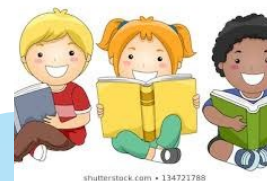


October 2025

Woburn Creative Start



The Benefits of Reading to Children

There is nothing more special than curling up in a cozy chair with a young child and reading their favorite book. There are many benefits of reading stories out loud, more than you may realize, such as:

- * Bonding with your child * Developing listening skills * Expanding vocabulary
- * Lengthening attention span * Supporting Creativity
- * Developing Social and Emotional skills
- * Building Cognitive and Language Development skills

Experts say that reading out loud provides a wonderful opportunity to connect with your child. It is important to have this special time to bond, especially after a busy day.

Reading out loud to your child supports their comprehension and attention skills. When reading to your child, using vocal expressions and silly sounds increases a child's interests and enhances their listening skills.

Studies suggest that even the youngest children can benefit from having stories read out loud to them. This will lead to higher cognitive development and language skills in babies.

Reading out loud to children expands their vocabulary by exposing them to a variety of words. Reading gives children the opportunity to be creative. Children can recreate stories and use stories to expand on their own ideas.

Lastly, books and stories provide opportunities for children to develop social and emotional skills. You can have conversations with your child about the characters feelings and what is happening in the story.

So let's get a book and read out loud!

Make a schedule! Read to your child everyday!

October is our Literacy Challenge Month

Our goal for October is for all our families to read a total of 300 books! Help us meet our goal! Let's start reading!

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Reminders:

It is important that families come to school at their designated time for drop off and pick up. Families can enter the building only when their child's classroom starts. Please remember to pick up by the ending time for your child's class.

Do not leave children unattended in the car. This poses a risk to children's safety and wellbeing.

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 9:00AM at 781-932-9578. Leave a message if nobody picks up.

Thank you for your cooperation!





October 1st– Policy Council 10:00AM

October 6th-Early dismissal 2:00PM

October 13th-Center Closed—Indigenous Peoples Day

October 16th- Parent Meeting at 8:30AM

October 27-Center Closed-Professional Development Day

October 29th– Fall Family Engagement activity at drop off
Open Air Market at pick up



Curriculum

Classrooms are studying Fall and Harvest

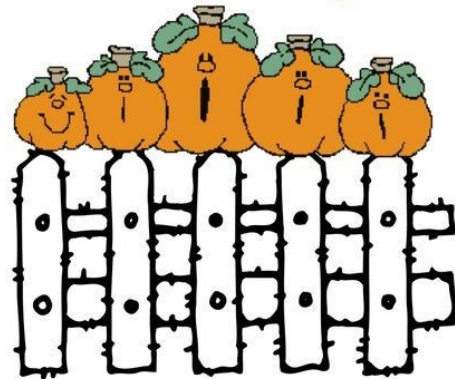
Classrooms will observe and notice the change in weather. Classrooms will collect leaves to sort and identify. Children will explore the inside of pumpkins and talk about activities to do in the fall.

STEM: Colors

Children will:

- Identify primary and secondary colors
- Identify their favorite color
- Identify and create patterns
- Explore light and dark shades
- Share ideas and record observations

Five Little Pumpkins



Five little pumpkins sitting on a gate.

First one said, "Oh my, it's getting late."

Second one said, "There's a frost in the air."

The third one said, "But we don't care."

The fourth one said, "Let's run and run and run."

The fifth one said, "I'm ready for some fun!"

"Oo-oo," went the wind and out went the light,

And the five little pumpkins rolled out of sight.

Mouse Paint



Ellen Stoll Walsh

Social Emotional Corner

Preschool

During October the preschool classes 4, 5 and 7 will begin their social emotional curriculum called Second Step. The puppy and snail puppets will be teaching children about being welcoming and kind towards peers. We will discuss that we feel all different ways about coming to school including nervous, sad or happy. We teach children that it is OK to feel any of these feelings.

The children will also be learning “skills for learning.” They will learn that having eyes watching, ears listening, voices quiet and bodies calm can help them to pay attention and learn.

Second Step works best when parents continue the lessons at home. You could let your child know that however they feel about coming to school is OK. To bridge the home-school connection you could also start up conversations with others families in your child’s class. You can model the skill and encourage your child to join in and say “hi” to their classmate.



