

Discoveryland Days

September 2011

DATES TO REMEMBER: September

5th - Labor Day Holiday
No School

9th - Grandparent's
Visitation Day 10 - 11am

25th - Let's Move Play Date
2 - 3pm



Director's Note:

Get on your mark, get ready, because a new school year is about to begin! How fast the summer passes and another school year rolls around.

Early to bed, early to rise, helps preschoolers become healthy, happy and ready for school!

Welcome to all our new families. Thank you for choosing Discoveryland.

Ms. Robin

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Easing separation anxiety

It's natural for your young child to feel anxious when you say goodbye. Although it can be difficult, separation anxiety is a normal stage of development. With understanding, patience, and coping strategies, it can be relieved—and should fade as your child gets older.

There are steps you can take to make the process of separation anxiety easier. They include:

Developing a good-bye ritual, practice separation at home and try to leave without a lot of fanfare. Read the article in *Early Years* about Happy Good-byes for more ideas.

It's Back to Preschool Time!

New things are taking shape as we get ready for the fall. Our classes will fill fast, so if you have a sibling at home that you plan to enroll, be sure to pick up a registration packet today. Our Foothill Kindergarten class has openings as well. See Arlene in the front office for more information.

Discoveryland will be closed

Monday September 5, 2011

In honor of Labor Day

A Good Start

Back to school means back to early morning routines. How do you get a preschooler up and

dressed, prepare his or her breakfast and get out the door in time to be on time at work? Well.....we may have the answer in this month's Newsletter. Be sure to read the "Nutrition Nuggets" insert. You will find ideas to keep everything balanced as well as recipes to start your day. If you need information on how to separate from your preschooler, "Early Years" offers sound advice. We want to hear from you too! Take a few moments to answer our question for the month: What things do you do to help your child adjust to preschool? Post your answers on our bulletin board.



Find us on the web at: www.milpitasdiscoveryland.org

September Birthdays

3rd Ariana Room 5
 21st Amarhy Room 1



Staff Birthdays

19th Ms. Fletcher Kindergarten

back to School



Theme: School Time

- Week 1 All About Me!
- Week 2 Up High in the Apple Tree
- Week 3 School Rules
- Week 4 I can do many things

SEPTEMBER DISCOVERYLAND MENU 2011

Breakfast, Lunch & Snack

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 French Toast, Banana & Milk <i>Bf-Chow Fun, Baby Carrots, Orange slices & Milk</i> Graham Crackers / Mandarin Yogurt	2 Corn Chex Cereal, Applesauce / Milk <i>BLT Sandwich, Tater Tots, Mixed Fruit Cocktail & Milk</i> Hi-Ho Crackers / Apple Juice	
** HOLIDAY ** SCHOOL CLOSED	6 Waffles, Cantalope & Milk <i>Chik-n Salad Wrap, Cucumber Salad, Peaches diced & Milk</i> Animal Crackers / Peach Yogurt	7 Cheerios Cereal, Pear diced & Milk <i>Corn Dog, Celery/Carrot sticks, Fresh Fruit & Milk</i> Graham Crackers / Orange Juice	8 Waffles, Cantalope & Milk <i>Teriyaki Chops, Brown Rice, Corn, Fresh Fruit & Milk</i> Hi-Ho Crackers / Peach Yogurt	9 Raisin Bran Cereal, Pear diced / Milk <i>Cheese Burger on Bun, French Fries, Mixed Fruit Cocktail & Milk</i> Wheat Thins / Orange Juice	5
Corn Chex Cereal, Mandarin Orange & Milk <i>ese Ravioli w/Marinara ce, Broccoli, Garlic Bread, nge slices & Milk</i> Animal Crackers & 100% Fruit ch Blend	13 Muffins, Banana & Milk <i>Fried Rice, Trkey Strips, Mixed Vegetables, Pineapple Tidbits & Milk</i> Graham Crackers / Mixed Fruit Cocktail Yogurt	14 Frosted Mini Wheat, Mandarin Orange & Milk <i>Tacos, Spanish Rice, Corn, Pineapple Diced & Milk</i> Hi-Ho Crackers / 100% Fruit Punch Blend	15 Muffins, Banana & Milk <i>Hamburger Steak, Mashed Potatoes, Gravy, Fresh Fruit & Milk</i> Wheat Thins / Mixed Fruit Cocktail Yogurt	16 Cheerios Cereal, Mandarin Orange & Milk <i>Cheese/Sausage Pizza, French Fries, Pineapple Tidbits & Milk</i> Vanilla Wafers / 100% Fruit Punch Blend	12 <i>Che Sau Ora</i> Ani Pun
Raisin Bran Cereal, Pear diced / Milk <i>ghetti, Toss Salad, Garlic nd, Mixed Fruit Cocktail & am Crackers / Apple Juice</i>	20 Pancakes, Apple slices & Milk <i>Fsh-Patty on Bun, French Fries, Mandarin Orange & Milk</i> Ritz Crackers / Mandarin Yogurt	21 Corn Chex Cereal, Pear diced & Milk <i>Bean Burritos, Spanish Rice, Corn, Pineapple Tidbits & Milk</i> Wheat Thins / Apple Blend	22 Pancake, Apple slices & Milk <i>Chik-n Chow Mien, Baby Carrots, Fresh Fruit & Milk</i> Animal Crackers / Mandarin Yogurt	23 Frosted Mini Wheat Cereal Pear diced & Milk <i>Hot Dog on Bun, Tater Tots, Peaches diced & Milk</i> Graham Crackers / Apple Juice	19 <i>Spa Bre Mil Gra</i>
Cheerios Cereal, Applesauce & Milk <i>agna, Peas & Carrots, Fresh ti, Garlic Bread & Milk</i> Ho Crackers / Orange Juice	27 Toast, Banana & Milk <i>Corned Bf Sandwich, Celery/Carrot sticks, Mixed Fruit Cocktail & Milk</i> Wheat Thins / Peach Yogurt	28 Raisin Bran Cereal, Applesauce & Milk <i>Chili, Fritos, Toss Salad, Peaches diced & Milk</i> Vanilla Wafers / Orange Juice	29 Toast, Banana & Milk <i>Chik-n Broccoli Casserole, Mashed Potatoes, Apple diced & Milk</i> Animal Crackers / Peach Yogurt	30 Corn Chex Cereal, Applesauce & Milk <i>Grilled Cheese Sandwich, French Fries, Orange slices & Milk</i> Graham Crackers / Orange Juice	26 <i>Las Fru</i> Hi-