



JANUARY 2018

Discoveryland News



Happy New Year and welcome back to our school family! I trust everyone had a lovely time with family and friends. It is that time of year when we begin again. Make plans and resolve to make ourselves better people, and the world a better place. Here at Discoveryland, we also strive to be better. Thank you for keeping us on track by letting us know how we can improve. You are always welcome to speak with me, or send me an email with your ideas or concerns. We have some important things going on this month.



Martin Luther King, Jr. Day

We have a school closure on the 15th for Martin Luther King Day. Please make alternate plans for your child that day. The Lunar New Year also begins on the 16th. If you and your family have special traditions you would like to share with your class, just let your homeroom teachers know.

January 28 is our annual open house. This is open to the public and to you. Please come and visit us. We would love you to share our school with your friends, family and co-workers. We have a wonderful referral plan for our families who refer people to our school. The reward is claimed if they register and enroll in our center. We will have many activities for children to do here at

Discoveryland. Our sister school Foothill SDA Elementary will also be holding a STEM fair between 12 and 2. Please head over and visit then as well. We look forward to seeing you here.



Just a few last minute reminders:
*All children must be in a car seat. If you need information about safety, we have posters in the front office.

*It is cold out. Please provide a warm jacket labeled with your child's name in it. We are accumulating quite the collection of jackets and sweaters in our lost and found. I will be giving those away at the end of the month.

*Please go over our sick policy again in your parent handbooks. We would like to ensure all students are healthy. If your child is sick and goes to school sick, it is guaranteed Teachers and students will get sick as well. Please be courteous of others and keep your child home if they are sick. Thank you.

The Letter of the month is F. F is for FOOLISH mistakes you make with your kids, (because we are human and not perfect) and for the FREEDOM, they have to make their own and from those lessons learn.



Have a wonderful month.
Ms. Penny Corpus, Director

Dates to Remember

January

- 1 **New Year's Day**
- 3 School resumes
- 15 Martin Luther King Jr. Holiday – NO SCHOOL
- 28 Open House Extravaganza, 10am–3pm

February

- 14 Friendship Day
- 19 No School – Presidents Day Holiday
- 20 Reading Program Begins



- 5 **Viaan Prakash (Rm 2)**
- 5 **Wolf Kai Powell (Rm 5)**
- 6 **Amina Chaudhry (Rm 2)**
- 9 **Dylan Oyugi (Rm 2)**
- 17 **Gene (Geo) Vea (Rm 1)**
- 24 **Ms. Martha (Staff)**

Discoveryland Preschool

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Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Years Day DISCOVERYLAND CLOSED	2 HOLIDAY DISCOVERYLAND CLOSED	3 French Toast, Fresh Fruit & Milk Chik'n Salad Wrap, Green Beans, Fresh Fruit, & Milk Vanilla Wafers, Milk, & Apple Juice	4 Waffles, Fresh Fruit, & Milk Fried Rice w/Egg, Turk'y Strips, Mix Vegetables, Fresh Fruit, & Milk Ritz Crackers & Cranberry Juice	5 Cheerios, Fresh Fruit, & Milk Hot Dogs, Tater Tots, Fresh Fruit, & Chocolate Milk Wheat Thins & Apple Juice
8 Corn Chex Cereal, Fresh Fruit, & Milk South of the Border Pasta, Toss Salad, Bread, Fresh Fruit, & Milk Goldfish Crackers & Grape Juice	9 Pancakes, Fresh Fruit, & Milk Cheese Quesadilla, Green Beans, Spanish Rice, Fresh Fruit, & Milk Animal Crackers, Milk, & Apple Juice	10 English Muffins, Fresh Fruit, & Milk Tortas, Cucumber, Fresh Fruit, & Milk Granola Bars, Yogurt, & Mango Juice	11 Bagels w/Cream Cheese, Fresh Fruit & Milk Chik'n Chow Mein, Peas & Carrots, Fresh Fruit, & Milk Pita Bread & Cranberry Juice	12 Raisin Bran Cereal, Fresh Fruit, & Milk Cheese Burger, Curly Fries, Fresh Fruit, & Milk Cheese-it Crackers & Orange Juice
15 Martin Luther King Jr. Day SCHOOL CLOSED	16 Egg & Cheese Croissant, Fresh Fruit, & Milk Tostaditas, Corn, Spanish Rice, Fresh Fruit, & Milk Triscuit Crackers & Pineapple Juice	17 Cinnamon Toast, Fresh Fruit & Milk ABC Soup, Chik'n Sandwich, Mix Veggies, Fresh Fruit, & Milk Graham Crackers, Milk, & Apple Juice	18 Blueberry Muffins, Fresh Fruit, & Milk Teriyaki Hamburger, Steam Rice, Green Beans, Fresh Fruit, & Milk Goldfish Crackers & Grape Juice	19 Cheerios, Fresh Fruit & Milk Pizza w/Sausage, Tater Tots, Fresh Fruit, & Milk Ritz Crackers & Mango Juice
22 Raisin Bran Cereal, Fresh Fruit, & Milk Ravioli w/Marinara Sauce, Green Salad, Sliced Bread, Fresh Fruit, & Milk Animal Crackers, Milk, & Apple Juice	23 Waffles, Stripples, Fresh Fruit, & Milk Cheese Enchiladas, Spanish Rice, Corn, Fresh Fruit, & Milk Granola Bars, Yogurt, & Cranberry Juice	24 French Toast, Fresh Fruit, & Milk Chik'n Nuggets, Cucumber, Wheat Bread, Fresh Fruit, & Milk Cheese-it Crackers & Orange Juice	25 Egg Burrito, Fresh Fruit, & Milk Mac & Cheese, Big Franks, Sliced Bread, Green Beans, Fresh Fruit, & Milk Ritz Crackers, Sliced Cheese & Grape Juice	26 Corn Chex Cereal, Fresh Fruit, & Milk BLT Stipples Sandwich, Curly Fries, Fresh Fruit, & Chocolate Milk Goldfish Crackers & Pineapple Juice
29 Cheerios, Fresh Fruit, & Milk Spaghetti, Toss Salad, Sliced Bread, Fresh Fruit, & Milk Pita Bread & Cranberry Juice	30 Pancakes, Fresh Fruit, & Milk Crunchy Tacos, Spanish Rice, Beans, Corn, Fresh Fruit, & Milk Vanilla Wafers, Milk, & Mango Juice	31 Egg & Cheese Croissant, Fresh Fruit & Milk Corn Dogs, Green Beans, Fresh Fruit, & Milk Triscuit Crackers & Grape Juice		

JANUARY Is...

- **International Life Balance Month:**
Get balanced in all areas of your life physical, mental, emotional, and nutritional.
- **National Birth Defects Prevention Month:**
Avoid drinking, drugs, and smoking while pregnant; And see your health care provider.
- **National Soup Month:** *Keep warm with a tasty pot of soup for lunch or dinner.*

Eat Smart

*Eat a protein-packed breakfast
Pay attention to portions
Don't drink your calories
Eat more fruits and veggies
Snack smart
Choose lean proteins
Eat slowly and chew
Cut back on salt and sugar
Steam, poach, roast, and grill
Drink plenty of water*

Enjoy!