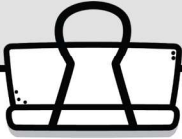


Lexington Creative Start Newsletter



Patrizia Brancato Lead Teacher/Co-Director
Lisa Higgins-Smith Mental Health Specialist/Co-Director



Upcoming EVENTS

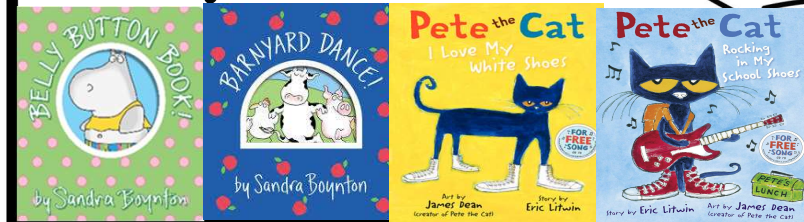
- May 6-10 Staff Appreciation Week
- May 6~ 11 am Parenting Workshop
- May 8~ 2 pm Nature Scavenger Hunt
- May 13~ No School Staff Professional Development
- May 15~ 10 AM Policy Council
- May 16~ 1 pm Parent Meeting
- May 20~ 9 am Representatives Breakfast
- May 21~ Field Trip Stone Zoo
- May 23~ 2 pm Open Air Market

MAY

OUR LEARNING focus...

This month we will be doing an author study. An author study is when you read a collection of books by the same author. We will read them together and learn more about each author. We will also do activities that highlight the stories we will read. For example in our toddler classroom we will use our toy barn and animals to identify barn animals and their sounds after reading Sandra Boyntons Book, *Barnyard Dance*. In our preschool classroom we will make our own “school shoes” after reading several *Pete the Cat* books by Eric Litwin, James Dean, and Kimberly Dean.

Literacy



Special

May 6-10, 2024
Staff Appreciation
Week

Let your teachers know how much they are appreciated with a special note. Note cards to fill out will be available at the front table.

CONTACT INFO



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NEWSLETTER!

May page 2

Social Emotional Experiences with Ms. Lisa

Baby Doll Updates: The children in Classroom 2 have been working on identifying and sharing feelings. We have also been learning what to do with big feelings that are hard to control.

Second Step Updates: Classroom #1 is reviewing: Empathy & Identifying feelings, happy, sad, surprised, scared, anger, same or different feelings for each person, accidents, caring, and helping.

Friendship Groups: The groups are comprised of 5-6 children and last for 6-8 weeks. Our friendship groups are going very well. Our next friendship group will be focused on the children who will be transitioning to kindergarten. They will review the listening rules. Discuss riding the kindergarten bus, and making new friends.

Parent Workshop Series

Positive Solutions For Families

Please join us for our next session

May 6, 2024 at 11 am

We will discuss that **Behavior has meaning and the Function of Behavior.**

We will learn what your child is trying to communicate through their behavior.

We will learn to become Behavior Detectives!

Family Scavenger Hunt

May 8, 2024 2:00 p.m.

Please join us! We will explore the beautiful trails in back of the school. We will have a list of items we find in nature and we will check them off while we discover them on our adventure.



Kindergarten Preparation

In our preschool classroom we will be doing activities that focus on ways to prepare our future kindergarten students for the next step in their journey. We will be reading these books about kindergarten too!



