



January 2017

Discoveryland News



HAPPY NEW YEAR!

I hope all of you had a wonderful break and were able to spend time with friends and family. I know that we are glad to see you back here at school. Routine is so nice. I always know who will be the first kids here in the morning when I arrive, and are greeted with smiles and hugs! I've missed those. So welcome back and I know we are going to have a fabulous new year.

Just a couple things to remember. We have a school closer, snow day and open house. I wanted to share with you a little about open house. This is a great way for you to come and spend some time with your child at school and chat with the teachers. You will also be able to visit the elementary school. And visit with potential parents who are interested in coming. So if you are able to come, we would love to see you.

School will be closed on January 16th as we observe Martin Luther King, Jr. Day! Enjoy a nice three-day weekend, and do something fun!

January 19 is Pajama day. Let your little one pick out their favorite pair of pjs and come to school for a comfy day. They can also bring any pillows, blankets, or your child's favorite stuff animals.



Open House Extravaganza! January 22, from 10am to 3pm. Come, and bring anyone you know that may need childcare, such as friends, co-workers, neighbors, or family. Remember if you refer someone and they enroll their child, you will receive a discount on your own tuition rate! See the office staff for full details.



Time to talk about FUN days! We will be having a Snow Day on January 26. We will have snow outside, and the children will have the opportunity to play with and explore the feeling of ice cold snow here at preschool! Bring jackets, hats, beanies, gloves, boots or any other snow gear to let them play comfortably in the cold. Remember to label everything as the clothes will get wet and we will need to lay them out to dry.

May this New Year bring all of us much peace and joy, success and all the things we hope for. I even dare say a little rain because life isn't perfect and we **can't always have what we desire.** But we can always try, and THAT'S what I hope for. That we all at least TRY to do our best. Thank you for allowing us to always TRY to make your day, and the day of your child full of love and learning.

Love,

Ms. Penny Corpus, Director

Dates to Remember

January

- 3 School Resumes
- 16 No School – Martin Luther King, Jr. Holiday
- 19 Pajama Day
- 22 Open House Extravaganza 10am
- 26 Snow Day

February

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



- 2 Carson Gardina
- 5 Wolf Powell (Rm 3)
- 9 Dylan Oyuqi (Rm 1)
- 9 Robel Arragaw (Rm 5)
- 17 Gene (Geo) Vea (Rm 1)
- 21 Ella Aqbayani (Rm 5)
- 22 Joseph Frederick (Rm 3)
- 24 Ms. Martha (Kitchen Staff)
- 26 Andrea Alhambra (Rm 5)
- 29 Dylan Harjon

