

Discovery Isle  
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# Murrieta

## March 2022



## What's Happening Under the Sea?



### Spirit Day!

Thank you to all who have participated  
in our recent Spirit Day events.

This month we are going to take advantage of yet another Holiday!  
Our spirit day for this month will be on **Thursday the 17th**,  
in honor of St. Patrick's Day.

Everyone is going to want to be decked out in their very best green  
outfit. We need to show those  
Leprechaun's our St. Patrick's Day spirit!

We look forward to seeing everyone in green!



**Spring Portraits  
are scheduled  
for March 31st &  
April 1st.**

All children will have their pictures taken, unless  
otherwise specified by their parent.  
Your child's scheduled day will be posted in  
the front drop off area!



### Dates to remember in March:

March 2nd:  
Happy Birthday Dr. Seuss!  
See calendar for dress up days!

March 17th:  
Spirit day- Wear Green!

March 18th:  
First Day of Spring-Dress in Spring Colors

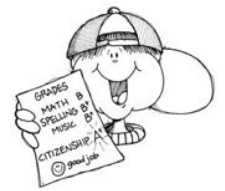
March 31st and April 1st:  
Lifetouch Spring portraits  
Check your child's classroom for  
your scheduled day!

SEE CALENDAR FOR ADDITIONAL DRESS UP DAYS!

### Parent Reports

Your child's "parent report" will be going home soon  
week in your child's mailbox. These reports will give  
you insight to the skills that your child is being  
exposed to and developing while in our  
program.

upon reviewing your child's report, if  
you have any questions you would  
like to address with your child's teacher, please let the  
front office know.



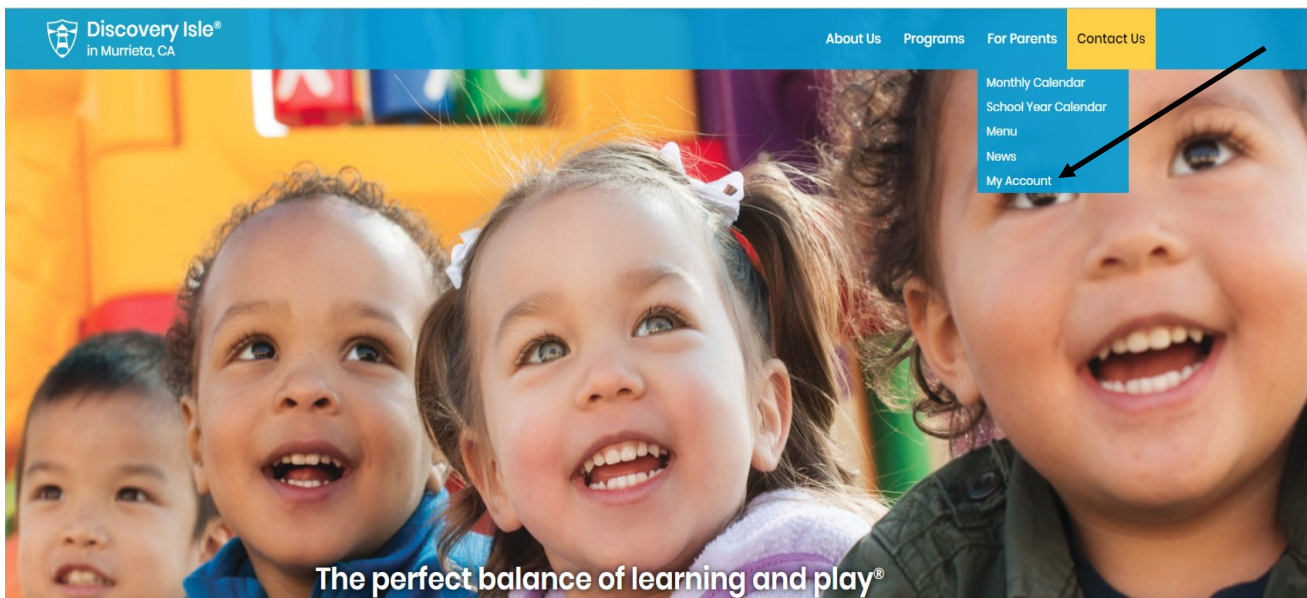
Have you accessed your Parent Portal-ALMA yet?  
It allows parents to manage their account quickly and easily online.

