

April 2025

# Woburn Creative Start



Did you know that April is National Recycling Month? Do you want to teach your children how to recycle? Read about the four lessons below to teach children to reduce, reuse and recycle

- 1. Why Bother Recycling?** In 2015, the United States generated more than 262 million tons of trash. Where does it all go? Unfortunately, it doesn't just disappear. Teach children that everything you buy and throw away —whether it's a toy or a bag of potato chips —is still out there somewhere, typically in a landfill. Recycling is great for our environment. Instead of sitting in a landfill or burning in an incinerator, trash can find a second life, conserving the Earth's natural resources —like trees and water. Recycling also reduces the consumption of fossil fuels and prevents increased pollution.
- 2. How Can We Use Less?** The first step of recycling is to reduce —use less than we currently do. You can reduce consumption in other ways, too. Keep plastic bags to reuse again and again, even when going to the grocery store. Cut down paper usage and, when you have to print, use both sides. Choose school products, like notebooks and pencil cases, made from recycled goods.
- 3. What Is Recyclable?** Most people have good intentions when it comes to recycling, but it can be tricky to know what to recycle. Look up your city's recycling guidelines and show your children how to find the designated triangle. You and your kids can recycle plastic, paper, glass, metal and cardboard. There are also plenty of everyday items around your home you may not consider recyclable.. Create a scavenger hunt with your kids to seek out old: Receipts, Paper Bags, Paperback books. Mail and envelopes
- 4. What Is Upcycling?** Recycling can be fun, especially when you introduce upcycling into your home. Find something old you want to donate or get rid of. Then, turn it into something new. Collect empty tin cans from fruits and vegetables. Remove the labels and let kids paint the outside, turning them into custom flower planters.

## Important Dates

Parent Meeting –April 3rd

Week of the young child -April 7-11th

Positive solutions for families– April 10th

Open House– April 15th 2:30-4, April 28th 4-6PM

Open Air Market -April 17th

Early dismissal– April 18th

Spring Break Agency Closed April 21st –25th

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## Reminders:

Please Do not leave children unattended in the car and do not leave your car running. Please park in a parking spot and not along the fence.

Let's stay healthy: If your child is not feeling well or has multiple symptoms (cough,thick nose discharge,fever) please keep your child home. If you are unsure please call the center.

If your child will be absent, please call us by 9:15AM at 781-932-9578. Leave a message if nobody picks up

Policy Council

April 2nd

# Social Emotional Corner

## Second Step

The puppets have talked about calming down after feeling very mad or very excited. To calm down, the preschoolers put their hands on their tummies and say “stop.” Then they name their feeling out loud: “I feel excited” and then take some belly breaths.

The children have learned how to apply this calm down technique when feeling excited for something they are waiting for. They can also count or identify things of a certain color while waiting. Children practiced these techniques while waiting for hot chocolate to cool down!

## Baby Doll Circle Time

The toddlers have been continuing to learn I Love You Rituals which they recite or sing to their baby dolls. Two of the rhymes, “There Was a Little Mouse” and “Round and Round the Garden” end with tickling the baby dolls!

## Infants

The infants are singing connection-building songs with props and movements. Some of the songs include “Rainbow ‘Round Me,” “If You’re Happy and You Know It” and “The Wheels on the Bus.”



## Positive Solutions for Families

In March the theme was: “Teach Me What to Do.” We talked about teaching children social emotional skills including identifying emotions, calming down from big emotions and cooperating with others. This month the theme is “Responding with Purpose” and we will talk about implementing logical consequences in response to children’s behavior. Our next workshop is scheduled for April 10 at 8:30am.



# Curriculum

## Classrooms are studying Spring, Planting, Earth Day/ Recycle

Educators will introduce plants/flower and seeds. Children will plant their own seeds and bulbs. Children will observe, compare, and measure their plants' growth over several weeks. Classrooms will also compare plants that grow in their natural environment. Children will notice the change in weather and look for new buds and growth on the trees around us.

