



# Discoveryland News



Hello School Family,  
How is your summer going so far? I hope you find time to take a

vacation, or some time off here and there with your family and friends. Preschool is year round, and we all need to take those breaks when we can—especially the children who will be going on to Kindergarten.

They need to give their little minds a break before the change of environment. It is a lot for them to be in a completely new school. Most of our



kindergarten students will be going on to much larger-sized classes. There will be more peers and teachers to get to know, and a different schedule to follow. Research has shown that children who are pushed through school have a high risk of burning out sooner in life. School is harder for them, and they have a more difficult time in social settings because all they have known is school. For a child, school is their work. Although we provide a fun and developmentally appropriate curriculum for your children, being away from the school setting is psychologically a vacation for them. So consider taking some time to let them enjoy their childhood while they have it.

*July* brings lots of sunshine.

Please remember to apply sunscreen to your child before they come to school.

Leaving a hat here would also be a wise decision. We may not be able to enforce it, but you can let them know at home that they need to keep their hat on at school



during outside time. Some of our children come in layers of clothing. It is too much for the summer months. Please reduce the amount of clothes you put on them. During hot months, we will be providing water play. Please be aware that **your child's clothing may be damp** or wet when you pick them up. We suggest you bring extra clothing for them to change into if they get very wet. A little water on them will dry quickly and we most likely will not change them. I want to state that we will only keep them inside when it is extremely hot and there is a heat advisory.



We have them drinking water often, and encourage playing in the shade or in the water.



If you have not registered your child for kindergarten yet, please consider our sister school, Foothill Adventist Elementary. Many of **your child's classmates will be** joining Mrs. Lee for the 2018-2019 school year at Foothill. I always appreciate seeing your children even after they have left Dland because they are right next door! Continuing school with preschool classmates is also a great way to develop lifelong friendships. Just something to consider.

This month we will be closed on July 4. Enjoy a happy and safe Fourth of July. Thank you for giving us your cherished children to love and teach.

Warmest regards,  
Ms. Penny, Director



## Dates to Remember

- July
  - 2-6 Water Play Week
  - 4 4<sup>th</sup> of July Holiday – No School
  - 9-13 Disney Week
  - 16-20 Summer Olympics
  - 23-27 Hawaii Week
  - 30-Aug 3 International Festivals Week
- August
  - 6-10 **Mother Goose Week**
  - 20 **1st day of fall term**



- 1 **Nicole Zheng (Rm 1)**
- 5 **Madisen Kutaka (Rm 3)**
- 5 **Mario Smith (Rm 2)**
- 22 **Ms. Odilia**
- 26 **Lucas Kutaka (Rm 5)**