Some of the features include:

- Paying tuition online
- Set up of automatic payments
- Update contact information
- Manage your child's authorized pick-up of individuals
- View/print account statements

Let us know if you need any assistance with this!

Discovery Isle Families,  
Here is the information for the parent portal-ALMA:  
School Website: <https://www.discoveryisle.com/preschools/san-diego/murrieta/>



Your username is: firstname.lastname  
The email linked to your account is what you provided to the school.  
Your first time logging in you will click "Forgot Password" and it will have you set a password.

Please let us know if you run into any issues, we are here to help!

## Separation Anxiety

Just when you're feeling proud of the fact that your child has adjusted so well to preschool, he suddenly cries hysterically one morning, grabs your leg, and begs, "Mommy, don't leave me here!" Instantly, you flash back to those traumatic first weeks of September. You're torn: Should you stay or should you go?

The fact is that morning clinginess -- as well as tears, tantrums, and acting out -- comes and goes throughout the school year. But backsliding is particularly common at this time of year, when kids return from the school holidays. "The holiday season is filled with so many fun activities -- both parents may be at home more, and it's a wonderful time for family bonding," says Sal Severe, Ph.D., author of *How to Behave So Your Children Will, Too!* (Greentree Publishing, 1997). "Kids can feel sad when the excitement ends, so a little resistance to going back to preschool is normal."

A separation-anxiety relapse can be triggered by almost any disruption in a child's routine or other source of stress -- having been out sick, another family member's illness, a sibling's birth, moving to a new house, or even having a new teacher. Three- and 4-year-olds rely on routines to feel in control, notes Scott Vrana, Ph.D., an associate professor of psychology at Virginia Commonwealth University, in Richmond. When their life changes in some way, they may revert to their earlier ways of seeking security, such as crying or refusing to leave your side.

Rather than make a scene when they feel anxious, some children go to the opposite extreme and withdraw. Sheila Smith, of Mamaroneck, New York, says her 3-year-old son, Jeffrey, becomes unusually quiet if a caregiver at his day-care center is on vacation. She finds that it helps to give Jeffrey some extra attention -- reading him a second bedtime story and leaving more time for play in the evenings.

Fortunately, overcoming separation anxiety later in the year is easier than it may have been in September. "If a child was able to make the transition in the fall, the tears won't last more than a couple of days now," says Dr. Severe. However, some children who had little trouble in the fall may now become clingy for the first time.

Maria Manlunas-Jenkins, founder of Giving Tree Montessori School, in Knoxville, Tennessee, says that teary scenes actually help your child bond with his teachers. "Whenever children cry, we comfort them and acknowledge their feelings," she says. "They see that they are not alone and that their parents have left them in a place where someone will care for them. It's a positive learning experience." If your child seems to be having a rough morning, you might ask the teacher to give him some extra attention so he'll feel less lonely when you leave.

During the initial weeks of preschool, many teachers encourage parents to stay for a while in the morning and then gradually leave earlier and earlier. When your child has a mid-year relapse, however, it's best not to linger at school. But don't sneak out when your child is distracted, which may make him feel he can't trust you. It's better to tell him that you'll stay for five minutes but then have to go.

You can acknowledge your child's feelings by saying, "It's okay to miss me and be sad, but I hope you won't feel that way for very long," suggests Dr. Severe. But make it clear that he still has to stay ("Even if you miss me, you're a big boy and you'll do fine"). Assure him that he'll have fun, and tell him when you will be back, using descriptions he can relate to, such as "after your nap" or "when you've finished your second snack."

