

2024

Lexington Creative Start Children's Center

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CURRICULUM CORNER

**The classrooms will be learning all about ORAL HEALTH and our
Community Workers.**

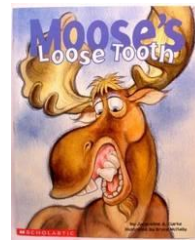
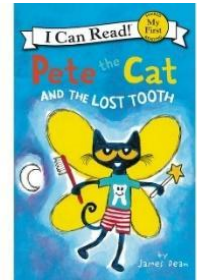
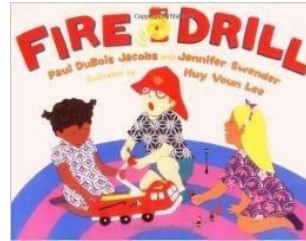
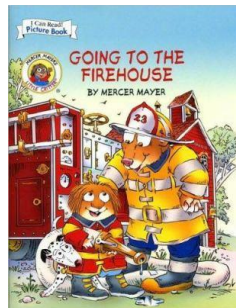
Teaching children about positive oral health is essential to an overall healthy life. Practicing good oral hygiene at a young age helps children to become independent and responsible for their own wellbeing by forming good habits early on.



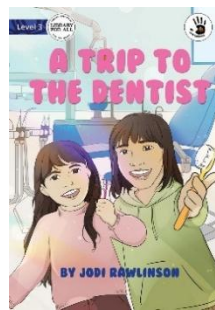
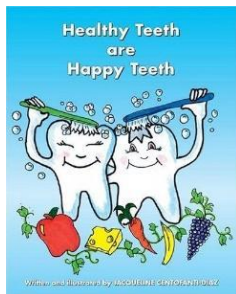
We will also be learning about our community workers and how important they are in our everyday lives. From our fire fighters, to our mailperson, each job has an important role in society. This

month we will learning all about these roles and how they contribute to our well-being and keep us safe every day.

Class 1 will be reading:



Class 2 will be reading:



Social Emotional Corner with Ms. Lisa

Social Emotional Corner with Ms. Lisa



Social Emotional: Kindness Activity

This month we will be focusing on kindness based on the book, *Fill a Bucket a Guide to Happiness for Young Children*. On Thursday February 1, 2024 we will decorate our buckets in the classroom upon arrival with dad, mom, and/or caregiver as a family engagement activity. A calendar of kindness activities will be sent home with each child as well as kindness hearts. There will be a kindness activity to do for each day of the month. When you complete the activity you write or draw it on your heart and put it in the bucket. Some examples of these activities are help make dinner, draw a picture for someone in a nursing home, clean a local playground, read a story together, etc. At the end of the month February 29, 2024 we will come together at school for another family engagement activity at 2:15 (pick up time) to show our buckets and sing a song for parents and caregivers that we will learn this month called *Kindness is Free*.

Second Step Updates: Classroom #1 is working on Unit 3: Emotion Management which includes identifying feelings, understanding strong feelings, and tools to manage big feelings.

Baby Doll Updates: Classroom #2 Toddlers are working on Unit 4 Building attachment between adult and child through positive playful interactions. We will be learning some *I love you rituals* (finger plays/songs) that we can play with each other and our babies.



Friendship Groups: The groups are comprised of 5-6 children and last for 6 weeks.

Our friendship group is going very well.

Our friendship group themes include:

How to make friends.

What is a good friend?

How to initiate friendships.

Asking for a turn/sharing.

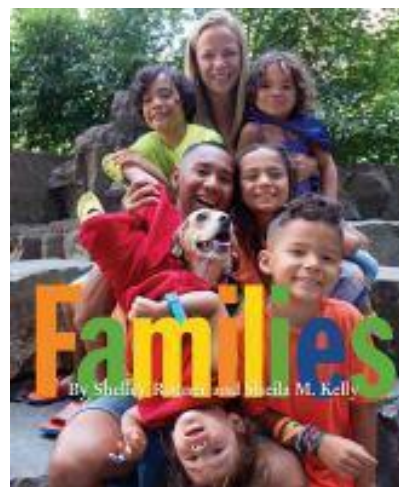
Feelings

Conflict Resolution Skills

We will have on-going friendship groups as the year progresses.

Parenting Workshop Series: Session 2 February 5, 2024 11:00-12:00 p.m.

Session 2 – Keeping it Positive. Learn to use playful interactions to strengthen the relationship with your child by understanding the meaning of challenging behavior, and using positively stated directions. Through this workshop parents will learn techniques to enhance their relationships with their children, help their children learn social emotional skills, and effectively respond to children’s challenging behavior.



Important Dates



February 5- 11a-12p Parenting Series weekly session with Ms. Lisa.