### STEM: Earth and Space Science

Children will:

Identify seeds, parts of a plant

Learn about earth day

Explore reduce, reuse, and recycle





**Woburn Creative Start**  
**April 2025**  
**Breakfast Menu**  
 All Milk is unflavored  
 1% milk served to children over age 2



Monday	Tuesday	Wednesday	Thursday	Friday
	1 WG Muffin Fruit Milk	2 WG Bagel Fruit Milk	3 Granola yogurt Fruit Milk	4 WG Pancake Fruit Milk
7 WG Cereal Fruit Milk	8 WG Muffin Fruit Milk	9 Egg & Cheese Croissant Fruit Milk	10 WG Pancakes Fruit Milk	11 WG Bagel Fruit Milk
14 WG Cereal Fruit Milk	15 WG Muffin Fruit Milk	16 Croissant Fruit Milk	17 WG Bagel Fruit Milk	18 WG Pancake Fruit Milk
21 Agency closed Patriots Day	22 Agency Closed Spring Break	23 Agency Closed Spring Break	24 Agency Closed Spring Break	25 Agency Closed Spring Break
28 WG Cereal Fruit Milk	29 WG Muffin Fruit Milk	30 Croissant Fruit Milk		

*Cari Berglin R-D 3/31/25*

**Lunch Menu**

All Milk is unflavored  
 1% milk served to children over age 2

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Parm Hoagie Broccoli Banana Milk Vegetarian: Veggie & Cheese Quesadilla	2 Chicken w/rice beans Orange Milk Vegetarian: Tofu & Bean Curd	3 Spaghetti & Meatballs Beans Peaches Milk Vegetarian: Spaghetti & Black Beans	4 French Bread Pizza Salad Oranges Milk
7 Jamaican Chicken Pattie Rice & Beans Pears Milk Vegetarian: Veggie Pattie	8 Chicken ziti Alfredo Broccoli Apples Milk Vegetarian: Lentil Bolognese w/rice	9 Roast Turkey Dinner Squash Apples Milk Vegetarian: White bean loaf	10 Chef Salad, turkey, egg, cheese Cucumber Milk Vegetarian: Chic Peas & rice	11 Turkey Smashburger WG/Roll Oven baked fries Fruit Milk Vegetarian: Veggie Burger
14 French toast & sausage Potato tots Pears Milk Vegetarian: French Toast & egg pattie	15 Teriyaki Chicken w/rice Broccoli Apples Milk Vegetarian: Teriyaki Bean Curd	16 Greek Pasta Salad W/chicken Beans Oranges Milk Vegetarian: Grilled cheese w/tomato	17 Chicken & cheese Quesadilla Beans Fruit Milk Vegetarian: Veggie & cheese Quesadilla	18 French Bread Pizza Sweet potato fries Oranges Milk
21 Agency closed	22 Agency Closed Spring Break	23 Agency Closed Spring Break	24 Agency Closed Spring Break	25 Agency Closed Spring Break
28 Chicken Salad Wrap Lettuce & Broccoli Fruit Milk Vegetarian: Veggie pattie	29 Meatloaf Mashed Potato Fruit Milk Vegetarian: Bean loaf	30 Turkey & Cheese Lettuce & Tomato & Carrots Fruit Milk Vegetarian: White bean meatball		

*Cari Berglin R-D 3/31/25*



Ensuring the Success of the Child, Empowering the Family, and Strengthening the Community.

# Communities United, Inc.

Creative Start Children's Centers

## WEEK OF THE YOUNG CHILD - APRIL 7<sup>th</sup> -11<sup>th</sup>

The Week of the Young Child™ is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC). The purpose of the Week of the Young Child™ is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.



### Musical Monday – April 7<sup>th</sup>

Classroom dance parties & Instrument making!



### Tasty Tuesday – April 8<sup>th</sup>

Children will make their own individual fruit salad & Graph their favorite fruit!



### Work together Wednesday – April 9<sup>th</sup>

Parents join us at pick up time and walk through our child created city!

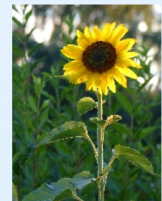
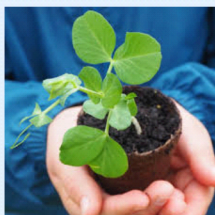


### Artsy Thursday – April 10<sup>th</sup>

Children are learning about Recycling & Reusing materials, today they will create their own 3-D art with some recycled materials.

### Family Friday – April 11<sup>th</sup>

Parents join us for a planting activity today at pick up time on the playground with your child!



## WOBURN CREATIVE START

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