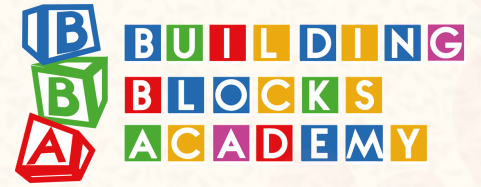


# MAY 2026 NEWSLETTER



## WELCOME, MAY!

As we welcome the lovely month of May, we're filled with joy to see the world bursting into color—just like the bright minds of our little learners! The days are getting longer and sunnier, making it the perfect season for outdoor adventures, creative springtime projects, and exciting learning opportunities.

May is a month full of wonder, from celebrating Mother's Day with heartfelt crafts to exploring gardens and going on nature walks. It's a special time to embrace the beauty of growth, both in the world around us and in our children's development.

This season is one of our favorites at the center because it invites us to connect more deeply with nature and bring learning to life in fresh and fun ways. The children will enjoy making spring-themed art, discovering the magic of plants and insects, and spending plenty of time outside, strengthening their motor skills. Our days will be filled with music, stories, hands-on activities, and lots of opportunities to build friendships and practice kindness.

May is truly a season of new beginnings, and we're so happy to be experiencing it with your family!

## UPCOMING EVENTS



1st - National Space Day



5th - Cinco de Mayo



6th - National Teacher's Day



8th - Muffins with Mom



10th - Happy Mother's Day



25th - Memorial Day  
(Center Closed)



## AWARENESS DAYS:



**National Physical Fitness and Sports Month:**

A great time to promote movement, dance, and outdoor games.



**Mental Health Awareness Month:**

Can inspire simple mindfulness activities or encourage calm, reflective moments during the day

## REMINDERS

- ✓ Teacher's Appreciation Week—May 4–8, 2026
- ✓ Center Closed on Monday, May 25, 2026

## THEMES

4<sup>th</sup> - 8<sup>th</sup>



Flutter & fly

11<sup>th</sup> - 15<sup>th</sup>



Understanding My Feelings

18<sup>th</sup> - 22<sup>nd</sup>



The Story Spot

25<sup>th</sup> - 29<sup>th</sup>



Red, White & Kind

## PARENT EDUCATIONAL RESOURCES:

### The benefits of good Nutrition and exercise for kids

Why is this important?

Good nutrition and plenty of exercise are the building blocks for strong growth, healthy development, and lifelong well-being for children. These days, too many children are not receiving the proper nutrition or enough exercise:

<https://www.apa.org/topics/children/healthy-eating>

### What are the benefits of good nutrition and exercise for kids?

- \*Mental and behavioral benefits
- \*Physical benefits

