



## Discoveryland News



During the month of March, schools across America celebrate

**READING.** Research has shown that reading is highly beneficial for growth in children. Academically, emotionally, socially and creatively. Parents should encourage children to read more to exercise the brain and create strong family relationships. If you think about reading with your child, can you recall them wanting to sit on your lap or near you? They need to be close to see the pages, but this also allows them to hear your voice, feel your warmth and for some, hear your heart beating.

These are all close connections you can make with your children while reading. Reading is also therapeutic when used to help children understand concepts that may be difficult for them such as being afraid of the dark or losing a pet or family member. Books help with social issues such as bullying, feeling hurt when things happen with friends, or starting a new school. As adults, we read to learn things or just for entertainment and relaxation. You may ask why children who cannot read the words should be



introduced to books. Looking at the pictures and making up your own story is beginning reading. As your child gets older, they may feel overwhelmed with choosing a book. Guide them according to their interests. Discuss the reasons for choosing the book. Is it for a school project or just for fun? If your child needs help, practice reading aloud together.



Remember our communities have many resources for

parents and children. Local libraries have reading aloud, reading with pets, reading for English as a second language learner. There are also many wonderful books on devices. Just make sure the time on a device is used appropriately. Discoveryland is celebrating Reading Awareness month in each room. We will celebrate everyone who has read during the month of March.

We also are off on March 29 for Good Friday and Cesar Chavez day. Please find alternative care for your child. We also have a date change for Spring Pictures. It was originally set for March, but it is rescheduled for April 2. Children graduating will have their photos taken that day as well. Thank you for choosing Discoveryland Preschool for



your child's educational journey. We are glad to be here for you.

*Ms. Penny Corpus,  
Director*

### Dates to Remember

#### March

- 1 Reading Across America Begins
- 10 Daylight Savings Time
- 15 GREEN Day
- 29 Good Friday/Cesar Chavez Day, No School



- 16 Kasima Armstrong
- 19 Linda Xu
- 22 Elsa Wu

### Discoveryland Preschool

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Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 *Cheerios, Bananas & 1% Milk  <b>Fish Fillet, Tater Tots, Oranges &amp; 1% Milk</b>  Ritz Crackers & Pineapple Juice
4 *Raisin Bran Cereal, Blueberries & 1% Milk  <b>Ravioli Pasta w/ Alfredo Sauce, Broccoli, Garlic Bread, Watermelon &amp; 1% Milk</b>  Goldfish Crackers & Grape Juice	5 Waffles, Papaya & 1% Milk  <b>Tacos, Corn, Spanish Rice, Refried Beans, Apples &amp; 1% Milk</b>  *Whole Wheat Crackers & Apple Juice	6 Bagels w/ Cream Cheese, Strawberries & 1% Milk  <b>Chik'n Nuggets, Cucumbers, *Strawberry Jam Sandwiches, Oranges &amp; 1% Milk</b>  Animal Crackers & Orange Juice	7 Egg & Cheese Croissant, Mango & 1% Milk  <b>Teriyaki Hamburger, *Steamed Rice, Peas &amp; Carrots, Pineapples &amp; 1% Milk</b>  Cheese-it Crackers & Cranberry Juice	8 Corn Chex Cereal, Bananas & 1% Milk  <b>*Wham &amp; Cheese Sandwiches, French Fries, Honey Dew &amp; 1% Milk</b>  Graham Crackers & Pineapple Juice
11 *Cheerios, Peaches & 1% Milk  <b>Spaghetti w/ Pesto Sauce, Angel Carrots, Garlic Bread, Apples &amp; 1% Milk</b>  Animal Crackers & Cranberry Juice	12 *French Toast, Strawberries & 1% Milk  <b>Cheese Quesadilla, Green Beans, Spanish Rice, Watermelon &amp; 1% Milk</b>  Vanilla Crackers, Yogurt & Pineapple Juice	13 Pancakes, Papayas & 1% Milk  <b>Beef Salad Wrap, Carrots, Oranges &amp; 1% Milk</b>  *Belvita Crackers & Orange Juice	14 Egg & Cheese Burrito, Mangos & 1% Milk  <b>Chik'n ABC Soup, *Cheese Sandwiches, Apple, Peas &amp; Carrots &amp; 1% Milk</b>  *Whole Wheat Crackers & Grape Juice	15 Kix Cereal, Blueberries & 1% Milk  <b>*Tuscan Grill Cheese Sandwich, Tater Tots, Pineapples &amp; 1% Milk</b>  Ritz Crackers & Apple Juice
18 Corn Chex Cereal, Peaches & 1% Milk  <b>South-of-the-Border Pasta, Soy Beans, Garlic Bread, Watermelon &amp; 1% Milk</b>  *Belvita Crackers & Orange Juice	19 *Cinnamon Toast, Papayas & 1% Milk  <b>Tostaditas, Corn, Spanish Rice, Honey Dew &amp; 1% Milk</b>  Cheese-It Crackers & Pineapple Juice	20 English Muffins, Strawberries & 1% Milk  <b>Beef Tortas, lettuce &amp; Tomatoes, Apples &amp; 1% Milk</b>  *Wheat Thins Crackers, Cheese & Cranberry Juice	21 Egg & Cheese English Muffins, Mangos & 1% Milk  <b>Orange Chik'n, Broccoli, *Steamed Rice, Pineapple &amp; 1% Milk</b>  Ritz Crackers & Apple Juice	22 *Raisin Bran Cereal, Bananas & 1% Milk  <b>Cheese Burger, Crinkle Fries, Oranges &amp; 1% Milk</b>  Animal Crackers & Grape Juice
25 *Cheerios, Blueberries & 1% Milk  <b>Penne Pasta w/ Alfredo Sauce, Broccoli, Garlic Bread, Watermelon &amp; 1% Milk</b>  Graham Crackers, Yogurt & Pineapple Juice	26 Waffles, Strawberries & 1% Milk  <b>Bean &amp; Cheese Burrito, Green Beans, Spanish Rice, Cantaloupes &amp; 1% Milk</b>  *Whole Wheat Crackers & Cranberry Juice	27 Bagels w/ Cream, Papayas & 1% Milk  <b>Corn Dogs, Cucumbers, Apples &amp; 1% Milk</b>  *Belvita Crackers & Apple Juice	28 Egg & Cheese Croissant, Mangos & 1% Milk  <b>Turk's Strips, *Fried Rice, Broccoli, Pineapple &amp; 1% Milk</b>  Goldfish Crackers, Grape Juice	29  <b>No School</b>  <b>Cesar Chavez Day</b>

\* (WGR) Whole Grain – Rich food item. Examples below:

- \* Whole grain bread
- \* Brown rice
- \* Whole grain tortilla
- \* Whole grain cereal