

May News



There is so much happening this May! Check out the events below and even more events listed on page 2.

Annual St. Jude's Trike-A-Thon

On Friday May 5th will be conducting our Annual St. Jude's Trike-A-Thon. This charity event is for a great cause and the children will be able to bring their bikes to school!

Open House Teacher Meet & Greet

Come in and meet your child's teacher for the 2017-18 school year and learn a little more about what your child will be doing next year! Tuesday, May 9th from 5-7 p.m. Details and specific class times TBD.

Mother's Day Tea

Calling all Moms, Aunts, and Grandmothers! Enjoy tea and cookies with your child at Merryhill School on Friday, May 12th from 4-5 p.m. Happy Mother's Day!

Teacher Appreciation Week

Ever want to surprise your child's teacher with appreciation for all they do? Teacher Appreciation Week is coming and we have a fun week planned. More (secret) details to come. Coming Soon! May 8-12th.

Pre-K & Pre-K Two Graduation

The time has come for the Pre-Kindergarten classes to graduate! How bittersweet, right? Be on the lookout for your invitation!

Teachers of the Month

This month we couldn't just pick one so we picked 3 Teachers of the Month. Ms. Heather S from the Beginner A class and Ms. Danielle and Ms. Lyseth from the Infant B classroom. They all have not only shown us dedication to the school and the Links to Learning curriculum, but have also shown fantastic team work!

Welcome

Please welcome our newest teachers at Merryhill School, Ms. Catelyn our newest preschool assistant teacher, Ms. Christina our new infant and toddler assistant teacher, and Ms. Katie our new Beginner B teacher.

Happy Anniversary!

*Ms. Lyseth is celebrating 1 year of service at Merryhill on May 23rd!

MAY BIRTHDAYS

Raelin T.— 5/03

Tyler O.— 5/07

Avery T.— 5/18

Oliver K.— 5/18

Haley H.— 5/19

Holland L.— 5/22

Camden M.— 5/23

Lela B.— 5/25

Brooks F.— 5/27

Emma A.— 5/29

Ms. Catelyn— 5/29



WELCOME NEW STUDENTS

Peyton E.

Miles E.

Emma H.

Maxwell C.

Cayman

Kieran J.

May Upcoming Events

May 5th— Cinco de Mayo—Class Lunch Taco Parties

May 5th— Annual St. Jude's Trike-A-Thon

May 8th-12th— Teacher Appreciation Week

May 9th— Open House Teacher Meet & Greet—5-7 p.m.

May 10th— Afternoons with Ashley—4-6 p.m.

May 12th— Mother's Day Tea— 4 p.m.

May 18th— Afternoons with Ashley—4-6 p.m.

May 19th— Pre-K 2 Graduation Celebration—4:30 p.m.

May 26th— CLOSED for Professional Development Day

May 29th— CLOSED in observance of Memorial Day

June 2nd— Pre-K Graduation Celebration—4:30 p.m.

Expand Your Picky Eater's Culinary Horizons with These Tips

May, 2017 | Topics: Wellness

Will your child only eat pizza or chicken nuggets? Are you fighting an uphill battle to get him to take just a bite of broccoli? If so, you're not alone.

Picky eating is a common and normal behavior for many young children. It can be their way of declaring independence, showing preference for familiar foods, or attempting to establish control.

Most children will gradually broaden their palate as they get older, are exposed to more types of foods, and see their peers and families trying a wide variety of foods. The process can be challenging, but below are some ideas that might help to minimize mealtime meltdowns.



1. Start small

Meltdowns can occur when children feel overwhelmed, so it's important to introduce new foods one at a time, serve them with familiar foods, and keep the portions small. Your child is likely to try just two or three green beans, as opposed to a whole pile. Be patient, praise his effort, and increase the portion next time.

2. Minimize distractions

Set your child up for success at mealtime by minimizing distractions, such as TV shows, iPads and toys. When your child is fully present, he'll be better able to concentrate on the food in front of him.

3. Enlist your child's help

Make grocery shopping fun by turning the experience into a scavenger hunt. Create a shopping list with your child that includes words and pictures. As you're walking around the store, encourage him to help find the items that you need. At home, work together to prepare the meal and to set the table.

4. Grow a garden together

Create a small garden of fruits or vegetables with your child by planting seeds, watering the soil, and harvesting ripe produce. You might discover that he's more likely to try food that he helped to grow.

5. Don't become a short-order cook

Cooking different foods for each family member is not only time consuming, but it reinforces negative behaviors and doesn't solve your picky eater problem long term. Instead, make meals that offer some options, such as a create-your-own burrito bar. Set out bowls of diced avocado, beans, shredded cheese and salsa, and allow your child to choose what he wants.

At the end of the day, don't be discouraged by your child's picky eating. It's okay if he's a bit reluctant to branch out and expand his culinary horizons. The process is a marathon not a sprint, so continue offering new foods in fun ways!

– Lauren Starnes, PhD., Director of Early Childhood Education