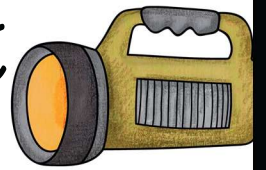
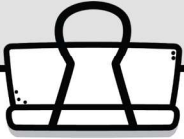


Lexington Creative Start



NEWSLETTER

JUNE



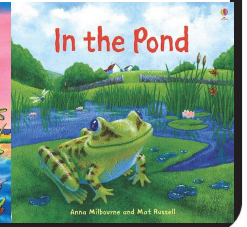
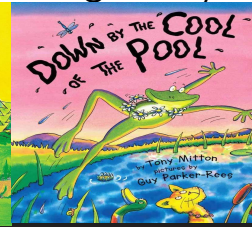
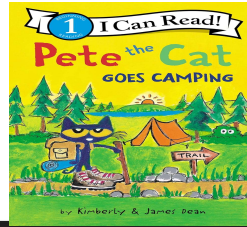
Upcoming EVENTS

- June 3** No preschool
- June 4** Open House 2:30
- June 7** 8:30 Parent Workshop
- June 10** STEM event
- June 12** 1:30 Potluck Family Event
- June 13** Parent Meeting 1:00
Open Air Market 2:15
- June 17** No Preschool
- June 18** No School
Staff Training
- June 19** No School
Juneteenth Day
- June 20** Class 1 Preschool
End of the year celebration 12:00
- June 24** No Preschool

OUR LEARNING

focus...

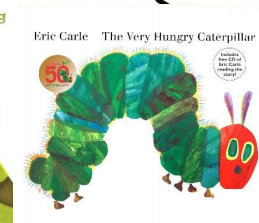
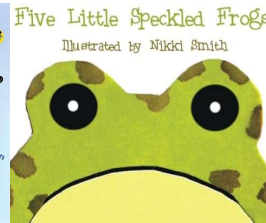
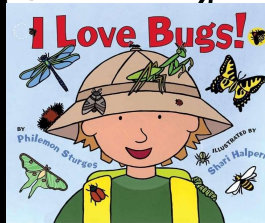
Our theme this month is camping, insects and pond life. We will be collecting insects to study in our science area. We will learn all about bugs and frogs! We will study the life cycle of a frog from tadpole to adult frog. Our dramatic play area in the preschool will be an ice cream shop! In the toddler room we are going to create our own insects through recycled materials.



Special

June 12, 2024 Family Potluck Bring your favorite dish from your culture to share! The children will be decorating the space with flags from different countries. We are excited to have you share your culture with us!

Literacy



CONTACT INFO



NEWSLETTER!

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Page 2

Social Emotional Experiences

Second Step Classroom #1 Preschool
This month through Second Step we are working on how to manage big feelings. We are also learning ways to identify and manage our emotions. We are also learning how to manage disappointment and waiting.

Baby Doll Classroom #2 Toddlers
In babydoll this month we are working on welcoming our new friends and connecting with others. We are also learning new skills like impulse and emotional control.

In our friendship skills group we have all future kindergarten friends who are going to kindergarten in the Fall. They will be working on independent skills, making new friends, and learning what happens in kindergarten.

End of The Year Celebration June 20, 2024

For Preschool class 1. We are excited to show you a little piece of what we have learned this year. We will have a show for the parents and a treat to follow!

STEM Event June 10, 2024

Located at 2 Militia Drive Room 105

Please join us for the STEM event where children can participate in many activities that highlight science technology engineering and math. Please bring family and friends to show our stem involved activities we have been working on in the classroom.

PARENTS CORNER

Don't forget to share your voice at the Policy Council meeting June 26, 2024 at 6 p.m. Via zoom.

Our Last Parent workshop Series will be on June 7, 2024 at 8:30 am. We will have some refreshments to start the day and a kick off to summer at this months group! Our topic this month will be The Power of Routines.

COUNTDOWN TO KINDERGARTEN!

Kindergarten Preparation:

We will continue to focus on preparing our students for kindergarten. So many of our friends are learning to write their name, letters, and numbers. They are also working on their independent skills for example putting their belongings in their cubby, walking in a line, and following directions.

