



MAY 2026



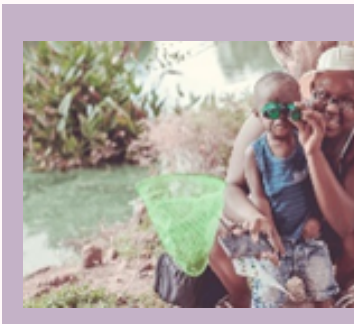
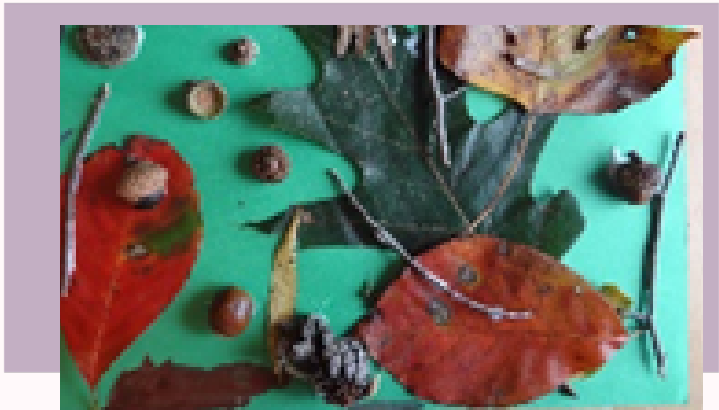
EDUCATION TEAM

Dear Families,
Happy May! As we approach the end of the school year, we are proud of the growth our children have made and look forward to finishing strong.

This Month's Focus

- Spring learning and outdoor exploration
- Building friendships and independence
- Preparing for transitions

Home Activity: Nature Walk & Talk
Take a short walk with your child and look for signs of spring (flowers, leaves, bugs). Ask questions like, "What do you see?" and "What color is it?" This builds language, observation, and thinking skills



MAY NUTRITION FACTS

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving		
Calories 260	Calories from Fat 120	
		% Daily Value*
Total Fat 13g		20%
Saturated Fat 5g		25%
Trans Fat 2g		
Cholesterol 30mg		10%
Sodium 660mg		28%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		

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FOODS HIGH IN FIBER



UNDERSTANDING FOOD LABELS MADE EASY

Food labels provide important information about what's in the foods we eat. They help families:

- Compare products quickly
 - Choose healthier options
 - Avoid too much sugar, salt, and unhealthy fats
- Understanding labels can empower you to make smarter choices for your household.

Key Parts of a Food Label

1. Serving Size

This tells you how much food the nutrition information is based on
Many packages contain more than one serving

2. Calories

Shows how much energy you get from one serving
Helps you manage portion sizes

Nutrients to Limit

Try to choose foods lower in:

Added sugars

Sodium (salt)

Saturated fat

High amounts of these can increase the risk of health problems like heart disease and high blood pressure.

Nutrients to Get More Of

Look for foods high in:

Dietary fiber

Vitamins (like Vitamin D and C)

Minerals (like calcium and iron)

These nutrients support growth, digestion, and overall health.

5 % Daily Value (%DV)

Shows how much a nutrient in one serving contributes to a daily diet
5% or less = Low

Health Water Safety

1. Always Supervise Children

Never leave children unattended near water—even for a moment
Stay within arm's reach of young children ("touch supervision")
Avoid distractions like phones or conversations
Tip: Assign a "Water Watcher" when multiple adults are present.

