

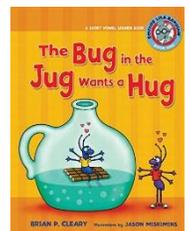
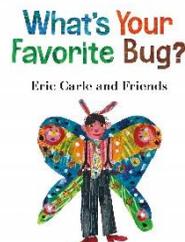
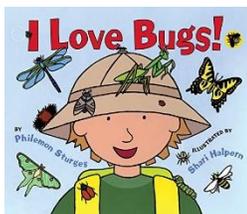
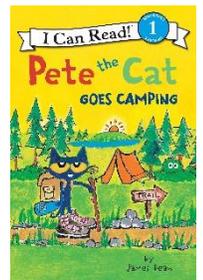
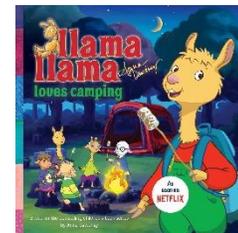
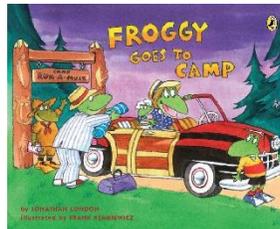
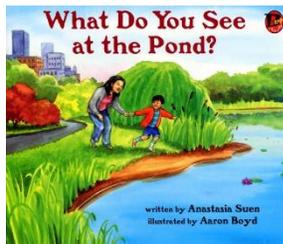
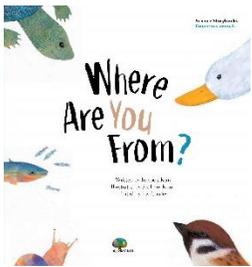
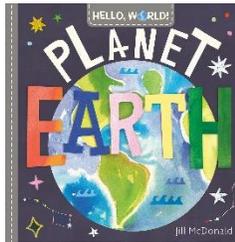
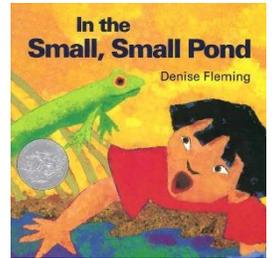
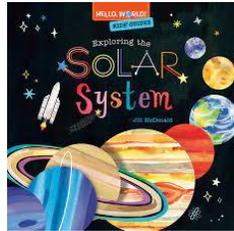
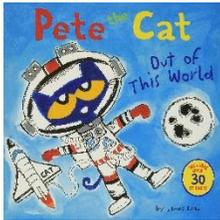


Burlington Creative Start Children's Center June Newsletter 2022

This is our final month of the school year. It is very hard to believe that we are at the end already. This will be a very busy month for all of us. It will be filled with lots of learning and fun. School will end on Thursday June 30th, 2022.

For all of our events this month if you would like to pick up your child early after these events you may. This is for our full day children who are here until 2:30 pm. Our half day children who normally are already finished for the day at 12:30pm may leave following the event. We hope everyone has a very safe and happy summer and we cannot wait to see most of you in the Fall. To our friends who are moving onto Kindergarten we wish you the very best! You've got this! You rock!

Here are some books to enjoy this month to go along with the themes:



Reminders:

- Please remember to apply sunscreen in the morning to your child before coming to school
- Please follow the calendar for any events coming up
- Please remember that pick up is at 12:30 pm



Dates to remember:

June 9th Open House 2:45-4:00pm

June 13th Family engagement Story time 10:00am

June 14th Flag Day

June 16th Open Air Market @ 12:15 PM on the playground

June 17th Family Event Ice Cream Sundae Party 12:30

June 19th Father's day

June 20th Parent Meeting @ 3:00pm

June 21st Open House 2:45-4:00pm

June 21st Summer Solstice

June 22nd End of the Year Celebration - Pizza Party @ 11:00am Family Event and Celebration to follow *Rain date (June 24th) *

June 30th Last day of the school year

June Policy Council Meeting on Thursday, June 9th at 6:30 PM – Joint meeting with the Board of Directors



Monthly Themes:

- Pond Life
- Camping

Creative Curriculum:

