

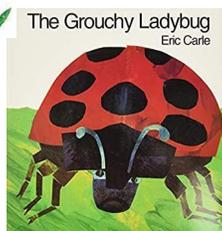
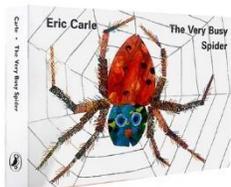
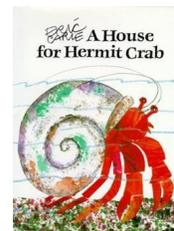
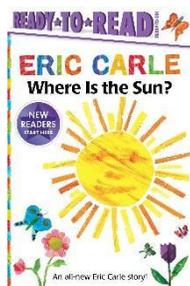
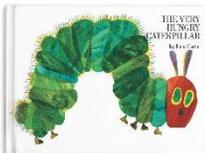
# Burlington Creative Start Children's Center May 2022 Newsletter

## This month:

Welcome May! This month we will be introducing another Author Study.  
Our author of the month will be..... Eric Carle  
When we learn about Author's and their books the children learn many new skills  
Such as:

- develop their reading skills
- critical thinking skills
- they develop an attachment to books
- we build a community of readers
- children learn about different types of literary voices and styles
- it adds fun to the school day!

Here are just a few books written by Eric Carle...



## Reminders:

- o Please remember to keep a long sleeve sweatshirt or sweater at school for days that it is not so cold outside.
- o Please make sure to let us know the books that you are reading and how much time you are spending reading. We are required to collect in-kind each month to draw down our Head Start grant with funds your child's spot at school.
- o Reminder if your child is not feeling well and has cold like symptoms, please make sure to keep them at home and try to get them into the doctor's if they need to be seen.

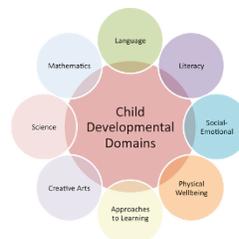
## Dates to remember:

- May 2<sup>nd</sup>, Burlington Creative Start Closed for children
- May 5<sup>th</sup>, Policy council meeting @ 10:00am
- May 9<sup>th</sup>, Burlington Creative Start Closed for children
- May 9<sup>th</sup>, Family Engagement Story time
- May 9<sup>th</sup>, Parent conferences 10:45-3:30pm
- May 13<sup>th</sup>, Open House 2:45-4:00pm
- May 16<sup>th</sup>, Professional Development Day (no children), Burlington Creative Start Closed - Please join us at the STEM EXHIBITION
- May 16<sup>th</sup>, STEM Exhibition from 9:00AM-12:00 PM Lexington - Flyer to follow with more details
- May 19<sup>th</sup> - Family Event - Open Air Market Event - 12:00 PM
- May 23<sup>rd</sup>, Parent Meeting @ 10:00am
- May 23<sup>rd</sup>, Open House 11:30-4:00pm
- May 29<sup>th</sup>, Burlington Creative Start Closed for children
- May 30 Memorial day, Burlington Creative Start Closed



## Monthly themes:

- Author Study
- Kindergarten/Planting
- Summer
- STEM: Math



## Things to do with the family:

*Burlington Public Library*

22 Sears Street Burlington, MA 01803

[https://burlington.assabetinteractive.com/calendar/2022-may/?filter-categories\[\]=children&filter-categories\[\]=teen](https://burlington.assabetinteractive.com/calendar/2022-may/?filter-categories[]=children&filter-categories[]=teen)

*Woburn Public Library*

45 Pleasant St Woburn MA

<https://woburnpubliclibrary.org/events-calendar/>

*Lexington Public Library*

1874 Massachusetts Avenue, Lexington, MA 02420

<https://www.caryllibrary.org/programs>

*Stone Zoo*

Address: 149 Pond St, Stoneham, MA 02180, USA Number : 781 438-5100

<https://www.familydaysout.com/attractions-usa/stone-zoo>

*Vinkari Safari*

Woburn, MA

<https://www.familydaysout.com/attractions-usa/vinkari-safari>

**Inside Playground**

**Watertown, MA**

<https://www.familydaysout.com/attractions-usa/inside-playground>



## Family Engagement:

We would like to invite all of the families to join us for a fun afternoon or late morning story time. We are inviting all the moms, dads and children to bring in a blanket or large towel that you can spread out on the playground and sit on to listen to a story from the Author Eric Carle the author we are studying this month. The blankets will define your personal space so that families are spread out due to COVID. We will limit the families to 3-4 members each (i.e. Mom, Dad, & Child). We really hope you can join us.

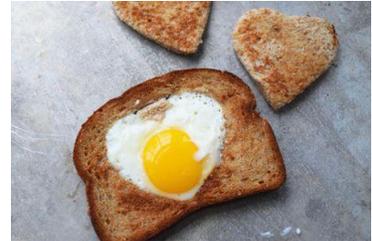
## Recipe of the month

### Heart-Shaped Egg-in-a-Hole

Prep:1 minsCook:5 minsTotal:6 minsServing:1 serving

Nutrition Facts (per serving)

256Calories17gFat14gCarbs10gProtein



Kids and adults alike will love these hearts, and they require just six minutes and three ingredients besides salt and pepper. Any slice of bread will do, but we used whole wheat.