The more comfortable you feel saying good-bye, the easier it will be for your child to take the separation in stride. "It's natural to feel guilty about leaving your child," says R. Andrew Harper, M.D., an assistant professor of psychiatry at the University of Texas-Houston Medical School. "But he'll pick up on that and cling." The key is to be calm, patient, and positive. Rather than tell your child not to cry, for example, says Dr. Vrana, focus on the behavior you do want ("Let's go play with Seth at the sand table, and then afterward we'll say good-bye"). If he asks why you have to leave, simply say that preschool is for kids and teachers, not parents.

## St. Patrick's Day Jell-O Treat

### Step 1

Line an 8 inch square baking dish with plastic wrap, leaving several inches of overhang on each side (this will make removing the gelatin easier). Combine a 3-ounce box of lemon-flavor gelatin and 1 cup of boiling water, then pour the mixture into the baking dish. Cover the dish with plastic wrap and chill the gelatin for 4 hours or until firm, then slice the gelatin into 1/2 inch cubes.

### Step 2

Cut off the top quarter of each of 6 limes, then without cutting into the fruit, slice a thin layer of peel from the bottom of each one to help them stand upright. With a small knife, cut around the inside of each lime's rind to loosen the pulp, then spoon it out to make a shell.

### Step 3

Place a pinch of sugar and 1 teaspoon of whipped cream in the bottom of each shell, then fill each lime pot with gelatin gold. Makes 6.



### Ingredients

3- ounce box of lemon-flavor gelatin  
6 limes  
Sugar  
1 teaspoon of whipped cream

## St. Patrick's Day Cupcake



### Ingredients

A cooled cupcake  
Grass-green frosting  
Several flavors of Airhead candies  
A pot's worth of gold coins.

It's not far to the gold at the end of this rainbow-topped Emerald Isle cupcake, just the thing for your lads and lasses on St. Patrick's Day.

### Step 1

To make one, first top a cooled cupcake (baked from your favorite recipe) with grass-green frosting.

### Step 2

For the rainbow, use a large, heavy knife (parents only) to cut a long, narrow strip from each of several flavors of Airheads candies (this is sticky stuff, so work on waxed paper). Lay the strips side by side, press them together, then cut the ribbon of strips in half to make two rainbows.

### Step 3

Curve each on into an arch and trim the ends as shown. Set one rainbow upright on the cupcake (save the other for another cupcake) and deposit a pot's worth of gold coins at one end. If necessary, place a gold coin behind the rainbow for support.

## Magic Treasure Box

This St. Patrick's Day, let your child in on a well-guarded secret and start a new family tradition in the process.

The fun begins with the legend of the leprechauns and leads to a treasure box filled with goodies and gifts.

Here's what to do. On the day before the holiday, read aloud the following tale:

### LEGEND OF THE LEPRECHAUNS

Full of magic and trickery, the leprechauns remain in their hidden world until the night before St. Patrick's Day. On that one night of the year they appear throughout the world to dance and sing and frolic.

Disguising themselves as leaves and grass, and sounding like the wind and the crickets, they come and go unnoticed.

However, it is said that if a decorated treasure box is left empty under the moon, the leprechauns must fill the box with gold or jewels or gifts. But then they will hide the filled box in the most unlikely of places.

If the box is found on St. Patrick's Day, the treasure remains in our world. If not, the leprechauns may retrieve what is rightfully theirs. And though the leprechauns are very clever, it is not impossible to find the treasure because, unknowingly, leprechauns often leave a trail of greenery behind them.

### MAKING THE TREASURE BOX

Now, have your child decorate an empty shoe box or tissue box with paints, glitter glue or stickers. If she tries to bargain for a bigger box, explain that leprechauns are tiny and if they can't reach the top of the box, it will remain empty. Just before bed, she should place the finished box on a windowsill where the moon will shine on it.

Once she's sound asleep, the resident leprechauns can fill the box with small treasures, such as foil-covered chocolate coins, costume jewelry or a bag of marbles, and then hide it in a special place. All that's left to do is lay a trail of green leaves or paper shamrocks from the windowsill to the box. An older child may even enjoy the challenge of several trails to follow, some with dead ends (you know, trickery of the leprechauns!).

