



## May News

Miss Kristi & Miss Alexis & Miss Cat's  
Class



### This Month

We want to thank all our Parents & Families for all you have done for your children & our Head Start Program! We have enjoyed watching them grow & strengthen their skill set through play!

These next couple of weeks we will be learning all the fun things we can do during the new season of summer.

We are planning an extra special Fun Day for Thursday May 16<sup>th</sup> here at school, with a day of games & weather permitting extra play time with some summertime activities. We want to Thank our Parent Committee members for all these cool games & special treats!

### Important Dates

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

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)

