



Endless Discoveries PARENT NEWSLETTER



MAY 2020

Mindful Little Minds



Slow down

Whether you are trying to maintain a sense of normalcy in these times, find yourself getting stir crazy or even just need a few tools to help others around you, we should all make time for a little mindfulness.

Children of all ages can benefit from mindfulness, the simple practice of bringing a gentle, accepting attitude to the present moment. It can help parents and caregivers, too, by promoting happiness and relieving stress. Below are some basic tips for children and adults that develop compassion, focus, curiosity and empathy.

At each developmental stage, mindfulness can be a useful tool for decreasing anxiety and promoting happiness. Mindfulness – a simple technique that emphasizes paying attention to the present moment in an accepting, nonjudgmental manner – has emerged as a popular mainstream practice in recent decades.

STOP.

Just take a momentary pause, no matter what you're doing.

TAKE A BREATH.

Feel the sensation of your own breathing, which brings you back to the present moment.

OBSERVE.

Acknowledge what is happening, for good or bad, inside you or out.

PROCEED.

Having briefly checked in with the present moment, continue with whatever it was you were doing.

Holidays this Month

Bike Month

Children's Book Week - 5/4-5/10

Teacher Appreciation Week -
5/4-5/8 (Postponed - TBA)

National Police Week - 5/10-5/16

Space Day - 5/1

Nurses Day - 5/6

Celebrating Our Leading
Ladies - 5/8

Mother's Day - 5/10

Chocolate Chip Day - 5/15

Red Nose Day - 5/21

Memorial Day - 5/25 (CLOSED)

SPACE DAY (May 1): Teachers will do space crafts or art projects and read a space themed book.

Our older kids will make a S.T.E.M. based rocket ship or play space.

NURSES DAY (May 6): We will be making cards and taking pictures to send to the nurses at Medical City ER Saginaw.

MOTHER'S DAY CELEBRATION (May 8): "Celebrating Our Leading Ladies"

CHOCOLATE CHIP DAY

(May 15): We will be celebrating with a variety of chocolate chip cooking activities and snacks.

RED NOSE DAY

(May 21): This will be a week-long project where we will be collecting coins to donate to help end child poverty. We will all wear red noses and red clothing on Thursday for pictures. All proceeds go the comic relief fund to end child poverty.

May Birthdays

Brooklyn M. - May 1

Jessica W. - May 1

Natalie L. - May 7

Cade G. - May 10

Levi G. - May 10

Kori S. - May 13

Kaidence D. - May 14

Luna V. - May 16

Natalie M. - May 17

Noah W. - May 18

Samuel W. - May 18

Alivia H. - May 19

Alexander R. - May 25

Gianna G. - May 27

Noah P. - May 27

Genevie G. - May 28

Teacher Birthdays

Ms. Tynisha - May 11

Ms. Tina - May 27

Teacher of the Month: Ms. Desiree



Ms. Desiree has worked very hard and adapted extremely well through all of the COVID-19 requirements to work with all of her students on an individual and collective level to create a sense of normalcy.

Thank you, Ms. Desiree, for all that you have done for your class. We're looking forward to seeing what you do with them through the summer.