June

2024



| | | | | | |
|------------------|--|---|---|---|--|
| BREAKFAST | WG Cereal & Fresh Fruit Chicken Alfredo WG Pasta White Bean Alfredo with WG Pasta Gr. Chicken with brown rice Steamed Broccoli Fresh Apple | WG Blueberry muffin & Pineapple Chicken Nuggets, Confetti Brown rice Vegetarian Dumplings, Brown Rice Same as main meal Corn & Red peppers Fresh Fruit | WG Croissant & Chilled Peaches WG Pasta with Meat Sauce WG Raviolis with marinara Same as main meal Fresh Carrot coins Fresh Melon | WG Pancakes, Syrup & Fresh Fruit Roasted Chicken & WG yellow rice with corn WG Spanish Rice & Beans Same as main meal Black Bean sauce with Potatoes Fresh Banana | WG Bagel, butter & Fresh Fruit WG Lasagna with Marinara Sauce Same as main meal Lentil Bolognese over WG pasta Roasted Sweet Potato Diced pineapple |
| BREAKFAST | WG Cereal & Fresh Fruit Chicken Teri over WG Fried Rice Tofu Teri with WG Fried Rice Chicken Teriyaki with (EF) WG Fried Rice Fresh Steamed Broccoli Fruit Cup | WG Apple Cln Muffin /Fresh Fruit BBQ Pulled Chicken with WG Roll Sweet Veggie Bowl - WG Rice, blk beans corn peppers, cheese & salsa Same as main meal BBQ Vegetarian Baked Beans Fresh Fruit | WG Bagel with butter & Fresh Fruit Greek Turkey Meatballs with WG Pilaf Farm with Feta, Kidney Beans, tomato Same Rst Mediterranean Blend Vegetables Fresh Fruit | WG French Toast Sticks & Apple Asian Sesame WG Noodles with Black Beans and Chicken Asian Sesame Noodles with Black Beans & Tofu Asian Noodles with Black Beans & chicken Seasoned Green Beans Fresh Melon | WG Croissant, Jelly & Fresh Fruit Smashburger - WG roll Veggie Burger - Wg roll Turkey Smashburger -GF roll Sweet potato tots Fresh Fruit |
| BREAKFAST | WG Cereal & Fresh Fruit Jamaican Beef Patty with WG Rice Cilantro Lime Pinto Beans with red peppers & WG Rice Cilantro Lime Chicken w/ Rice Steamed Carrots Chilled pineapple | WG Banana Muffin & Pineapple Chicken parm with Italian style WG rice White Bean & Vegetable Quinoa Grilled Chicken with marinara & WG Pasta Fresh Garlic Broccoli Fresh pear | WG Croissant & Chilled Peaches Chicken Taco with Mexican rice Bean & Cheese Burrito WG tortilla Same Vegetable medley Fresh Orange | WG Waffle & Apple Sauce Brd Chicken Breast Sandwich on WG roll Mexican lasagna with Cheddar WG tortilla Grilled Chk Sandwich on a WG roll Mexicali Corn Fresh Apple | WG Bagel, butter & Fresh Fruit Sal's WG Pzza same Shredded Jerk Chicken with WG Rice Seasoned Pinto Beans Fresh Banana |
| BREAKFAST | WG Cereal & Fresh Fruit BBQ Chicken with Dirty Rice Vegetable & cheese Frittata WG Rice Same Seasoned Carrots Fresh Apple | WG Blueberry muffin & Fresh Fruit Hot Hawaiian turkey Wrap with Same with pinto beans Same with GF wrap Fresh Broccoli Chilled Pineapple | WG Bagel with butter & Fresh Fruit Chicken & Cheese Quesadilla WG Cheese & Veg quesadilla WG tortilla Chicken & rice burrito on corn Sweet Kernel Corn Banana | WG Pancakes, Syrup & Fresh Fruit Baked WG Mac & Cheese same WG pasta with meat sauce Seasoned White Cannellini Beans Fresh Watermelon | WG Croissant, Jelly & Fresh Fruit Sweet & Sour Chicken w/ Brown Crispy tofu with Sweet & Sour Sauce & Rice Same as main meal Seasoned Green Beans Fresh Orange |

Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.

All meals meet the CACFP guidelines - All breads, rice, pasta and snacks are WG/AFGR
Baby Carrots, Raisin & Juice will not be served to pre-school children
these will be substituted with CACFP approved snack

Milk is served with both Breakfast and Lunch. Based on age group Whole, 1%, Skim and Lactaid

Allergen: soy, fish, shellfish, egg, dairy, peanut, tree nut, GF & sesame

Carini Benglund R.D. 5/17/24



Massachusetts WIC Farmers' Market Nutrition Program

This summer families that receive WIC are eligible to receive \$30 worth of vouchers that can be used at local farmers markets

What are farmers' market coupons?

- These are coupons provided by WIC that can be used to purchase fresh vegetables and fruits sold at local farmers markets
- They are in addition to your regular WIC benefits and can not be used at the grocery store.

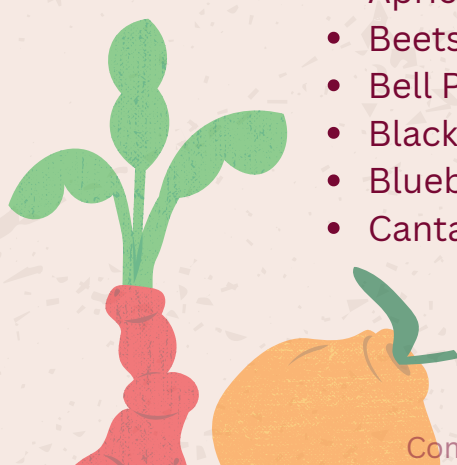
Where do I get the coupons?

