

WALTHAM CREATIVE START NEWSLETTER FEBRUARY 2024



Even in the the cold
weather, we
continue to go
outside. Please
make sure your
child brings a
sweatshirt or jacket.

UPCOMING EVENTS:

NO SCHOOL:
FEBRUARY 19-23
WINTER BREAK

POSITIVE SOLUTIONS PARENT
GROUP - 2/13

ADVOCACY DAY: 2/14

POLICY COUNCIL: CANCELED DUE
TO ADVOCACY DAY

OPEN AIR MARKET - 2/29

PARENT MEETING: 2/29 @ 9AM

Advocating for Education

This month we will be visiting the state house with families and staff to promote the importance of early childhood education and our program's impact on our community. We are asking parents to please write a brief note of how having your child in our program has benefitted them and you.

www.communitiesunitedinc.org

FAMILY AND COMMUNITY OPPORTUNITIES

Community Resource Highlight: Waltham Public Library

The Waltham library has many events and programs for children of all ages and for adults that can be found on the library's calendar. Families are able to check out museum passes to get discounted and free admission to different museums around the area. The children's library not only has a huge selection of books but also offers a Play Imagining Experience (PIE) Space for kids to play in. Most recently the PIE Space opened a Dinosaur Discovery area! The library also offers free meals for youth 18 years old and younger every day that the library is open. You can go to the [library website here](#) for more information for all the programs and resources, as well as the calendar of events.



COMMUNITY EVENTS

February 10, 2-330 pm: The Waltham Museum - A Bittersweet History: The Role of Chocolate in 18th Century New England
25 Lexington St

February 3, 1130 am to 330 pm: Tree Tapping and Sugaring Basics -
Waltham Fields Community Farm

WALTHAM PUBLIC LIBRARY:

Tuesdays, 1030 am to 11 am: Te Cuento un Cuento

Tuesdays, 6pm to 630 pm: Family Storytime

Wednesdays, 1030 am to 11 am: Toddler Time

Fridays, 10 am to 1030 am: Baby Storytime

SOCIAL EMOTIONAL CORNER

SECOND STEP:

IN THE SECOND STEP CURRICULUM WE HAVE BEEN TALKING ABOUT HOW WE FEEL THINGS IN OUR BODIES. WE CAN TELL HOW WE ARE FEELING BASED ON SIGNS FROM OUR BODY. FOR EXAMPLE, WE YAWN WHEN WE ARE TIRED, GET GOOSEBUMPS WHEN WE ARE COLD, AND WE CRY WHEN WE ARE SAD OR ANGRY. WE'VE BEEN TALKING ABOUT FEELING STRONG EMOTIONS AND PRACTICING DIFFERENT CALM DOWN TECHNIQUES, LIKE THE ONE I TALKED ABOUT LAST MEETING.

I WILL BE USING THE STORY, "TUCKER TURTLE TAKES TIME TO TUCK AND THINK" AND PRACTICING THE TURTLE CALM DOWN TECHNIQUE WITH THE KIDS. AT THE END OF THE STORY THERE ARE DIFFERENT STEP BY STEP CARDS THAT CAN BE USED TO HELP KIDS PRACTICE THIS TECHNIQUE. PARENTS SHOULD PRACTICE THIS STORY WHEN KIDS ARE FEELING CALM AND HAPPY FOR IT TO BE EFFECTIVE WHEN KIDS ARE FEELING STRONG EMOTIONS. TUCKER TURTLE CAN BE USED TO HELP KIDS PRACTICE CALMING DOWN, BUT ALSO WORK ON PROBLEM SOLVING WAYS TO HELP WHEN THEY ARE UPSET.

BABY DOLL:

BABY DOLL CURRICULUM HAS BEEN DISCUSSING BEING SAFE WITH OUR BODIES AND CARING FOR OTHERS WHO MIGHT HAVE A BOOBOO. STUDENTS HAVE BEEN WORKING ON HOLDING THE BABY SAFELY AND SOOTHING THE BABY WHEN THE BABY FALLS OR GETS OTHER BOOBOOS. THIS HELPS TO CONTINUE BUILDING SOCIAL CONNECTIONS FOR THE STUDENTS.



POSITIVE PARENTING SOLUTIONS SESSION:

FOR THE JANUARY MEETING OF THE POSITIVE PARENTING SOLUTIONS GROUP WE TALKED ABOUT

WHY CHILDREN DO WHAT THEY DO, AND WE PRACTICED THINKING THROUGH THEIR BEHAVIOR. THE NEXT PARENTING SOLUTIONS MEETING WILL BE ON TUESDAY FEBRUARY 13TH AT 9AM. AT THIS MEETING WE WILL BE TALKING ABOUT THE IMPORTANCE OF ROUTINES IN THE DAY. WE WILL ALSO BE TALKING ABOUT HELPING KIDS THROUGH TRANSITIONS AT DIFFERENT TIMES OF DAY LIKE AROUND MEALTIMES AND BEDTIME.

SNOW VOLCANOES



Worried about making a mess indoors? This month bring some baking soda, food coloring, and vinegar outside and create a snow volcano. This is a simple yet exciting experiment to complete with your child.

In the Classroom

THIS MONTH, WE WILL BE LEARNING ABOUT ORAL HEALTH AND COMMUNITY WORKERS. WE LOOK FORWARD TO DISCUSSING ALL OF THE IMPORTANT PEOPLE IN OUR TOWN.

WE WILL BE HAVING ANOTHER INTERACTIVE MUSICAL VISIT FROM PHILIP ALEXANDER IN EARLY FEBRUARY. WE CAN'T WAIT TO SING SONGS AND PLAY INSTRUMENTS.



***"Play is fundamentally important for learning 21st century skills such as problem solving, collaboration, and creativity."
- American Academy of Pediatrics***



Polar Bear Yogurt

Got a little one that won't eat fruits or vegetables? Dress up their bananas and berries with a fun winter snack. Top your favorite yogurt flavor with some eyes and ears, then dig in.

From:

<https://www.cbc.ca/parents/food/view/polar-bear-yogurt-snack>