



# Center Newsletter

May 2026



## What's Happening This Month

This May, we are celebrating moms and caregivers in honor of Mother's Day. We know how much love and care you give every day. We also know it can be hard sometimes. That is why we are taking time this month to talk about motherhood, caring for your mental health, and finding support when you need it. You are not alone, and your well-being matters.

## Basics of the Month

*Maximize Love, Manage Stress*

Showing love and staying calm helps children feel safe and strong.

Give hugs, kind words, and time together each day.

When things feel stressful, take a deep breath, ask for help, or take a short break.

Taking care of yourself helps you take care of your child.

## What We're Learning

- Color: **Pink**
- Number: 5
- Activity: Spend time together and celebrate Mom on her special day!

[Color Pink for Kids](#)

[The Number 5](#)

## Other News

[RFS Team Attends Autism Connect 2026](#)

## Reminders

- Drop off times are 8:30-9:30
- Please make sure you have access to Pro-care, our communication app. This app provides important information from the school
- Please check your child's cubby for extra clothes
- **Midlands Gives is May 5, 2026.** Follow and share to help us reach our \$5,000 goal.

[Like & Share on FB](#)



## Important Dates

- 5/5 - [Midlands Gives](#)
- 5/8 - VW @ Cottle Farms
- 5/11 - Pastries w/Parents @ 8:30 a.m. to 9:30 a.m.
- 5/15 - RW @ Cottle Farms
- 5/25 - Memorial Day - Agency Closed
- 5/27 - RW Family Meeting @ 3pm
- 5/21 VW Family Meeting @ 9am-11am
- 5/29 - Final Friday



## Teacher Appreciation

May 5th - 8th - Write a note, make a small craft, or bring a sweet treat to show your appreciation. .

## Videos of The Month

["A Special Mother's Day"](#)  
by [Alyssa Liang](#)

[The Little Mouse, The Red Ripe Strawberry, and THE BIG HUNGRY BEAR](#)

## Weekly Menu

- [May 4 - 8](#)
- [May 11 - 15](#)
- [May 18 - 22](#)
- [May 25 - 29](#)