & Milk</i></p> <p>Yogurt, Granola Bar & Grape Juice</p>
<p>10</p> <p>Cheerios, Fresh Fruit & Milk</p> <p><i>Spaghetti w/Garlic & Butter Sauce, Toss Salad, Garlic Bread, Fresh Fruit & Milk</i></p> <p>Belvita Crackers, Milk & Orange Juice</p>	<p>11</p> <p>French Toast, Fresh Fruit & Milk</p> <p><i>Bean & Cheese Burrito, Green Beans, Spanish Rice, Fresh Fruit & Milk</i></p> <p>Wheat Thins Crackers & Pineapple Juice</p>	<p>12</p> <p>Bagels w/Cream Cheese, Fresh Fruit & Milk</p> <p>Chik'n Nuggets, Strawberry Jam Sandwich, Cucumbers, Fresh Fruit & Milk</p> <p>Graham Crackers, Milk & Apple Juice</p>	<p>13</p> <p>Cinnamon Toast, Fresh Fruit & Milk</p> <p>Chik'n Chow Mein, Steam Rice, Mix Vegetables, Fresh Fruit & Milk</p> <p>Goldfish Crackers & Cranberry Juice</p>	<p>14</p> <p>Corn Chex Cereal, Fresh Fruit & Milk</p> <p><i>Wham & Cheese Sandwich, Tater Tots, Fresh Fruit & Milk</i></p> <p>Pita Bread w/Strawberry Jam & Mango Juice</p>
<p>17</p> <p>Raisin Bran Cereal, Fresh Fruit & Milk</p> <p><i>Ravioli w/Marinara Sauce, Cesar Salad, Garlic Bread, Fresh Fruit, Milk</i></p> <p>Vanilla Wafers, Milk & Grape Juice</p>	<p>18</p> <p>Pancakes, Fresh Fruit & Milk</p> <p><i>Cheese Quesadilla, Corn, Spanish Rice, Fresh Fruit & Milk</i></p> <p>Cheese-It Crackers & Grape Juice</p>	<p>19</p> <p>Egg & Cheese English Muffins, Fresh Fruit & Milk</p> <p><i>Turkey Tortas, Lettuce & Tomato, Fresh Fruit & Milk</i></p> <p>Animal Crackers, Milk & Apple Juice</p>	<p>20</p> <p>Blueberry Muffins, Fresh Fruit & Milk</p> <p><i>Orange Chik'n</i>, Steam Rice, Broccoli, Fresh Fruit & Milk</p> <p>Ritz & Pineapple Juice</p>	<p>21</p> <p>Cheerios, Fresh Fruit & Milk</p> <p><i>BLT Sandwich, Curly Fries, Fresh Fruit & Chocolate Milk</i></p> <p>Graham Crackers, Milk & Cranberry Juice</p>
<p>24</p> <p>Corn Chex Cereal, Fresh Fruit & Milk</p> <p><i>Penne Pasta w/Pesto Sauce, Carrots, Garlic Bread, Fresh Fruit & Milk</i></p> <p>Granola, Fruit, Yogurt & Mango Juice</p>	<p>25</p> <p>Cinnamon Toast, Fresh Fruit & Milk</p> <p><i>Cheese Enchilada, Spanish Rice, Corn, Fresh Fruit & Milk</i></p> <p>Wheat Thins Crackers & Apple Juice</p>	<p>26</p> <p>Bacon & Egg Croissant, Fresh Fruit & Milk</p> <p>Chik'n Salad Wrap, Cucumbers, Fresh Fruit & Milk</p> <p>Belvita Crackers, Milk & Grape Juice</p>	<p>27</p> <p>Bagels w/Cream Cheese, Fresh Fruit & Milk</p> <p><i>Teriyaki Burger, Steam Rice, Broccoli, Fresh Fruit & Milk</i></p> <p>Goldfish Crackers & Orange Juice</p>	<p>28</p> <p>Raisin Bran Cereal, Fresh Fruit & Milk</p> <p><i>Cheese Burger, Tater Tots, Fresh Fruit & Milk</i></p> <p>Pita bread w/Strawberry Jam & Cranberry Juice</p>

September is...

- **National "More Matters" Month:** Every meal fill half your plate with fruits and veggies. **The MORE the BETTER!**
- **National Breakfast Month:** Breakfast doesn't have to be "breakfast" food. Eat a sandwich, salad or soup! Rev your engine!
- **National Potato and Rice Month:** Wash and eat a potato's peel – it has lots of fiber, nutrients and flavor. Try black or brown rice or sweet potatoes.
- **Children Eye Health Month:** Make an eye appointment for your child.

Avocado and Egg on Toast

Try this yummy, easy and satisfying dish anytime of the day.

Toast up a slice of whole grain bread. Fry or scramble 1 egg. Mash ¼ avocado onto toast. Top with egg. Add a dash of salt, pepper, and hot sauce. Protein, whole grains, good fat...ZING!

Cook, Freeze, and Use Later: Grains, Pasta and Rice

When you have the time, cook up a big batch of whole grains, pasta or brown rice. Let cool completely, then spoon into resealable plastic bags and freeze flat. Stack, store in freezer,