February 6 – Open House 2:30p- 4:30p

February 12 Parent meeting 11a-12p

February 14- 10a Policy Council meeting

February 14- 10:30- 12p. **ADVOCACY DAY** at the State House.

February 15- Open Air Market 2p.

February 27- Open House 2:30- 4:30p

February Family Event

Our family event will be ongoing throughout the month of February.

It is kindness- themed and the children will be doing many activities, reading books and learning about helping one another.

On 2/1 @ drop off- parents and children will decorate cups together. At the end of the month (2/29) @pick up, the children will perform songs and present the kindness baskets that they have been working on all month.



ADVOCACY DAY – February 14, 2024

This month we will be visiting the state house with families and staff to promote the importance of early childhood education. Please write a brief note of how our Head Start program has helped your child.

Our children will be making artwork to deliver to our state legislators. We are looking for a few parents to join us to share how the Head Start program has benefited you and your child.



FEBRUARY 2023 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5	6	7	8	9
BREAKFAST	WG Cereal & Fresh fruit	WG Corn Muffin and Fruit/Fruit Cup	WG Bagel with butter & Fresh fruit	WG French Toast Stick & Apple Sauce	WG Croissant & Fruit/Fruit Cup
ENTRÉE	Chicken nuggets w/brown rice	Chicken Parm with WG Pasta	Chicken Caesar salad WG roll	Arroz Con Pollo	Lo Mein with Chicken
VEGETARIAN	Vegetable Dumplings with brown rice	Eggplant parm with WG pasta	White Bean Caesar Salad with WG roll	Vegetable Lo Mein	White Bean and Vegetable Couscous
ALLERGY MEAL	Grilled Chicken with Seasoned brown rice	Chicken Primavera with garlic & GR Pasta	Grilled Chicken on Green Salad	Chix Fajita w/ onions, pep & Corn Tortilla	Beef pot pie over brown rice
VEGETABLE	Fresh Carrots	Garlicky Broccoli	lettuce, tomato	Steamed Broccoli	Green Beans
FRUIT	Fresh Apple	Applesauce	Fresh Orange	Diced pineapple	Banana
SNACK	Hummus and Pita	Blueberry Parfait with granola	Cheese Stick with WG Graham	Tortilla chips and Pico de Gallo	Cinnamon Bagel Chips with yogurt
	12	13	14	15	16
BREAKFAST	WG Cereal & Fresh Fruit	Blueberry Muffin and Fruit/Fruit Cup	Wg Cereal & Fresh	WG Waffle & Fruit	WG Bagel & Fruit/Fruit Cup
ENTRÉE	Shepherd's pie (gr turkey) WG roll	Bolognese with WG pasta	Tortellini Pasta Salad with Diced Chicken	Chicken Fried Rice	Mexican Lasagna
VEGETARIAN	Vegetarian Shepherd's pie WG roll	Italian Style Canelli Beans over WG Pasta	Tortellini Pasta Salad with Shredded cheddar	Spanish Rice with Beans	Mac & Cheese
ALLERGY MEAL	Same	Same with GF Pasta	GF Pasta Salad with Diced Chicken	Chicken Pot pie over brown rice	Chicken Fried Rice
VEGETABLE	Roasted Sweet Potato	Fresh Carrots	lettuce, tomato & cucumber	Sweet Kernel Corn	Sweet Peas
FRUIT	Applesauce	Fresh Apple	Diced peached	Banana	Diced pineapple
SNACK	WG Animal Crackers and fruit	Hardboiled Egg and WG Crackers	WG Goldfish & cheese cube	Fresh Broccoli and yogurt dip	Graham Crackers and apple sauce
	19	20	21	22	23
BREAKFAST	PRESIDENT'S DAY	WG Cereal with Fresh Fruit	WG Cereal with Fruit	WG French Toast Stick & Fruit	WG Croissant & Fruit/Fruit Cup
ENTRÉE		Chicken Primavera with WG Pasta	Asian Chicken Cabbage salad WG roll	Arroz Con Pollo	Lo Mein with Chicken
VEGETARIAN		White Bean Primavera with WG Pasta	Asian Black Bean Cabbage Salad WG roll	Vegetable Lo Mein	White Bean and Vegetable Couscous
ALLERGY MEAL		Same with GF pasta	Gr chicken salad with GF roll	Chix Fajita w/ onions, pep & Corn Tortilla	Beef pot pie over brown rice
VEGETABLE		Italian Style Green Beans	Cabbage, scallions and sprouts	Steamed Broccoli	Green Beans
FRUIT		Applesauce	Fresh Orange	Diced pineapple	Banana
SNACK		WG Cheez Its & Fresh Fruit	Fresh Carrot coins & wg crackers	Tortilla chips and Pico de Gallo	Cinnamon Bagel Chips with yogurt
	26	27	28	29	1
BREAKFAST	WG Cereal with Fresh Fruit	Blueberry Muffin and Fruit/Fruit Cup	WG Cereal with chilled peaches	WG Waffle & Fruit	WG Bagel & Fruit/Fruit Cup
ENTRÉE	Chicken Fajita with Brown Rice	Brd Chicken Sandwich with Cheese WG roll	Antipasto Salad with WG Roll	Chicken Fried Rice	Mexican Lasagna
VEGETARIAN	Pinto Bean Fajita with Brown rice	Black Bean burger on WG Roll with cheese	Chic Pea Antipasto Salad with WG roll	Spanish Rice with Beans	Mac & Cheese
ALLERGY MEAL	Same	Grilled Chicken Sand with GF Roll	Same as main with GF pasta	Chicken Pot pie over brown rice	Chicken Fried Rice
VEGETABLE	Roasted Carrots	Roasted Sweet Potatoes	Lettuce & tomatoes	Sweet Kernel Corn	Sweet Peas
FRUIT	Chilled Pineapple	Fresh Apple	Fresh Fruit	Banana	Diced pineapple
SNACK	WG Animal Crackers and fruit	WG Crackers & Fresh Melon	WG Goldfish & cheese cube	Fresh Broccoli and yogurt dip	WG Graham Crackers and apple sauce

