

MAY 2024

Woburn Creative Start



Spring back to Outdoors!

Being outdoors is fun, but even more importantly, it's good for the brain and body! Here are some reasons why you should get close and personal with Mother Nature:

Being Outdoors Boosts Energy- Just by spending even 20-30 minutes in open air gives your brain energy according to a study. It even feels easier to exercise outdoors as you feel the positivity of nature! Natural sunlight is good for your vision and gives your body a dose of vitamin D!

Being outdoors provides natural Aromatherapy! You know that saying- "stop and smell the flowers"- Research shows that natural scents like fresh cut grass, pine and roses make you feel calmer and relaxed. It also restores your focus. So when you are stressed or can't seem to get your thoughts together, go outside for a little walk and inhale!

And lastly, it makes us better people. According to Psychologists, exposure to nature helps us with the pressures of life allowing us to remember what is important to us- relationships and family.



Staff Appreciation Week

Important Dates

Parent Meeting –May 2nd

Parent Survey's due– May 7th

Open House- May 7th 4PM-6PM, May 23rd 2:30-4:30

Staff Appreciation Week– May 6th-10th

Open Air Market –May 9th

Professional Development day Center Closed– May 13th

Policy Council-May 15th

Agency Closed Memorial Day– May 27th

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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

For an absent to be excused, please bring us a doctor's note if your child was seen by a doctor.

Social Emotional Corner

Preschool

Classes 4 and 7 have been learning about problem-solving during Second Step. They are learning three problem solving steps and sing a song to help them remember. The steps are:

1. Calm Down (by breathing in through your nose and out through your mouth)
2. Say the problem (i.e. "I can't find my bear.")
3. Think of things to do and try them out



Infants & Toddlers

Class 1A has been continuing to learn about feelings. Through pictures and puppet skits children are learning about different feelings felt in different scenarios. For instance, if someone grabs or pushes we might feel mad or sad. When we play kindly with friends we usually feel happy.

Class 2 children continue to engage in Baby Doll Circle Time. The children are continuing to learn about different emotions that we pretend the baby dolls are feeling. They are learning happy, sad, mad and scared.

Classroom 3 is singing The Itsy Bitsy Spider and continuing the Two Little Black Birds I Love You Ritual.

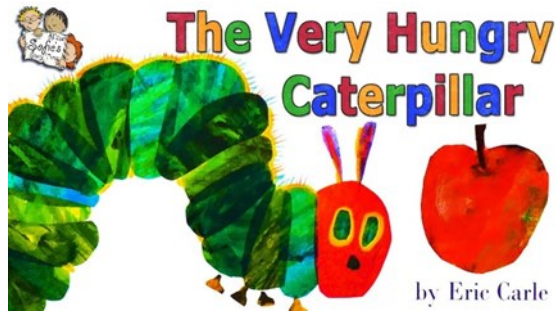
Positive Solutions for Families

We have our last meeting of the parent curriculum/workshop this month. The topic is putting it together with a plan. We will meet on Thursday, May 9 and 8:40.

Coffee Hour!

Parents are welcome to stop by for coffee and conversation at our next Coffee Hour on Friday, May 3 at 8:30am.





Curriculum

Classrooms will continue to study plants and seeds as well as introduce an Author Study

Educators will read many books written by the same author. Children will compare similarities and differences between books and recall the Author they studied in December. Please check out Some of our favorite Author's.

Lois Ehlert, Laura Numeroff, Jane Yolen, Audrey Woods, Eric Carle

STEM: Life cycle of a Butterfly

Children will:

- *Observe real caterpillars
- *Measure and compare
- *Predict life cycle



First comes a butterfly who lays an egg.



Out pops a caterpillar with many legs.



Oh see the caterpillar eat and then... A little chrysalis to sleep in.

Oh, oh, oh, wait and see.
Oh, oh, oh what can it be?



Out from the chrysalis, my oh my, out comes a pretty butterfly.





**Woburn Creative Start
May 2024
Breakfast Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
All Milk is unflavored 1% milk served to children over age 2		1 WG Bagel Banana Milk	2 French Toast Applesauce Milk	3 WG Honey Bun Pineapple Milk
6 Cereal Peaches Milk	7 WG Blueberry Muffin Orange Milk	8 Cereal Pineapple Milk	9 WG Waffle Apple Sauce Milk	10 WG Bagel Peaches Milk
13 Agency Closed Professional Development Day	14 WG Muffin Clementine Milk	15 Cereal Apple Milk	16 WG French Toast Apple Sauce Milk	17 WG Croissant Apple Sauce Milk
20 Cereal Applesauce Milk	21 WG Blueberry Muffin Mandarin Milk	22 Cereal Peaches Milk	23 WG Pancake Apple sauce Milk	24 WG Bagel Apple Milk
27 Agency Closed Happy Memorial Day	28 Blueberry Muffin mandarin Milk	29 WG Cereal Peaches Milk	30 WG Pancake Apple Sauce Milk	31 WG Bagel Apple Milk

Cavina Berglund R.D. 4/24/24



**Woburn Creative Start
May 2024
Lunch Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
All Milk is unflavored 1% milk served to children over age 2		1 Turkey Sausage & gravy Mashed Potatoes Pear Milk Vegetarian: Tofu steak	2 Asian Noodles w/ chicken Beans Banana Milk Vegetarian: Crispy tofu stir fry	3 Chicken Taco w/rice Mexicali Corn Apple Milk Vegetarian: Bean Taco
6 BBQ chicken w/rice Mexicali Corn Apple Milk Vegetarian: Cuban Black Bean	7 Turkey Teriyaki Stir Fry w/rice Broccoli Pears Milk Vegetarian: Curried Chic Pea	8 Turkey Chili w/rice Pinto Beans Pineapple Milk Vegetarian: Vegetarian chili w/rice	9 French Bread Pizza Sweet Potatoes Orange Milk	10 General Tso Chicken w/rice Zucchini Apple Sauce Milk Vegetarian: General Tso Tofu
13 Agency Closed Professional Development Day	14 Chicken Alfredo w/pasta Carrots Apple Milk Vegetarian: White bean alfredo	15 Turkey Taco Pinto Beans Pineapple Milk Vegetarian: Bean Taco	16 Hoisin Chicken Stir Fry w/rice Broccoli Pears Milk Vegetarian: Tofu stir fry	17 Grilled Chicken Sand Sweet Potatoes Banana Milk Vegetarian: Portobello Sand
20 Breaded Chicken Carrots Orange Milk Vegetarian: Portobello sand w/cheese	21 Baked Mac & cheese w/Turkey Green Beans Apple Milk Vegetarian: Mach & Cheese	22 BBQ pulled chicken & Corn Bread Beans Apple Sauce Milk Vegetarian: Black Bean Burger	23 Thai Style Turkey Meatballs Broccoli Banana Milk Vegetarian: Vegetable spring roll	24 French Bread Pizza Sweet Potatoes Pineapple Milk
27 Agency Closed Happy Memorial Day	28 Baked Mac & cheese w/Turkey Green Beans Apple Milk Vegetarian: Mac & Cheese	29 Chicken Andouille Sausage w/rice Beans Fruit Milk Vegetarian: Tofu Nuggets	30 Chicken stir fry w/rice Broccoli Banana Milk Vegetarian: Spring roll w/Edamame	31 French Bread Pizza Sweet Potatoes Pineapple Milk

Cavina Berglund R.D. 4/24/24

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.