## Discoveryland Preschool

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Penny Corpus, Director

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| 2<br>Raisin Bran Cereal, Fresh Fruit, & Milk<br><br><i>Spaghetti w/Marinara Sauce, Cucumber, Garlic Bread, Fresh Fruit, &amp; Milk</i><br><br>Vanilla Wafers, Apple Juice, & Milk            | 3<br>Bagels w/Cream Cheese, Fresh Fruit, & Milk<br><br><i>Crunchy Tacos, Spanish Rice, Corn, Fresh Fruit, &amp; Milk</i><br><br>Ritz Crackers, & Grape Juice                    | 4<br><br><i>Happy 4th of July</i><br><b>DISCOVERYLAND CLOSED</b>   | 5<br>Egg & Cheese English Muffins, Fresh Fruit, & Milk<br><br><i>Mac &amp; Cheese, Big Franks, Broccoli, Fresh Fruit, &amp; Milk</i><br><br>Granola Bars, Yogurt, & Mango Juice        | 6<br>Cheerios, Fresh Fruit & Milk<br><br><i>Pizza, Tater Tots, Fresh Fruit, &amp; Milk</i><br><br>Animal Crackers, Milk & Cranberry Juice                            |
| 9<br><i>Corn Chex Cereal, Fresh Fruit, &amp; Milk</i><br><br><i>South of the Border Pasta, Toss Salad, Garlic Bread, Fresh Fruit, &amp; Milk</i><br><br>Graham Crackers, Milk, & Apple Juice | 10<br>Pancakes, Fresh Fruit, & Milk<br><br><i>Flautas, Spanish Rice, Green Beans, Fresh Fruit, &amp; Milk</i><br><br>Goldfish Crackers, & Orange Juice                          | 11<br>Egg & Cheese Burritos, Fresh Fruit & Milk<br><br><b>Chik'n Nuggets, Strawberry Jam &amp; Butter Sandwich, Cucumber, Fresh Fruit &amp; Milk</b><br><br>Vanilla Wafers, Milk, & Pineapple Juice | 12<br>Blueberry Muffins, Fresh Fruit, & Milk<br><br><b>Chik'n Divan, Steam Rice, Peas &amp; Carrots, Fresh Fruit, &amp; Milk</b><br><br>Ritz Crackers, & Grape Juice                   | 13<br>Raisin Bran Cereal, Fresh Fruit, & Milk<br><br><i>Cheese Burger, Curly Fries, Fresh Fruit, &amp; Chocolate Milk</i><br><br>Pita Bread w/ Jam & Cranberry Juice |
| 16<br>Cheerios, Fresh Fruit, & Milk<br><br><i>Penne Pasta w/Pesto Sauce, Carrots, Garlic Bread, Fresh Fruit, &amp; Milk</i><br><br>Churros, Milk, & Grape Juice                              | 17<br>French Toast, Fresh Fruit & Milk<br><br><i>Bean &amp; Cheese Burrito, Green Beans, Spanish Rice, Fresh Fruit, &amp; Milk</i><br><br>Cheese-It Crackers, & Pineapple Juice | 18<br>Bagels w/Cream Cheese, Fresh Fruit, & Milk<br><br><b>Chik'n Salad Wraps, Cucumbers, Fresh Fruit, &amp; Milk</b><br><br>Belvita Crackers, Milk, & Orange Juice                                 | 19<br>Cinnamon Raisin Bread, Fresh Fruit, & Milk<br><br><i>Teriyaki Burger, Steam Rice, Peas &amp; Carrots, Fresh Fruit, &amp; Milk</i><br><br>Wheat Thins Crackers, & Cranberry Juice | 20<br>Corn Chex Cereal, Fresh Fruit, & Milk<br><br><i>Grilled Cheese Sandwich, Tater Tots, Fresh Fruit, &amp; Milk</i><br><br>Animal Crackers, Milk, & Mango Juice   |
| 23<br>Raisin Bran Cereal, Fresh Fruit, & Milk<br><br><i>Spaghetti w/Marinara Sauce, Garlic Bread, Green Salad, Fresh Fruit, &amp; Milk</i><br><br>Graham Crackers, Milk, & Grape Juice       | 24<br>Waffles, Fresh Fruit, & Milk<br><br><i>Cheese Quesadillas, Spanish Rice, Corn, Fresh Fruit, &amp; Milk</i><br><br>Ritz Crackers, & Orange Juice                           | 25<br>Egg & Cheese Croissant, Fresh Fruit & Milk<br><br><b>Chik'n Torta, Lettuce &amp; Tomato, Fresh Fruit, &amp; Milk</b><br><br>Pita Bread w/Jam & Cranberry Juice                                | 26<br>Blueberry Muffins, Fresh Fruit, & Milk<br><br><b>Orange Chik'n, Broccoli, Steam Rice, Fresh Fruit, &amp; Milk</b><br><br>Gold Fish Crackers, & Pineapple Juice                   | 27<br>Cheerios Cereal, Fresh Fruit & Milk<br><br><i>BLT Sandwich, Curly Fries, Fresh Fruit, &amp; Milk</i><br><br>Granola, Fruit, Yogurt, & Apple Juice              |
| 30<br>Corn Chex Cereal, Fresh Fruit & Milk<br><br><i>Lasagna, Garlic Bread, Toss Salad, Fresh Fruit, &amp; Milk</i><br><br>Animal Crackers, Milk, & Orange Juice                             | 31<br>Pancakes, Fresh Fruit, & Milk<br><br><i>Cheese Enchiladas, Spanish Rice, Beans, Broccoli, Fresh Fruit, &amp; Milk</i><br><br>Ritz Crackers & Apple Juice                  |   |  |  |

*July* ★★

Is...

**Blueberry Month:** Blueberries are one of the best foods to eat! They are high in antioxidants and help protect against a variety of diseases.

**National Picnic Month:** Plan safe picnics. Always keep hot foods hot and cold foods cold!



**Water**

Water is one of our planet's most precious resources and our body's most important nutrient. When it's hot or you're active, you need more water. Put a pitcher of water in your fridge. Add fruit or veggie slices.

Never leave a baby or child alone or near a pool, bathtub, drainage area or open toilet. Use the water you cooked your veggies in to water your plants.

Turn off the faucet when you are brushing your teeth. Limit the length of your showers.

Collect rain water, if allowed.

Drink up!!