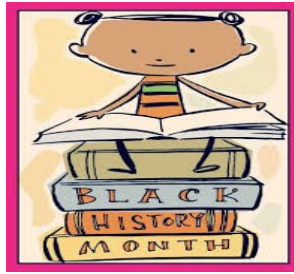


February 2024

Woburn Creative Start



Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

Among the notable figures often spotlighted during Black History Month are [Dr. Martin Luther King, Jr.](#), who fought for equal rights for Blacks during the 1950s and '60s; Thurgood Marshall, the first African-American justice appointed to the United States Supreme Court in 1967; [Mae Jemison](#), who became the first female African-American astronaut to travel to space in 1992.

Picture books are a great way to bring the stories and histories of Black trailblazers to life for kids. The list below gives some recommended books to start with for kids ages 3-8. For reading lists for older children, check with your local library.

- "I Am Rosa Parks" by Brad Meltze
- "Unspoken: A Story from the Underground Railroad" by Henry Cole
- "Dave the Potter: Artist, Poet, Slave" by Laban Carrick Hill
- "Hidden Figures: The True Story of Four Black Women and the Space Race" by Margot

Lee Shetterl (picture book version)

- "The Story of Ruby Bridges (Reissue)" by Robert Coles
- "Under the Same Sun" by Sharon Robinson
- "Mae Among the Stars" by Roda Ahmed

Important February Dates to Remember ...

Family event What is Love– February 13th

Parent Meeting –February 8th

Music with Mr Philip-February 8th

Coffee Hour– February 9th

Open House-February 6th & 13th 2:30-4:30

Advocacy Day—February 14th

Friendship Day-February 14th

Positive Solutions– February 15th



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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

Social Emotional Corner



***New* Coffee Hour!**

Parents and Caregivers are welcome to stop by on February 9th between 8:30 and 9:30 to meet other parents, chat, drink coffee or tea and do some casual activities if desired. All are welcome! Please come by!

Preschool

During Second Step the Preschoolers are learning about:

·Accidents: If an accident occurs, a child can say "That was an accident. I didn't mean to. Are you OK?"

·Caring Helping: We can show we care by listening to a friend or helping them out

·We Feel Feelings in Our Bodies: We might feel our hearts beating fast, tight legs or arms or warm faces. This is all a part of feeling our feelings.

·Superpowers: While not a Second Step lesson we talked about confidence and what we excel at. Children drew themselves as superheroes who are talented and kind in their own unique way.

At home you could point out when you see a child caring or helping. You can also help children use the words above when an accident happens.

Toddlers

The toddlers are learning feelings including happy and sad. When the babies feel sad the toddlers comfort them. Children are also singing "Row, Row, Row Your Boat" as they row through stormy weather and keep their babies safe.

Infants

The infants have been singing connection-building songs including songs about being happy. We are singing "If You're Happy and You Know It" and continuing to sing fun welcoming songs.

Positive Solutions for Families

During the family workshop we will discuss how to support young children in learning words to describe their feelings, managing anger and solving problems. This month Positive Solutions for Families will be on Thursday, February 15th at 8:40am.



Curriculum

Classrooms are studying Oral health and community Helpers

Educators will discuss the importance of Dental health by reading books, discussing healthy verses unhealthy foods, how many times do we brush our teeth. Educators will also study community Helpers. Who they are, what they do, and how they help the community.

STEM: Physical Science
Children will:

- Observe and record
- Explore liquid and solids
- Predict if something will sink or float



Classrooms will also incorporate friendship day into their curriculum. Children will make cards for each other, discuss what it means to be a good friend



Helping Children Develop Heart Healthy Habits



February is American Heart Month, a time when all people are encouraged to focus on their cardiovascular health. People in the United States are experiencing avoidable heart-related illness and death. Heart-health disparities widen when combined with race, ethnicity, and other social factors. Below are some ways to help your children

form healthy habits that can prevent the development of heart-related illness as they get older.

1. Limit screen time to less than 2 hours per day.

Excessive screen time can lead to a more sedentary lifestyle that increases the the risk of cardiovascular disease

2. Provide a well balanced diet

Try to incorporate lots of fruits, vegetables, and whole grains into your diet. Choose lean protein options like fish, poultry, legumes, beans, nuts, and fat free or low-fat dairy. Limit sodium intake and try to keep it below 2300 mg per day. Try to limit juice to 4-6 ounces per day.

3. Be Physically Active

The American Heart Association recommends children get at least 60 minutes of physical activity each day. This activity doesn't have to be 60 minutes in a row; it could be broken up into segments that fit your schedule. Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside.

4. Set a Positive Example

You don't have to be perfect all the time, and your children will notice the effort you are putting in to take care of your health. Modeling these behaviors at an early age sends that message that taking care of your body is important, and can create lifelong habits for your children.

