

WALTHAM CREATIVE START NEWSLETTER DECEMBER 2024



Please make sure your children bring a jacket, hat and gloves. We go outside daily. If you do not have any, let us know and we can help you get some.

UPCOMING EVENTS:

NO SCHOOL:
12/23-1/1 - WINTER BREAK

EARLY RELEASE:
12/9 EXTENDED DAY PROGRAMS
WILL END 2 HOURS EARLY (2:15 PM)

EVENTS:

POLICY COUNCIL: 12/4

PARENT MEETING: 12/12

Winter Safety

With cold weather and slick roads and sidewalks, please plan ahead to make sure you are able to get here safely. That may mean adding some extra time into your commute in case roads are bad or detours are needed. We want to make sure everyone gets here and home safely.

FAMILY AND COMMUNITY OPPORTUNITIES

Winter Wonderland Event

We understand how busy and stressful December can be. As such, we will be hosting our next family event in January. We look forward to celebrating the season with you.



COMMUNITY EVENTS

Tuesdays, 10 am to 4:30 pm:
Waltham Clothing Exchange
First Parish, 50 Church St

WALTHAM PUBLIC LIBRARY:
Tuesdays, 10:30 am to 11 am: Te
Cuento un Cuento
Tuesdays, 6 pm to 6:30 pm: Family
Storytime
Wednesdays, 10:30 am to 11 am:
Toddler Time
Fridays, 10 am to 10:30 am: Baby
Storytime

COMMUNITY RESOURCE OF THE MONTH

Gas and Heat Discounts

Massachusetts has started a new program that gives automatic electric and gas discounts for families who have SNAP benefits. This can mean up to 25% of savings on gas and 42% of savings on electricity.

Families can also sign up for Massachusetts Home Energy Assistance Program (HEAP) which runs from November 1 to April 30. This program helps cover heating costs for many different heating sources, and can help give discounts even if the costs are already included in your rent. This program is based on income eligibility, and families enrolled in Head Start most likely qualify. Families do not need to be in public assistance programs to qualify. Search MassHEAP to apply online, go to <https://www.toapply.org/MassHEAP> or let someone in the office know if you are interested in learning more about the program.

SOCIAL EMOTIONAL CORNER

SECOND STEP:

THIS MONTH, WE WILL FOCUS ON IDENTIFYING THE FEELINGS OF FEAR, SURPRISE, AND ANGER.

WE WILL ALSO WORK ON HOW TO DIFFERENTIATE OUR FEELINGS TO HELP UNDERSTAND THEM. SECOND STEP WILL ALSO TALK ABOUT BEING A HELPING AND CARING FRIEND AND WHAT TO DO WHEN ACCIDENTS HAPPEN.

BABY DOLL:

WE WILL CONTINUE TO FOCUS ON BUILDING CONNECTIONS WITH THE BABY DOLLS. THIS CONNECTION WILL BE ACHIEVED BY IDENTIFYING DIFFERENT PARTS OF THE BABY'S BODY, AS WELL AS PLAYING PEEK-A-BOO GAMES WITH THE BABY. THE NURSERY RHYMES WILL ALSO HELP THE CHILDREN FOCUS ON SOOTHING AND CARING FOR THE BABY.



PARENTING GROUP:

OUR DECEMBER MEETING OF THE POSITIVE SOLUTIONS PARENTING GROUP WILL KEEP THE FOCUS ON KEEPING INTERACTIONS POSITIVE. WE WILL DISCUSS HOW PLAYFUL INTERACTIONS AND CREATING FUN IN EVERYDAY MOMENTS CAN BE A POWERFUL PRACTICE. WE WILL LINK BUILDING RELATIONSHIPS, USING POSITIVE COMMENTS AND ENCOURAGEMENT, AND PLAY TO CHILDREN'S BEHAVIOR. WE WILL ALSO EXAMINE WHY CHILDREN DO WHAT THEY DO. THIS MEETING WILL BE IN SPANISH AND ENGLISH.



PINE CONE BIRD FEEDERS



**As it gets colder, it becomes more difficult for birds to find food locally. Before it snows, go on a nature walk and collect pine cones. Bring them home and coat them with peanut butter or sunflower seed butter, then roll in seeds. Find a place on a tree outside and hang them for the birds to enjoy! For the recipe and more ideas, visit:
<https://www.countryhillcottage.com/diy-pinecone-bird-feeder/>**

In the Classroom

THIS MONTH, CLASSROOMS WILL BE COMPLETING AUTHOR STUDIES. AN AUTHOR STUDY HAS CHILDREN LEARNING ABOUT AUTHORS, THE PEOPLE WHO WRITE BOOKS, AND HOW THEY CAN WRITE MORE THAN ONE BOOK. WE EXPLORE MULTIPLE BOOKS BY FAVORITE AUTHORS.

WE WILL ALSO BE OPENING ANOTHER PRESCHOOL CLASSROOM THIS MONTH.



"If you want your children to be intelligent, read them fairytales. If you want them to be more intelligent, read them more fairytales."

- Albert Einstein

Rice Cake Animals



A fun and healthy snack for kids are rice cake animals.

Ingredients can include your favorite type of rice cake, a spread (like peanut butter, cream cheese, or hummus) , and fruits or vegetables to decorate.

Great combos include:

- **Rice cake, peanut butter, bananas, strawberries, blueberries**
- **rice cake, hummus, carrots, celery**
- **rice cake, cream cheese, coconut flakes, blueberries**

For more ideas:

<https://www.messforless.net/easy-owl-rice-cakes/>