

Woburn Creative Start



SUN SAFETY TIPS FOR A FUN AND HEALTHY SUMMER

Just a few serious sunburns can increase your child’s risk of skin cancer later in life. Adults and children need protection from ultraviolet (UV) rays whenever they’re outdoors. Learn how to protect your child from sun damage.

- Seek shade when necessary. UV rays are strongest and most harmful during midday, so it’s best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent.
- When possible, cover up with long-sleeved shirts and long pants and skirts to provide protection from UV rays.
- Wear a hat that shades the face, scalp, ears, and neck. If your child chooses a baseball cap, be sure to protect exposed areas with sunscreen.
- Wear sunglasses . They protect your child’s eyes from UV rays, which can lead to cataracts later in life.
- Use a sunscreen with at least SPF (sun protection factor) 15 every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don’t forget to protect ears, noses, lips, and the tops of feet.

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

DATES TO REMEMBER:

- June 1 at 10am: Parent Meeting
- June 9 at 6:30pm: Policy Council
- June 13: Carnival Day
- June 17: Last Day of School for Class 5 and Class 6
- June 20: Early Release
- June 24: Last Day of School of Class 7



Woburn Creative Start End of Year Family Event Monday – June 13, 2022



Join us outside on the playground for fun carnival games and food.
Ring Toss, Spin Art, Cotton Candy and so much more!

You and your child must come at your child's assigned time.

Classroom 1A & 2 – 9:00 – 10:00 AM

Classroom 3 – 10:30 – 11:00 AM

Classroom 6 – 11:30 – 12:30

Classroom 5 – 12:30 -1:30 PM

Classroom 7 – 2:30 – 3:30 PM



Woburn Creative Start Children's Center End of Year Celebrations



Join us as we celebrate your child.

The celebration will consist of a few songs, presentation of a certificate and a children's book.

Pizza will be served following the celebration.

Classroom 5 – Ms. Dalila, Ms. Aobaideh & Ms. Lisa
June 15th from 12-1

Classroom 6 – Ms. Thea, Ms. Chahinez & Ms. Djouida
June 17th from 12-1

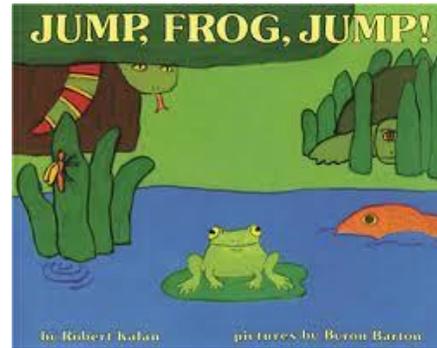
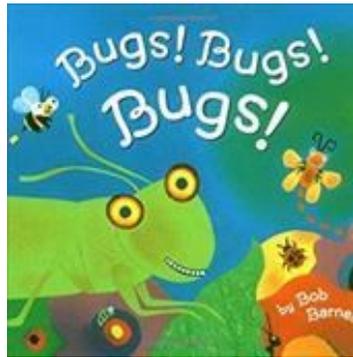
Classroom 7 – Ms. Anh, Ms. Tita & Ms. Rachel
June 24th from 12-1

Classroom 2 – Ms. Phoebe & Ms. Jojo
June 27th from 11-11:30

Class 1A – Ms. Ashleigh, Ms. Hanan & Ms. Chon
June 27th from 12-12:30

Class 3 – Ms. Amarjit, Ms. Lisa & Ms. Jillian
June 28th from 12:00 – 12:30

All Celebrations will take place outside.



Curriculum

Classrooms will study Insects and introduce pond life

Educators will explore topics of insects, bugs, and pond life. Children will explore and find bugs on the playground. Children will also learn why it is important that we have insects and what their job is in nature. Classrooms will begin to study pond life and the life cycle.

STEM: Insects

Children will learn: Names of insects, Where do they live?, Can they fly?
Compare how many legs and size

Five Speckled Frogs

Five little speckled frogs
Sat on a speckled log
Eating the most delicious
bugs (yum yum)
One jumped into the pool
Where it was nice and cool
Then there were four green
speckled frogs. (glub glub)



Play

Social Emotional Corner

During Second Step the preschoolers are learning about problem solving. The problem solving steps they are learning are:

1. Calm down
2. Say the problem
3. Think of solutions
4. Pick the best solution

The children looked at pictures of different scenarios of problems and went through the steps for each problem. They also helped Puppy and Snail solve some problems!

During Baby Doll Circle Time the toddlers are learning more feelings like happy, sad, mad and scared. They practice comforting their babies when the babies feel one of the uncomfortable feelings. The infants are learning an interactive Spring song about sun and rain. When the rain falls and the sun shines the teachers tickle the infants!



