

January 2025

Woburn Creative Start

HAPPY 2025!



Why do we celebrate different cultures?

Cultural celebrations foster respect and open-mindedness for other cultures. Celebrating our differences, as well as our common interests, helps unite and educate us, to understand other's perspectives, to broaden our own, and to fully experience and educate ourselves.

It helps overcome stereotypes. Stereotyping is common and helps us make sense of the world around us, but it can also have a negative impact on the way we see those who are different to us. It encourages us to make assumptions about others, which can be incorrect and hurtful. When we celebrate our differences and are open to our diversity, we allow our preconceived notions to be proven wrong.

It builds cultural awareness. We tend to surround ourselves with people like us and find comfort in familiarity. Surrounding ourselves with a broad range of people and celebrating this diversity helps us to learn about other cultures and people. This increased awareness aids appreciation of other cultures and their histories.

It discourages racism. Racism is often born out of fear and ignorance. It could be a subtle joke or simply leaving someone out, either way it is not acceptable. With increased awareness and appreciation of different cultures and races, comes increased respect for other people and our differences.

It encourages unity. "We're all in this together" is a phrase often heard in the context of diversity, because it so accurately summarizes the human situation. We are all unique people, but we live together on this earth and face the same challenges.

**Rather than seeing our differences as something that should keep us apart, let us embrace them, celebrate them, and let them unite us.
We will be celebrating Around the World January 23rd**



Dates to Remember:

- Jan 1st - NO SCHOOL HAPPY NEW YEAR!
- Jan 6th - NO SCHOOL for Professional Development Day
- Jan 9th - Parent Meeting
- Jan 16th- Positive Solutions with Ms Greta
- Jan 16th– Open Air Market
- Jan 20th –NO SCHOOL-MLK Day
- Jan 23rd-Family event Around the World
- Jan 27th -NO SCHOOL for Professional Development Day

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Reminders:

It is important that families come to school at their designated time for drop off and pick up. Families can enter the building only when their child's classroom starts. Please remember to pick up by the ending time for your child's class.

Do not leave children unattended in the car. This poses a risk to children's safety and wellbeing.

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



Second Step

During Second Step the preschoolers are continuing to learn about feelings. They have learned the feelings: happy, sad, scared, surprised and mad/angry. Through pictures, puppet skits, songs and games children are learning to identify feelings in themselves and others.

To continue the lessons at home you can help children identify their feelings by saying “I feel sad” or “I feel scared.” We are discussing that all our feelings are OK. The children are learning that it is OK to feel mad. It’s not OK to hit or grab toys from our friends when feeling mad, but it is OK to feel mad.

Baby Doll Circle Time

The toddlers are on the “boo-boos” lesson. Their babies will accidentally fall and get hurt. We will note that the babies feel sad and we will comfort them to help them feel happy. You could play with baby dolls or one-on-one with your toddler to continue the lessons at home.

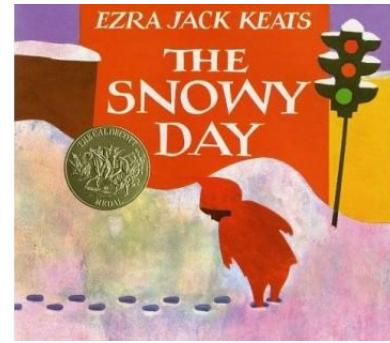
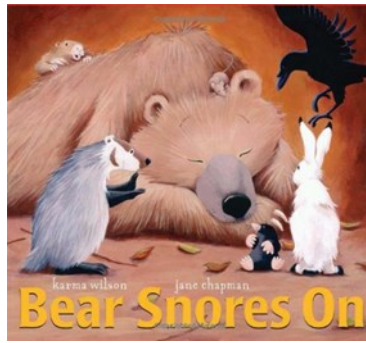
Infants

The infants are continuing to sing connection-building songs. We have been singing songs about colors and the infants each hold up a circle of a specific color during the songs.