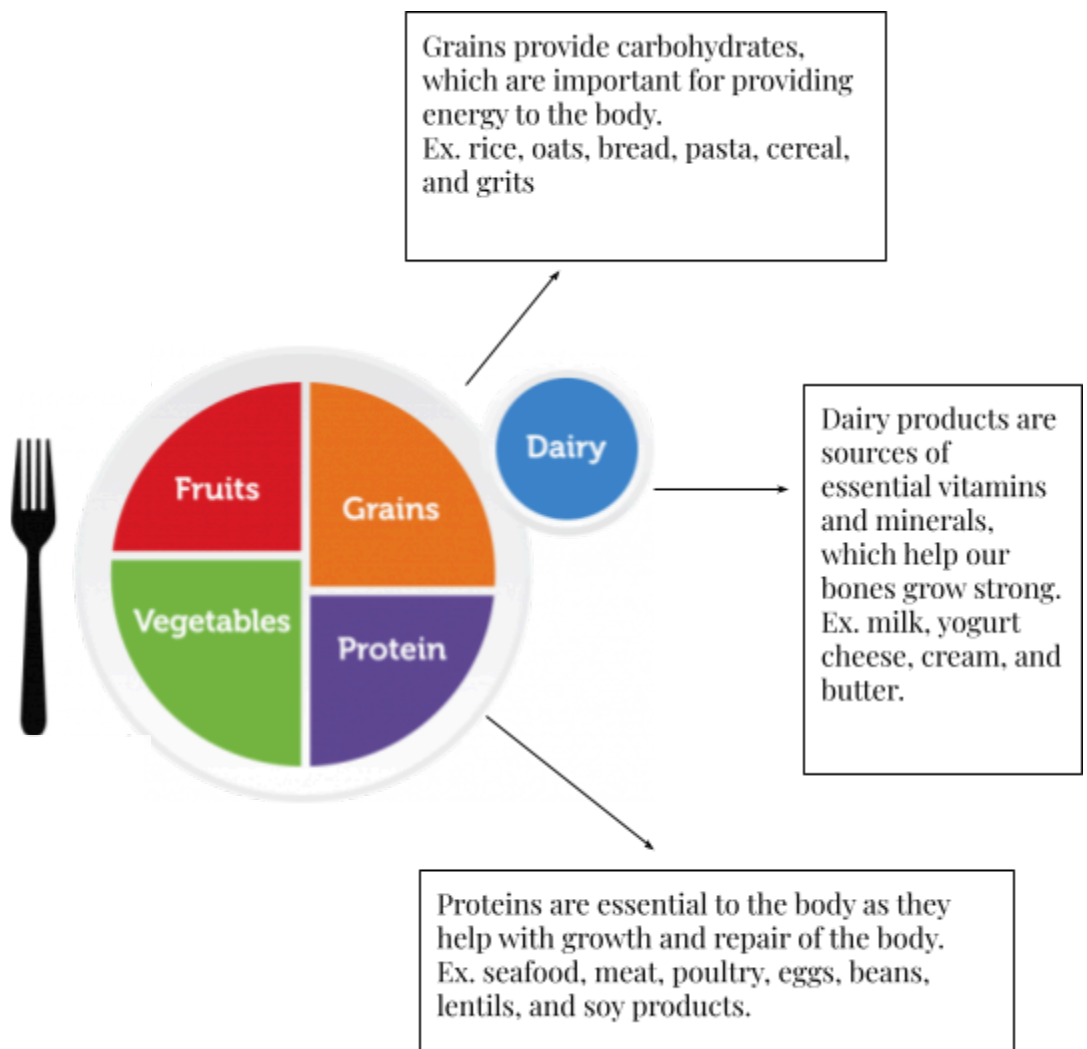
MyPlate: The Components of a Balanced Meal.

A well balanced meal consists of carbohydrates, protein, dairy, and one or more servings of fruit and vegetables. A balanced meal provides necessary nutrients for proper bodily functions.

MyPlate is a visual reminder to choose a variety of foods at each meal.

MyPlate can be customized to fit your dietary needs, preferences, cultural traditions, and budget.

** A diet rich in fruits and vegetables provide nutrients vital for health and maintenance of the body. They help to lower blood pressure, reduce the risk of disease and digestive problems, and keep appetite in check.

