

Woburn Creative Start

We are excited for the new year to start and are looking forward to welcoming new children and welcoming back returning children. Here are some tips for getting your child ready for school.

Create a routine

Summertime schedules are often different than school year schedules, and there's nothing wrong with that. Children do well with routine. Establishing a school routine early is important. A consistent routine with A set wake-up time and morning routine can help you and your child feel prepared and reduce stress.

Talk and read about school.

Listen to your child and answer any questions they might have. Share insights into when you were in school and all the fun you had there. Read and make books about school with your child – it's a great bonding time, and often the books will spark a great discussion.

Prepare for back-to-school emotions.

Sometimes young children deal with separation anxiety when back to school time rolls around. Honestly, some parents have trouble separating from their children too. In both cases, those feelings are totally normal!

Keep having fun!

Keep up your weekly and monthly traditions, as well as your nightly sleep rituals. Reading together, having dinner together are some examples of staying connected to your child.

MEET THE STAFF

Center Administrator-Ms Donna Education Manager-Ms Missy
Family Support Specialist Ms Jeanmarie & Ms Renata
Mental Health Specialist-Ms Greta

Educators

Class 1A Ms Ashleigh, Ms Tita, Ms Djouida
Class 2 Ms Ann, Ms Thea, Ms Souad
Class 3 Ms Haley, Ms Leticia, Ms Amina
Class 4 Ms Rhonda, Ms Jeanmarie
Class 7 Ms Amarjit, Ms Lisa, Ms Jojo

Important Dates

- September 4th & 5th-Class 1A, 2, and 3 visiting day
- September 6th-Class 4 & 7 full day children visiting day
- September 19th- Parent Meeting @ 8:30
- September 24th-Class 4 half day children visiting day
- September 26th-2:00-3:00 Welcome back to school family event



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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 9:00AM at 781-932-9578. Leave a message if nobody picks up. For an absence to be excused, please bring us a doctor/s note if your child goes to the Doctor or dentist.



Social Emotional Corner

Welcome to returning and new families! While your child is here at Woburn Creative Start they will be a part of interactive social-emotional learning.

Preschoolers will participate in Second Step. Through puppets, pictures, songs, books and activities children will learn: 1) Skills for learning 2) Emotions and empathy 3) Emotion management 4) Cooperation and problem solving.

Infants & Toddlers will participate in Baby Circle Time and learn I Love You Rituals Both of these activities involve songs and rhymes and promote connection-building.

At parent meeting you can learn ways to continue the lessons at home to maximize children's learning.



Positive Solutions for Families & Parent/Guardian Collaboration

Each year I (Ms. Greta) run a workshop for parents and caregivers. We discuss strategies for strengthening connections with children, setting them up for success and addressing challenging behaviors. The curriculum, Positive Solutions for Families, provides caregivers with opportunities to learn evidence-based strategies as well as share and learn from one another. Please let me know if you are interested in attending.

At our center we strive to create a collaborative environment with caregivers. Please feel free to ask any questions or express thoughts or concerns. As the Mental Health Specialist/Social Worker, I am always available to collaborate with families on parenting strategies, your child's development, potential child concerns or parent stress. Don't hesitate to reach out!



Curriculum

Classrooms are studying: *Welcome to School/Fire/Pedestrian Safety*

Children will be introduced to the environment and to each other. Children will become familiar with routines and have opportunities to explore their indoor and outdoor environments. Children will begin to learn what it is to be a friend and what qualities make a person a good friend. Children will also learn about one another and compare similarities and differences.

Classrooms will introduce Fire and pedestrian safety. Children will create rules for their classroom as well as the playground. Classrooms will discuss fire drills and what to do. Children will practice crossing the street by looking both ways.

Lending Library

Books are available for you and your child to borrow and return. Our Lending Library is located at the entryway near the IPADs. Please explore the books that are available and let us know if you are looking for something specific. Please sign out the title of the book and your name, take it home to read, when you bring it back please sign it back in with the date.

Family Engagement

Families are encouraged to participate and volunteer in the classroom. Here are a couple of ideas on how you can be part of family engagement.

