

Woburn Creative Start



Staying Happy and Healthy during the Holiday Season

The holidays are a time of family gatherings and cheer but the preparation of cooking, cleaning, and shopping can be overwhelming. There are simple steps you can do to help minimize the stress that is associated with the holidays.

Plan ahead: If you're hosting a gathering, create a menu and grocery list (stick to it). You may want to delegate some of the dishes to family members or guests to minimize your to do list.

Set a budget: set a budget for your menu and gifts. If you are crafty, make some homemade gifts and include your family for family time! This can be helpful all year round.

Limit your commitment: Attend only gatherings you can and say, no thank you, when you can't.

Create a relaxing atmosphere: Play music and have soothing scents, such as citrus, to help boost positive feelings and relaxation.

Maintain healthy habits or try new healthy habits: Take a short walk out doors after meals, if you have an exercise routine, stay the course, and try to eat healthy snacks such as fresh fruit or vegetables. If you go for that extra piece of pie, be forgiving of yourself, restart your plan the next day.

Be realistic: Instead of stressing over perfection give yourself permission to relax and enjoy quality time with your loved one to create special memories for years to come! Whether you celebrate the holidays or not, the task of balancing work, home cooking, cleaning, and children can all bring unwanted stress and anxiety, these helpful steps may make a difference to keep you in balance!

Dates to Remember:

- Dec 13th —Policy Council @ 10AM Lexington
- Dec 7th —Parent meeting at drop off
- Dec 14th —Positive solutions with Ms Greta
- Dec 14th— Book Sale
- Dec 21st—Open air Market at pick up
- Dec 22nd— Early Dismissal
- Dec 25th —Center closed for Holiday
- Dec 26th—Dec 29th —Winter Break—SCHOOL CLOSED
- Jan 1rd—School Closed Happy New Year!

Inside this issue

- Welcome1
- Second Step 2
- Curriculum 3
- Handout from Nutritionist 4
- Menus 5
- Inclement Weather.....6

Reminders:

Do not leave children unattended in the car. It is against the law to leave children by themselves in vehicles.

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 9:45AM at 781-932-9578. Leave a message if nobody picks up.

Outdoor play: We follow the EEC weather chart for the feels like temperature and go outside during colder months. Please send your child to school with jackets, hats and gloves.





Social Emotional Corner



In Second Step the preschoolers are learning about *feelings*. *The children have learned the feelings: happy, sad, surprised and scared. Through pictures, puppet skits, songs and games the preschoolers are learning to identify feelings in themselves and others.*

A main message in this unit is that it is OK to feel any feeling - It's OK to be mad, sad, scared etc. We all have these feelings. We can take time to relax when feeling a big uncomfortable feeling and then make sure to make safe and kind choices.

At home you can continue the learning by validating your children's feelings. Some ways to validate children's feelings include saying: "You look sad" OR "It's OK to be mad but it's not OK to hit your sister." *Validating children's feelings is so important. It helps children to feel that their feelings matter. It helps them to then learn to manage their difficult feelings in the short and long-term.*



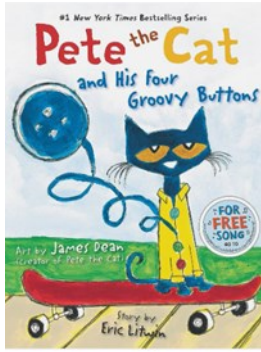
During Baby Doll Circle Time the toddlers are learning about body parts and taking care of their baby's needs. During these activities the toddlers are practicing connection-building and are working on attention and working memory. The infants have been singing connection-building songs including colors such as "Rainbow 'round Me."

Positive Solutions for Parents

During December's

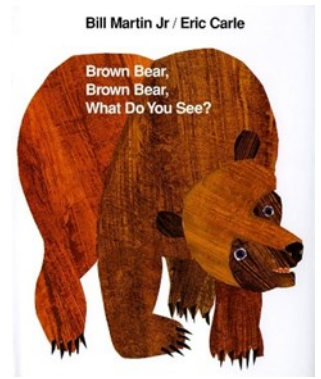
Positive Solutions for

Families workshop we will be discussing that behavior has meaning. When children engage in challenging behavior they are usually trying to get something or avoid something. By figuring out the meaning of a child's behavior we can then determine what action we can take to best support the child and shift their behavior. We will also discuss making a visual with three household rules, reviewing the rules each day and offering positive reinforcement when children follow the rules. This month Positive Solutions for Families will be on Thursday, December 14th at 8:40am.



Curriculum

December is Author Study Month
James Dean-Pete the Cat series
Bill Martin Jr



Educators will read many books written by the same author. Children will compare similarities and differences between books. Children will also chart their favorite book and have an understanding of what an Author and Illustrator is.

STEM: Earth and space

Children will:

Study the solar system
Explore liquid and solids
Study weather patterns



Around the World

Classroom will pick a different country to study for the month of December and prepare for our around the world family event in January.



Staying Healthy This Winter

Make sure to take care of yourself and your family during the winter.
Don't forget to get the flu shot for the whole family.

