

Woburn Creative Start



National Read Across America Day Is March 2, 2025!



National Read Across America Day was first established in 1998 by the [National Education Association](#) (NEA) and is recognized as the nation's largest celebration of reading.

This motivational and awareness day calls all children and youth in every community across the United States to celebrate reading. It encourages them to read where ever they are. Great ways to inspire reading in children include:

- Keep books everywhere you spend time. Put them in the car, in every room of the house, and tuck them in backpacks and purses. Make them easily accessible.
- Visit the library often. Knowing how to use the library and learning the benefits of a library fosters a love of reading as well as genuine respect for the services libraries provide.
- Get caught reading. Children imitate what they see the adults around them do. Whether they see you read a magazine, newspaper, or novel, let them know reading is the cool thing to do.
- Read to your children. No matter their age, reading aloud strengthens their vocabulary and language skills. It also opens up opportunities for discussion.
- Have your children read to you, too. You never know what you might learn!

Important March Dates to Remember ...

- Policy Council– March 5th
- Parent Meeting –March 6th
- Open House– March 4th 4:00-6:00, March 19th 2:30-4:00
- Open Air Market - March 20th
- Music with Philip– March 27th
- Family Event– March 21st at drop off
- Closed-March 24th for professional development day



March is Literacy Challenge! Our goal is for all our families to read a total of 450 Books! Help us reach our goal!

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Reminders:

Please Do not leave children unattended in the car and do not leave your car running. Please park in a parking spot and not along the fence.

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

The preschoolers are continuing to learn three steps to help with calming down:

- 1) Put your hand on your tummy and say “*Stop*”
- 2) Say your feeling: “I feel mad.”
- 3) Take belly breaths.

To help children understand how to take belly breaths, they practice breathing in through their noses by pretending to smell a flower prop. Then they breathe out through their mouths by pretending to blow out a candle on a cupcake prop.

Baby Doll Circle Time

The toddlers have been learning I Love You Rituals which they sing to their baby dolls. We sing “Row, Row, Row Your Boat” on a sunny day and then again as we go through a storm. All the while we keep our baby dolls safe.

Infants

The infants are continuing to sing connection-building songs including “The More We Get Together” and “If You’re Happy and You Know It.”



Positive Solutions for Families

We had to cancel February’s meeting of Positive Solutions for Families so in March we will discuss the theme: “Teach Me What to Do.” We will be talking about teaching children social emotional skills including identifying emotions, calming down from big emotions and cooperating with others. Our next workshop is scheduled for March 13th at 8:30am.

Curriculum

Classrooms are studying Fairy Tales and Building

Educators will introduce fairy tales and folk tales. Some of our favorites are The Three Little Pigs, The little red hen, and Goldilocks and the Three Bears. Children will use props and act out stories.

Children will also learn about different materials and tools used in building as they investigate how houses and other structures are built. Through free exploration and guided, hands-on activities, children will gain an understanding of the basic concepts of construction and an awareness of how people use different kinds of tools to make work easier and faster.

STEM: Technology and Engineering

Children will:

Identify different building materials

Experiment with tubes and tunnels

Explore a variety of tools and what they are used for



Literacy Challenge March 2025

Please join us in our literacy challenge this month by reading to your child at home and in the classroom. Reading continues to be a large and important focus in our classrooms. This month each class will read and discuss the book Have You Filled Your Bucket Today: A Guide to Daily Happiness for Kids.

Each classroom will have a colored heart assigned to their classroom. Please fill out a heart every time you read a book to your child and return to the hearts to the school.

Our Goal is to read 450 books in the month of March!

Classroom 1A: Pink Hearts

Classroom 2: Yellow Hearts

Classroom 3: Yellow Hearts

Classroom 4: Purple Hearts

Classroom 7: Blue Hearts



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March 2025
Breakfast Menu

All Milk is unflavored
 1% milk served to children over age 2

Monday	Tuesday	Wednesday	Thursday	Friday
3 WG Cereal Fruit Milk	4 WG Muffin Fruit Milk	5 Croissant Fruit Milk	6 Granola yogurt Fruit Milk	7 WG Pancake Fruit Milk
10 WG Cereal Fruit Milk	11 WG Muffin Fruit Milk	12 Croissant Fruit Milk	13 WG Pancakes Fruit Milk	14 WG Bagel Fruit Milk
17 WG Cereal Fruit Milk	18 WG Muffin Fruit Milk	19 Croissant Fruit Milk	20 WG Bagel Fruit Milk	21 WG Pancake Fruit Milk
24 Agency closed Professional Development Day	25 WG Muffin Fruit Milk	26 Croissant Fruit Milk	2 Granola Yogurt Fruit Milk	28 WG Croissant Fruit Milk

Carin Bengler R.D. 2/27/25



Woburn Creative Start
March 2025
Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
3 WG pasta with meat sauce Carrots Orange Milk Vegetarian: Cheese Raviolis	4 Chicken w/Gravy Broccoli Banana Milk Vegetarian: Veggie & Cheese Quesadilla	5 Jamacian chicken pattie Rice & beans Orange Milk Vegetarian: Veggie Pattie	6 Fried Chicken Nuggets w/Rice Carrots Peaches Milk Vegetarian: Rice & Beans	7 French Bread Pizza Salad Oranges Milk
10 Mac & Cheese Baked Beans Pears Milk	11 Chicken meatballs WG rice Carrots Apples Milk Vegetarian: Lentil Bolognese W/rice	12 Chicken stir fry w/Rice Broccoli Apples Milk Vegetarian: Bean & Tofu stir fry	13 Boiled chicken Dinner Potaato, carrots, cabbage Melon Milk Vegetarian: Veggie Jamacian pattie	14 Turkey Smashburger WG/Roll Oven baked fries Fruit Milk Vegetarian: Veggie Burger
17 French toast & sausage Potato tots Pears Milk Vegetarian: French Toast & egg pattie	18 Vegetarian dumplings WG rice Broccoli Apples Milk	19 Spaghetti & Meatballs Green Beans Banana Milk Vegetarian: Grilled cheese w/tomatoe	20 Chipotle Chicken wrap Lettuce & tomatoes Zucchini stix Fruit Milk Vegetarian: Veggie & cheese Quesadilla	21 French Bread Pizza Sweet potato fries Oranges Milk
24 Agency closed Professional Development Day	25 Chicken wrap Lettuce & tomatoes Broccoli Milk Vegetarian: Veggie Stir fry w/Beans	26 Greek Pasta Salad w/feta And chic peas Romaine & tomatoes Banana Milk	27 Veggie Hummus wrap Beans Fruit Milk	28 Chicken sandwich WG roll Sweet potato salad Fruit Milk Vegetarian: Eggplant Parm

Carin Bengler R.D. 2/27/25