1. Attend parent meetings
2. Join Policy Council
3. Attend center events
4. Volunteer in the classroom and complete family engagement activities



**Woburn Creative Start
September 2024
Breakfast Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day Agency Closed	3	4	5	6 WG Muffin Fruit Milk
9 WG Cereal Fruit Milk	10 WG Muffin Fruit Milk	11 WG Croissant Fruit Milk	12 WG Pancakes Fruit Milk	13 WG Bagel Fruit Milk
16 WG Cereal Fruit Milk	17 WG Muffin Fruit Milk	18 WG Croissant Fruit Milk	19 WG French Toast Fruit Milk	20 WG Croissant Fruit Milk
23 WG Cereal Fruit Milk	24 WG Muffin Fruit Milk	25 WG Croissant Fruit Milk	26 WG Waffle Fruit Milk	27 WG Bagel Fruit Milk
				All Milk is unflavored 1% milk served to children over age 2

Cavin Berglund R.D. 8/21/24



**Woburn Creative Start
September 2024
Lunch Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day Agency Closed	3	4	5	6 WG Pizza Oven baked fries Pineapple Milk
9 Chicken Alfredo w WG/pasta Broccoli Apple Milk vegetarian: White bean alfredo WG pasta	10 Chicken Nuggets Corn & Red peppers Fruit Milk Vegetarian: Veggie Bown WG rice	11 WG Pasta W/sauce Carrots Melon Milk Vegetarian: Farro W/feta, beans	12 Chicken WG rice Black beans Potatoe Banana Milk Vegetarian: Asian noodles w/black beans	13 WG Lasagna w/sauce Sweet Potato Pineapple Milk Vegetarian: Lentil Bolognese WG pasta
16 Chicken WG fried rice Broccoli Fruit Milk vegetarian: Tofu WG fried rice	17 BBQ chicken WG roll Baked beans Fruit Milk Vegetarian: White bean & vegetable Quinoa	18 Turkey Meatballs WG rice Mediterranean Vegetables Fruit Milk Vegetarian: Bean & cheese burrito WG	19 Asian WG noodles Green Beans Melon Milk Vegetarian: Lasagna with cheddar w/tortilla	20 Turkey smashburger WG roll Sweet potato tots Fruit Milk Vegetarian: Veggie Burger WG roll
23 Chicken WG fried rice Carrots Pineapple Milk vegetarian: Pinto Beans WG rice	24 Chicken Parm WG rice Broccoli Pear Milk Vegetarian: White Beans & Vegetable quinoa	25 Chicken Taco WG rice Vegetable Medley Orange Milk Vegetarian: Bean & cheese burrito WG tortilla	26 Chicken breast sandwich WG roll Corn Apple Milk Vegetarian: Mexican Lasagna with cheddar WG tortilla	27 WG Pizza Pinto Beans Banana Milk
				All Milk is unflavored 1% milk served to children over age 2

Cavin Berglund R.D. 8/21/24

Establishing a Healthy Bedtime Routine With Your Child

You can help your child adjust to the start of the new school year by setting up a consistent bedtime routine. Getting enough quality sleep is important for your child's learning, growth, and behavior. Children who regularly get enough sleep do better in school and have fewer behavior issues. Setting a routine can make bedtime easier and help make sure your child is getting enough sleep.



How Much Sleep Do Children Need?

Infants (0-12 months)	14-15 hours throughout the day
Toddlers (1-3 years old)	12-14 hours throughout the day
Preschoolers (3-5 years old)	11-13 hours throughout the day
School-aged children (5-12 years old)	10-12 hours

Tips for Building a Bedtime Routine

- 🚩 Set a regular bedtime, including the weekends.
- 🚩 Start your child's bedtime routine about 30-60 minutes before their bedtime. This allows your child to recognize its time for bed and for you to spend quiet time together.
- 🚩 Pick out clothes and other things your child may need. Having your child pick out their pajamas can help them feel involved and make bedtime more appealing.
- 🚩 Offer quiet activities. Reading a book or listening to soft music helps if your child is struggling to fall asleep.
- 🚩 Avoid using screens such as TVs, phones, tablets, or laptops. These make it harder for your child to fall and stay asleep.
- 🚩 Limit drinks. Beverages high in sugar or caffeine, such as juice, tea, coffee, and soda, should be avoided before bed.