



# Child Development Center Newsletter



**MAY 2015**



Vol. 8 Issue 11 May 2015

HOME - SCHOOL - CONNECTION

## CONTACT INFO:

### FAMILY SERVICES

24300 Las Brisas Rd.  
Murrieta, CA 92562  
(951) 304-1623

### Child Development Center

**(951) 304-1623**

Room 7: ext 2177  
Room 10: ext. 2176  
Room 11: ext. 2168  
Room 12: ext. 2167  
Room 207: ext 2128

## UPCOMING EVENTS

May 10, 2015

Happy Mother's Day



## Parents Information & Communication

For more information about Family Services, our Newsletters, and Programs—please visit our website at [www.murrieta.k12.ca.us](http://www.murrieta.k12.ca.us) under Family Services Department

## Think Before You Spank

It's hard to raise a kid! When your child acts bad, you get angry. Sometimes it's tough not to spank. Next time, try these things instead:

- Stop. Cool off before you do anything.
- When you're not mad, ask yourself:
  - \* What's the matter with my child?
  - \* Is he/she tired, sick, or worried about something?
  - \* Can he/she do what I want?
  - \* Did I do something?
  - \* Am I still mad?
- Watch what you say. Mean words hurt a lot.
- Teach your child how to do what's right.
- Don't show him/her that hitting is okay.
- Help him/her feel good about himself/herself. Use praise.
- Be patient. It takes a while for kids to catch on because they're so little.
- Learn about children and how they grow. Talk to other parents or join a parent group.
- Take some time for yourself! You'll feel better and wind up being a better parent to your children.

Resource: [www.noodlesoup.com](http://www.noodlesoup.com)

## My Mom

By: Anonymous



My mom is very special,  
My mom is very kind,  
My mom always tells me I'm special,  
She's always on my mind.

My mom watches me grow,  
My mom watches me cry,  
Of course she'll always know,  
She'll never have to tell me good-bye.

My mom will always hug and kiss,  
My mom will always care.  
My days she will never miss,  
'Cuz I'm her little teddy bear.

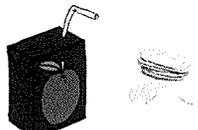
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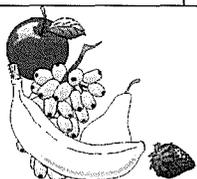


**Ms. Alicia**

Hi...My name is Alicia Johnson. I am currently working as the Lead Teacher in room 7. I have worked with M.V.U.S.D. for the past seven years and have been in the Early Childhood Education field since 2001. I look forward to working with my students every day. I have been lucky enough to watch some of them grow and develop from the infant rooms, to my preschool room and now into elementary school. I am married to my high school sweetheart and have been blessed with four beautiful children....Kayla, Derrick, Darius and Deion. When I am not at work, I am busy going to track practices, meets and football games!

**MURRIETA VALLEY UNIFIED SCHOOL DISTRICT**  
**May 2015 SNACK MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
				05/01 <b>TEACHER'S CHOICE</b> 
<u><b>A.M. SNACK</b></u> 05/04 Nilla Wafer Milk <u><b>P.M. SNACK</b></u> Pretzels Fruit Cocktail Milk	<u><b>A.M. SNACK</b></u> 05/05 Cereal ½ Banana Milk <u><b>P.M. SNACK</b></u> Cheez-It Crackers Milk	05/06 <b>TEACHER'S CHOICE</b> 	<u><b>A.M. SNACK</b></u> 05/07 Cereal Milk <u><b>P.M. SNACK</b></u> Trail Mix Pineapple Chunk Milk	<u><b>A.M. SNACK</b></u> 05/08 Pancakes w/Syrup Orange Slices Milk <u><b>P.M. SNACK</b></u> Animal Crackers Juice
5/11 <b>TEACHER'S CHOICE</b> 	<u><b>A.M. SNACK</b></u> 05/12 Ritz Crackers Milk <u><b>P.M. SNACK</b></u> Grilled Cheese Sandwich Apple Sauce Milk	<u><b>A.M. SNACK</b></u> 05/13 Cereal ½ Banana Milk <u><b>P.M. SNACK</b></u> Wheat Thins Crackers Juice	<u><b>A.M. SNACK</b></u> 05/14 Honey Graham Crackers Milk <u><b>P.M. SNACK</b></u> Chocolate Bear Graham Apple Slices Milk	<u><b>A.M. SNACK</b></u> 05/15 Cereal Milk <u><b>P.M. SNACK</b></u> PB & Jelly Sandwich Peaches Juice
<u><b>A.M. SNACK</b></u> 05/18 Animal Crackers Milk <u><b>P.M. SNACK</b></u> Goldfish Crackers Baby Carrots w/Ranch Juice	<u><b>A.M. SNACK</b></u> 05/19 Cereal ½ Banana Milk <u><b>P.M. SNACK</b></u> Trail Mix Juice	<u><b>A.M. SNACK</b></u> 05/20 Nilla Wafer Milk <u><b>P.M. SNACK</b></u> Cheez-It Crackers Pears Milk	<u><b>A.M. SNACK</b></u> 05/21 Cereal Milk <u><b>P.M. SNACK</b></u> Pretzels Orange Slices Milk	05/22 <b>TEACHER'S CHOICE</b> 
05/25 <b>HOLIDAY – NO SCHOOL</b> 	<u><b>A.M. SNACK</b></u> 04/28 Honey Graham Crackers Milk <u><b>P.M. SNACK</b></u> Cinnamon Bear Graham Fruit Cocktail Juice	<u><b>A.M. SNACK</b></u> 04/29 Cereal Apple Slices Milk <u><b>P.M. SNACK</b></u> Grilled Cheese Sandwich Juice	<u><b>A.M. SNACK</b></u> 04/30 Pancakes w/Syrup Milk <u><b>P.M. SNACK</b></u> Wheat Thins Crackers Apple Sauce Milk	



**SNACKS ARE SUBJECT TO CHANGE WITHOUT NOTICE**

