

May 2022

# Woburn Creative Start

We will be celebrating Teacher's Appreciation Week: May 2 - May 6.

We greatly appreciate all of our teacher's hard work and dedication to each and every child at Woburn Creative Start. It would be great to ask your child to make a card thanking their teachers.



All families are invited to attend our STEM Event on May 16th in Lexington. More information will be provided.

But first...What is STEM?

STEM Education focuses on one or more of the four disciplines of Science, Technology, Engineering, and Math. STEM learning fosters important skills like critical thinking, problem solving, and creativity.

**STEM FOR INFANTS AND TODDLERS:** Young children are naturally curious about their world, so give them plenty of opportunities to explore and to learn through play. With close supervision, offer real objects like an apple or a squash, a shiny water bottle or textured paper, which are much more interesting to the littlest learners than plastic toys and materials.

## STEM ACTIVITIES FOR PRESCHOOLERS:

**"S" is for science.** The basis for scientific discoveries is being a good observer. Help build strong observation skills in your child by playing games that include examination, such as "I Spy" or "20 Questions." Go on a nature hunt or try bird-watching.

**"T" is for technology.** Show how to safely search the internet to find the answer to problems you are trying to solve.

**"E" is for engineering.** Offer building challenges that create STEM learning opportunities. Try building a tower with cups or make a bridge for plastic animals to walk over.

**"M" is for math.** Explain that patterns are displays that repeat themselves (can be in nature or manmade). Help your child look for patterns in the world such as repeating numbers on a license plate or rings of wood on a cut tree trunk.

STEM activities aren't so much about planning lots of activities that require specific materials and processes; it is more about developing learning habits of inquiry and critical thinking skills.



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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 over-crowding 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 9:45AM at 781-932-9578. Leave a message if nobody picks up.

## DATES TO REMEMBER:

May 2—6: Staff Appreciation Week

May 4 at 10am: Parent Meeting

May 5 at 10am: Policy Council

May 16: Closed Professional Development Day

May 16: STEM Exhibition

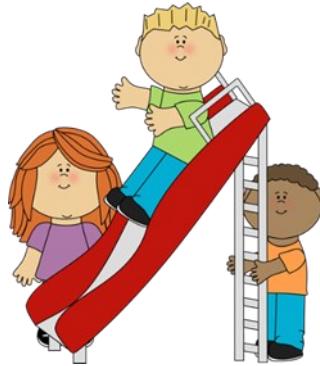
May 19: Open Air Market

May 30: School Closed for Memorial Day

\*Kindergarten Teacher Event TBD\*

# Social Emotional Corner

During Second Step, the Puppy and Snail puppets are continuing to teach the preschoolers about friendship skills! This month the children learned about asking another friend if they can play and also inviting a friend to join their play. They could say to a peer, “That looks like fun! May I play?” We also reviewed some of the lessons we’ve done so far this year like “same and different feelings” and ways to calm down when having a really big feeling like very sad or mad. A Second Step video was sent out to families on April 11th, which you can watch with your child to see what they have been learning!



During Baby Doll Circle Time the toddlers are learning about the feeling “sad.” They practice comforting their babies when they feel sad. The infants are learning about the feeling “happy” and singing “Three Nice Mice.” There is an infant video and a toddler video, which were also sent out on April 11th, which you can watch with your child!

## Positive Solutions for Families

In April we had our last Positive Solutions for Families workshop where we discussed additional strategies to help children when they display challenging behaviors:

1. Have logical consequences
  2. Prepare activities ahead of time
  3. Remain calm
  4. Explain what will come next
  5. Use a job chart or visual schedule
- Make the activity fun!

We also enjoyed a parent-led art activity to end the year!

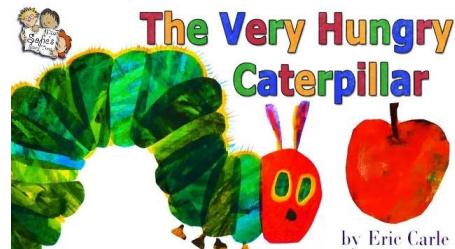


# Curriculum

**Classrooms will continue to study plants and seeds as well as introduce an Author Study**

**Educators will read many books written by the same author. Children will compare similarities and differences between books and recall the Author they studied in December. Please check out Some of our favorites.**

**Lois Ehlert, Laura Numeroff, Jane Yolen, Audrey Woods, Eric Carle**



by Eric Carle

**STEM: Life cycle of a Butterfly.** We are excited to introduce real live caterpillars in all the classrooms. Children will observe and record their caterpillars and watch them transform into Butterflies.



# Smart Snacking

Healthy snacks can satisfy your hunger and keep you from overeating at your next meal.

Kids have small stomachs and need a healthy snack to hold them over till their next meal.