Ayudar a los niños a desarrollar hábitos saludables para el corazón



Febrero es el Mes Estadounidense del Corazón, un momento en el que se anima a todas las personas a centrarse en su salud cardiovascular. Las personas en los Estados Unidos están experimentando enfermedades y muertes relacionadas con el corazón que se pueden evitar. Las disparidades en la salud del corazón aumentan cuando se combinan con la raza, el origen étnico y otros factores sociales. A

continuación se presentan algunas formas de ayudar a sus hijos a desarrollar hábitos saludables que puedan prevenir el desarrollo de enfermedades relacionadas con el corazón a medida que crecen.

1. Limite el tiempo frente a la pantalla a menos de 2 horas por día.

El tiempo excesivo frente a una pantalla puede llevar a un estilo de vida sedentario que aumenta el riesgo de enfermedad cardiovascular

2. Proporcionar una dieta bien equilibrada

Intenta incorporar muchas frutas, verduras y cereales integrales a tu dieta. Elija opciones de proteínas magras como pescado, aves, legumbres, frijoles, nueces y lácteos sin grasa o bajos en grasa. Limite la ingesta de sodio y trate de mantenerla por debajo de 2300 mg por día. Trate de limitar el jugo a 4 a 6 onzas por día.

3. Ser físicamente activo

La Asociación Estadounidense del Corazón recomienda que los niños realicen al menos 60 minutos de actividad física cada día. Esta actividad no tiene por qué ser de 60 minutos seguidos; podría dividirse en segmentos que se ajusten a su horario. Planifique horarios para que todos se muevan juntos. Salga a caminar, ande en bicicleta, vaya a nadar, haga jardinería o simplemente juegue al escondite afuera.

4. Dé un ejemplo positivo

No tienes que ser perfecto todo el tiempo y tus hijos notarán el esfuerzo que estás poniendo para cuidar tu salud. Modelar estos comportamientos a una edad temprana envía el mensaje de que cuidar su cuerpo es importante y puede crear hábitos de por vida para sus hijos.



**Woburn Creative Start
February 2024
Breakfast Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
All Milk is unflavored 1% milk served to children over age 2			1 Cheerios fruit Milk	2 WG Banana loaf Pineapples Milk
5 Cereal Fruit Milk	6 WG Corn Muffin fruit Milk	7 WG Bagel Fruit Milk	8 French Toast fruit Milk	9 Croissant Fruit Milk
12 Cereal Fruit Milk	13 Blueberry Muffin Fruit Milk	14 Cereal Fruit Milk	15 Waffles Fruit Milk	16 WG Bagel Fruit Milk
19 Agency Closed President's Day	20 Closed Winter Break	21 Closed Winter Break	22 Closed Winter Break	23 Closed Winter Break
26 Cereal Fruit Milk	27 Blueberry Muffin Fruit Milk	28 Cereal fruit Milk	29 Waffle Fruit milk	

Carin Berglund, R.D. 1/30/24



**Woburn Creative Start
February 2024
Lunch Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
All Milk is unflavored 1% milk served to children over age 2			1 Chicken/rice Beans Banana Milk Vegetarian: Spanish Rice and Beans	2 Pizza Fries Peaches Milk
5 Chicken nuggets Carrots Fruit Milk Vegetarian: Vegetarian Dumpling	6 Chicken Parm/Pasta Broccoli Applesauce Milk Vegetarian: Eggplant parm/pasta	7 Chicken Caesar salad/tomato Lettuce & Tomato Orange Milk Vegetarian: White bean salad	8 Chicken fajita Broccoli Pineapple Milk Vegetarian: Vegetable Lo Mein	9 Lo Mein with Chicken Green Beans Banana Milk Vegetarian: Bean and vegetable couscous
12 Turkey Shephard's pie Sweet potato Applesauce Milk Vegetarian: Vegetarian shephards pie	13 Bolognese with WG Pasta Carrots Apples Milk Vegetarian: Italian style canelli beans WG Pasta	14 Tortellini Pasta Salad w/Chicken Lettuce, tomato, cucumber Peaches Milk Vegetarian: Tortellini Pasta Salad/Cheese	15 Chicken Fried Rice Corn Banana Milk Vegetarian: Spanish rice with beans	16 Mac & Cheese Peas Pineapple Milk
19 Agency Closed President's Day	20 Closed Winter Break	21 Closed Winter Break	22 Closed Winter Break	23 Closed Winter Break
26 Chicken Fajita/Brown Rice Carrots Pineapple Milk Vegetarian: Pinto Bean Fajita	27 Brd Chicken Sandwich with Cheese Sweet Potatoes Apple Milk Vegetarian: Black Bean Burger	28 Antipasto Salad with WG roll Lettuce & Tomatoes Fruit Milk Vegetarian: Chic Pea Antipasto	29 Chicken Fried Rice Corn Banana Milk Vegetarian: Spanish rice with beans	1 Mac & Cheese Peas Pineapple Milk

Carin Berglund, R.D. 1/30/24