Allergy Free of: egg, soy, gluten, dairy, peanuts, fish, shellfish and sesame/nut

Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.
All meals meet the CACFP guidelines - All breads, rice, pasta and snacks are WG/WGR
Milk is served with both Breakfast and Lunch. 1%, Skim or Lactaid

Helping Children Develop Heart Healthy Habits



February is American Heart Month, a time when all people are encouraged to focus on their cardiovascular health. People in the United States are experiencing avoidable heart-related illness and death. Heart-health disparities widen when combined with race, ethnicity, and other social factors. Below are some ways to help your children

form healthy habits that can prevent the development of heart-related illness as they get older.

1. Limit screen time to less than 2 hours per day.

Excessive screen time can lead to a more sedentary lifestyle that increases the the risk of cardiovascular disease

2. Provide a well balanced diet

Try to incorporate lots of fruits, vegetables, and whole grains into your diet. Choose lean protein options like fish, poultry, legumes, beans, nuts, and fat free or low-fat dairy. Limit sodium intake and try to keep it below 2300 mg per day. Try to limit juice to 4-6 ounces per day.

3. Be Physically Active

The American Heart Association recommends children get at least 60 minutes of physical activity each day. This activity doesn't have to be 60 minutes in a row; it could be broken up into segments that fit your schedule. Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside.

4. Set a Positive Example

You don't have to be perfect all the time, and your children will notice the effort you are putting in to take care of your health. Modeling these behaviors at an early age sends that message that taking care of your body is important, and can create lifelong habits for your children.

Ayudar a los niños a desarrollar hábitos saludables para el corazón



Febrero es el Mes Estadounidense del Corazón, un momento en el que se anima a todas las personas a centrarse en su salud cardiovascular. Las personas en los Estados Unidos están experimentando enfermedades y muertes relacionadas con el corazón que se pueden evitar. Las disparidades en la salud del corazón aumentan cuando se combinan con la raza, el origen étnico y otros factores sociales. A

continuación se presentan algunas formas de ayudar a sus hijos a desarrollar hábitos saludables que puedan prevenir el desarrollo de enfermedades relacionadas con el corazón a medida que crecen.

1. Limite el tiempo frente a la pantalla a menos de 2 horas por día.

El tiempo excesivo frente a una pantalla puede llevar a un estilo de vida sedentario que aumenta el riesgo de enfermedad cardiovascular

2. Proporcionar una dieta bien equilibrada

Intenta incorporar muchas frutas, verduras y cereales integrales a tu dieta. Elija opciones de proteínas magras como pescado, aves, legumbres, frijoles, nueces y lácteos sin grasa o bajos en grasa. Limite la ingesta de sodio y trate de mantenerla por debajo de 2300 mg por día. Trate de limitar el jugo a 4 a 6 onzas por día.

3. Ser físicamente activo

La Asociación Estadounidense del Corazón recomienda que los niños realicen al menos 60 minutos de actividad física cada día. Esta actividad no tiene por qué ser de 60 minutos seguidos; podría dividirse en segmentos que se ajusten a su horario. Planifique horarios para que todos se muevan juntos. Salga a caminar, ande en bicicleta, vaya a nadar, haga jardinería o simplemente juegue al escondite afuera.

4. Dé un ejemplo positivo

No tienes que ser perfecto todo el tiempo y tus hijos notarán el esfuerzo que estás poniendo para cuidar tu salud. Modelar estos comportamientos a una edad temprana envía el mensaje de que cuidar su cuerpo es importante y puede crear hábitos de por vida para sus hijos.