Positive Solutions for Families

During December’s meeting we talked about how behavior has meaning and it can be a clue as to how to understand children’s challenging behavior. Once we understand the meaning of a child’s behavior we can best help children to engage in more prosocial behavior. In January the topic is The Power of Routines. We will discuss using routines and transitions as prevention strategies. Please join us on January 16 at 8:30 for our next workshop.



Curriculum

Classrooms are studying Winter/Snow/Winter Animals

Classrooms will turn their classrooms into a winterwonder land. Children will explore snow/ice/winter weather. Children will also identify winter animals and where they go when it gets cold outside.



STEM: Physical Science

Children will:

- *Compare the properties of liquids and solids**
- *Explore materials that can change freezing/melting**
- *Describe common objects**





**Woburn Creative Start
January 2025
Breakfast Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
All Milk is unflavored 1% milk served to children over age 2		1 Agency Closed Happy New Year!	2 WG Bagel Fruit Milk	3 WG Pancake Fruit Milk
6 Closed Professional Development Day	7 WG Muffin Fruit Milk	8 WG Bagel Fruit Milk	9 WG Cereal Fruit Milk	10 WG Pancake Fruit Milk
13 WG Cereal Fruit Milk	14 WG Muffin Fruit Milk	15 WG Croissant Fruit Milk	16 WG Pancake Fruit Milk	17 WG Bagel Fruit Milk
20 Agency Closed MLK day	21 WG Muffin Fruit Milk	22 Sausage & Cheese Biscuit Fruit Milk	23 WG Bagel Fruit Milk	24 WG Pancakes Fruit Milk
27 Closed Professional Development Day	28 WG Muffin Fruit Milk	29 WG Bagel Fruit Milk	30 WG Cereal Fruit Milk	31 WG Cereal Fruit Milk

Carie Bayler 12/20/24



**Woburn Creative Start
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Lunch Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
All Milk is unflavored 1% milk served to children over age 2		1 Agency Closed Happy New Year!	2 Baked Potato w/Turkey chili Broccoli Apples Milk Vegetarian: baked potato w/cheese	3 Chicken Alfredo WG pasta Broccoli Oranges Milk
6 Closed Professional Development Day	7 Cheese Ravioli W/Bolognese Zucchini Apples Milk Vegetarian: Cheese Raviolis	8 Chicken Teriyaki Stir fry Fried Rice Broccoli Banana Milk Vegetarian: Bean & Tofu stir fry	9 BBQ Chicken w/rice Peas Peach Milk Vegetarian: Rice & Beans	10 WG pizza w/turkey pepperoni Salad Fruit Milk Vegetarian: Cheese Pizzas
13 Chicken Teri WG rice Broccoli Pears Milk Vegetarian: Tofu teri WG rice	14 Chicken WG rice Carrots Apple Milk Vegetarian: Chick Peas w/rice	15 BBQ chicken sandwich Beans Orange Milk Vegetarian: Hummus & Peta wrap	16 Mac & Cheese Broccoli Apple Milk	17 Turkey smashburger WG/roll Oven baked fries Fruit Milk Vegetarian: Veggie burger
20 Agency Closed MLK day	21 Chicken Teriyaki dumplings/fried rice Broccoli Apple Milk Vegetarian: Veggie Dumplings	22 Grilled Cheese & tomato Green Beans Banana Milk	23 Chicken Fajito w/cheese Beans Broccoli Fruit Milk Vegetarian: Veggie & cheese fritata	24 WG pizza w/turkey pepperoni Sweet Potato fries Fruit Milk Vegetarian: Cheese Pizzas
27 Closed Professional Development Day	28 Turkey stir Fry WG/rice Green Beans Apples Milk Vegetarian: Vegetarian stir fry	29 Chicken Caesar Salad WG/roll Tomato Banana Milk Vegetarian: Greek Pasta salad	30 Thai Meatballs WG/Noodles Broccoli Fruit Milk Vegetarian: Thai veggie meatballs	31 Chicken Sandwich W/cheese Sweet Potato Fries Fruit Milk Vegetarian: Stuffed shells

Carie Bayler 12/20/24