



June



NEWSLETTER

Welcome Back To School!

Get ready for an epic summer! Our teachers and staff are busy planning a fun and unforgettable experience for our students. From sports and games to arts and crafts, we have something for everyone. We will be sharing more information soon via Links 2 Home about our upcoming events and activities. As always, we are here to answer any questions or concerns you may have.

WATER DAYS & SUNSCREEN

- Water play days are an exciting part of our summer experience and we can't wait for your child to participate! Children should come to school in their swimsuits and bring a towel and a change of dry clothes. For the safety of your child/ren, open-toe shoes are not permitted.
- We know how important protecting your child's skin is from the summer sun. Please complete the Sunscreen Permission Form (see our front desk for a copy) and provide us with a non-aerosol sunscreen labeled with your child's name.

Events

- June 7- National Chocolate Ice cream Day! We're having an ice cream party!
- June 14-Flag Day- Wear red, white, & blue!
- June 17- ALL STAR Father's Day Picnic!
- June 19-Juneteeth!
SCHOOL CLOSED!
- June 20 -1st Day of Summer! WATER DAY!
- June 25- Sunglasses & Hat day!
- June 26- Coffee Chats w/ the Principal!
- June 27- Last day of school year! LUAU DAY!
- June 28- **SCHOOL CLOSED/ Professional Development Day!**



ALL STAR FATHER'S DAY PICNIC

Monday, June 17 @ 3 pm

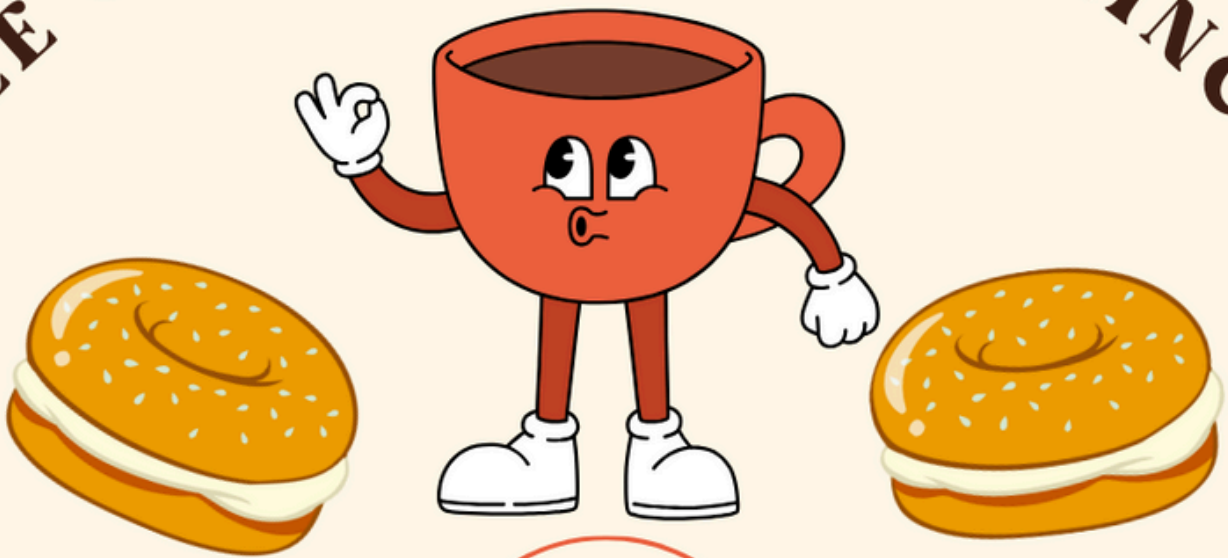
Come celebrate your day with a potluck picnic with your little one!

Sign ups will be at the front office



DISCOVERY ISLE LA COSTA

COFFEE CHATS WITH THE PRINCIPAL



**JUNE
26**

**JOIN PRINCIPAL MEGAN IN THE
MORNING FOR A CUP OF COFFEE AND
A CHAT AT THE FRONT OFFICE.**

Ways to Turn Tantrums into Teachable Moments

Tantrums are a common occurrence in childhood, often leaving caregivers feeling frustrated and overwhelmed. But what if we could turn these challenging moments into valuable opportunities for learning and growth? By approaching tantrums with patience and empathy, we can turn them into meaningful teachable moments that foster emotional intelligence, problem-solving skills, and self-regulation in children. Our Links to Learning teachers employ effective strategies to do just that.



Validate and Label Emotions

Our patient and dedicated teachers acknowledge that feelings matter. Even if we're not sure why a child is upset, we let them know it's okay to feel frustrated. By validating their emotions, we help them feel understood and supported. At home, remember to get down to their level for a more meaningful connection.

Talk When Calm

It's hard to reason with a child in the heat of the moment. With their heightened emotions, it is difficult for them to process what you may be saying. Our teachers approach each conversation calmly and ask students open-ended questions. This approach helps them process their emotions and learn from the experience.

Encourage Problem-Solving

We empower our students to find their own solutions by offering choices and alternatives. This helps them develop critical thinking skills and a sense of autonomy. At home, you could ask your child, “Instead of screaming, what could you have done differently?”

Foster Empathy and Understanding

We teach our students to recognize not only their own emotions but also those of others. By considering how their actions impact those around them, they learn compassion and social awareness. At home, you could ask, “How do you think Bobby felt when you were screaming?”

Instill Life-Long Benefits

These teachable moments have a lasting impact on children's emotional development. When met with empathetic and constructive responses, they develop healthier coping mechanisms, higher emotional intelligence, and better communication skills for kindergarten and beyond.

Additional Tips:

- Know your child's triggers and prepare for them.
- Set boundaries ahead of time to manage expectations.
- Equip your child with coping strategies, such as deep breathing or a calming sensory item.
- Create a safe space at home for them to calm down and regroup.

By embracing tantrums as opportunities for growth, we empower our children to navigate their emotions and thrive emotionally and socially.



June Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bfast					
PM Snack					
Bfast	Cereal, Fruit, Milk	Bagels, fruit, milk	Cereal, Fruit, Milk	English muffin with Jelly, fruit and Milk	Cereal, Fruit, Milk
PM Snack	Nilla Wafers	Cheeze-itz	graham crackers	Cheese & crackers	Goldfish & Oranges
Bfast	Cereal, Fruit, Milk	Cheese Quesadilla Fruit, Milk	Cereal, Fruit, Milk	Waffles, Fruit, Milk	Cereal, Fruit, Milk
PM Snack	Applesauce	Animal Crackers	yogurt & fruit	Cheese & Ritz crackers	Cheeze-itz
Bfast	Cereal, Fruit, Milk	french toast, Fruit, Milk	SCHOOL	Pancakes, Fruit, Milk	Cereal, Fruit, Milk
PM Snack	Goldfish & Oranges	Cheese & Crackers	CLOSED	Yogurt, & Water	Pretzles and cheese
Bfast	Cereal, Fruit, Milk	Bagels, Fruit, Milk	Cereal, Fruit, Milk	Oatmeal, Fruit, Milk	SCHOOL
PM Snack	Peaches	Goldfish	Cheeze-its	Sugar Cookies & Water	CLOSED

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