



# Discoveryland News

June has crept up on us like a cat trying to catch a mouse! Or for us parents, like your kids on a Saturday when you are trying to sleep in and you find them standing over you whispering, "Are you awake yet mom?" And just like wanting a few more minutes of sleep and wondering where the night went, I ask myself why did this year go by so fast? I want just a few more moments with our little ones who are moving on to Kindergarten or other schools.

It has been such an honor to be a part of everyone's lives here. When you are young, it is all about just getting it done and moving on fast to the next thing. But as I have gotten older, I need more time to just enjoy it all. And your little ones are that thing for me. I treasure their hugs and the funny names they call me. The squished up wilted flowers they save for me and the wonderful pictures of everything and everyone they know fit onto one piece of paper. I even receive half-eaten cookies and crackers. So I know I am loved and in return love them just as much.



Graduation was wonderful! The Pre-K teachers did an amazing job with planning and executing it. It's not easy trying to find the time and energy to do all these big programs on top of dealing with the daily duties of teaching, loving and disciplining the kids.

Many forget that Preschool is year around. We do not get the summer off like elementary school teachers. **We don't even get all the same** holidays and time off like elementary school teachers. Our staff work very hard all year long.



So a BIG hand of applause for the teachers as well as the children. What can I say? They looked so cute and were so perfect in performing for you. You have some natural born leaders here. Thank you for coming to show your support.

June 18 is the start of our summer program. Our first camp starts on June 11. We will have the list of camps available for you ASAP. This is just for your info so you know what the kids will be doing. We put our academic program on hold until August. Do not worry; we still get a LOT of learning through play and experience. We just like to give everyone a break over the summer. I would also like to remind you that during the summer, our teachers take some time off, which they need. We will be providing substitutes for your children. You are familiar with them so it should not be a surprise if you see Ms. Toni or Ms. Letty in the class for the day or week. We also have Ms. Jasmin and Ms. Lexi returning to help during the summer.



I wanted to make a clarification. Summer camps is just a name we



2018

## Dates to Remember

- June
  - 1 Teacher Inservice Day – No School
  - 15 Father's Day Breakfast
  - 18 Summer Camps Begin
- July
  - 4 4<sup>th</sup> of July Holiday – No School



- 13 Aarav Sivaprakash (Rm 5)
- 16 Sparsh Mittra (Rm 1)
- 16 Anh Nguyen (Rm 3)

use for our summer program. The tuition does not change. You do not have to register for summer camp. You do not have to choose and sign up for what camp you want. Bring your little ones to school just like any other day. If you have older elementary age students, Foothill Elementary also offers a summer program. Stop by the office for information. We also have that information on the Foothill website – [www.foothilladventistschool.org](http://www.foothilladventistschool.org)

Let's get SUMMER started! I look forward to all the fun things we have planned for your children. Thank you for giving us part of your family puzzle on a daily basis. They fit in so well and complete the beautiful picture, which is our school family puzzle.