This recipe does use a good amount of butter but you can use margarine instead if you need a dairy-free version. Gluten-free bread is also great, but keep in mind that gluten-free bread is less flexible than average wheat bread, and cracks easily, possibly allowing the egg to ooze out of the hole.

Use any preferred egg, but if possible, choose organic and pastured eggs, which means the chickens were fed organic feed but also allowed to range free the way chickens would normally live. This ensures that there are no antibiotics, additives, or hormones involved in the feeding and keeping process. If you're going to have an egg and make it special, might as well go all out with quality, right?

Serve the heart-shaped eggs in a hole with thick bacon, home fries, and fresh fruit on the side for a hearty and loving breakfast. This is best made right before you need to eat it, and doesn't really keep well as leftovers.

#### Ingredients

*1 slice whole-wheat bread*

*1 tablespoon unsalted butter*

*1 large egg*

*Salt, to taste*

*Freshly ground black pepper, to taste*

#### Steps to Make It

Gather the ingredients.

Using a heart-shaped cookie cutter, cut out the center of the bread.

Heat a medium-sized frying pan to medium heat. Add the butter, and once it has melted, swirl to coat.

Add the bread to the pan and let it cook on that side until golden. Using a spatula, flip the bread over.

Crack the egg into the hole in the bread. Turn the heat to low, cover and cook for about 2 minutes or until the egg has been cooked through. You may also flip the bread over to finish cooking the egg on the other side. Toast up the cut-out bread piece in the pan as well and use it for dipping in the egg.

Sprinkle with salt and pepper to taste and serve immediately.

Tips:

You can do multiple toast in one pan at the same time, just be sure there is enough room to flip the toast.

Use 1 tablespoon of butter per toast for a scrumptious meal.

If you are having trouble removing the cookie cutter from the bread, run the edge of a bread knife along the cutter's edges to help dislodge it.

**Variation** You can use white, sourdough, multigrain, or whole-wheat bread. What matters, ultimately, is that the bread you're using has a good-quality crumb that allows you to neatly cut out the heart shape using cookie cutters.

## Kindergarten Readiness

As the preschool year begins to wind down, we naturally start to think of the coming school year that begins in the fall. We have a few kids in our class who will be going to kindergarten in the fall. Amanda has begun to work with the three of them in a kindergarten readiness group. But, all the teachers work together to help all of the kids begin to get ready for kindergarten whenever they will go. We work with kids on recognizing the numbers, letters and their own name, as well as fine motor work using markers and pencils and scissors. We also work with them on self-care activities such as putting on their own coats, using the toilet and washing their hands on their own. We always practice listening and following directions. Most importantly we work on executive functioning skills: using their memory, problem solving and self-control skills. We are always gentle, and never force kids to do activities so that they feel like they have some choice and control and learn to love school!

## Second Step Curriculum

In March, our new social worker, Amanda, began working on the second step curriculum with the children. This is a program that begins to teach the children about managing their own emotions and playing in a positive way with others. The lessons are taught with the help of puppets - Ali the alligator and Mo-Mo the monkey. These two silly puppets often have the same difficulties as the children. Seeing the puppets struggling allows the children to learn for themselves by helping the puppets.

The first weeks in March we talked about welcoming each other to school and positive greetings; learning how to listen to the teacher and to each other; and how to focus and pay attention. In April we talked about self-talk which is a way for children to help themselves focus on their activities; following directions; and asking for what you need.

In May, we will begin a unit on Empathy. We will talk in depth about identifying feelings. Ask your children on Tuesday and Thursday afternoons if they got to see Ali or Mo-Mo in school!





**Family Event: Open Air Market:** We will be having an Open Air Market available on May 19th with donations that we received from local companies in the community. You will be able to browse around and fill a bag with items you like.

**Family Activity: Literacy Challenge:**

Our goal is to read 200 books this month!!!!  
Please fill out the Awards again with the books that you and your child read and also label it with their names please. If you can also fill out the calendar with the amount of minutes/time you have spent reading with them. We reached our goal last month. Let's see if we can go higher this month.



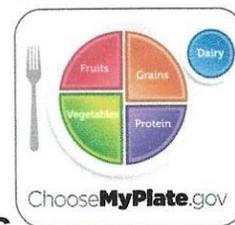
**STEM Exhibition** On Monday, May 16<sup>th</sup> we will be having a fun- filled day of learning and meeting many new children, parents and staff from other centers. You will have the opportunity to browse and participate in the activities that each classroom has created in our agency . You will see pictures of activities from your child's classroom as well. This will be a fun hands-on experience for you and your child. Come see the amazing fun and creative STEM curriculum happening at CUI. Rain or Shine under a tent outside at our Lexington Creative Start Center - 55 Coolidge Ave. in Lexington.