- Insects

STEM:

- Earth and Space Science



Things to do with your family:

- Lexington Public Library
Cary Memorial Library | (781) 862-6288

1874 Massachusetts Avenue, Lexington, MA 02420

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

- Woburn Public Library

45 Pleasant St, Woburn, MA, USA

(781) 933-0148

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

- Burlington Public Library

22 Sears Street

Burlington, MA 01803

Phone: 781-270-1690

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

- Family Access Newsletter
Check out your email to see of any events that are happening
- Burlington Recreation Center
<https://www.burlington.org/203/Recreation-Center>
- Woburn Recreation Center
<https://woburnma.myrec.com/info/default.aspx>
- Lexington Community Center
<https://www.lexingtonma.gov/recreation-community-programs>

Parent Meeting @ 3:00pm Virtual on Monday June 20th, 2022

Parent Council Meeting @ 6:30 PM on Thursday, June 9, 2022

- Presentation of Agency Self-Assessment & Annual Audit Results
- This is a joint meeting with the Board of Directors





Family Event: This month is full of events. For our first Family event we will have our Open Air Market that was rescheduled May to June, out on our playground. On June 16, @ 12:15 PM

For our second event we will be having our very first Ice Cream Sundae Party. We would like to invite all of the parents to please join us after you pick up your child. You may come out onto the playground and create your own sundaes. You may take your child home early if you would like to for the duration children. On June 17th, @ 12:30 pm.

Our final and last family event will be our end of the year celebration. This will be the day that we celebrate the children. We will serve pizza and a fruit salad at lunch time. Followed by a small ceremony where the children will sing a song and receive a certificate of completion. This will be on June 23rd @ 11:00am. We have scheduled a rain date in case and that will be on June 24th same time. Also you may pick up your child after the event if you so choose to.

Family Engagement: We would like to invite all of the families to join us for a fun 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. This is the author from last 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. We are trying to make up for last month.



Kindergarten readiness: We have just one more month of school here at Burlington Creative Start, and then it will be summer time!

But before we go, we are still working together to help our rising kindergarteners get ready! We are still practicing our name, but we are also working on following directions and sitting still. This month we will set up a “cafeteria” for the kids to practice getting their lunches on a tray. The kindergarten families will also be invited to participate together in a virtual fun activity. Don't forget that Woburn is having its **“Get Ready for Kindergarten Day” on June 2!** All kindergarten families should have received information about this fun and important day from their elementary school.



Open Air Market: We will be having an Open Air Market available with donations that we received from local companies in the community. You will be able to browse around and pick what you like.

Second Step: Second Step: Social-Emotional Skills for Early Learning

During the Month of May, we began to work on identifying emotions. We talked about what someone looks like when they are happy, sad and surprised. We also talked a little bit about why someone might be feeling one of these emotions. This week, and leading into June we will talk about what someone looks like when they are scared and angry, and why they might feel that way. Then we will begin to explore how some children have the same or different feelings from each other, and how to respond in a caring and helping way when they see an emotion in another person.



As always, the best way for kids to learn is through practice. We practiced identifying emotions when kids arrived at school in the morning. At the end of each lesson we ask kids to go off and look for and identify emotions in their friends and family. You can help them learn too! Ask them how they are feeling. Ask if they can see how you are feeling by looking at your face. If you are doing an activity with them, tell them how it makes you feel to do the activity and ask them how they feel. Practicing and promoting empathy can help children do well in school, feel accepted by peers and make friends.

4-Ingredient Fat Free Chocolate Pops (Easy Homemade Fudgesicles)

YIELD: 8

4-Ingredient Fat Free Chocolate Pops (Easy Homemade Fudgesicles)
4-Ingredient Fat Free Chocolate Pops (Easy Homemade Fudgesicles)



You only need 4 simple, pantry-staple ingredients to make these yummy, nonfat Chocolate Popsicles! So easy, and these homemade Fudgesicles are still decadently rich and creamy!