Toddlers

Also during October, the children in classes 1A, 2 and 3 will be participating in Baby Doll Circle Time. This is the toddlers’ social emotional curriculum. It will be adapted for the mixed class, classroom 2, so that some elements of Second Step will be included. The children will play peek-a-boo with their baby dolls which helps promote connection-building and impulse control.

At home you could play peek-a-boo with your toddler with this rhyme: “All around the room I look. Where is my baby? I look right in front of me and... Boo! Baby was hiding!” Try the game by placing your hands over your eyes and peeking out. Encourage your child to do the same. Singing songs and rhymes that are special to your family can be another great way to connect with your children.

Family Workshops

Ms. Greta will be offering several workshops this year. The main workshop, which meets once a month, is called Positive Solutions for Families. This is a parenting workshop in which parents learn techniques to enhance their relationships with their children, help their children learn social emotional skills and effectively respond to children’s challenging behavior. Ms. Greta will also hold one-time workshops on topics including: sleep, nutrition, stress management for adults, supporting children with language development and accessing community resources. Please let Ms. Greta know if you are interested in attending any of these workshops!

CHILDCARE BREAKFAST MENU OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		OCT 1 <u>BREAKFAST</u> Blueberry Chex Cereal Orange & Whole Milk/1% Milk	OCT 2 <u>BREAKFAST</u> Blueberry Muffin Apple & Whole Milk/1% Milk Contains wheat, Whole Milk/1% Milk, eggs, & soy	OCT 3 <u>BREAKFAST</u> Honey Cheerios Cereal Banana & Whole Milk/1% Milk
6 <u>BREAKFAST</u> Blueberry Chex Cereal Apple & Whole Milk/1% Milk	7 <u>BREAKFAST</u> Whole Wheat Bagel & Cream Cheese Banana & Whole Milk/1% Milk Contains wheat, & dairy.	8 <u>BREAKFAST</u> Honey Cheerios Cereal Orange & Whole Milk/1% Milk	9 <u>BREAKFAST</u> Blueberry Muffin Apple & Whole Milk/1% Milk Contains wheat, Whole Milk/1% Milk, eggs, & soy	10 <u>BREAKFAST</u> Cinnamon Toast Cereal Banana & Whole Milk/1% Milk Contains soy & wheat
13 Closed Indigenous people Day	14 <u>BREAKFAST</u> Chocolate Chips Muffin Banana & Whole Milk/1% Milk Contains wheat, Whole Milk/1% Milk, eggs, & soy	15 <u>BREAKFAST</u> Blueberry Chex Cereal Orange & Whole Milk/1% Milk	16 <u>BREAKFAST</u> Honey Cheerios Cereal Apple & Whole Milk/1% Milk	17 <u>BREAKFAST</u> Cinnamon Toast Cereal Banana & Whole Milk/1% Milk Contains soy & wheat
20 <u>BREAKFAST</u> Honey Cheerios Cereal Apple & Whole Milk/1% Milk	21 <u>BREAKFAST</u> Blueberry Chex Cereal Banana & Whole Milk/1% Milk	22 <u>BREAKFAST</u> Whole Wheat Bagel & Cream Cheese, Orange & Whole Milk/1% Milk Contains wheat, & dairy	23 <u>BREAKFAST</u> Honey Cheerios Cereal Apple & Whole Milk/1% Milk	24 <u>BREAKFAST</u> Cinnamon Toast Cereal Banana & Whole Milk/1% Milk Contains soy & wheat.
27 Closed Professional Development Day	28 <u>BREAKFAST</u> Cinnamon Toast Cereal Banana & Whole Milk/1% Milk Contains soy & wheat.	29 <u>BREAKFAST</u> Blueberry Chex Cereal Orange & Whole Milk/1% Milk	30 <u>BREAKFAST</u> Blueberry Muffin, Apple & Whole Milk/1% Milk Contains wheat, dairy, eggs, & soy	31 <u>BREAKFAST</u> Honey Cheerios Cereal Banana & Whole Milk/1% Milk

Type of milk varies depending on age: whole milk from <2 yrs old & 1%/FF > 2yrs old.

