



# FEBRUARY NEWSLETTER

Discovery La Costa 2025

Dear Families,

Happy February! The new year is off to a wonderful start, and we're excited for what's to come. With Valentine's Day just around the corner, we're looking forward to celebrating love, friendship, and kindness with your little ones through fun and meaningful activities! As always, it is an honor to work with and watch your children grow. Thank you for choosing our preschool for your family.

## Upcoming Events

- **No School: February 14 & 17**
- Valentine's Day Card

Exchange/Potlock :

February 13

**\*See calendar below for more dates!**

## Valentine's Day

We will be celebrating Valentine's Day on Thursday, February 13th. Children are invited to bring in valentines to share with their classmates (**no names on cards please**) and will participate in Valentine-themed activities throughout the day

Classroom parties will be held during lunch and Please check your child's classroom door sign-up sheets.

## Black History Month

February is Black History Month, a time to celebrate the achievements and contributions of African Americans throughout history. In our classrooms, we'll be exploring stories of inspiring people, both near and far, through books, activities, and conversations that help our students appreciate their impact on the world.



**BLACK HISTORY MONTH**

# February 2025

**\*Please see classroom sign-up sheets for their Valentines party :)**

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
|--|--|---|---|--|---|---|
|  |  |   |   |  |   | 1   |
| 2  | 3  | 4   | 5   |         | 7<br>Let get ready for the Super Bowl! Wear your Jerseys  | 8<br> |
| 9<br> | 10   | 11<br>Valentine Head Gear!<br> | 12<br>Heart's Day!<br> | 13<br>Classroom Valentines Party!<br>Wear red, pink, white, or purple                      | 14<br><b>SCHOOL CLOSED</b><br>Professional Development Day  | 15  |
| 16   | 17<br><b>SCHOOL CLOSED!</b><br>PRESIDENTS' DAY | 18  | 19  | 20<br> | 21<br>Crocs Day!<br> | 22  |
| 23   | 24   | 25<br>                         | 26<br>Coffee Chats with the Principal   | 27   | 28<br>Pajama Day!   |   |

## 5 Books to Read With Children in Honor of Black History Month

Black History Month is a time to celebrate Black Americans and their important role in U.S. history. In our schools, children learn about Black culture and heritage through books, activities, and discussions. While we talk about and celebrate diversity all year, February is a special time to honor Black history and learn more about its significance.

Here are five great books for children about Black history and celebrating what makes us unique and special. They are sure to inspire, teach, and engage.



### ***Dream Big, Little One* by Vashti Harrison (ages 1+)**

This book introduces young readers to Black women who changed the world. It encourages children to dream big like Mae Jemison, be brave like Maya Angelou, and be creative like Alma Woodsey Thomas. It is a perfect bedtime story to inspire big dreams!

### ***Whoever You Are* by Mem Fox (ages 2+)**

This story celebrates the many kinds of children and ways of life all over the world. Readers will learn that, though others may look, speak, and live differently, they all share the same feelings and experiences. They will discover that we all are a lot alike.

### ***Just Like Your Daddy* by Tiffany Parker (ages 3+)**

This expressive story is filled with an abundance of affirmations that are meant to uplift and empower children. It also shines a bright light on fathers and depicts the strong and special relationship between a Black father and son.

### ***Last Stop on Market Street* by Matt de la Peña and Christian Robinson (ages 3+)**

In this heartwarming story, a young boy and his grandmother take a bus ride through their neighborhood. On their journey, they encounter all sorts of people and opportunities to look on the bright side. The book teaches how to see the beauty in everyday life and reminds us to appreciate every person.

### ***The Year We Learned to Fly* by Jacqueline Woodson (ages 4+)**

*The Year We Learned to Fly* is about a brother and sister who face challenges. When they feel stuck, their grandmother teaches them to use their imagination to "fly" and escape. Children will learn how creativity can help them through challenging times and how the wisdom of older generations can guide them.



# February Menu



|          | MONDAY                         | TUESDAY                                  | WEDNESDAY                     | THURSDAY                                   | FRIDAY                         |
|----------|--------------------------------|--|-------------------------------|--|--------------------------------|
| Bfast    |                                |  |                               |  |                                |
| PM Snack |                                |  |                               |  |                                |
| Bfast    | Cereal, Fruit, Milk <b>3</b>   | Muffins, fruit, milk <b>4</b>            | Cereal, Fruit, Milk <b>5</b>  | Blueberry Muffins, fruit and Milk <b>6</b> | Cereal, Fruit, Milk <b>7</b>   |
| PM Snack | Nilla Wafers                   | Yogurt & fruit                           | graham crackers               | Apple sauce & crackers                     | Bananas & sunbutter            |
| Bfast    | Cereal, Fruit, Milk <b>10</b>  | Cheese Quesadilla, Fruit, Milk <b>11</b> | Cereal, Fruit, Milk <b>12</b> | Waffles, Fruit, Milk <b>13</b>             | <b>SCHOOL CLOSED</b> <b>14</b> |
| PM Snack | cheeze-it & fruit              | Wheat Thins                              | Goldfish                      | Pretzles                                   |                                |
| Bfast    | <b>SCHOOL CLOSED</b> <b>17</b> | Pancakes, fruit & milk <b>18</b>         | Cereal, Fruit, Milk <b>19</b> | Bagels, Fruit, Milk <b>20</b>              | Cereal, Fruit, Milk <b>21</b>  |
| PM Snack |                                | Animal Crackers                          | Ritz Crackers & Cheese        | peaches                                    | Cheeze-it                      |
| Bfast    | Cereal, Fruit, Milk <b>24</b>  | Bagels, fruit, Milk <b>25</b>            | Cereal, Fruit, Milk <b>26</b> | CHEFS CHOICE <b>27</b>                     | Cereal, Fruit, Milk <b>28</b>  |
| PM Snack | Wheat Thins                    | Goldfish                                 | Pudding                       | CHEFS CHOICE                               | CHEF'S CHOICE                  |

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