

# Discoveryland News

2019



Happy New Everything to you and yours! I hope your holidays were wonderful and bright. Can I just say though how much I missed school and all the kids? I came back on January 2 and saw the happy faces of teachers and kids and thought to myself, what a wonderful place we have here. We are so blessed to have children who love school. Wait till they get a bit older when going to school can be a challenge. We have very little to worry about at this age, and learning to enjoy school and working with friends is why we are here. So, Welcome Back. We are happy you are with us.

This month we have many new faces starting in our center and many of us are also starting in new rooms. Oh, how they grow so quickly! The transition to a new room should not be too overwhelming because they already have some friends there, and are familiar with the new teachers; but still take a moment to remind them that they are getting bigger and are going to be learning more things in their new room. If you have any questions, please do not hesitate to ask me.

We have a school closure on January 21st for Martin Luther King, Jr. Day. Please remember to find alternate childcare for your child that day if your companies do not give that day off. I would also like to remind you that Discoveryland does not allow make-up days for holidays.



Open House! We will also be having a center-wide open house on January 27 from 10am to 2pm. Our preschool will be opening its doors to the public to come and see what our center has to offer. The elementary school will also be open for prospective students. If you are interested in a wonderful private school, take a moment to visit Foothill. They will also be offering discounted registration that day if you register for elementary school. Please bring your friends and family to see our wonderful preschool. Don't forget we also offer a referral credit to you for every child you help bring to our center. I hope to see you there!

Once again, thank you for giving us the opportunity to be the place your little ones come for guidance, love and care. Have a wonderful January.

Ms. Penny Corpus, Director





#### Dates to Remember

#### January

- 2 School Resumes
- 21 No School Martin Luther King, Jr. Holiday
- 27 Open House Extravaganza – 10am

#### February

- 5 Lunar New Year Begins
- 14 Friendship Day
- 18 No School Presidents Day Holiday

#### March

1 Reading Program Begins



- 5 Viaan Prakash (Rm 5)
- 6 Jocelyn Gottke (Rm 1)
- 9 Dylan Oyugi (Rm 5)
- 11 Ms. Vera (Teacher's Aide)
- 11 Toby Vouthipanya (Rm 4)
- 24 Ms. Martha (Kitchen Staff)
- 25 Allison Nguyen (Rm 1)

## Discoveryland Preschool

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Penny Corpus, Director

### January

## DISCOVERYLAND MENU Breakfast, Lunch, Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2 French Toast, Fresh Fruit & Milk	3 Waffles, Fresh Fruit & Milk	4 Cheerios, Fresh Fruit & Milk
	HOLIDAY  DISCOVERYLAND	<b>"Chik'n Nuggets</b> , Green Beans, Strawberry Jam Sandwich, Fresh Fruit & Milk	Fried Rice w/Egg, Turk'y Strips, Mix Vegetables, Fresh Fruit & Milk	Grilled Cheese Sandwich, Tater Tots, Fresh Fruit & Chocolate Milk
	CLOSED	<i>No Foothill</i> Vanilla Wafers, Milk & Apple Juice	No Foothill Ritz Crackers & Cranberry Juice	<i>No Foothill</i> Wheat Thins & Apple Juice
7 Corn Chex Cereal, Fresh Fruit & Milk	8 Pancakes, Fresh Fruit & Milk	9 English Muffins, Fresh Fruit & Milk	10 Bagels w/Cream Cheese, Fresh Fruit & Milk	11 Raisin Bran Cereal, Fresh Fruit & Milk
Spaghetti w/Marinara Sauce, Toss Salad, Bread, Fresh Fruit & Milk	Cheese Enchilada, Corn, Spanish Rice, Fresh Fruit & Milk	Corn Dogs, Cucumber, Fresh Fruit & Milk	Beef Chunks, Steam Rice, Broccoli, Fresh Fruit & Milk	BLT Sandwich, Curly Fries, Fresh Fruit & Milk
Animal Crackers, Milk & Grape Juice	Gold Fish Crackers & Apple Juice	Granola Bars, Yogurt & Mango Juice	Pita Bread & Cranberry Juice	Cheese-it Crackers & Orange Juice
14 Corn Chex Cereal, Fresh Fruit & Milk	15  Cinnamon Toast, Fresh Fruit &   Milk	16 Egg & Cheese Croissant, Fresh Fruit & Milk	17 Blueberry Muffins, Fresh Fruit & Milk	18 Cheerios, Fresh Fruit & Milk
Penne Pasta w/Pesto Sauce, Carrot, Garlic Bread, Fresh Fruit & Milk	Crunchy Tacos, Corn, Spanish Rice, Fresh Fruit & Milk	<b>ABC Soup, Chik'n Sandwich,</b> Mix Veggies, Fresh Fruit & Milk	Mac & Cheese, Big Franks, Green Beans, Bread, Fresh Fruit & Milk	Cheese Burger, Tater Tots, Fresh Fruit & Milk
Vanilla Crackers, Milk & Pineapple Juice	Triscuit Crackers & Grape Juice	Ritz Crackers & Apple Juice	Graham Crackers, Milk & Cranberry Juice	Gold Crackers & Mango Juice
21 Martin Luther King Jr.	22 Waffles, Stripples, Fresh Fruit & Milk	23 French Toast, Fresh Fruit & Milk	24 Egg Burrito, Fresh Fruit & Milk	25 Corn Chex Cereal, Fresh Fruit & Milk
Day	Cheese Quesadilla, Spanish Rice, Corn, Fresh Fruit & Milk	<b>Chik'n S</b> alad Wrap, Cucumber, Fresh Fruit & Milk	<b>Orange Chik'n</b> , Steam Rice, Broccoli, Fresh Fruit & Milk	Hot Dogs, Curly Fries, Fresh Fruit & Chocolate Milk
SCHOOL CLOSED	Granola Bars, Yogurt & Cranberry Juice	Cheese-it Crackers & Orange Juice	Ritz Crackers, Sliced Cheese & Grape Juice	Goldfish Crackers & Pineapple Juice
28 Cheerios, Fresh Fruit & Milk	29 Pancakes, Fresh Fruit & Milk	30 Egg & Cheese Croissant, Fresh Fruit & Milk	31 Cinnamon Toast, Fresh Fruit, Milk	70100
South of Border Pasta, Toss Salad, Sliced Bread, Fresh Fruit & Milk	Flautas, Spanish Rice, Beans, Corn, Fresh Fruit & Milk	Beef Tortas, Lettuce & Tomatoes, Fresh Fruit & Milk	Teriyaki Burger, Steam Rice, Broccoli, Fresh Fruit & Milk	
Pita Bread & Cranberry Juice	Vanilla Wafers, Milk & Mango	Triscuit Crackers & Grape Juice	Goldfish Crackers, Apple Juice	



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!