

Woburn Creative Start

We are excited for the new year to start and are looking forward to welcoming new children and welcoming back returning children. Here are some tips for getting your child ready for school.

Create a routine

Summertime schedules are often different than school year schedules, and there's nothing wrong with that. Children do well with routine. Establishing a school routine early is important. A consistent routine with A set wake-up time and morning routine can help you and your child feel prepared and reduce stress.

Talk and read about school.

Listen to your child and answer any questions they might have. Share insights into when you were in school and all the fun you had there. Read and make books about school with your child – it's a great bonding time, and often the books will spark a great discussion.

Prepare for back-to-school emotions.

Sometimes young children deal with separation anxiety when back to school time rolls around. Honestly, some parents have trouble separating from their children too. In both cases, those feelings are totally normal!

Keep having fun!

Keep up your weekly and monthly traditions, as well as your nightly sleep rituals. Reading together, having dinner together are some examples of staying connected to your child.

Important Dates

September 3rd and 4th Class 1A, 2, and 3 visiting day 9-11AM

September 10th-Class 4,5 & 7 visiting day

September 15th- early dismissal 2PM

September 16th- Back to school activity at drop off

September 25th- Parent Meeting @ 8:30



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Reminders:

It is important that families come to school on their designated time for drop off and pick up to prevent overcrowding outside.

Do not leave children unattended in the car. It is against the law to leave children by themselves in vehicles.

If your child will be absent, please call us by 9:00AM at 781-932-9578. Leave a message if nobody picks up. For an absence to be excused, please bring us a doctor/s note if your child goes to the Doctor or dentist.



Social Emotional Corner

Welcome to returning and new families! While your child is here at Woburn Creative Start they will participated in an interactive social emotional curriculum.

Preschoolers

The preschoolers will participate in Second Step. Through puppets, pictures, songs and activities children will learn:



- 1) Skills for Learning
- 2) Empathy
- 3) Emotion Management
- 4) Friendship Skills and Problem-Solving
- 5) Transitioning to Kindergarten



Toddlers

The toddlers will participate in Baby Doll Circle Time. Teachers and staff model caring interactions with baby dolls. The children join right in as they feed their dolls, play peek-a-boo with them and put them to sleep.

*At parent meetings you can learn ways to continue the lessons at home to maximize children's learning.



Positive Solutions for Families

Each year I (Greta) run a workshop for parents and guardians. We discuss strategies for strengthening connections with children, how to set children up for success and how to address challenging behaviors. The curriculum, Positive Solutions for Families, provides caregivers with opportunities to learn evidence-based strategies as well as share and learn from one another. Please let me know if you are interested in attending.

At our center we strive to create a collaborative environment for caregivers. Please feel free to ask any questions or express thoughts or concerns. As the Mental Health Specialist/Social Worker I am always available to collaborate with families on parenting strategies, parental stress or your child's development and any concerns. Don't hesitate to reach out!

Curriculum



Classrooms are studying: Welcome to School/Fire/Pedestrian Safety

Children will be introduced to the environment and to each other. Children will become familiar with routines and have opportunities to explore their indoor and outdoor environments. Children will begin to learn what it is to be a friend and what qualities make a person a good friend. Children will also learn about one another and compare similarities and differences.

Classrooms will introduce Fire and pedestrian safety. Children will create rules for their classroom as well as the playground. Classrooms will discuss fire drills and what to do. Children will practice crossing the street by looking both ways.

Lending Library

Books are available for you and your child to borrow and return. Our Lending Library is located at the entryway near the IPADs. Please explore the books that are available and let us know if you are looking for something specific. Please sign out the title of the book and your name, take it home to read, when you bring it back please sign it back in with the date.

Family Engagement

Families are encouraged to participate and volunteer in the classroom. Here are a couple of ideas on how you can be part of family engagement.

