



St. Mary's Preschool has grown and flourished since its inception more than forty years ago. With a large school building and play yard, a dedicated and qualified teaching staff, and a curriculum which meets or exceeds the California State educational standards, St. Mary's Center Preschool is well equipped to prepare children for achievement in kindergarten and beyond. All low-income families from Alameda County are eligible to apply to St. Mary's Center Preschool but most of our children live near our West Oakland site.

St. Mary's Preschool passed Physical Activity and 100% Healthy Beverage policies in July 2016. The policies have helped teachers change the way they eat and drink. Quinetta Lewis, site supervisor, says that some of the teachers make cucumber and lemon water available in the refrigerator for staff to drink throughout the day. "We've taken turns bringing salad for lunch and share it with the rest of the staff." "Although our neighborhood may not be the safest to walk around, we improvised by doing simple stretches with the children after coming back from playtime outside. "It's great to know that we don't have to do anything elaborate to get physical activity and more water into our day." We just do it!"

