



**Special points of interest:**

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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 will continue with our weekly letter themes (letters Y and Z). You will be receiving your child's final evaluation at Open House on Wednesday, May 24th!

**Open House**

Please come join us Wednesday, May 24th for Open House from 5:00 - 6:00 pm!

Your child's work and art folders from the school year, as well as their final evaluation will be available for you to pick up and take home.

Beginning at 5:00 pm each class will be performing a song. Immediately following the performance you are welcome to enjoy refreshments and take a look around your child's classroom at specially displayed art work.

Please note that all children will need to be picked up or have a guardian with them by 5PM for this event.

We hope to see you there!

**Alphabet Fundraiser**

The week of May 15-19th, our school will hold an Alphabet-a-thon, where we will be challenging our students to recognize and name all the letters of the alphabet! This event will not only 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 (May 23rd) with the total amount owed.

Unlike many fundraisers, all of the funds raised from the Alphabet-a-thon 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 **Friday, May 12th**.

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



### Muffins for Mom

Friday, May 5th we will be celebrating Mother’s Day with 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 take this time to open your gift with your child and enjoy breakfast together.



### Happy Birthday!

Harper Pratt	5/5
Ms. Sara Hutchinson	5/15
Olyvia Mullane	5/25



### Reminders

- Please **do not** let your child touch the front sign-in computer.
- Please do not park on the right half of the driveway on the right side of our building. That space belongs to our neighbor.
- Please apply sunscreen to your child every morning.
- Please check your child’s file folder daily for their art and school work, as well as any paperwork or important notices from teachers or administration.
- Personal items such as toys, money, candy, gum, etc. are prohibited and should be left at home.
- If you love Storyland School, please share your experience at [yelp.com](http://www.yelp.com/biz/storyland-preschool-livermore) or you can go directly to <http://www.yelp.com/biz/storyland-preschool-livermore>

### Upcoming Events

#### May:

Muffins for Moms Friday, May 5th  
 Open House Wednesday, May 24th  
 Storyland will be closed Monday, May 29th

#### June:

Graduation Friday, June 9th  
 Donuts for Dad Tuesday, June 6th  
 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.