• Ready in 30 Minutes or Less (Plus Freezing) • Freezable • Make Ahead • Vegetarian • Gluten Free •

PREP TIME

5 minutes

TOTAL TIME

5 minutes

Ingredients

1 (12-ounce) can fat-free, evaporated milk (such as Carnation – NOT sweetened condensed milk)

1/3 cup cocoa powder

1/3 cup nonfat milk (refrigerated)

1/3 cup honey

Instructions

Whisk all ingredients in a medium bowl until completely mixed together, making sure cocoa powder is completely dissolved.

Divide mixture evenly among 8 three-ounce ice pop molds.

Freeze until solid, then unmold and enjoy.

Nutrition Information: YIELD: 8 servings SERVING SIZE: 1 Fudgesicle

Amount Per Serving: CALORIES: 97 TOTAL FAT: 0g SATURATED FAT: 0g TRANS FAT: 0g UNSATURATED FAT: 0g CHOLESTEROL: 2mg SODIUM: 60mg CARBOHYDRATES: 19g FIBER: 1g SUGAR: 17g PROTEIN: 5g

Nutrition information should be considered an estimate only, and may vary depending on your choice of ingredients or preparation. No guarantees are made regarding allergies or dietary needs. Always consult a physician or dietician for specific advice and questions



Summer Safety:

Summer safety for kids

1. Keep watch to prevent drowning.

Summer water safety should be top of mind for parents, regardless if you have a pool in your backyard or visit a community pool. It only takes seconds for drowning to happen. Actively supervise children at all times when in or around water, and make sure you have the right equipment to keep pools safe. See more pool safety tips.



2. Look for signs of heat exhaustion.

Cases of heat stroke spike during the summer months, and this can be life-threatening in children. Prior to heat stroke, kids often show milder symptoms such as heat cramps and heat exhaustion. Make sure children take water breaks and wear lightweight clothing when playing outside. Learn how to recognize the signs of heat stroke.



3. Check for car safety.

Make sure your child's car seat is properly fitted before hitting the road for a family vacation. Never leave a child unattended in a car. The temperature inside a car can rise quickly, and just a few minutes can be the difference between life and death. Establish a routine to check the car before locking, and see more tips to prevent hot car deaths.



4. Protect skin from the sun.

Apply sunscreen with SPF 30 or higher whenever your child is going to be outdoors. Reapply every three hours or immediately after your child has been in or splashed by water. Try to avoid outdoor activities during peak sunshine hours, and consider dressing children in sun protective clothing.

5. Avoid bug bites.

As the weather warms up, bugs come out in full force. To avoid bug bites, apply insect repellent before spending time outdoors, avoid using heavily scented soaps or lotions and cover arms and legs as much as possible. See tips for treating bug bites at home and signs you should call the doctor.



6. Enjoy fireworks safely.

More than 10,000 people are treated in emergency departments in the U.S. each year due to injury from fireworks, and of these, nearly a third are children under 15. If you're celebrating summer holidays with a bang, keep kids safe. Read instructions carefully, and never let young children touch or light fireworks. See more tips for fireworks safety.

7. Drink enough water.

Kids are more prone to dehydration than adults, and their risk increases as temperatures rise. The amount of water a child should drink varies by age, weight and activity level. However, a general rule is to take half of your child's weight (up to 100 pounds) – and that's the number of ounces of water they should drink every day. See tips to encourage proper hydration.

8. Don't monkey around.

Playground-related injuries account for more than 200,000 ER visits each year. Always supervise children on playgrounds, and choose the right play equipment for your child's age and skills. In the summer sun, it's also a good idea to carefully touch equipment to check for hot surfaces before playing on it. See more tips for summer safety for kids on the playground.



9. Wear a life jacket on boats.

If you're heading to the lake to cool off this summer, make sure to bring a U.S. Coast-Guard approved personal flotation device. A properly fitted life jacket is snug yet comfortable, and will not move above the chin or ears when you lift it at the shoulders. See more tips for boating and lake safety.



10. Ride bikes the smart way. Apart from automobiles, bicycles are related to more childhood injuries than any other consumer product. Wearing a helmet is the first rule to preventing serious bicycle injuries in kids. Make sure bikes and helmets fit kids properly and follow smart rider rules. See more tips for bicycle safety.



