

January 2024

# Woburn Creative Start

**HAPPY 2024!**



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## 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 18th**



## Dates to Remember:

- Jan 1 - HAPPY NEW YEAR!
- Jan 8 - NO SCHOOL for Professional Development Day
- Jan 11-- Parent Meeting
- Jan 12-- Music with Philip
- Jan 15--MLK Day—SCHOOL CLOSED
- Jan 18-- Positive solutions for families
- Jan 18-Open Air Market/ Open House 4pm-6pm
- Jan 19-- Family event Around the World
- Jan 22 --NO SCHOOL
- Jan 27-- Policy Council 6:30 via zoom
- Jan 29- No SCHOOL for Professional Development Day



## Reminders:

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.

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 9:15AM at 781-932-



# Social Emotional Corner



**Preschool:** In Second Step the preschoolers have now learned five feelings: sad, happy, scared surprised and mad. The children are learning that it is OK to feel mad. While it's not OK to use unkind words or push another person, it is OK to feel mad. When we feel mad we can take deep breaths or take some time to ourselves and look at a book. The children have been singing and signing the song "Everyone Has Feelings." The children are also learning that we might have a different feeling from our friend or family member and that is OK. At home you can reinforce the Second Step lessons by continuing to validate your children's feelings. You can say "You feel scared. Feeling scared can be hard." OR "It's OK to feel mad but it's not OK to yell at your cousin."

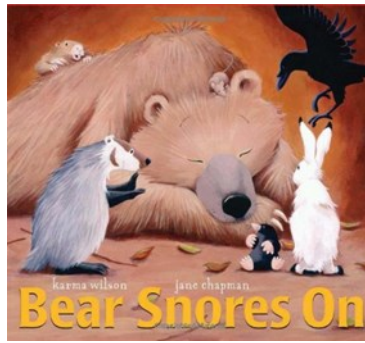
**Toddlers:** During Baby Doll Circle Time the toddlers are continuing to learn about body parts and taking care of their baby's needs. The toddlers are also learning impulse control skills while playing stop/go games with their babies. At home you could try playing a stop/go movement game with your toddler. "Jump and jump and jump and.... STOP!" Have fun with it!

**Infants:** The infants have been singing connection-building songs including name songs and cheers. At home you could try singing some name songs with your infant. You can even make some up! One song we like to sing at school is "Philip's here today! Philip's here today! All clap together Philip's here today!"

| Morning Routine   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |
| Go potty  | Wash face   | Eat breakfast   | Brush teeth   | Put Pj's in laundry   | Get dressed   | Pick up toys  | Put on shoes  |
|  |  |  |  |  |  |  |  |

## Positive Solutions for Parents

During January's Positive Solutions for Families workshop the topic will be *The Power of Routines*. We will discuss the benefits of routines as well as how to create them and help your children follow them consistently. This month Positive Solutions for Families will be on Thursday, January 18th at 8:40am.



# Curriculum

**Classrooms are studying Winter/Snow/Winter Animals**

**Classrooms will turn their classrooms into a winter wonder 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 2024  
Breakfast Menu**



| Monday  | Tuesday                               | Wednesday                                       | Thursday                                   | Friday   |
|---|---------------------------------------|---|--|--|
| 1<br>Closed Happy New Year!                       | 2<br>Cereal<br>Peaches<br>Milk        | 3<br>LF Yogurt<br>apple<br>Milk                 | 4<br>WG pancake<br>fruit<br>Milk           | 5<br>Blueberry Muffin<br>Pinapples<br>Milk                         |
| 8<br>Maintenance Day<br>No Children               | 9<br>WG Apple Muffin<br>fruit<br>Milk | 10<br>WG Banana Muffin<br>apple<br>Milk         | 11<br>WG Honey bun<br>fruit<br>Milk        | 12<br>WG pancakes<br>Applesauce<br>milk                            |
| 15<br>Closed Martin Luther King Day               | 16<br>Cereal<br>Fruit<br>Milk         | 17<br>WG Honey bun<br>Fruit<br>Milk             | 18<br>WG blueberry muffin<br>Fruit<br>Milk | 19<br>WG Pancake<br>Apple Sauce<br>Milk                            |
| 22<br>No children                                 | 23<br>WG Bagel<br>Pineapple<br>Milk   | 24<br>WG Corn Muffin<br>Mandarin Orange<br>Milk | 25<br>Blueberry muffin<br>Fruit<br>milk    | 26<br>WG pancake<br>Apple sauce<br>Milk                            |
| 29<br>Professional Development Day<br>No Children | 30<br>WG Bagel<br>Pineapple<br>Milk   | 31<br>WG Honey bun<br>fruit<br>Milk             |  | All Milk is unflavored<br>1% milk served to children over<br>age 2 |



**Woburn Creative Start  
January 2024  
Lunch Menu**



| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| 1<br>Closed Happy New year                        | 2<br>Chicken nuggets<br>Broccoli<br>Fruit<br>Milk<br>Vegetarian: Vegetarian Dumpling                     | 3<br>Cheese Raviolis<br>Carrots<br>Melon<br>Milk  | 4<br>Chicken/rice<br>Beans<br>Banana<br>Milk<br>Vegetarian: Spanish Rice and Beans             | 5<br>Pizza<br>Fries<br>Peaches<br>Milk   |
| 8<br>Maintenance Day<br>No Children               | 9<br>Pulled chicken<br>Corn<br>Fruit<br>Milk<br>Vegetarian: Rice Bowl                                    | 10<br>Greek Turkey Meatballs/Rice<br>Rst Mediterranean Vegetables<br>Fruit<br>Milk<br>Vegetarian: Farro with Feta | 11<br>Asian Noodles, chicken<br>Beans<br>Melon<br>Milk<br>Vegetarian: Asian Noodles with beans | 12<br>Smash burger<br>Sweet Potato<br>Fruit<br>Milk<br>Vegetarian: Veggie burger |
| 15<br>Closed Martin Luther King Day               | 16<br>Chicken Parm/rice<br>Carrots<br>Pear<br>Milk<br>Vegetarian: Bean and vegetable couscous            | 17<br>Chicken Taco/rice<br>vegetables<br>Fruit<br>Milk<br>Vegetarian: Bean and cheese Burrito                     | 18<br>Turkey Macaroni bake<br>peas<br>Banana<br>Milk<br>Vegetarian: Tofu over rice             | 19<br>Cheese & Broccoli Potato<br>Pinto beans<br>Pineapple<br>Milk               |
| 22<br>No children                                 | 23<br>Turkey wrap/rice<br>Broccoli<br>Apple<br>Milk<br>Vegetarian: bean & rice                           | 24<br>Chicken & cheese Quesadilla<br>Corn<br>Banana<br>Milk<br>Vegetarian: cheese and Veg quesadilla              | 25<br>Mac & Cheese<br>Beans<br>Fruit<br>Milk   | 26<br>Pizza<br>Fries<br>Peaches<br>Milk  |
| 29<br>Professional Development Day<br>No Children | 30<br>Cilantro Lime chicken/rice<br>Carrots<br>Pineapple<br>Milk<br>Vegetarian: cilantro lime beans/rice | 31<br>Chicken Caesar salad/tomato<br>Broccoli<br>Banana<br>Milk<br>Vegetarian: Greek Salad w/Feta                 |  | All Milk is unflavored<br>1% milk served to children<br>over age 2               |

*Gami Berglund R.D. 1/2/24*