Gavin Buehler R.D. 9/24/25

CHILDCARE LUNCH MENU OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		OCT 1 <u>LUNCH</u> Peruvian Chicken, Enriched White Rice & Quinoa, Carrots, & Corn, Orange & Whole Milk/1% Milk	OCT 2 <u>LUNCH</u> Turkey Chili Beans Baked Potato, Corn Bread, Green Beans, Apple & Whole Milk/1% Milk Contains Eggs, Milk, Soy, Wheat	OCT 3 <u>LUNCH</u> Turkey Deli Quesadilla, W.W. Tortilla, & Corn, Banana & Whole Milk/1% Milk Contains Milk, Wheat
6 <u>LUNCH</u> Chicken Nuggets (CHOPPED), Mashed Potatoes, Carrots, W.W. Dinner Roll Apple & Whole Milk/1% Milk Contains wheat & soy	7 <u>LUNCH</u> W.W. Penne Pasta w/ Meatballs (CHOPPED) in Marinara Sauce & Broccoli, Banana & Whole Milk/1% Milk. Contains eggs, soy, wheat & dairy	8 <u>LUNCH</u> Brazilian Grilled Chicken, Brazilian Enriched White Rice, Peas, Corn, Carrots, & Green Beans, Orange & Whole Milk/1% Milk	9 <u>LUNCH</u> Dominican Chicken, Enriched Seasoning Rice & Green Beans, Apple & Whole Milk/1% Milk	10 <u>LUNCH</u> Peruvian Chicken, Enriched White Rice & Quinoa, Carrots, & Corn, Banana & Whole Milk/1% Milk
13 Closed Indigenous people Day	14 <u>VEGETARIAN LUNCH</u> Vegan Beef Tacos, Cilantro Lime Brown Rice & Corn, Banana & Whole Milk/1% Milk	15 <u>LUNCH</u> Light BBQ Grilled Chicken, Mashed Sweet Potato & Corn, W.W. Dinner Roll, Orange & Whole Milk/1% Milk Contains wheat	16 <u>LUNCH</u> Macaroni & Cheese, Broccoli, Apple & Whole Milk/1% Milk Contains wheat & dairy	17 <u>LUNCH</u> Meatballs (CHOPPED) w/ Brown Rice & Mixed Veggies, Banana & Whole Milk/1% Milk Contains eggs, soy, wheat & dairy
20 <u>VEGETARIAN LUNCH</u> Vegan Beef Tacos (Tater Tots, Nachos), Whole Wheat Bread & Cheesy Green Peas, Apple & Whole Milk/1% Milk Contains dairy & wheat	21 <u>LUNCH</u> Greek Roasted Chicken, Enriched W.W. Pasta & Broccoli Banana & Whole Milk/1% Milk Contains wheat	22 <u>LUNCH</u> Turkey Deli Quesadilla, W.W. Tortilla, & Corn, Orange & Whole Milk/1% Milk Contains Milk, Wheat	23 <u>LUNCH</u> Dominican Chicken, Enriched Seasoning Rice & Green Beans, Apple & Whole Milk/1% Milk	24 <u>LUNCH</u> Chicken Nuggets (CHOPPED), Mashed Potatoes, Carrots, W.W. Dinner Roll, Banana & Whole Milk/1% Milk Contains wheat & soy
27 Closed Professional Development Day	28 <u>VEGETARIAN LUNCH</u> Plant Based Bolognese Pasta, & Broccoli Banana & Whole Milk/1% Milk Contains wheat & dairy	29 <u>LUNCH</u> Southwest Bowl: Mexican Fajita Chicken, Enriched White Rice, Black Beans & Corn Orange & Whole Milk/1% Milk	30 <u>LUNCH</u> Chicken Tetrazzini Whole Wheat Pasta & Broccoli Apple & Whole Milk/1% Milk Contains wheat & dairy	31 <u>LUNCH</u> Jerk Chicken, Casamienfo Rice (Beans & Enriched White Rice), Mixed Veggies Banana & Whole Milk/1% Milk

Type of milk varies depending on age: whole milk from <2 yrs old & 1%/FF > 2yrs old.

Gavin Buehler R.D. 9/24/25