



Special points of interest:

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- Parent Center

Curriculum

Our theme for the month of May is "Nature". It is important for children to explore, observe and learn to care for the things found in nature such as plants, insects and animals. This helps children to respect and value the natural world around them.

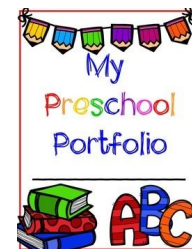
Our colors of the month are black and white and we will also be working on the number 10. We will be wrapping up our letter of the week themes with letter Z!

Open House

Join us Wednesday, May 24th for Open House from **5:30 - 6:30 pm!** Please note that we will close at 5PM on this day and then will re-open at 5:30 for Open House.

Your child's academic and art portfolios from the school year, as well as their end-of-the-year evaluation will be available for you to pick up and take home.

Each class will be performing a song in their own classroom at the beginning of Open House. Immediately following the performance you are welcome to enjoy refreshments and take a look around your child's classroom.



Alphabet-a-thon Fundraiser

The week of May 8th-12th, our school will hold an Alphabet Fundraiser, where we will be challenging our students to recognize and name all the letters of the alphabet! This event not only will encourage our students to learn all of their letters but creates a fun way to raise money for Storyland.

or a flat donation. Just fill out the pledge form with the amount you would like to pledge and we will get back to you following the event with the total amount owed.

Unlike many fundraisers, all of the funds raised from the Alphabet Fundraiser will go directly to Storyland. Our goal is to raise \$1500 to assist us in purchasing new outdoor activities/equipment and classroom items from our teacher's wish lists.

Please turn in your completed pledge forms on or before **Monday, May 8th.**

Thank you for your support in this event, we appreciate your help!

Check your child's file folder for a pledge form and please invite your family and friends to participate! You will have the option to either make a per-letter donation



Happy Birthday!

Alexandria Carpio	5/6
Ms. Brittney	5/13
Aran Hosseini	5/21
Declan Gardner	5/21
Logan LeHouillier	5/24
Camarin Lizama	5/25



Teacher Appreciation Week

May 1st through May 5th we are celebrating our favorite
SUPERHEROES... our Storyland Teachers!



Let's show our teachers how much we appreciate all their hard work with a week long celebration.

Please check your email as well as your child's file folder for some top secret information!

Upcoming Events

May:

Muffins for Mom– Friday, May 12th

Open House– Wednesday, May 24th

Storyland will be closed Monday, May 29th

June:

Graduation - Thursday, June 8th

Donuts for Dad– Friday, June 9th

Summer Session begins Monday, June 12th



Healthy, Fit Families

<http://families.naeyc.org/article/healthy-fit-families#sthash.hEDbbN4y.dpuf>

Children need to move their bodies and eat healthy foods. Families can promote healthy habits by encouraging children to eat nutritious foods and get some exercise every day. Here are some suggestions.



- ◆ **Follow the nutrition guidelines for children under 6.** Information on nutritious foods, portion sizes, and sample menus for planning snacks and meals are available free through the USDA.
- ◆ **Eat meals together.** You'll know what your child is eating, you can model appropriate choices and portion sizes, and you'll have fun talking and spending time as a family.
- ◆ **Steer your child toward healthier choices at fast food restaurants.** Look for salads, sliced apples, baby carrots, and low-fat milk in colorful containers.
- ◆ **Offer fun, healthy snacks.** Ants on a log (celery sticks with peanut butter or cream cheese topped with raisins), sliced fresh fruit on a skewer, or raw vegetables and low-fat yogurt dip are favorites of many young children.
- ◆ **Teach your child to listen to his or her stomach.** When children do this, they'll learn to know when they have had enough to eat. It takes 15 to 20 minutes after eating to know if you're really hungry for seconds.
- ◆ **Plan a taste-testing event.** Family members can taste and vote on new, healthy foods—veggie burgers, baby spinach, turkey hot dogs, whole wheat pasta, kiwis, and the like. Then make the favorites part of your regular menu.
- ◆ **Give hugs and kisses—not food—for comfort and encouragement.** This simple action helps children associate eating healthy foods with taking care of themselves. They are likely to grow up to be adults who avoid using food as a reward or a way to cope with stress.
- ◆ **Limit your children's screen time.** Instead of watching television or playing on the computer, spend time together—go for a run, kick a ball around, ride bikes (or trikes), or take a nature hike.
- ◆ **Walk instead of driving to nearby places.** Leave the stroller at home. Park a few blocks from the store and walk the rest of the way. Get off the bus a stop or two away from your destination and walk the remainder.

