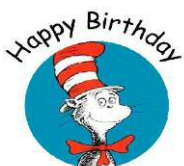




Discoveryland News

Is it March already? I feel like we just had New Years! And now that I think of it, graduation is right around the corner! Where has the time gone?

March will be a nice easy month. We will have more things going on in April and May so stay on



Dr. Seuss

your toes. We will be celebrating Dr. Seuss Day and Green day. Picture day is also

this month. We will be sending out more information on this later. And finally our reading awards chapel will be on March 30. Please check the important dates box for date and time.

How are you and your children feeling? This flu season has been the worst in many years. It seems to be getting better and for that I am grateful. But still, please remember to practice healthy habits. Teaching little ones to blow their nose and cough

into their sleeves is important. Modeling healthy eating and living habits play an important role in educating your children at a young age how to stay healthy.



Allergies should also be hitting us hard this year. It may be wise to check with your physician if your child has a perisitant cough or runny nose. It could be allergies. Please always keep us updated on

their health so we can be sure to support them here at school as well. Just a reminder: If your child does need medication for an illness or allergies, the office needs to be notified and a signed consent to adminisiter medication is required.

The weather is constantly changing, so please make sure to send your child to school with the appropriate clothing, and be sure clothing items are labeled with our child's name. Mittens are nice but are easily lost. A nice warm coat with pockets will work just fine.



H is for HOME - which is really only a house. But a home is wherever a child is loved and wanted and secure. And only YOU can make a HOUSE a HOME.



Thank you for choosing Discoveryland for your child's school experience. My mornings are brighter because of your little ones who come by and flash me their smiles and say hello. The brave ones come in and give me hugs. THOSE are the moments I live for, and why I love my job.

Discoveryland is honestly the best place for me. You are my family, and I appreciate you everyday. Thank you for warming my heart on a daily basis.

*Ms. Penny Corpus,
Director*



Dates to Remember

March

- 2 Dr. Seuss Day
- 11 Daylight Savings Time
- 16 GREEN Day
- 29 Picture Day
- 30 Reading Awards Chapel at 10am

April

- 9-13 Week of the Young Child
- 12 Wheels Day
- 16-27 Parent/Teacher Conferences
- 29 Spring Fling



- 5 Ekaterina Lesniewski (Rm 1)**
- 8 Arianna Cadiz (Rm 5)**
- 23 Ashley Harjono (Rm 4)**
- 25 Kaia Ramirez (Rm 3)**
- 26 Leonides Raquion (Rm 1)**
- 29 Ray Feng (Rm 3)**
- 30 Victoria Alexandrov (Rm 2)**
- 31 Nicolas Sabs (Rm 5)**

