

April 2024

# 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 4th

Open House April 9th 2:30-4:30, April 25th 4:00-6:00

Week of the young child -April 8-12

Open Air Market -April 11th

Spring Break Agency Closed April 15-19th

Policy Council-April 10th

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## 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 9:15AM at 781-932-9578. Leave a message if nobody picks up

# Social Emotional Corner

## Preschool

Classes 4 and 7 have started the fourth unit of Second Step: Friendship Skills and Problem Solving. So far the children have learned about:

*Taking Turns*

*Sharing*

*Trading*

*Having Fun Together*

We have been singing the Fair Ways to Play song and learning the American Sign Language signs for the words above. Children played a group beanbag toss game and a partner game with music to practice having fun together and taking turns. You can try encouraging your children to take turns, share, trade and have fun with others!



## Infants & Toddlers

Class 1A has been enjoying the puppy and snail puppets who are teaching them about the feelings: happy, sad, mad and scared. The children are also starting to learn about calming down by breathing in their noses and out through their mouths. At home you can try playing some relaxing music and having your child practice taking belly breaths.

Class 2 children continue to engage in Baby Doll Circe Time. The children are taking turns choosing an animal and then having their babies pretend to be that animal.

Classroom 3 is learning the Two Little Black Birds I Love You Ritual. They are also learning Humpty Dumpty and An Old Woman Who Lived in A Shoe.

## Positive Solutions for Families

During the family workshop we will continue to discuss how to most effectively respond to children when they display challenging behaviors. This month Positive Solutions for Families will be on Thursday, April 11th at 8:40am.

## Coffee Hour!

We welcome parents to stop by for coffee and conversation at our next Coffee Hour on April 5 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 2024  
Breakfast Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal Applesauce Milk	2 WG Corn Muffin Apple Milk	3 WG Bagel Banana Milk	4 French Toast Applesauce Milk	5 WG Honey Bun Pineapple Milk
8 Cereal Peaches Milk	9 WG Blueberry Muffin Orange Milk	10 Cereal Apple Milk	11 WG Waffle fruit Milk	12 WG Bagel Peaches Milk
15 Agency Closed Spring Break	16 Agency Closed Spring Break	17 Agency Closed Spring Break	18 Agency Closed Spring Break	19 Agency Closed Spring Break
22 Cereal Applesauce Milk	23 WG Blueberry Muffin Mandarin Milk	24 Cereal Peaches Milk	25 WG Pancake Apple Milk	26 WG Bagel Apple Milk
29 Cereal Fruit Milk	30 Blueberry Muffin Fruit Milk			All Milk is unflavored 1% milk served to children over age 2

*Carvin Beylund R.D. 3/27/24*



**Woburn Creative Start  
April 2024  
Lunch Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets/ rice Sweet Potato Pear Milk Vegetarian: Tofu Nuggets	2 Eggplant Parm w/pasta Carrots Orange Milk	3 Grilled Chicken Salad Lettuce, Tomato, Cucumber Peaches Milk Vegetarian: Garden salad w/beans	4 BBQ Turkey Meatballs w/Rice Beans Banana Milk Vegetarian: Veggie Meatballs	5 Turkey smash burger Fries Apple Milk Vegetarian: Bean Burger
8 Chicken teriyaki w/rice Broccoli Orange Milk Vegetarian: Vegetable dumplings	9 Bolognese WG Pasta Carrots Apples Milk Vegetarian: Italian Style beans	10 BBQ Chicken Wrap Cucumbers Orange Milk Vegetarian: Bean & cheese wrap	11 Arroz Con Pollo Squash Banana Milk Vegetarian: Spanish rice W/beans	12 Cheese Lasagna Green Beans apple Milk
15 Agency Closed Spring Break	16 Agency Closed Spring Break	17 Agency Closed Spring Break	18 Agency Closed Spring Break	19 Agency Closed Spring Break
22 Breaded Chicken Sweet Potatoes Banana Milk Vegetarian: Portobello sand w/cheese	23 Baked Mac & cheese w/Turkey Green Beans Apple Milk Vegetarian: Mach & Cheese	24 Chicken Andouille Sausage w/rice Beans Fruit Milk Vegetarian: Tofu Nuggets	25 Chicken teriyaki w/rice Broccoli Banana Milk Vegetarian: Vegetable spring roll	26 Grilled Chicken WG pasta Carrots Pineapple Milk Vegetarian: Veg meatballs
				All Milk is unflavored 1% milk served to children over age 2

*Carvin Beylund R.D. 3/27/24*

### Tips for Picky Eaters



Your child may eat only a certain type of food or refuse foods based on color or texture. They may also play at the table and may not want to eat. Don't worry if your child has some picky eating behaviors, this is temporary. If you don't make it a big deal, it will usually end before school age. Try the following tips to help you deal with your child's picky eating behavior in a positive way:

- ★ Let your kids be “produce pickers.” Let them pick out fruits and veggies at the store.
- ★ Have your child help you prepare meals. Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir food.
- ★ Offer choices. Rather than ask, “Do you want broccoli for dinner?” ask “Which would you like for dinner, broccoli or cauliflower?”
- ★ Offer the same foods for the whole family. Serve the same meal to adults and kids. Let them see you enjoy a variety of healthy foods.
- ★ Talk about the colors, shapes, and textures on the plate.
- ★ Offer one new food at a time. Serve something that you know your child likes with the new food. Offering more new foods all at once could be too overwhelming for your child.

**Offer new foods many times. It can take up to 12 tries for a child to accept a new food.**

Picky eating behavior is common for many children from the age of 2 to 5 years. As long as your child is growing as the doctor suggests, he or she is most likely eating enough to be healthy. If you have concerns about your child's growth or eating behavior, talk to your child's doctor.