Warmest regards,  
Ms. Penny, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 TEACHER IN SERVICE DAY  KITCHEN CLOSED
4 Cheerios, Fresh Fruit, & Milk  <i>Penne Pasta w/ Pesto Sauce, Sweet Peas, Garlic Bread, Fresh Fruit, &amp; Milk</i>  Animal Crackers, Milk, & Apple Juice	5 Waffles, Fresh Fruit, & Milk  <i>Tostaditas, Corn, Spanish Rice, Fresh Fruit, &amp; Milk</i>  Cheese It Crackers, & Cranberry Juice	6 Egg & Cheese Croissants, Fresh Fruit, & Milk  <i>Turkey Sandwich, Tater Tots, Fresh Fruit, &amp; Milk</i>  Graham Crackers, Milk, & Mango Juice	7 Blueberry Muffins, Fresh Fruit, & Milk  <b>Orange Chik'n, Steam Rice,</b> <i>Broccoli, Fresh Fruit, &amp; Milk</i>  Ritz Crackers, & Grape Juice	8 Corn Chex Cereal, Fresh Fruit & Milk  <i>Cheese Burger, Curly Fries, Fresh Fruit, &amp; Chocolate Milk</i>  Churros, & Orange Juice
11 Raisin Bran Cereal, Fresh Fruit, & Milk  <i>Lasagna, Toss Salad, Garlic Bread, Fresh Fruit, &amp; Milk</i>  Pita Bread w/Jam & Cranberry Juice	12 French Toast, Fresh Fruit, & Milk  <i>Bean &amp; Cheese Burrito, Green Beans, Spanish Rice, Fresh Fruit, &amp; Milk</i>  Granola Bar, Yogurt, & Apple Juice	13 Bagels w/Cream Cheese, Fresh Fruit & Milk  <i>Corn Dogs, Broccoli, Fresh Fruit, &amp; Milk</i>  Vanilla Wafers, Milk, & Grape Juice	14 Raisin Cinnamon Toast, Fresh Fruit, & Milk  <b>Chik'n Divan, Steam Rice, Peas &amp; Carrots, Dinner Roll, Fresh Fruit, &amp; Milk</b>  Goldfish Crackers, & Mango Juice	15 Cheerios Cereal, Fresh Fruit & Milk  <i>BLT Sandwich, Tater Tots, Fresh Fruit, &amp; Milk</i>  Belvita Crackers, Milk, & Pineapple Juice
18 Corn Chex Cereal, Fresh Fruit, & Milk  <i>Spaghetti w/Garlic &amp; Butter Sauce, Carrots, Garlic Bread, Fresh Fruit, &amp; Milk</i>  Graham Crackers, Milk, & Cranberry Juice	19 Pancakes, Fresh Fruit, & Milk  <i>Cheese Enchiladas, Spanish Rice, Beans, Corn, Fresh Fruit, &amp; Milk</i>  Ritz Crackers, & Apple Juice	20 Cinnamon Toast, Fresh Fruit & Milk  <b>Chik'n Salad Wrap,</b> Green Beans, Fresh Fruit, & Milk  Vanilla Wafers, Milk, & Mango Juice	21 Egg & Cheese Burrito, Fresh Fruit, & Milk  <b>Chik'n Chow Mein, Peas &amp; Carrots, Fresh Fruit, &amp; Milk</b>  Wheat Thins Crackers, & Grape Juice	22 Raisin Bran Cereal, Fresh Fruit, & Milk  <i>Fishless Sandwich, Curly Fries, Fresh Fruit, &amp; Milk</i>  Animal Crackers, Milk, & Pineapple Juice
25 Cheerios, Fresh Fruit & Milk  <i>Ravioli, Toss Salad, Garlic Bread, Fresh Fruit, &amp; Milk</i>  Belvita Crackers, Milk, & Orange Juice	26 Waffles, Fresh Fruit, & Milk  <i>Cheese Quesadilla, Spanish Rice, Green Beans, Fresh Fruit, &amp; Milk</i>  Goldfish Crackers, & Apple Juice	27 Egg & Wham Croissants, Fresh Fruit & Milk  <i>Beef Torta, Lettuce &amp; Tomato, Fresh Fruit, &amp; Milk</i>  Pita Bread w/ Jam, & Orange Juice	28 Blueberry Muffin, Fresh Fruit, & Milk  <i>Teriyaki Burger, Steam Rice, Broccoli, Fresh Fruit, &amp; Milk</i>  Cheese It Crackers, & Grape Juice	29 Corn Chex Cereal, Fresh Fruit, & Milk  <i>Wham &amp; Cheese Sandwich, Curly Fries, Fresh Fruit, &amp; Chocolate Milk</i>  Wheat Thins Crackers, & Cranberry Juice



*Ideas for Healthier Living*

- \*Toss a colorful salad – use a variety of colors and textures.*
- \*Practice preventive health – get vaccines and health screenings.*
- \*Zzzzzzz – get more sleep.*
- \*Pump it up – lift some weights and build more muscle.*
- \*Be creative – make your meals delicious and fun.*
- \*Snack smarter – choose veggies and fruits over salts and sugars.*
- \*Eat you fiber – put more beans and whole grains into your meals.*
- \*Move more – speed walk, hula hoop, dance, move!*
- \*Keep learning – exercise your mind, too!*
- \*Take 15 – take time to relax and breathe!*
- \*Give – it'll make you feel great!*