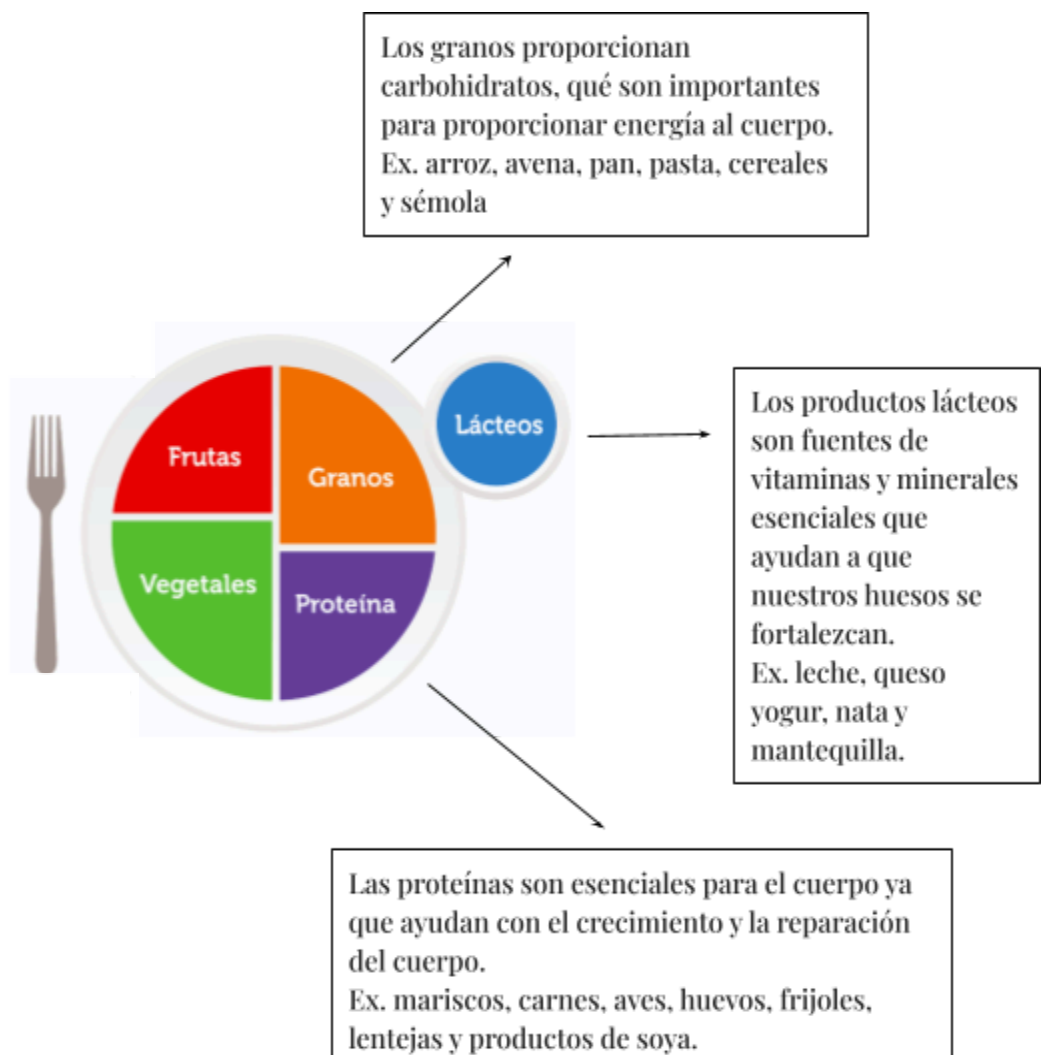


MiPlato: Los Componentes de una Comida Equilibrada

Una comida bien equilibrada consta de carbohidratos, proteínas, lácteos y una o más porciones de frutas y verduras. Una comida equilibrada proporciona los nutrientes necesarios para las funciones corporales adecuadas.

MiPlato es un recordatorio visual para elegir una variedad de alimentos en cada comida. MyPlate se puede personalizar para adaptarlo a sus necesidades dietéticas, preferencias, tradiciones culturales y presupuesto.

**** Una dieta rica en frutas y verduras aporta nutrientes vitales para la salud y el mantenimiento del organismo. Ayudan a reducir la presión arterial, reducir el riesgo de enfermedades y problemas digestivos y mantener el apetito bajo control.**





Redi-Pax
Prepare for the unexpected

May Breakfast

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	29	30	1	3	3
BREAKFAST	WG Cereal & Apple Sauce	WG Corn Muffin and Apple	WG Bagel with butter & Fresh banana	WG French Toast Stick & Apple Sauce	WG Honey Bun & Chilled Pineapple
	6	7	8	10	10
BREAKFAST	WG Cereal & Chilled Peaches	WG Blueberry Muffin and Orange	Wg Cereal & Chilled Pineapple	WG Waffle Apple Sauce	WG Bagel & Chilled Peaches
	13	14	15	17	17
BREAKFAST	WG Cereal & Chilled Pineapple	WG Muffin with Fresh Clementine	WG Cereal with Apple	WG French Toast Stick & Apple sauce	WG Croissant & Apple Sauce
	20	21	22	24	24
BREAKFAST	WG Cereal with Apple Sauce	WG Blueberry Muffin and Mandarin	WG Cereal with chilled peaches	WG Pancakes & Apple Sauce	WG Bagel & Fresh apple
	27	28	29	31	31
BREAKFAST		WG Blueberry Muffin and Mandarin	WG Cereal with chilled peaches	WG Pancakes & Apple Sauce	WG Bagel & Fresh apple

Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.