Stay Hydrated

Drink plenty of water. Try keeping a bottle in sight for your child to see to remind them to drink throughout the day.



Get enough sleep. Children need 10 hours of sleep and adults need 6-8 hours each night.



Practice Good Hygiene

- ✓ Wash hands frequently
- ✓ Keep hand sanitizer with you
- ✓ Cough or sneeze into a tissue or your elbow
- ✓ Avoid sharing cups



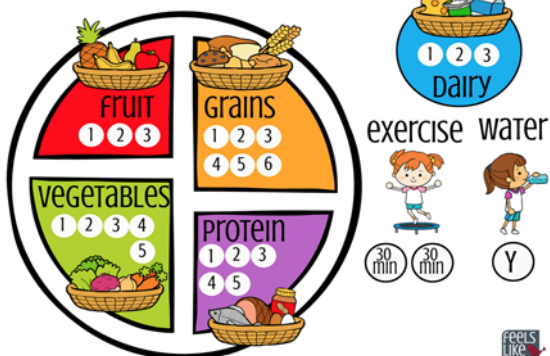
Eat Healthy

Eat a variety of foods. Make sure to include fruits, vegetables, whole grains, low fat dairy foods, and protein rich

Stay Active

- ✓ Go for short walks
- ✓ Have a dance party in the house
- ✓ Build a pillow and blanket fort
- ✓ Build a snowman

MY HEALTHY CHECKLIST





**Woburn Creative Start
December 2023
Breakfast Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
All Milk is unflavored 1% milk served to children over age 2				1 Banana Loaf Pineapples Milk
4 Corn Flakes Fruit Milk	5 W/G corn Muffin Fruit Milk	6 LF Yogurt apple Milk	7 W/G pancake fruit Milk	8 Blueberry muffin Fruit milk
11 Cheerios fruit Milk	12 W/G Apple muffin Fruit Milk	13 Banana Muffin Fruit Milk	14 W/G honey bun Fruit Milk	15 W/G French toast Apple Sauce Milk
18 Corn Flakes Fruit Milk	19 W/G Apple muffin Fruit Milk	20 W/G honey bun Fruit Milk	21 Blueberry muffin Fruit milk	22 W/G pancake Apple sauce Milk
25 Closed Winter Break	26 Closed Winter Break	27 Closed Winter Break	28 Closed Winter Break	29 Closed Winter Break

Melanie Adams
Nutritionist
11-30-23



**Woburn Creative Start
December 2023
Lunch Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
All Milk is unflavored 1% milk served to children over age 2				1 Sicilian Pizza Fries Peaches Milk
4 Chicken Fajita Brown rice Pinto Beans Fruit Milk Vegetarian: Vegetable & cheese Fajita	5 Chicken nuggets Broccoli Fruit Milk Vegetarian: Vegetarian Dumpling	6 Cheese Raviolis Carrots Melon Milk	7 Chicken/rice Beans Banana Milk Vegetarian: Spanish Rice and Beans	8 Pizza Sweet Potato Pineapple Milk
11 Chicken teri/fried rice Broccoli Fruit Milk Vegetarian: Tofu Teri/fried rice	12 Pulled chicken Corn Fruit Milk Vegetarian: Bean and cheese burrito	13 Mediterranean chicken Italian vegetables Fruit Milk Vegetarian: Farro with Feta	14 Asian noodles with beans/chicken Green beans Melon Milk Vegetarian: Asian noodles with beans	15 Turkey Burger Sweet potato tots Fruit Milk Vegetarian: Veggie Burger
18 BBQ Chicken/rice Broccoli Apple Milk Vegetarian: Vegetable & cheese Fritta	19 Chicken parm/rice Carrots Pears Milk Vegetarian: bean & vegetable couscous	20 Chicken taco/rice Black beans Fruit Milk Vegetarian: cheese and bean burrito	21 Turkey dinner/stuffing Mashed potato Banana Milk Vegetarian: Tofu Dinner	22 Lasagna with cheese Green Beans Pineapple Milk
25 Closed Winter Break	26 Closed Winter Break	27 Closed Winter Break	28 Closed Winter Break	29 Closed Winter Break

Melanie Adams
Nutritionist
11-30-23



Communities United, Inc.
INCLEMENT WEATHER POLICY – Families

CREATIVE START CENTERS will follow the public school closing and delays for the city/town our Creative Start Children's Center is located in for the 2022-2023 school year.

For example, if the Waltham public schools are closed, our Waltham Creative Start center will be closed for all **onsite** programming. Virtual services may be conducted via google meets if deemed necessary by the Executive Director after 3 SNOW DAYS.

If the Watertown Public Schools has a 1 hour delay, our Newton-Watertown school, located in Watertown will open 1 hour late.

All CUI Centers open at 8:00 AM. If there is a 1 hour delay in the town your child's school is located in, the center would then open at 9:00 AM. The classrooms would begin opening 1 hour late as well. **For example, an 8:15 AM classroom would open at 9:15 AM, an 8:30 AM classroom would open at 9:30 AM.** If you have any questions, please ask for clarification at your child's school.

All decisions to close centers once they have opened will be made by the Executive Director or her designee.