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### 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 have wrapped up our letter of the week themes and will continue to review A-Z throughout the month!

### Open House

Join us Friday, May 16 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 take a look around your child's classroom, take pictures and chat with teachers.

Please note that graduating students will receive their scrapbooks at graduation instead of Open House.



### Muffins for Moms

Friday, May 9th we will be celebrating Mother's Day! Join us for muffins, fresh fruit and juice for you to enjoy at drop-off time (7:00-9:00 am). We will also have your Mother's Day gifts available to pick up. Please feel free to take this time to open your gift with your child and enjoy refreshments together



### Donuts for Dads

Friday, May 23rd we will be celebrating Father's Day a few weeks early before our school year ends. Enjoy donuts, fresh fruit and juice at drop-off time (7:00-9:00 am). We will also have your Father's Day gifts available to pick up. Please feel free to take this time to open your gift with your child and enjoy refreshments together



## Happy Birthday!

Mark Arnold	5/3
Ms. Brittney	5/13
Isla Wilson	5/17
Kavya Kumar	5/18
Natalia Kumar	5/18
Leila Allen	5/19
Declan Gardner	5/21



## Teacher Appreciation Week

May 5th through May 9th we are celebrating our favorite Oz-Some Storyland Teachers & Staff!

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

Please check your email for more detailed information!

## Pre-Kindergarten Graduation

We are excited to celebrate our students who will be moving on to elementary school for TK and Kindergarten this coming fall.

We will have 2 separate graduation celebrations to accommodate our larger group this year. Little Owls graduation ceremony will take place at 6PM on Tuesday, May 27th. Storyland will close at 5PM on this day for this event. Bay Room and Sunshine ceremony will be held on Wednesday, May 28th at 6PM.

Please see graduation email for additional details.

We look forward to celebrating with all of you!



OUR TEACHERS & STAFF ARE **WICKED OZ-SOME!**

**STORYLAND SCHOOL**

We are excited to celebrate Teacher & Staff Appreciation Week from **May 5th - May 9th!**  
Join in the fun and show appreciation for our OZ-SOME teachers & staff!

<b>MONDAY</b> <b>ELPHABA'S WISDOM</b> Lift your teacher up with a kind note, card, or drawing!	<b>TUESDAY</b> <b>GLINDA'S GOODNESS</b> Bring your teacher something sweet!
<b>WEDNESDAY</b> <b>DEFY GRAVITY</b> Bring your teacher their favorite snack!	<b>THURSDAY</b> <b>POPULAR</b> Bring your teacher a flower that will make them feel special!
<b>FRIDAY</b> <b>EMERALD CITY CELEBRATION</b> Wear some green or sparkle!	

Teacher's can't wait to celebrate!

## Upcoming Events

Muffins for Mom– Friday, May 9th during drop-off hours.

Open House– Friday, May 16th at 5:30PM  
(Storyland will close at 5PM on this day)

Donuts for Dad– Friday, May 23rd during drop-off hours.

Storyland will be closed Monday, May 26th for Memorial Day

Graduation for Little Owls– Tuesday, May 27th 6-7PM  
(Storyland will close at 5PM on this day)

Graduation for Bay& Sunshine Room- Wednesday, May 28th 6-7PM (Storyland will close at 5PM on this day)

Last day of the school year– May 30th

Summer Session begins Monday, June 2nd



### 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.