All meals meet the CACFP & NSBP guidelines - All listed grains are WG/WGR

8oz Milk is served with Breakfast. 1%, Skim or Lactaid

Carin Berglund R.P. 4/29/24



Redi-Pax
Prepare for the unexpected

May 2024 CC

	MONDAY 28	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
ENTRÉE	WG Mac & Cheese with Cheddar	Cheese Lasagna with Gr Turkey & Wg roll	Turkey Sausage & Gravy WG Biscuit	Asian WG Noodles with Chicken & Broccoli	Chicken Taco w/Mexican rice & tortilla
VEGETARIAN	Same as main meal	Cheese Lasagna with cheese & Wg roll	Tofu Steak W/ Wg roll	Crispy tofu stir fry over Wg noodles	Black Bean Soft taco & Cheddar with rice
ALLERGY MEAL	Grilled Chicken with Brown Rice	Rst Turkey with Brown rice & sauce	Same as main with GF Roll	Gr Chicken Stir fry over brown rice	Chicken Taco w/Mexican rice & corn Tortilla (LPC)
VEGETABLE	Fresh Broccoli	Roasted Carrots	FRESH Mashed Potatoes	Seasoned Black Beans	Mexican Corn
FRUIT	Diced pineapple	Fresh Orange	Fresh Pear	Banana	Fresh apple
	6	7	8	9	10
ENTRÉE	BBQ Chicken with WG Rice & beans	Turkey Teriyaki Stir Fry with WG rice	Beef Chili con carne with WG Rice	Jerk Chicken, WG Dirty Rice	General Tso Chicken with Brown Rice
VEGETARIAN	Cuban Black Beans & WG Rice (EF)	Curried Chic Pea with onions (EF) & WG Rice	Vegetarian Chili with WG Rice	Chef Nick's WG French Bread Pizza (EF)	General Tso Tofu with Brown Rice
ALLERGY MEAL	Mesquite Chicken with WG Rice & beans	Chicken Fried Rice	Turkey Chili with WG Rice	Same as main option	Azoe Con Pollo
VEGETABLE	Mexican Corn	Steamed Broccoli	Seasoned Pinto Beans	Roasted Sweet Potato	Roasted Zucchini
FRUIT	Fresh Apple	Diced Pears	Diced pineapple	Fresh Orange	Apple Sauce
	13	14	15	16	17
ENTRÉE	Curried Chicken W/ Curried WG Rice	Chicken Alfredo with WG Pasta	Turkey Taco with WG Tortilla & Cheddar	Holsin Chicken Stir Fry with WG Fried Rice	Fish Steak Hoagie with Cheese
VEGETARIAN	Vegetarian dumplings w/ WG Tofu Fried rice	White Bean Alfredo with WG Pasta	Seasoned Black Bean Taco with Ched & WG Tortilla	Crispy Tofu Stir fry over WG Fried Rice	Grilled Portobello Sand with Cheese & WG roll
ALLERGY MEAL	Same as main option	Gr Chicken with brown rice	Turkey Taco with GF Tortilla	Chili Thai Chk Stir Fry over WG Fried Rice	Grilled Chicken Sand with GF roll
VEGETABLE	Fresh Squash	Fresh Carrots	Seasoned Pinto Beans	Steamed Broccoli	Oven baked Sweet potatoes
FRUIT	Fresh orange	Fresh Apple	Diced pineapple	Diced Pears	Fresh Banana
	20	21	22	23	24
ENTRÉE	Brd Chicken sand WG roll	Baked Mac & chee W/ ground turkey	BBQ Pulled Chicken & Corn Bread	Thai Style Turkey Meatballs with WG Rice	Chef Nick's French Bread Pizza
VEGETARIAN	Grilled Portobello Sand with Cheese & WG roll	Baked mac&chee w/ Seasoned Beans	Black bean burger with WG Roll	vegetable Spring Roll w/ edamame & WG Fried Rice	Same as main option
ALLERGY MEAL	Grilled Chicken Sand with GF roll	Same as main meal with GF pasta	BBQ Pulled Chicken with GF Wrap	Same as main option	Grilled Chicken W/ marinara and GF Pasta
VEGETABLE	Fresh Carrots	Seasoned Green Beans	Seasoned Black Beans	Fresh Broccoli	Oven baked Sweet potatoes
FRUIT	Fresh Orange	Fresh Apple	Apple Sauce	Banana	Diced pineapple
	27	28	29	30	31
ENTRÉE	Mamorial day	Baked Mac & chee W/ ground turkey	Chicken Andouille Sausage w/ WG Dirty Rice	Chicken And Broccoli Stir Fry W/ Fried rice	Chef Nick's French Bread Pizza
VEGETARIAN		Baked mac&chee w/ Seasoned Beans	Tofu Nuggets W/ WG dirty rice	vegetable Spring Roll w/ edamame	Same as main option
ALLERGY MEAL		Same as main meal with GF pasta	Roast Turkey W/ WG Dirty Rice	Same as main option	Grilled Chicken W/ marinara and GF Pasta
VEGETABLE		Seasoned Green Beans	Seasoned Black Beans	Fresh Broccoli	Oven baked Sweet potatoes
FRUIT		Fresh Apple	Fresh Fruit	Banana	Diced pineapple

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

Allergy meal free of: egg, gluten, dairy, peanut, fish, shellfish and sesame/nut
Abbreviations: Cx- crackers, BRD-breaded, RST - roasted, WG whole grain.

Carmen Beglund R.D. 4/29/24