



Discoveryland News

December is such a beautiful **time of the year....a time for** celebration, giving, family, fun, and cheer. A time for us to reflect on the year, and the gifts God has given to us. We ask the children what gifts God has given us and it humbles me to be reminded that He gave us the moon, sun, stars, nature, our families and friends. All the things we take for granted. We get caught up in worrying or thinking about our jobs, arguments we are having with someone, or what we wish we had or places we could go. But if we just stop and take a moment to look around at the people who love us and the homes we live in, the cars we drive, and the life we live, I think we can see that our gifts from God are great. I for one am grateful for the gift of life. And I hope we are able to live it the way He wants us to by honoring Him during this **Christmas Season. It hasn't** been an easy year and we continue to struggle with illnesses and yearly flus. But we did it! We are on the final stretch of 2022!



I also wanted to remind you that as adults, we view Celebrations differently than children do. Especially very young children. When we see a beautiful lit tree with sparkling decorations and beautifully wrapped presents, we know to admire and enjoy without

touching, children see all those great things on and under the tree and want to explore by feeling, touching, and living the **celebration by exploring. It's** what kids do. **It's how they learn.** You may want to think about this and provide a child safe tree that they can decorate with soft ornaments or ones you make together. Place it low where they can touch and feel and put back any way they want. This allows them to truly enjoy this time without getting in trouble for touching or breaking ornaments. Parties can also be overwhelming. Dressing up, going places, meeting people they might not remember, staying up late, are all transitions that are not in their regular routine. Be mindful of this. And be understanding of their meltdowns. We want this to be a happy time for everyone.



This year will be the first time in two years that we have had a Christmas program. We are proud to be joining Foothill Elementary on December 20. We will send out reminders and **dress codes via your children's** homework folders. Please remember we are off for the Winter break. December 23 is a half day and we will return January 9, 2023. We hope you enjoy this time off and will look forward to seeing you in the New Year. Thank you for being our gift. We love you and your little ones so much. Every day with them is like opening a gift.



We never know what wonderful, funny, creative thing we will get from them that day. And it is our joy to serve you. We continue to appreciate you and sharing our school with those you know. Happy Holidays.

Love

Ms. Penny, Director



Dates to Remember

December

20 Christmas Program

23 Minimum Day/School
Dismissed at 12 pm

26-8 No School/Christmas
Break



- 3 Stephanie Jing
- 12 Gianna Harlalka
- 13 Ahan Vadel
- 21 Ms. Penny
- 30 Ms. Annie

Discoveryland Preschool

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Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Egg & Cheese Croissant, Papayas & 1% Milk Orange Chik'n , Broccoli, *Steamed Rice, Pineapples, & 1% Milk Animal Crackers & Cranberry Juice	2 Kix Cereal, Bananas & 1% Milk *BLT Sandwiches, Tater Tots, Honey Dew & 1% Milk Ritz Crackers & Orange Juice
5 Cheerios, Blueberries & 1% Milk <i>Ravioli Pasta w/ Marinara Sauce, Carrots w/ Green beans, Garlic Bread, Peaches & 1% Milk</i> *Wheat Thins Crackers & Orange Juice	6 *Cinnamon Toast, Strawberries & 1% Milk <i>Bean & Cheese Burrito, Green Beans, Spanish Rice, Oranges & 1% Milk</i> Graham Crackers & Apple Juice	7 *Egg & Cheese English Muffins, Papayas & 1% Milk <i>Beef Tortas, Lettuce & Tomatoes, Apples & 1% Milk</i> Goldfish Crackers & Cranberry Juice	8 Bagels w/ Cream Cheese, Mangos & 1% Milk <i>Beef Stir Fry, Broccoli, *Steamed Rice, Cantaloupe & 1% Milk</i> Ritz Crackers & Pineapple Juice	9 Corn Chex Cereal, Peaches & 1% Milk *Tuscan Grilled Sandwiches, Crinkle Cuts Fries, Pineapple & 1% Milk Vanilla Crackers & Grape Juice
12 Kix Cereal, Bananas & 1% Milk <i>Spaghetti w/ Garlic & Butter, Soy Beans, Garlic Bread, Apples & 1% Milk</i> *Belvita Crackers & Apple Juice	13 *French Toast, Papayas & 1% Milk <i>Haystacks, Corn, Spanish Rice, Watermelon & 1% Milk</i> Animal Crackers & Cranberry Juice	14 Pancakes, Strawberries & 1% Milk Chik'n Nuggets , *Strawberry Jam Sandwiches, Carrots, Apples & 1% Milk *Whole Wheat Crackers & Pineapple Juice	15 Egg & Cheese Croissant, Mangos & 1% Milk <i>Teriyaki Hamburger, *Steamed Rice, Peas & Carrots, Pineapple & 1% Milk</i> Pita Bread Sandwiches & Grape Juice	16 *Raisin Bran Cereal, Blueberries & 1% Milk <i>Cheese Hamburger, French Fries, Oranges & 1% Milk</i> *Ritz Crackers & Orange Juice
19 Cheerios, Peaches & 1% Milk <i>Penne Pasta w/ Marinara Sauce, Celery, Watermelon, Bread & 1% Milk</i> *Wheat Thins Crackers & Grape Juice	20 *Cinnamon Toast, Strawberries & 1% Milk <i>Cheese Quesadilla, Soy Beans, Spanish Rice, Cantaloupes & 1% Milk</i> Goldfish Crackers, Apple Juice	21 Waffles, Papaya & 1% Milk <i>Corn Dogs, Cucumbers, Apples & 1% Milk</i> *Belvita Crackers & 1% Milk	22 Egg & Cheese English Muffins, Mangos & 1% Milk Chik'n ABC Soup , *Cheese Sandwiches, Peas & Carrots, Oranges & 1% Milk Vanilla Crackers, Cranberry Juice	23 *French Toast, Bananas & 1% Milk <i>Hot Dogs, Tater Tots, Peaches & 1% Milk</i> School Dismissed At 12:00
26 Discoveryland CLOSED	27 Discoveryland CLOSED	28 Discoveryland CLOSED	29 Discoveryland CLOSED	30 Discoveryland CLOSED

* (WGR) Whole grain – rich food item. Examples below:

- * Whole grain bread
- * Brown rice
- * Whole grain tortilla
- * Whole grain cereal
- * We serve only 100% juices at our center