**Policy Council Members Needed** The policy council is looking for members to join. They meet one Thursday a month @ 10:00am. In these meetings you can meet other parents as well the Central office leadership team. You are able to work together to oversee what is happening at CUI. Opportunities to help hire staff and make decisions with the CUI leadership team. Please let us know if you are interested and we can let the Central Office team know. Thank You!



**10 tips**  
Nutrition  
Education Series

# smart shopping for veggies and fruits



## 10 tips for affordable vegetables and fruits

**It is possible to fit vegetables and fruits into any budget.** Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

### 1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



### 2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

### 3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

### 4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



### 5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

### 6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

### 7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

### 8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



### 9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



### 10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.



## Burlington Creative Start Children's Center

### May 2022 Breakfast & Lunch Menu

Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> <b>Breakfast:</b> Blueberry Muffins, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Grilled Cheese Sandwich on WG Croissant Tater Tots, Fresh Fruit &amp; 1% Milk</p>	<p><b>4</b> <b>Breakfast:</b> Multi Grain Cheerios, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Whole Grain Crispy Chicken Bites, Whole Grain Buttered Noodles, Carrots, Fresh Fruit &amp; 1% Milk</p>	<p><b>5</b> <b>Breakfast:</b> Kix, Fresh Fruit &amp; 1% milk</p> <p><b>Lunch:</b> Philly Chicken &amp; Cheese Sub, Whole Grain Hot Dog Bun, Mixed Vegetables, Fresh Fruit &amp; 1% Milk</p>	<p><b>6</b> <b>Breakfast:</b> Corn Muffin, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Whole Grain Cheese Pizza, Broccoli Fresh Fruit &amp; 1% Milk</p>
<p><b>10</b> <b>Breakfast:</b> Corn Muffins, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Grilled Cheese Sandwich on WG Croissant Tater Tots, Fresh Fruit &amp; 1% Milk</p>	<p><b>11</b> <b>Breakfast:</b> Multi Grain Cheerios, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Meatball Sub (Turkey) w/Red Sauce &amp; Mozzarella, Whole Wheat Bun, Broccoli, Fresh Fruit &amp; 1% Milk</p>	<p><b>12</b> <b>Breakfast:</b> Kix, Fresh Fruit &amp; 1% milk</p> <p><b>Lunch:</b> Breakfast Turkey Sausage, Whole Grain Mini French Toast, Sweet Potato Home fries, , Fresh Fruit &amp; 1% Milk</p>	<p><b>13</b> <b>Breakfast:</b> Blueberry Muffins, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Whole Grain Cheese Pizza, Green Beans w/ Peppers, Fresh Fruit &amp; 1% Milk</p>
<p><b>17</b> <b>Breakfast:</b> Blueberry Muffins, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Stewed Kidney Beans, Fruit, Whole Grain Cheese Ravioli w/Red Sauce, Green Beans, Fresh Fruit &amp; 1% Milk</p>	<p><b>18</b> <b>Breakfast:</b> Multi Grain Cheerios, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Whole Grain Chicken Tenders, Sweet Potato Tater Tots, Fresh Fruit &amp; 1% Milk</p>	<p><b>19</b> <b>Breakfast:</b> Kix, Fresh Fruit &amp; 1% milk</p> <p><b>Lunch:</b> BBQ Pulled Chicken Sandwich, Whole Grain Bun, Corn w/ Peppers, Fresh Fruit &amp; 1% Milk</p>	<p><b>20</b> <b>Breakfast:</b> Corn Muffins, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Whole Grain Cheese Pizza, Broccoli, Fresh Fruit &amp; 1% Milk</p>
<p><b>24</b> <b>Breakfast:</b> Corn Muffins, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Spinach &amp; Cheese Egg Roll, Brown Rice, Broccoli, Fresh Fruit &amp; 1% Milk</p>	<p><b>25</b> <b>Breakfast:</b> Multi Grain Cheerios, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Teriyaki Chicken, Whole Grain Brown Rice, Edamame &amp; Corn , Fresh Fruit &amp; 1% Milk</p>	<p><b>26</b> <b>Breakfast:</b> Kix, Fresh Fruit &amp; 1% milk</p> <p><b>Lunch:</b> Homemade Veggie Burger, Whole Grain Hamburger Bun, Potato Wedges, Fresh Fruit &amp; 1% Milk</p>	<p><b>27</b> <b>Breakfast:</b> Blueberry Muffins, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Whole Grain Cheese Pizza, California Blend Vegetables, Fresh Fruit &amp; 1% Milk</p>
<p><b>31</b> <b>Breakfast:</b> Blueberry Muffins, Fresh Fruit &amp; 1% Milk</p> <p><b>Lunch:</b> Grilled Cheese on Whole Grain Croissant, Tater Tots, Fresh Fruit, 1% Milk,</p>			