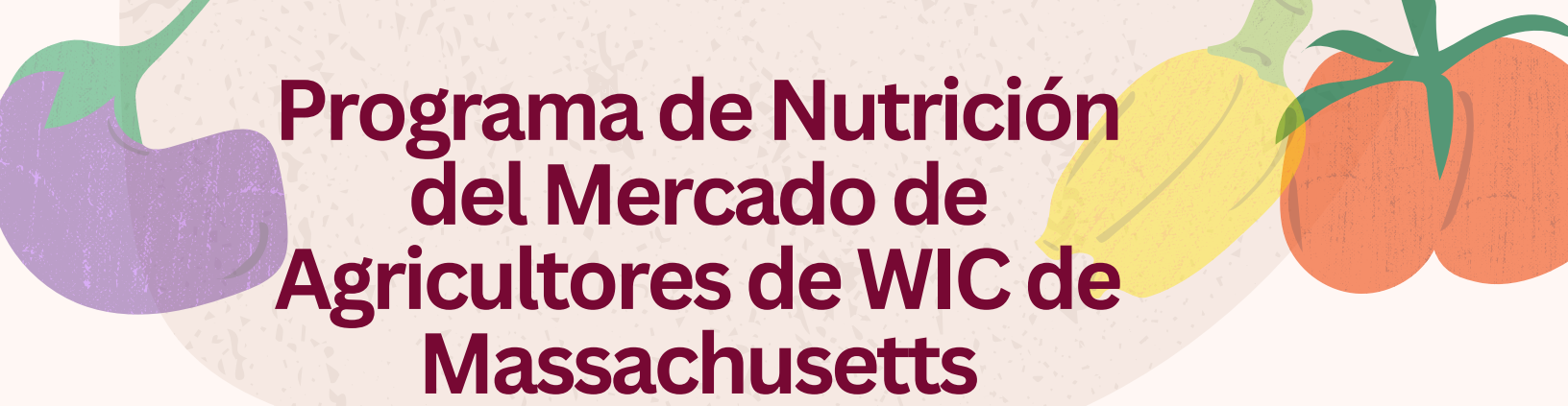
- Please contact your local WIC office as they are provided in person ONLY at WIC. The coupons will be available June 11.

How do I use them?

- The coupons can be used with participating farmers at certain markets. Use the link below to find the markets in Massachusetts that accept WIC coupons:
<https://www.mass.gov/doc/farmers-markets-in-massachusetts-pdf/download>
- Each coupon is worth \$5.00 and no change can be given. Remember to bring small bills and change so you can pay the difference if you go over the amount.

The various fruits and vegetables that will be in season:

- 
- Apples
 - Apricots
 - Beets
 - Bell Peppers
 - Blackberries
 - Blueberries
 - Cantaloupe
 - Carrots
 - Corn
 - Cucumbers
 - Eggplant
 - Green beans
 - Honeydew Melon
 - Peaches
 - Plums
 - Raspberries
 - Strawberries
 - Summer squash
 - Tomatoes
 - Watermelon
 - Zucchini



Programa de Nutrición del Mercado de Agricultores de WIC de Massachusetts

Este verano, las familias que reciben WIC son elegibles para recibir vales por valor de \$30 que pueden usarse en los mercados de agricultores locales.

¿Qué son los cupones del mercado de agricultores?

- Estos son cupones proporcionados por WIC que se pueden usar para comprar verduras y frutas frescas que se venden en los mercados de agricultores locales.
- Son adicionales a sus beneficios regulares de WIC y no se pueden usar en el supermercado.

¿Dónde consigo los cupones?

- Comuníquese con su oficina local de WIC, ya que SÓLO se brindan en persona en WIC. Los cupones estarán disponibles el 11 de junio.

¿Cómo las uso?

- Los cupones se pueden utilizar con los agricultores participantes en los mercados autorizados. Utilice el siguiente enlace para encontrar los mercados en Massachusetts que aceptan cupones WIC:

<https://www.mass.gov/doc/farmers-markets-in-massachusetts-pdf/download>

- Cada cupón vale \$5.00 y no se puede dar cambio. Recuerda llevar billetes pequeños y cambio para poder pagar la diferencia si te pasas del monto.

Las diversas frutas y verduras que estarán en temporada:

- 
- Manzanas
 - Remolacha
 - Pimientos
 - Moras
 - Arándanos
 - Cantalupo
 - Zanahorias
 - Maíz
 - Pepinos
 - Berenjena
 - Judías verdes
 - Melón dulce
 - Melocotones
 - Ciruelas
 - Frambuesas
 - Fresas
 - Calabaza de verano
 - Tomates
 - Sandía
 - Calabacín