2. Teach Swimming Skills Early

Enroll children in age-appropriate swimming lessons
Teach basic skills: floating, treading water, and safe exiting
Remember: swimming lessons reduce risk but do not eliminate it

3. Secure Pools and Water Areas

Install a four-sided fence around pools with a self-latching gate
Use pool covers and alarms when not in use
Empty small pools, bathtubs, and buckets after use

4. Use Life Jackets

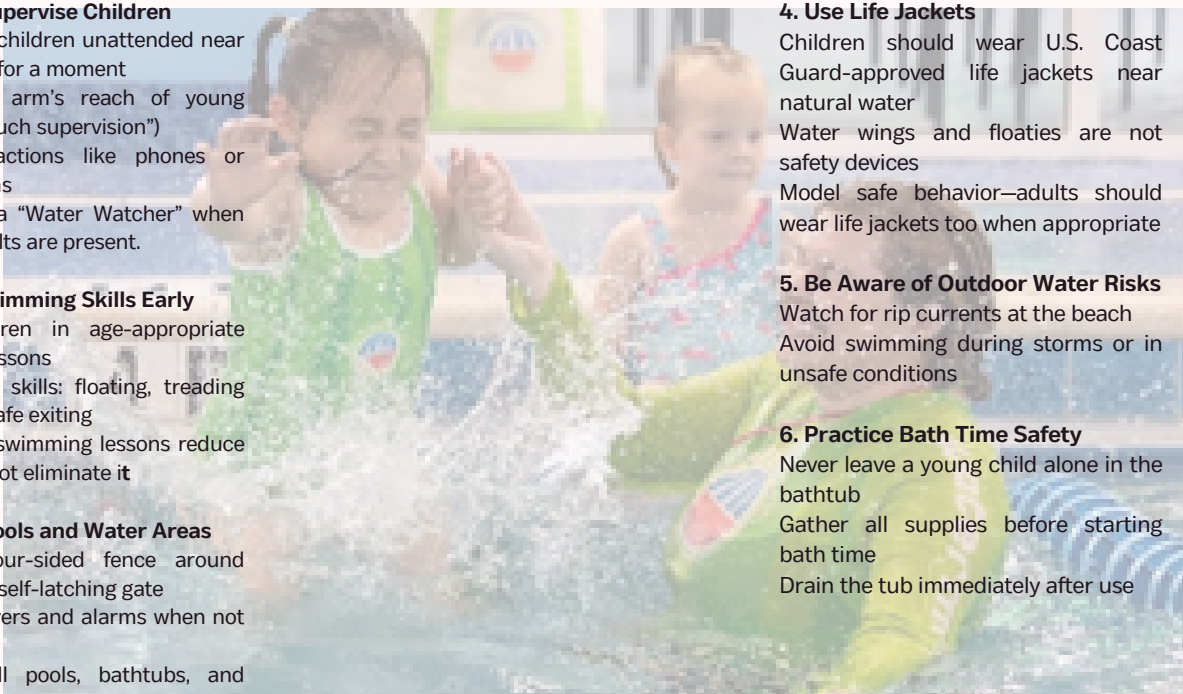
Children should wear U.S. Coast Guard-approved life jackets near natural water
Water wings and floaties are not safety devices
Model safe behavior—adults should wear life jackets too when appropriate

5. Be Aware of Outdoor Water Risks

Watch for rip currents at the beach
Avoid swimming during storms or in unsafe conditions

6. Practice Bath Time Safety

Never leave a young child alone in the bathtub
Gather all supplies before starting bath time
Drain the tub immediately after use



POLICY COUNCIL UPDATE



The flyer features a green and yellow grid background with various child-friendly icons: a sun, stars, a rainbow, a flower, a car, a rocking horse, and a star. It includes a central photo of a man in a white shirt and blue tie sitting with a group of diverse children in a classroom setting. The text is primarily in orange and pink colors.

**POLICY COUNCIL MAY
HYBRID MEETING**

Your voice matters; when parents are involved, children succeed and communities grow stronger.

**MENTAL HEALTH
AWARENESS**

It's okay to pause, breathe, and take care of yourself; strong families begin with healthy minds.

- Wednesday, May 20th, 2026
- 10:00AM
- 644 Ferguson Dr. Suite 100, Orlando, FL 32805

407-690-8022
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<https://4cflorida.org/>

Meeting link: Microsoft Teams **Need help?**
Join the meeting now
Meeting ID: 213 060 970 859
Passcode: uCS9mq