1. Attend parent meetings
2. Join Policy Council
3. Attend center events
4. Volunteer in the classroom and complete family engagement activities

September 2025 Breakfast					
	 				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
BREAKFAST	LABOR DAY	WG Muffin & Fruit	Chicken Sausage, Egg and Cheese Wrap & Fruit	WG Pancakes, Syrup & Fruit	WG Bagel, Butter & Fruit
	8	9	10	11	12
BREAKFAST	WG Cereal & Fruit	WG Muffin & Fruit	WG Croissant & Fruit	WG Pancakes, Syrup & Fruit	Egg and Cheese on Bagel & Fruit
	15	16	17	18	19
BREAKFAST	WG Cereal & Fruit	WG Muffin & Fruit	Chicken Sausage, Egg and Cheese Wrap & Fruit	WG Pancakes, Syrup & Fruit	WG Bagel, Butter & Fruit
	22	23	24	25	26
BREAKFAST	WG Cereal & Fruit	WG Muffin & Fruit	WG Croissant & Fruit	WG Pancakes, Syrup & Fruit	Egg and Cheese on Bagel & Fruit
	29	30			
BREAKFAST	WG Cereal & Fruit	WG Muffin & Fruit			
All meals meet the USDA Breakfast Program guidelines - All breads, rolls, muffins are WG or WGE Milk is served with both Breakfast. Based on age group Whole, 1%, Skim and Lactaid Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.					

Cari Begle R.D. 9/2/25

September 2025 HOT LUNCH					
	 				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
ENTRÉE	Labor Day	Chicken Nuggets, Confetti Rice	WG Pasta with Meat Sauce	Italian Chicken Sausage, Onions and Peppers - WG Roll	Pulled BBQ Chicken - WG Roll
VEGETABLE		Fresh Steamed Broccoli	Fresh Carrot coins	Italian Seasoned White Beans	Cole Slaw and Pickles
FRUIT		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	8	9	10	11	12
ENTRÉE	Teriyaki Chicken, Fried Rice	Baked Buffalo Chicken Macaroni and Cheese	Greek Meatballs over Rice Pilaf	Roast Turkey Dinner with Gravy, Dinner Roll	Turkey Smashburger - WG Roll
VEGETABLE	Fresh Steamed Broccoli	Seasoned Pinto Beans	Roasted Mediterranean Vegetables	Mashed Potatoes	Sweet Potato Fries
FRUIT	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	15	16	17	18	19
ENTRÉE	Nashville Chicken Sandwich, Oven Baked Fries	Baked Chicken Tenders with Macaroni and Cheese	Chicken Taco with Mexican Rice	Honey Lime Garlic Chicken, Confetti Rice	Breakfast for Lunch
VEGETABLE	Steamed Carrots	Fresh Garlic Broccoli	Seasoned Pinto Beans	Mexicali Corn	Egg, Cheese, on English Muffin
FRUIT	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Potato Tots
	22	23	24	25	26
ENTRÉE	BBQ Chicken with Dirty Rice	Stuffed Manicotti with Marinara Sauce	Chicken and Cheese Quesadilla, WG Tortilla	Chicken Teriyaki Stir Fry over Brown Rice	Pressed Chicken Sandwich
VEGETABLE	Seasoned Carrots	Italian Green Beans	Sweet Kernel Corn	Fresh Broccoli	Swiss Cheese
FRUIT	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Spiced Black Beans
	29	30			
ALLERGEN	Chicken Alfredo, Penne	Chicken Tacos			
VEGETABLE	Broccoli	Cheese, Peppers, Onions			
FRUIT	Fresh Fruit	Fresh Fruit			
All meals meet the USDA NLP & Breakfast Program guidelines - All breads, rice, pasta are WG/WGR Milk is served with both Breakfast and Lunch. Based on age group Whole, 1%, Skim and Lactaid Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.					

Cari Begle R.D. 8/29/25

National Fruits and Vegetables Month

September is National Fruits & Veggies Month, a time to celebrate fruits and veggies and get creative with new ways to incorporate them every time we enjoy a meal or snack for happier, healthier lives. Here are some ways to encourage your children to eat more fruits and vegetables by making it fun:

Smoothie Creations Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!

Delicious Dippers Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.

Caterpillar Kabobs Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

Personalized Pizzas Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

Fruity Peanut Butterfly Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

Frosty Fruits Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

Bugs on a Log Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

Potato Person Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