Burlington Creative Start - June 2022 Menu

Tuesday	Wednesday	Thursday	Friday
	<p>1 Breakfast: Multi Grain Cheerios, Fresh Fruit & 1 % Milk</p> <p>Lunch: Whole Grain Crispy Chicken Bites, Whole Grain Buttered Noodles, Carrots, Fresh Fruit & 1 % Milk</p>	<p>2 Breakfast: Kix, Fresh Fruit & 1% milk</p> <p>Lunch: Philly Chicken & Cheese Sub, Whole Grain Hot Dog Bun, Mixed Vegetables , Fresh Fruit & 1 % Milk</p>	<p>3 Breakfast: Blueberry Muffins, Fresh Fruit & 1% Milk</p> <p>Lunch: Whole Grain Cheese Pizza, Broccoli, Fresh Fruit & 1 % Milk</p>
<p>7 Breakfast: Multi Grain Cheerios, Fresh Fruit & 1% Milk</p> <p>Lunch: Grilled Cheese Sandwich on WG Croissant Tater Tots, Fresh Fruit & 1 % Milk</p>	<p>8 Breakfast: Kix, Fresh Fruit & 1 % Milk</p> <p>Lunch: Meatball Sub (Turkey) w/Red Sauce & Mozzarella, Whole Wheat Hot Dog Bun, Broccoli, Fresh Fruit & 1 % Milk</p>	<p>9 Breakfast: Corn Muffins, Fresh Fruit & 1% milk</p> <p>Lunch: Breakfast Turkey Sausage, Whole Grain Mini French Toast, Sweet Potato Home fries, , Fresh Fruit & 1 % Milk</p>	<p>10 Breakfast: Multi Grain Cheerios, Fresh Fruit & 1% Milk</p> <p>Lunch: Whole Grain Cheese Pizza, Green Beans w/ Peppers, Fresh Fruit & 1 % Milk -Veggie Menu</p>
<p>14 Breakfast: Kix, Fresh Fruit & 1% Milk</p> <p>Lunch: Whole Grain Cheese Ravioli w/Red Sauce, Green Beans, Fresh Fruit & 1% Milk</p>	<p>15 Breakfast: Corn, Fresh Fruit & 1 % Milk</p> <p>Lunch: WG Chicken Empanada, Brown Rice, Stewed Kidney Beans, Fresh Fruit & 1% Milk</p>	<p>16 Breakfast: Multi Grain Cheerios, Fresh Fruit & 1% milk</p> <p>Lunch: WG Breaded Chicken Parmesan Sandwich, Whole Grain Bun, Fresh Fruit & 1% Milk</p>	<p>17 Breakfast: Kix, Fresh Fruit & 1% Milk</p> <p>Lunch: Whole Grain Cheese Pizza, Broccoli, Fresh Fruit & 1% Milk</p>
<p>21 Breakfast: Blueberry Muffins, Fresh Fruit & 1% Milk</p> <p>Lunch: Whole Grain Maple Pancake w/Chicken Sausage Sandwich, Sweet Potato Hash, Fresh Fruit & 1% Milk</p>	<p>22 Breakfast: Multi Grain Cheerios, Fresh Fruit & 1 % Milk</p> <p>Lunch: Teriyaki Chicken Pot stickers, Whole Grain Brown Rice, Mixed Vegetables , Fresh Fruit & 1% Milk</p>	<p>23 Breakfast: Kix, Fresh Fruit & 1% milk</p> <p>Lunch: BBQ Pulled Chicken, Whole Grain Hamburger Bun, Corn w/Peppers, Fresh Fruit & 1% Milk</p>	<p>24 Breakfast: Corn Muffins, Fresh Fruit & 1% Milk</p> <p>Lunch: Whole Grain Cheese Pizza, California Blend Vegetables, Fresh Fruit & 1% Milk</p>
<p>28 Breakfast: Multi Grain Cheerios, Fresh Fruit & 1% Milk</p> <p>Lunch: Grilled Cheese on Whole Grain Croissant, Tater Tots, Fresh Fruit, 1 % Milk,</p>	<p>29 Breakfast: Kix, Fresh Fruit & 1% Milk</p> <p>Lunch: BBQ Chicken, Whole Grain Brown Rice, Sweet Potatoes, Fresh Fruit, 1 % Milk,</p>	<p>30 Breakfast: Blueberry Muffins, Fresh Fruit & 1% Milk</p> <p>Lunch: Whole Grain Popcorn Chicken, Brown Rice, Broccoli, Fresh Fruit, 1 % Milk,</p>	<p>ALL MILK IS UNFLAVORED 1% milk served to children over age 2</p>

