



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.

Open House

Please come join us Wednesday, May 23rd for Open House from 5:00 - 6:00 pm!

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. 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.

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 23rd!

It is required all children participating in open house have someone here to represent them. If you cannot make it to open house please pick up your child by 5:00 pm. Thank you and hope to see you there.

Alphabet Fundraiser

The week of May 1-18, 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.

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.

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

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 21st) with the total amount owed.

Please turn in your completed pledge forms and flat donations on or before **Friday, May 11th**.

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



Muffins for Mom

Friday, May 11th 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 Holton	5/1
Harper Pratt	5/5
Ms. Sara Hutchinson	5/15
Katelynn Lao	5/16
Cooper Galindo	5/18
Wyatt Gan	5/20
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 11th

Open House Wednesday, May 23rd

Storyland will be closed Monday, May 28th

June:

Graduation Thursday June 7th

Donuts for Dad Tuesday, June 5th

Summer Session begins Monday, June 11th

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.

