



### **This Month**

**We can't believe how fast this year has flown by! Everyone has made so much progress this year. We will be learning about transportation. We will talk about all things that move! Our last week of school we are going to let the children vote on what activities they want to do all week! We have a field trip planned to go to the Peoria Zoo on May 15<sup>th</sup>! More information will come out soon about it. Thank you so much for letting us teach your children! We have had so much fun this year!**

### **Important Dates**

**5/10- Staff Appreciation Day (Please tell staff members how much you appreciate them today.)**

**5/13- Elaina's Birthday!**

**5/15- Class field trip to the zoo!**

**5/17- Last Day of School!**



### **Pyramid Model News**

**Summer is a great time to work on problem solving at home. When a problem happens, talk to your child about possible solutions to avoid a meltdown. Then, help your child pick two solutions to choose from. For example, your child wanted to play outside but it's raining. You say, "It sounds like we have a problem, what can we do about that?" Next, list other activities he or she can do instead, until you have two good options your child is happy about. Have your child choose the best option!**

### **Nutrition News -Melon Berry Banana Fruit Salad**

**Ingredients:**

- 1/2 cantaloupe, cut into cubes or balls
- 1 banana, sliced
- 1 cup strawberries, sliced
- 1 kiwi fruit, peeled and sliced
- 1/4 cup low-calorie salad dressing  
(we recommend poppyseed or sweet mayo-like dressing)
- 2 tablespoon fruit juice
- 1/4 teaspoon dried mint (optional)