Kindergarten Groups

Kindergarten Groups are finishing up for classes 5 and 6. Class 7 started their Kindergarten Groups last week. Children are learning about what to expect in kindergarten as well as discussing how to make and play with friends in their new schools. The children participate in kindergarten songs, games and drawing activities. We also read a variety of books about going to kindergarten. The children are having a lot of fun!

FRUITS & VEGGIES

Everyone needs fruits and vegetables in their diet daily.

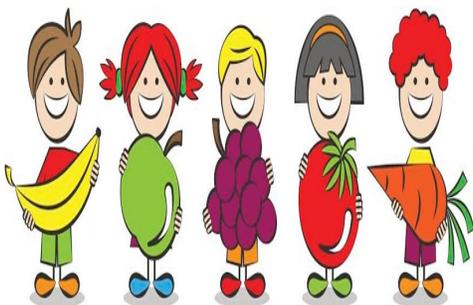
Fruits and vegetables help maintain a healthy weight.

They can help reduce the risk of many diseases like cancer, diabetes, and heart disease.

Getting kids to eat fruits and vegetables can be challenging, don't give up and continue to offer them daily.



- ◆ It can take up to 10-12 times trying a food for someone to start to like it.
- ◆ Children learn from you, set an example by eating fruits and vegetables at meals.
- ◆ Let kids help prepare foods, they are more willing to try them if they helped make them.
- ◆ Try adding extra vegetables to soups, stews, and pasta sauce.
- ◆ Add your favorite vegetables to pizza.
- ◆ Make smoothies with your favorite fruits like pineapple, berries, bananas, and mangos.
- ◆ Yogurt, ranch dressing, and hummus make great dips.
- ◆ Keep cut up fruit and vegetables in the fridge so it is easy to grab when hungry.
- ◆ Buy fruits and vegetables that are in season, they tend to be less expensive.





Woburn Creative Start
June 2022
Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
ALL MILK IS UNFLAVORED *1% milk served to children over age 2 *Whole Milk served to Children under age 2		1 Cheerios Cereal, Fresh fruit Milk	2 Life Cereal Fresh fruit, Milk	3 Corn Flakes, Fresh f & Milk
6 Chex, Fresh Fruit Milk	7 Rice Krispies, Fresh fruit Milk	8 Cheerios Cereal, Fresh fruit Milk	9 Life Cereal Fresh fruit, Milk	10 Corn Flakes, Fresh fi & Milk
13 Chex, Fresh Fruit Milk	14 Rice Krispies, Fresh fruit Milk	15 Cheerios Cereal, Fresh fruit Milk	16 Life Cereal, Fresh fruit Milk	17 Corn Flakes, Fresh f & Milk
20 Chex, Fresh Fruit Milk	21 Rice Krispies, Fresh fruit Milk	22 Cheerios Cereal, Fresh fruit Milk	23 Life Cereal Fresh fruit, Milk	24 Corn Flakes, Fresh f & Milk
27 Chex, Fresh Fruit Milk	28 Rice Krispies, Fresh fruit Milk	29 Cheerios Cereal, Fresh fruit Milk	30 Life Cereal Fresh fruit, Milk	

Melvin J. Stutz
NUTRITIONIST
6/21/22



June Child Care Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
		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
Sweet Mango Chili Chicken, Whole Grain Brown Rice, Edamame & Corn, Fruit	Grilled Cheese on Whole Grain Croissant, Tatar Tots, Fruit, Ketchup	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	Whole Grain Cheese Pizza, Green Beans w/ Peppers, Fruit
Veggie Burger, Whole Grain Bun, Hash Brown n Patty, Fruit, Ketchup	Whole Grain Cheese Ravioli w/Red Sauce, Green Beans, Fruit, Fluid Milk	WG Chicken Empanada, Brown Rice, Steved Kidney Beans, Fruit, Fluid Milk, Ketchup	WG Breaded Chicken Parmesan Sandwich, Whole Grain Bun, Green Beans, Fruit	Whole Grain Cheese Pizza, Broccoli, Fruit
Juneteenth Holiday	Whole Grain Pancake w/Veggie Sausage Sandwich, Sweet Potato Hash, Fruit, Ranch Dipping Sauce	Teriyaki Chicken Potstickers, Whole Grain Brown Rice, Mixed Vegetables, Fruit, Fluid Milk	BBQ Pulled Chicken, Whole Grain Hamburger Bun, Corn w/Peppers, Fruit	Whole Grain Cheese Pizza, California Blend Vegetables, Fruit
Whole Grain Chicken Nuggets, Mixed Vegetables, Fruit, Ketchup	Grilled Cheese on Whole Grain Croissant, Tatar Tots, Fruit, Fluid Milk, Ketchup	BBQ Baked Beans, Whole Grain Brown Rice, Sweet Potatoes, Fruit	Whole Grain Popcorn Chicken, Brown Rice, Broccoli, Fruit, Sweet & Sour Dipping Sauce	

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