



2017

Discoveryland News



May is here already! This year has flown by so quickly. I can hardly believe we are going to be graduating our little ones on to Kindergarten. Each year, I stop to think about all the things that have happened here at our school and look at how much everyone has grown. Each one developing their own personalities and quirks. We love how we get to see that change in them, knowing that the teachers have been instrumental in helping them grow and learn all that they need to for this period in their lives. We have seen friendships grow, and some that have faded. It has all been a learning experience that we hope you and your children will hold dear to your hearts. We will and I miss them already!

This month finds us busy, busy, busy! We are celebrating with the children on May 5th with traditional Mexican treats and music to celebrate Cinco de Mayo.



Friday, May 12, is Mother's Day celebration here at school. Please plan on joining us at 3pm for a fun time with your children. We will have refreshments afterwards.

Our Preschool graduation will be at 6pm on Thursday, May 25, in the

Foothill School gymnasium. Please read the handouts your teacher will be passing out to you concerning details.



On Friday May 26, is our end of the year fun day with parents and students at Gilroy Gardens. Please bring as many family members as you like. It is a great place for kids our age. Please fill out the permission slip and make your payment in the office.



There will be no school on Monday, May 29, in observance of Memorial Day. Please find alternate care for your child that day.

Have a blessed month. All you Mother's out there, I hope you have an exceptional day with your loved ones. Our jobs as Mom's are so great, and so important. I hope you get the love you deserve

Thank you again for letting us be such an integral part of your lives.

Love,
Ms. Penny Corpus, Director

Dates to Remember

May

- 5 Happy Cinco de Mayo
- 12 **Mother's Tea** – 3:30pm
- 15 Parent Evaluations
- 25 Preschool Graduation at 6pm
- 26 Gilroy Gardens field trip
- 29 No School/Memorial Day Holiday

June

- 6 FH Kindergarten Graduation – 6pm
- 9 **Father's Day Breakfast** at 8am – 10am
- 19 Summer session begins



- 7 Alyssa Sugaya (rm 5)
- 7 Logan Hong (rm 5)
- 9 Abigail Lee (rm 5)
- 9 Riley De Jesus (rm 5)
- 12 Jaren De Ocampo (rm 3)
- 19 Farrah Ramos (rm 5)
- 22 Brooklyn Teer (rm 1)
- 22 Minh Nguyen (rm 1)
- 31 Crystal Kien (rm 3)

Discoveryland Preschool

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Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Raisin Bran Cereal, Fresh Fruit, & Milk <i>Marinara Pene Rigate, Slice Bread, Toss Salad, Fresh Fruit, & Milk</i> Ritz Crackers, Cheeses, & Cranberry Juice	2 Waffles, Fresh Fruit, & Milk <i>Bean & Cheese Burritos, Green Beans, Spanish Rice, Fresh Fruit, & Milk</i> Wheat Thins & Orange Juice	3 French Toast, Fresh Fruit, & Milk Turk'y Tortas, Broccoli , Fresh Fruit, & Milk Vanilla Wafers & Cranberry Juice	4 Croissant, Fresh Fruit, & Milk Chik'n Divan , Mix Vegetables, Fresh Fruit, & Milk Ritz Crackers & Grape Juice	5 Cheerios, Fresh Fruit, & Milk <i>Hot Dogs, Curly Fries, Fresh Fruit, & Milk</i> Goldfish Crackers & Orange Juice
8 Corn Chex, Fresh Fruit & Milk <i>Spaghetti, Green Salad, Bread, Fresh Fruit, & Milk</i> Cheese-it Crackers & Apple Juice	9 Pancakes, Fresh Fruit & Milk <i>Cheese Enchiladas, Beans, Spanish Rice, Corn, Fresh Fruit, & Milk</i> Granola Bars, Plain Yogurt, Mango Juice	10 Cinnamon Toast, Fresh Fruit & Milk Chik'n Nuggets, Green Beans , Jelly Sandwich, Fresh Fruit, & Milk Animal Crackers, Milk, & Grape Juice	11 Egg & Cheese Burrito, Fresh Fruit, & Milk <i>Teriyaki Hamburger, Steam Rice, Peas & Carrots, Fresh Fruit, & Milk</i> Goldfish Crackers & Orange Juice	12 Raisin Bran Cereal, Fresh Fruit, & Milk <i>Grilled Cheese Sandwich, Tater Tots, Fresh Fruit, & Chocolate Milk</i> Wheat Thins & Cranberry Juice
15 Cheerios, Fresh Fruit, & Milk <i>Cheese Ravioli w/Alfredo Sauce, Toss Salad, Garlic Bread, Fresh Fruit, & Milk</i> Triscuit Crackers & Orange Juice	16 Waffles, Fresh Fruit, & Milk <i>Tostaditas, Corn, Spanish Rice, Fresh Fruit, & Milk</i> Graham Crackers, Milk, & Grape Juice	17 Mini Muffins, Fresh Fruit & Milk Chik'n Salad Wrap, Cucumber , Fresh Fruit, & Milk Pita Bread w/Cream Cheese, & Apple Juice	18 Bagels, Fresh Fruit, & Milk Turk'y Strips, Mix Vegetables , Steam Rice, Fresh Fruit, & Milk Cheese-it Crackers & Cranberry Juice	19 Corn Chex Cereal, Fresh Fruit & Milk <i>Cheese Burger, Curly Fries, Fresh Fruit, & Milk</i> Triscuit Crackers & Mango Juice
22 Raisin Bran, Fresh Fruit & Milk <i>South of the Border Pasta, Garden Salad, Garlic Bread, Fresh Fruit, & Milk</i> Granola, Fruit, Yogurt, & Apple Juice	23 Pancakes, Fresh Fruit, & Milk <i>Cheese Quesadilla, Spanish Rice, Broccoli, Fresh Fruit & Milk</i> Wheat Thins Crackers & Mango Juice	24 English Muffins, Fresh Fruit, & Milk Turk'y Sandwich on Pita Bread , Carrots, Fresh Fruit & Milk Ritz Cheese-it Crackers & Grape Juice	25 French Toast, Fresh Fruit, & Milk Chik'n Chow Mein, Pea & Carrots , Fresh Fruit, & Milk Vanilla Wafers, Milk, & Orange Juice	26 FIELD TRIP – Gilroy Gardens
29  Memorial Day No School	30 Waffles, Fresh Fruit, & Milk <i>Crunchy Tacos, Corn, Spanish Rice, Fresh Fruit, & Milk</i> Animal Crackers, Milk, & Apple Juice	31 Mini Muffins, Fresh Fruit, & Milk <i>Hamburger Steak, Bread, Mashed Potatoes w/Gravy, Fresh Fruit, & Milk</i> Goldfish Crackers & Cranberry Juice		



Family Month

Eat as many meals together, as a family, every day.
Mealtime can be a time of information, comfort, and security for a child. (And remember to turn off the TV!)

Physical Fitness Month
Get physically active. Go play!

You only have one body and one life.
BE GOOD TO YOURSELF!

Cantaloupe Salsa

(Nice as a side dish or on top of salad greens or meat.)

Mix together: ½ large cantaloupe (seeds and rind removed) -cut into chunks, ¼ cup finely chopped cilantro, 3tblsp finely chopped green onions, 2tblsp lime juice, ¾ cup finely diced red bell pepper, 1/8tsp. salt and 1/8tsp hot pepper flakes serves 4.

(Per serving: 52 calories, 0 fat, 1g protein, 12g carb, 2g fiber, 89mg sodium, 16mg calcium)