



## Discoveryland News

*Happy February!* It's the Love Month, or as we say in preschool, the Friendship Month. We do not have too many things planned for this month, which is good. Sometimes it takes awhile for us to get back on schedule after the holidays, and February will be a good month to breathe.



### HAPPY FRIENDSHIP DAY

This month we are focusing on friendship, love, and kindness. We are teaching that tolerance can be taught and learned at an early age, and hopefully your children will carry what they have learned here with them for the rest of their lives. When we become grown ups, we see too many things that make our heart hurt and leave our souls wondering where humanity went wrong. Yes, there are a lot of good things happening as well, but unfortunately, we hear most of the bad that happens. We want to help grow individuals who know the difference between what is right and wrong. We want them to grow up WANTING to make a difference in the world and to want to BE a part of something that changes our world for the better. So this month, let's find ways to share our love with humanity, and we are starting

here at school. Although it is in small ways, we are hoping they will make a big impact in time.



We had a good Open House on January 27. We still have spaces open in rooms 3-5. If you know of anyone who is looking for a good preschool now or in the fall, please share with them your experience here with us. You will also get a referral credit if they join.

thank you!

I know I say this often, but THANK YOU. Thank you for letting us spend the days with your little ones. I miss teaching them so much, and visiting the classrooms on a daily basis reminds me of how lucky we are: the hugs and smiles, the funny stories and even the crying. It's all part of who they are and we are blessed to be able to help them grow.

Have a wonderful LOVE filled month.

Sincerely,

Ms. Penny Corpus, Director



Be the change you wish to see in the world

~Ghandi



2019

### Dates to Remember

#### February

- 14 Friendship Day
- 18 No School – Presidents Day Holiday

#### March

- 1 Reading Program begins
- 4 Dr. Suess Day/Read Across America
- 26 Picture Day
- 29 Reading Awards Chapel 10am



- 2 Orson Chung (Staff)
- 3 Ms. Janet (Rm 3 teacher)
- 24 Arya J (Rm 4)
- 25 Rudorwashe W (Rm 1)
- 25 Ms. Toni (Staff)
- 25 Ms. Jenel (Rm 3 teacher)

## Discoveryland Preschool

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License #430 700 419

Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Raisin Bran Cereal, Fresh Fruit & Milk  <i>Fish Fillet Sandwich, Tater Tots, Fresh Fruit &amp; Milk</i>  Ritz Crackers & Orange Juice
4 Corn Chex Cereal, Fresh Fruit, & Milk  <i>Ravioli Pasta W/Marinara Sauce, Carrots, Garlic Bread, Fresh Fruit &amp; Milk</i>  Graham Crackers, Milk & Apple Juice	5 English Muffins, Fresh Fruit & Milk  <i>Bean &amp; Cheese Burrito, Green Beans, Spanish Rice, Fresh Fruit &amp; Milk</i>  Cheese-It Crackers & Grape Juice	6 Egg & Cheese Croissant, Fresh Fruit & Milk  <b>Chik'n Nuggets</b> , Cucumber, Strawberry Jam Sandwich, Fresh Fruit & Milk  Animal Crackers, Milk & Manco Juice	7 French Toast, Fresh Fruit, & Milk  <b>Chik'n Chow Mein</b> , Peas and Carrots, Fresh Fruit & Milk  Pita Bread w/Jam & Cranberry Juice	8 Cheerios, Fresh Fruit & Milk  <i>Pizza, Curly Fries, Fresh Fruit &amp; Chocolate Milk</i>  Goldfish Crackers & Pineapple Juice
11 Raisin Bran Cereal, Fresh Fruit & Milk  <i>Spaghetti W/Garlic &amp; Butter, Toss Salad, Sliced Bread, Fresh Fruit &amp; Milk</i>  Vanilla Crackers, Milk & Grape Juice	12 Pancakes, Fresh Fruit, & Milk  <i>Haystacks, Corn, Spanish Rice, Fresh Fruit &amp; Milk</i>  Ritz Crackers & Apple Juice	13 Bagels w/Cream Cheese, Fresh Fruit & Milk  <b>Chik'n ABC Soup</b> , Peas & Carrot, Sandwich, Fresh Fruit & Milk  Granola, Fruit, Yogurt & Mango Juice	14 Egg & Cheese Burrito, Fresh Fruit & Milk  <b>Orange Chik'n</b> , Broccoli, Steam Rice, Fresh Fruit & Milk  Belvita Crackers, Milk & Cranberry Juice	15 Corn Chex Cereal, Fresh Fruit & Milk  <i>Wham &amp; Cheese Sandwich, Tater Tots, Fresh Fruit &amp; Milk</i>  Cheese-it Crackers & Orange Juice
18  Presidents Day  SCHOOL CLOSED	19 Waffles, Stripples, Fresh Fruit & Milk  <i>Cheese Quesadilla, Green Beans, Spanish Rice, Fresh Fruit &amp; Milk</i>  Animal Crackers, Milk & Mango Juice	20 English Muffins, Fresh Fruit & Milk  <b>Chik'n Salad Wrap</b> , Cucumber, Bread w/Jam, Fresh Fruit & Milk  Goldfish Crackers & Apple Juice	21 Blueberry Muffins, Fresh Fruit & Milk  <i>Teriyaki Hamburger, Broccoli, Steam Rice, Fresh Fruit &amp; Milk</i>  Ritz Crackers & Grape Juice	22 Cheerios, Fresh Fruit & Milk  <i>Cheese Burger, Curly Fries, Fresh Fruit &amp; Chocolate Milk</i>  Wheat Thins & Pineapple Juice
25 Corn Chex Cereal, Fresh Fruit & Milk  <i>South of Border Pasta, Carrots, Sliced Bread, Fresh Fruit, &amp; Milk</i>  Belvita Crackers, Milk & Cranberry Juice	26 French Toast, Fresh Fruit & Milk  <i>Cheese Enchiladas, Corn, Spanish Rice, Fresh Fruit, &amp; Milk</i>  Granola Bars, Yogurt & Apple Juice	27 Cinnamon Toast, Fresh Fruit & Milk  <i>Tortas, Lettuce &amp; Tomatoes, Fresh Fruit, &amp; Milk</i>  Pita Bread & Grape Juice	28 Egg & Cheese Croissant, Fresh Fruit & Milk  <b>Chik'n Divan, Steam Rice, Peas &amp; Carrots</b> , Bread, Fresh Fruit & Milk  Vanilla Crackers & Mango 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.)