Discoveryland
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Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Bagels, Fresh Fruit & Milk <i>Mac & Cheese, Big Franks, Bread, Broccoli, Fresh Fruit & Milk</i> Granola Bars, Yogurt & Grape Juice	2 Raisin Cereal, Fresh Fruit & Milk <i>Stripples BLT Sandwich, Tater Tots, Fresh Fruit & Milk</i> Ritz Crackers, & Pineapple Juice
5 Cheerios, Fresh Fruit & Milk <i>Spaghetti With Pesto, Toss Salad, Garlic Bread, Fresh Fruit & Milk</i> Cheese-It Crackers & Orange Juice	6 Pancakes, Fresh Fruit & Milk <i>Tacos, Corn, Spanish Rice, Fresh Fruit & Milk</i> Wheat thins & Cranberry Juice	7 English Muffins, Fresh Fruit & Milk <i>Corn Dogs, Green Beans, Fresh Fruit & Milk</i> Animal Crackers, Milk & Mango Juice	8 French Toast, Fresh Fruit & Milk <i>Hamburger Steak, Mash Potatoes, Bread, Fresh Fruit & Milk</i> Pita Bread & Grape Juice	9 Corn Chex Cereal, Fresh Fruit & Milk <i>Hot Dogs, Curly Fries, Fresh Fruit & Chocolate Milk</i> Triscuit Crackers & Orange Juice
12 Raisin Bran, Fresh Fruit & Milk <i>Ravioli, Carrots, Garlic Bread, Fresh Fruit & Milk</i> Ritz Crackers & Mango Juice	13 Egg & Cheese Croissant, Fresh Fruit & Milk <i>Bean & Cheese Burrito, Green Beans, Spanish Rice, Fresh Fruit & Milk</i> Graham Crackers, Milk & Apple Juice	14 Blueberry Muffins, Fresh Fruit & Milk Chik'n Salad Wraps, <i>Cucumbers, Fresh Fruit & Milk</i> Gold Fish Crackers & Cranberry Juice	15 Cinnamon Toast, Fresh Fruit & Milk Chik'n Chow Mein, <i>Peas & Carrots, Fresh Fruit & Milk</i> Wheat Thins Crackers & Pineapple Juice	16 Toaster Pastries, Fresh Fruit & Milk <i>Grilled Cheese Sandwich, Tater Tots, Fresh Fruit & Milk</i> Cheese-It Crackers & Grape juice
19 Corn Chex Cereal, Fresh Fruit & Milk <i>Penne Rigate w/ Marinara Sauce, Green Salad, Garlic Bread, Fresh Fruit, & Milk</i> Vanilla Wafers, Milk & Apple Juice	20 Waffles, Fresh Fruit & Milk <i>Tostaditas, Spanish Rice, Corn, Fresh Fruit & Milk</i> Triscuit Crackers & Mango Juice	21 Bagels w/ Cream Cheese, Fresh Fruit & Milk <i>ABC Soup, Chik'n Sandwich, Mix Vegetables, Fresh Fruit & Milk</i> Granola, Fruit, Yogurt, & Grape Juice	22 Egg & Cheese Burritos, Fresh Fruit & Milk <i>Teriyaki Burger, Steam Rice, Green Beans, Fresh Fruit & Milk</i> Ritz Crackers & Pineapple Juice	23 Raisin Bran Cereal, Fresh Fruit & Milk <i>Cheese Burger, Curly Fries, Fresh Fruit & Milk</i> Wheat Thins Crackers & Cranberry Juice
26 Cheerios, Fresh Fruit & Milk <i>Linguini Alfredo, Toss Salad, Garlic Bread, Fresh Fruit & Milk</i> Cheese-It Crackers & Orange Juice	27 Pancakes, Fresh Fruit & Milk <i>Cheese Quesadillas, Spanish Rice, Cucumber, Fresh Fruit & Milk</i> Pita Bread & Apple Juice	28 Egg & Cheese Croissant, Fresh Fruit, Milk <i>Tortas, Green Beans, Fresh Fruit & Milk</i> Animals Crackers, Milk, & Cranberry Juice	29 Blueberry Muffins, Fresh Fruit & Milk <i>Turkey Strips, Steam Rice, Mix Vegetables, Fresh Fruit & Milk</i> Graham Crackers & Mango juice	30 Corn Chex Cereal, Fresh Fruit & Milk <i>Pizza w/Sausage, Tater Tots, Fresh Fruit & Milk</i> Ritz Crackers & Pineapple Juice



Jump-Start Spring...

Try a new fruit or veggie.

Enjoy some sunshine and use your sunscreen!

Take an afternoon exercise break - everyone likes recess!

Shake off winter and S-T-R-E-T-C-H!

Clean up your cupboards and check for expired foods.

Up your activity level - start with 10 extra minutes/day.

Grow something - herbs, greens, or tomatoes are easy!

Smile - it makes you feel good!



Kelp yourself to nori and other GREENS...

Wash and store: Swiss chard, kale and hearty greens
Remove stems and swish greens in large bowl of cold water (this removes grit). Wrap leaves in clean towel and squeeze gently to remove excess water. Wrap in paper towel and store in fridge.

Chard ... cut stems into 4 inch long pieces. Toss with olive oil, salt and pepper. Roast in 425°F oven for about 15 minutes.

Kale ... discard these stems (too tough to eat) but cook the greens in olive oil and add nuts, cheeses, red pepper flakes, or sardines!

Kelp ... this is also called seaweed or nori. Crush dried sheets and sprinkle flakes over popcorn, egg dishes, or put in smoothies.