



## This Month

**The end of our school year is coming fast. We still have time for fun and learning. We are anxiously waiting for our butterflies to hatch! The children have enjoyed watching the changes take place.**

**Our field trip is going to be a lot of fun for everyone. Please remember to let us know if you or another family member will be joining us on that day.**

**We will be contacting you by phone soon to schedule our end of the year home visit.**

## Important Dates

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

**5-16 Field trip to Peoria Playhouse**

**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)

