



# Discoveryland News

Happy October! It is officially fall, and I am very happy. It's the beginning of our busy season. We have many things planned from here on out. So please make sure and read the newsletter and things posted for you as reminders for upcoming events.

Fall brings with it cooler weather. Please bring a labeled jacket for your little one. I have observed that some parents layer the clothing on their children, but this makes it difficult for them to remove shirts and pants on their own. A jacket is easier.

Thank you for attending our orientation. It was nice to see you and get to know you better. If you have any further questions that did not get answered, please do not hesitate to email me or your Home room teacher.

This month we have a field trip and costume day. Keep an eye out for the permission slip. In August I wrote about what you should expect from your child's caregiver. This month I wanted to share with you what your child's caregiver should expect from you.

\* Open communication. You should clearly explain your wishes and provide information on problems, on changes at home, and about your child's routine, activities and preferences.

\* Honesty and trust. Show your trust by asking questions and not jumping to conclusions when you have a concern.

\* Consistency. Pick up your child on time and follow through on agreements. If you are to supply diapers or other items, bring them before they are needed.

\* Healthy children. Remember your center's policy about sick children and keep them home until they are well again.

\* Payment on time. Your caregiver provides for his/her family with this income.

\* Respect for your caregiver as a professional. Taking care of children is their chosen profession and a demanding job. Value your caregiver because she is an important person in your child's life.

Our letter this month for the Parent alphabet is: C. C is for Children, and the caring and the crying which sometimes come together all at once!

Have a wonderful month. Enjoy the Fall changes. Thank you for being a part of your child's journey here at Discoveryland.

*Ms. Penny, Director*



Annual Re-registraton: Fall is our annual re-registraton time for students enrolled before May 30, 2017. Please complete the re-registration forms you will be given, and return them along with the \$100 re-registration fee by Friday, October 6.



## Dates to Remember

### October -

- 2 Returning students re-registration week
- 19 Field trip to Emma Prusch Farm
- 31 Costume Day

### November -

- 1 Parent Evaluation
- 6-17 Parent/Teacher Conference weeks
- 22 Harvest Fest Potluck 11:00- School out at 1pm
- 23-24 Thanksgiving Break - Closed



- 2 Daisie Nguyen (rm 2)
- 10 Aiden Tran (rm 3)
- 15 Emma Slegg (rm 4)
- 17 Anvita Pai (rm 3)
- 18 Daniel Gong (rm 2)
- 22 Vimridh Udupa (rm 4)
- 24 Ms. Nicole (teacher)

Discoveryland  
Preschool

1991 Landess Avenue  
Milpitas, CA 95035  
(408) 263-2568

[www.milpitasdiscoveryland.org](http://www.milpitasdiscoveryland.org)  
License #430 700 419

Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Raisin Bran Cereal, Fresh Fruit, &amp; Milk</p> <p><i>Lasagna, Cucumber, Sliced Bread, Fresh Fruit, &amp; Milk</i></p> <p>Graham Crackers, Milk, &amp; Apple Juice</p>	<p>3 Pancakes, Fresh Fruit, &amp; Milk</p> <p><i>Tostaditas, Rice, Beans, Corn, Fresh Fruit, &amp; Milk</i></p> <p>Ritz Crackers &amp; Cranberry Juice</p>	<p>4 Cinnamon Toast, Fresh Fruit, &amp; Milk</p> <p><i>Hamburger Steak, Mashed Potato w/Gravy, Slice of Bread, Fresh Fruit, &amp; Milk</i></p> <p>Wheat Thins Crackers &amp; Pineapple Juice</p>	<p>5 Bagels w/Cream Cheese, Fresh Fruit, &amp; Milk</p> <p><i>Turkey Strips, Fried Rice, Mix Vegetables, Fresh Fruit, &amp; Milk</i></p> <p>Goldfish Crackers &amp; Grape Juice</p>	<p>6 Corn Chex Cereal, Fresh Fruit &amp; Milk</p> <p><i>BLT Sandwich, Tater Tots, Fresh Fruit, &amp; Milk</i></p> <p>Wheat Thins Crackers &amp; Mango Juice</p>
<p>9 Cheerios, Fresh Fruit, &amp; Milk</p> <p><i>Penne Rigate w/Alfredo Sauce, Toss Salad, Sliced Bread, Fresh Fruit, &amp; Milk</i></p> <p>Animal Crackers, Milk, &amp; Cranberry Juice</p>	<p>10 Egg &amp; Cheese Croissant, Fresh Fruit, &amp; Milk</p> <p><i>Cheese Enchiladas, Green Bean, Spanish Rice, Beans, Fresh Fruit, &amp; Milk</i></p> <p>Pita Bread &amp; Apple Juice</p>	<p>11 Blueberry Muffins, Fresh Fruit &amp; Milk</p> <p><i>Corn Dogs, Broccoli, Fresh Fruit, &amp; Milk</i></p> <p>Granola Bars, Yogurt, &amp; Grape Juice</p>	<p>12 French Toast, Fresh Fruit, &amp; Milk</p> <p><i>Teriyaki Hamburger, Steam Rice, Peas &amp; Carrots, Fresh Fruit, &amp; Milk</i></p> <p>Goldfish Crackers &amp; Pineapple Juice</p>	<p>13 Raisin Bran Cereal, Fresh Fruit &amp; Milk</p> <p><i>Cheese Burger, Curly Fries, Fresh Fruit, &amp; Chocolate Milk</i></p> <p>Ritz Crackers &amp; Mango Juice</p>
<p>16 Corn Chex Cereal, Fresh Fruit, &amp; Milk</p> <p><i>Spaghetti w/Marinara Sauce, Green Salad, Sliced Bread, Fresh Fruit, &amp; Milk</i></p> <p>Cheese-it Crackers &amp; Grape Juice</p>	<p>17 Waffles, Fresh Fruit &amp; Milk</p> <p><i>Cheese Quesadilla, Broccoli, Spanish Rice, Fresh Fruit, &amp; Milk</i></p> <p>Vanilla Wafers, Milk &amp; Pineapple Juice</p>	<p>18 Egg &amp; Cheese Burrito, Fresh Fruit, &amp; Milk</p> <p><b>Chik'n Nuggets, Carrots, Jam Sandwich, Fresh Fruit, &amp; Milk</b></p> <p>Wheat Thins Crackers &amp; Cranberry Juice</p>	<p>19 Cinnamon Toast, Fresh Fruit, &amp; Milk</p> <p><i>Mac &amp; Cheese, Big Franks, Green Beans, Sliced Bread, Fresh Fruit, &amp; Milk</i></p> <p>Triscuit Crackers &amp; Apple Juice</p>	<p>20 Cheerios, Fresh Fruit, &amp; Milk</p> <p><i>Fishless Sandwich, Tater Tots, Fresh Fruit, &amp; Milk</i></p> <p>Goldfish Crackers &amp; Orange Juice</p>
<p>23 Raisin Bran, Fresh Fruit, &amp; Milk</p> <p><i>South of the Border Pasta, Celery, Garlic Bread, Fresh Fruit, &amp; Milk</i></p> <p>Yogurt w/Granola, Fresh Fruit, &amp; Apple Juice</p>	<p>24 Egg &amp; Cheese Croissant, Fresh Fruit, &amp; Milk</p> <p><i>Crunchy Tacos, Corn, Spanish Rice, Beans, Fresh Fruit, &amp; Milk</i></p> <p>Ritz Crackers, Cheese String &amp; Grape Juice</p>	<p>25 French Toast, Fresh Fruit &amp; Milk</p> <p><i>Turkey Torta, Green Beans, Fresh Fruit, &amp; Milk</i></p> <p>Pita Bread w/Jam &amp; Mango Juice</p>	<p>26 Blueberry Muffins, Fresh Fruit, &amp; Milk</p> <p><b>Chik'n Chow Mein, Peas &amp; Carrots, Fresh Fruit, &amp; Milk</b></p> <p>Graham Crackers, Milk &amp; Cranberry Juice</p>	<p>27 Corn Chex Cereal, Fresh Fruit &amp; Milk</p> <p><i>Grilled Cheese Sandwich, Curly Fries, Fresh Fruit, &amp; Chocolate Milk</i></p> <p>Wheat Thins Crackers &amp; Pineapple Juice</p>
<p>30 Cheerios, Fresh Fruit &amp; Milk</p> <p><i>Linguini w/Alfredo Sauce, Toss Salad, Garlic Bread, Fresh Fruit, Milk</i></p> <p>Goldfish Crackers &amp; Mango Juice</p>	<p>31 Pancake, Stripples, Fresh Fruit, &amp; Milk</p> <p><i>Bean &amp; Cheese Burrito, Green Beans, Spanish Rice, Fresh Fruit, &amp; Milk</i></p> <p>Animal Crackers, Milk, &amp; Apple Juice</p>			



**Roasted Autumn Vegetables**

*(Nutritional value determined by what you see.)*

*Try: parsnips, carrots, potatoes, onions, beets, squash.*

*Preheat oven to 450° (veggies will caramelize better in a hot oven rather than one that is warming up).*

*Cut veggies into chunks, roughly the same size for even cooking time, and lightly toss with a bit of olive oil. Sprinkle with rosemary or thyme, salt and pepper. Spread on baking sheet. Cook for 20-45 minutes, tossing once or twice, until tender and golden.*

*Want a main dish? Cook pasta and toss with the roasted veggies. Top with a little olive oil and dash of lemon juice and bit of Parmesan cheese.*

**Healthy Living ~ Healthy Life**  
*Teach healthy habits by example; eat well, exercise daily, stop bad habits and de-stress.*

*Show your family that good choices lead to a healthy lifestyle.  
Enjoy the life you have!*