Discoveryland Preschool

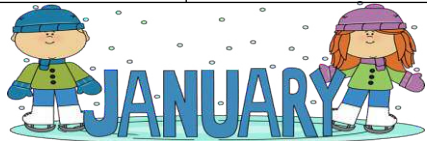
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Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOLIDAY DISCOVERYLAND CLOSED	3 Pancakes, Fresh Fruit & Milk <i>Bean & Cheese Burrito, Carrots, Spanish Rice, Fresh Fruit, & Milk</i> Cheese it Crackers & Mango Juice	4 Mini Muffins, Fresh Fruit, & Milk Chik'n Nuggets, Broccoli, Wheat Bread, Fresh Fruit, & Milk Animal Crackers & Apple Juice	5 French Toast, Fresh Fruit, & Milk <i>Teriyaki Hamburger, Steam Rice, Green Beans, Fresh Fruit, & Milk</i> Ritz Crackers & Orange Juice	6 Cheerios, Fresh Fruit, & Milk <i>BLT Stipples Sandwich, Curly Fries, Fresh Fruit, & Milk</i> Wheat Thins Crackers & Cranberry Juice
9 Raisin Bran Cereal, Fresh Fruit, & Milk <i>Spaghetti w/Marinara Sauce, Toss Salad, Sliced Bread, Fresh Fruit, & Milk</i> Vanilla Wafers, Milk, & Apple Juice	10 Waffles, Fresh Fruit, & Milk <i>Cheese Enchiladas, Spanish Rice, Corn, Broccoli, Fresh Fruit, & Milk</i> Pita Bread & Mango Juice	11 English Muffins, Fresh Fruit, & Milk Chik'n Salad Wrap, Broccoli, Fresh Fruit, & Milk Granola Bars, Yogurt, & Grape Juice	12 Bagels w/Cream Cheese, Fresh Fruit, & Milk <i>Mac & Cheese, Big Franks, Sliced Bread, Green Beans, Fresh Fruit, & Milk</i> Goldfish Crackers & Orange Juice	13 Corn Chex Cereal, Fresh Fruit, & Milk <i>Pizza w/Sausage, Tater Tots, Fresh Fruit, & Chocolate Milk</i> Cheese-it Crackers & Cranberry Juice
16 Martin Luther King Jr. Day SCHOOL CLOSED	17 Pancakes, Fresh Fruit, & Milk <i>Flautas, Spanish Rice, Beans, Broccoli, Fresh Fruit, & Milk</i> Ritz Cheese Dip Crackers & Apple Juice	18 French Toast, Fresh Fruit & Milk ABC Soup, Chik'n Sandwich, Mix Veggies, Fresh Fruit, & Milk Animal Crackers, Milk & Mango Juice	19 Egg Burrito, Fresh Fruit, & Milk <i>Fried Rice w/Egg, Turk'y Strips, Green Beans, Fresh Fruit, & Milk</i> Triscuit Crackers & Grape Juice	20 Cheerios, Fresh Fruit & Milk <i>Cheese Burger, Curly Fries, Fresh Fruit, & Milk</i> Ritz Crackers & Orange Juice
23 Corn Chex Cereal, Fresh Fruit, & Milk <i>Penne Rigate w/Alfredo Sauce, Green Salad, Sliced Bread, Fresh Fruit, & Milk</i> Goldfish Crackers & Cranberry Juice	24 Waffles, Stripples, Fresh Fruit, & Milk <i>Tostaditas, Corn, Spanish Rice, Fresh Fruit, & Milk</i> Graham Crackers, Milk, & Mango Juice	25 Mini Muffins, Fresh Fruit & Milk <i>Hamburger Steak, Mashed Potato, Sliced Bread, Fresh Fruit, & Milk</i> Bagel, Yogurt, & Apple Juice	26 Cinnamon Toast, Fresh Fruit, & Milk Chik'n Chow Mein, Peas & Carrots, Fresh Fruit, & Milk Wheat Thins & Orange Juice	27 Raisin Bran, Fresh Fruit, & Milk <i>Hot Dogs, Tater Tots, Fresh Fruit, & Chocolate Milk</i> Vanilla Wafers, Milk, & Grape Juice
30 Cheerios, Fresh Fruit, & Milk <i>South of the Border Pasta, Green Salad, Bread, Fresh Fruit, & Milk</i> Ritz Crackers & Apple Juice	31 Pancakes, Fresh Fruit, & Milk <i>Cheese Quesadilla, Broccoli, Spanish Rice, Fresh Fruit, & Milk</i> Cheese it Crackers & Grape Juice			



*So-Easy Soup (use up what's on hand!)
This is so easy, get the kids and let them help!*

*Heat 2T olive oil in large pot over medium heat.
Add 1 onion, 4 cloves garlic, 2 carrots, 2 stalks celery – all diced. Cook for 10 minutes. Add 3 cans broth, 1 can diced tomatoes (do not drain) and 2 cans white or black beans (rinsed, drained). Add 1 cup uncooked past. Toss in 1 cup of peas and a handful of fresh kale or spinach. Season to taste with salt, pepper, cumin and/or thyme.*

Eat Smart

Eat a protein-packed breakfast

Pay attention to portions

Don't drink your calories

Eat more fruits and veggies

Snack smart

Choose lean proteins

Eat slowly and chew

Cut back on salt and sugar

Steam, poach, roast, grill

Drink plenty of water

Enjoy!