## Smart snacking ideas

- ✓ Keep healthy snacks in the fridge and pantry that are easy to grab.
- ✓ Have a schedule for meals and snacks.
- ✓ Bring healthy snacks when on the go to avoid having to purchase expensive snacks that are high in sugars and fat.
- ✓ Pay attention to portion sizes, read food labels so you don't overeat.
- ✓ Focus on nutrients instead of calories. Choose snacks that are high in fiber, vitamins, and minerals.
- ✓ Plan snacks ahead of time.
- ✓ Don't snack all day long.

apple slices and peanut butter

cheese and whole grain crackers

yogurt and fresh fruits

hummus with baby carrots or pita chips

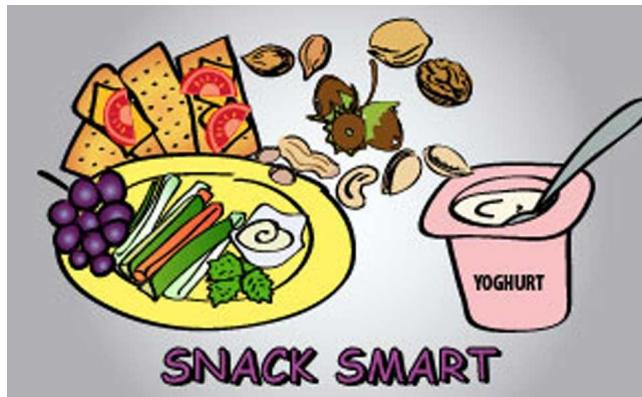
almonds, peanuts, cashews

avocado slices

pretzels, rice cakes, or graham crackers

popcorn

fruit smoothies



## Make your own snack mix

almonds      Cheerios      peanuts

Chex cereal      dried cranberries

dark chocolate chips

Goldfish crackers      pretzels





## May Child Care Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Rotini Pasta w/ Meatballs (Vegetarian) & Marinara Sauce, Green Beans w/ Peppers, Fruit  V	Grilled Cheese on Whole Grain Croissant, Tater Tots, Fruit, Ketchup  V	Whole Grain Crispy Chicken Bites, Whole Grain Buttered Noodles, Carrots, Fruit	Philly Chicken & Cheese Sub, Whole Grain Hot Dog Bun, Mixed Vegetables, Fruit, Ketchup	Whole Grain Cheese Pizza, Broccoli, Fruit  V
W/G Crispy Chicken Bites, Whole Grain Brown Rice, Baked Beans, Fruit, BBQ Sauce	Grilled Cheese on Whole Grain Croissant, Tater Tots, Fruit, Ketchup  V	Meatball Sub (Turkey) w/Red Sauce & Mozzarella, Whole Wheat Hot Dog Bun, Broccoli, Fruit	Breakfast Veggie Sausage, Whole Grain Mini French Toast, Sweet Potato Homefries, Fruit, Syrup  V	Whole Grain Cheese Pizza, Green Beans w/ Peppers, Fruit  V
Closed Professional Development Day	Whole Grain Cheese Ravioli w/Red Sauce, Green Beans, Fruit, Fluid Milk  V	Whole Grain Chicken Tenders, Sweet Potato Tater Tots, Fruit, Fluid Milk, Ketchup	BBQ Pulled Chicken Sandwich, Whole Grain Bun, Corn w/ Peppers, Fruit, Fluid Milk  V	Whole Grain Cheese Pizza, Broccoli, Fruit  V
Whole Grain Popcorn Chicken, Carrots, Fruit, Fluid Milk, Sweet & Sour Dipping Sauce	Spinach & Cheese Egg Roll, Brown Rice, Broccoli, Fruit, Ranch Dipping Sauce  V	Teriyaki Chicken, Whole Grain Brown Rice, Edamame & Corn, Fruit, Fluid Milk	Homemade Veggie Burger, Whole Grain Hamburger Bun, Potato Wedges, Fruit, Ketchup  V	Whole Grain Cheese Pizza, California Blend Vegetables, Fruit, Fluid Milk  V
Holiday-NO Meal	Grilled Cheese on Whole Grain Croissant, Tater Tots, Fruit, Fluid Milk, Ketchup  V	Melissa John	Melissa John	Hadza Nutritionist

City Fresh Foods | P.O. Box 265088 | Boston, MA 02128 | Menu subject to change. This institution is an equal opportunity provider. Phone 617-468-7128 | Fax 617-468-7126

### Woburn Creative Start May 2022 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chex, Fresh Fruit Milk	3 Rice Krispies, Fresh fruit Milk	4 Cheerios Cereal, Fresh fruit Milk	5 Life Cereal Fresh fruit, Milk	6 Corn Flakes, Fresh fruit & Milk
9 Chex, Fresh Fruit Milk	10 Rice Krispies, Fresh fruit Milk	11 Cheerios Cereal, Fresh fruit Milk	12 Life Cereal Fresh fruit, Milk	13 Corn Flakes, Fresh fruit & Milk
16 Closed Professional Development Day	17 Rice Krispies, Fresh fruit Milk	18 Cheerios Cereal, Fresh fruit Milk	19 Life Cereal, Fresh fruit Milk	20 Corn Flakes, Fresh fruit & Milk
23 Chex, Fresh Fruit Milk	24 Rice Krispies, Fresh fruit Milk	25 Cheerios Cereal, Fresh fruit Milk	26 Life Cereal Fresh fruit, Milk	27 Corn Flakes, Fresh fruit & Milk
30 Closed Memorial Day	31 Rice Krispies, Fresh fruit Milk			ALL MILK IS UNFLAVORED *1% milk served to children over age 2 *Whole Milk served to Children under age 2  Melissa John Nutritionist 4/26/22