Melanie Johnston
5-27-22

FRUITS & VEGGIES

Everyone needs fruits and vegetables in their diet daily.

Fruits and vegetables help maintain a healthy weight.

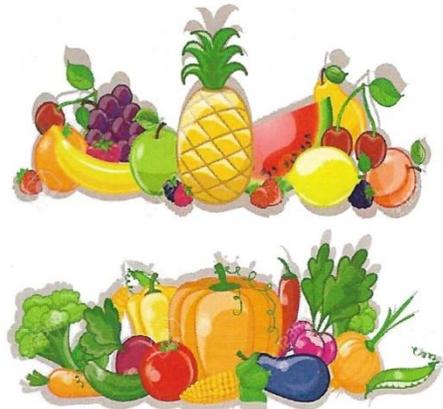
They can help reduce the risk of many diseases like cancer, diabetes, and heart disease.

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

whats in season june

Artichokes	Greens
Asparagus	Leeks
Avocados	Mango
Bananas	Melons
Beets	Mushrooms
Blackberries	Okra
Blueberries	Papaya
Bok Choy	Peas
Broccoli	Pineapple
Carrots	Potatoes
Corn	Raspberries
Cauliflower	Stone Fruit
Celery	Strawberries
Cherries	Summer Squash
Cucumbers	Tomatoes
Grapes	Vidalia Onions
Green Beans	Zucchini

visit healthyfamilyproject.com for recipes
using these seasonal fruits & veggies



- 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.





June CC Vegetarian Lunch Menu

Delivering health one meal at a time!

Monday

Tuesday

Wednesday

Thursday

Friday

Sweet Mango Chili Tofu, Whole Grain Brown Rice, Edamame & Corn, Fruit, BBQ Sauce	Grilled Cheese on Whole Grain Croissant, Tater Tots, Fruit, Ketchup	Meatball Sub (Vegetarian) 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
6	7	8	9	10
Veggie Burger, Whole Grain Bun, Hash Brown Patty, Fruit, Ketchup	Whole Grain Cheese Ravioli w/Red Sauce & Mozzarella, Mixed Vegetables, Fruit	Bean & Cheese Burrito, Brown Rice, Stewed Kidney Beans, Fruit	Breaded Eggplant, Parmesan Sandwich, Whole Grain Bun, Green Beans, Fruit	Whole Grain Cheese Pizza, Broccoli, Fruit
13	14	15	16	17
June/teenth Holiday	Whole Grain Pancake w/Veggie Sausage Sandwich, Sweet Potato Hash, Fruit, Ranch Dipping Sauce	Veggie Poststickers, Whole Grain Brown Rice, Mixed Vegetables, Fruit	BBQ Pulled Tofu Sandwich, Whole Grain Hamburger Bun, Corn w/Peppers, Fruit, Ketchup	Whole Grain Cheese Pizza, California Blend Vegetables, Fruit
20	21	22	23	24
Whole Grain Vegan Chik'n Nuggets, Brown Rice, Mixed Vegetables, Fruit, Ketchup	Grilled Cheese on Whole Grain Croissant, Tater Tots, Fruit, Ketchup	BBQ Baked Beans, Whole Grain Brown Rice, Sweet Potatoes, Fruit	Veggie Fritters, Brown Rice, Broccoli, Fruit, Fluid Milk, Sweet & Sour Dipping Sauce	
27	28	29	30	