

Woburn Creative Start



Staying Happy and Healthy during the Holiday Season

The holidays are a time of family gatherings and cheer but the preparation of cooking, cleaning, and shopping can be overwhelming. There are simple steps you can do to help minimize the stress that is associated with the holidays.

Plan ahead: If you're hosting a gathering, create a menu and grocery list (stick to it). You may want to delegate some of the dishes to family members or guests to minimize your to do list.

Set a budget: set a budget for your menu and gifts. If you are crafty, make some homemade gifts and include your family for family time! This can be helpful all year round.

Limit your commitment: Attend only gatherings you can, and say no thank you, when you can't.

Create a relaxing atmosphere: Play music and have soothing scents, such as citrus, to help boost positive feelings and relaxation.

Maintain healthy habits or try new healthy habits: Take a short walk outdoors after meals, if you have an exercise routine, stay the course, and try to eat healthy snacks such as fresh fruit or vegetables. If you go for that extra piece of pie, be forgiving of yourself, restart your plan the next day.

Be realistic: Instead of stressing over perfection, give yourself permission to relax and enjoy quality time with your loved one to create special memories for years to come! Whether you celebrate the holidays or not, the task of balancing work, home cooking, cleaning, and children, can all bring unwanted stress and anxiety, these helpful steps may make a difference to keep you in balance!

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Reminders:

It is important that families come to school at their designated time for drop off and pick up. Families can enter the building only when their child's classroom starts. Please remember to pick up by the ending time for your child's class.

Do not leave children unattended in the car. This poses a risk to children's safety and wellbeing.

Let's stay healthy: If your child is not feeling well or has multiple symptoms (cough, thick nose discharge, fever) please keep your child home. If you are unsure please call the center.

If your child will be absent, please call us by 9:15AM at 781-932-9578. Leave a message if nobody picks up.

Thank you for your cooperation!

Dates to Remember:

- Dec 4th —Policy Council @ 10AM Lexington
- Dec 5th —Parent meeting at drop off
- Dec 12th —Positive solutions with Ms Greta
- Dec 19th—Open air Market at pick up
- Dec 23rd—Dec 27th —Winter Break—School Closed
- Dec 30th & 31st-Professional development day School Closed
- Jan 1st—School Closed Happy New Year!

Outdoor play: We follow the EEC weather chart for the "feels like" temperature and go outside during colder months. Please send your child to school with jackets, hats and mittens. Please label all items with your child's name if possible. If there is snow on the ground send your child in with boots.



Social Emotional Corner



Second Step

The preschoolers finished “skills for learning” and they have started learning about feelings. The Puppy and Snail puppets have taught the children about the feelings “happy” and “sad.” The children are starting to identify these feelings in themselves and others. At home you can help children identify their feelings by saying “You look like you’re feeling sad” or “I can tell you feel mad.” This is the first step towards helping children manage these emotions.



Baby Doll Circle Time

During Baby Doll Circle and singing time, the infants and toddlers are continuing to learn about body parts. The toddlers find baby’s feet, head etc. and infants have been singing “Head Shoulders Knees and Toes” in English, Spanish and Portuguese. You can sing a song about body parts in your family’s language and help your child identify their body parts.

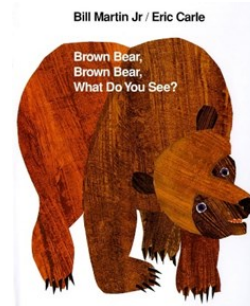
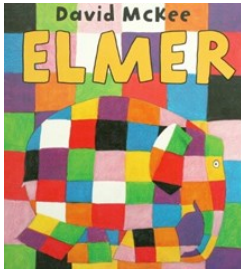
Positive Solutions for Families

In November we had our second meeting of Positive Solutions for Families. The topic was “Keeping it Positive.” We discussed putting redirections in the positive. For instance, saying “walking feet” instead of “don’t run.” Parents also took time to reflect on all the positive parenting they are currently doing. At the next meeting we will talk about how behavior has meaning and how knowing the meaning of children’s behavior can help us best respond to it. We will meet on Thursday, December 12th at 8:30am. Portuguese translation will be provided.

Curriculum

December is Author Study Month

Classrooms will explore David McKee, Eric Carle, and Elizabeth Spurr



Educators will read many books written by the same author. Children will compare similarities and differences between books. Children will also chart their favorite book and have an understanding of what an Author and Illustrator is.

Around the World

Classrooms will pick a different country to study for the month of December and prepare for our around the world family event in January.





**Woburn Creative Start
December 2024
Breakfast Menu**



All Milk is unflavored
1% milk served to children over age 2

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Cereal Fruit Milk	3 WG French Toast Fruit Milk	4 WG Bagel Fruit Milk	5 Yogurt Fruit Milk	6 WG Pancake Fruit Milk
9 WG Cereal Fruit Milk	10 WG Muffin Fruit Milk	11 WG Croissant Fruit Milk	12 WG French Toast Fruit Milk	13 WG Bagel Fruit Milk
16 WG Cereal Fruit Milk	17 WG French Toast Fruit Milk	18 WG Bagel Fruit Milk	19 WG Croissant Fruit Milk	20 WG Pancake Fruit Milk
23 Agency Closed Winter Break	24 Agency Closed Winter Break	25 Agency Closed Winter Break	26 Agency Closed Winter Break	27 Agency Closed Winter Break
30 Agency Closed Professional Development Day	31 Agency Closed Professional Development Day	1 Agency Closed Happy New Year	2 WG Muffin Fruit Milk	3 WG Waffles Fruit Milk

Cari Begler R.D. 11/25/24



**Woburn Creative Start
December 2024
Lunch Menu**



All Milk is unflavored
1% milk served to children over age 2

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hispanic Chicken w/Yellow Rice Pinto beans Pears Milk Vegetarian: Bean & cheese burrito	3 Italian Meatball w/spaghetti Vegetable blend Banana Milk Vegetarian: Cilantro lime pinto beans	4 Chicken Caesar salad WG roll Romaine & Tomatoes Banana Milk Vegetarian: Greek salad with Feta & beans	5 Chicken chunks WG rice Green Beans Pineapple Milk Vegetarian: Hummus, cheese, veggie wrap	6 WG Pizza w/turkey pepperoni Oven baked fries Fruit Milk Vegetarian: cheese pizza
9 Chicken Teri WG rice Broccoli Pears Milk Vegetarian: Tofu teri WG rice	10 BBQ pulled Chicken WG roll Baked Beans Apples Milk Vegetarian: White Bean & vegetable Quinoa	11 Turkey Dinner Mashed Potato & peas Apple Milk Vegetarian: Bean & cheese burrito WG	12 Asian WG Noodles w/Black Beans Carrots Watermelon Milk Vegetarian: Asian noodles w/black beans	13 Turkey smashburger WG roll Fries Fruit Milk Vegetarian: Veggie Burger WG roll
16 WG lasagna w meatsauce Carrots Pears Milk Vegetarian: Bean & cheese burrito	17 Chicken parm sub WG roll Green beans Apple Milk Vegetarian: Farro w/Feta & Beans	18 Turkey Meat loaf WG roll Mashed potato & peas Banana Milk Vegetarian: Veggie Bowl WG rice	19 Sweet and sour chicken w/brown rice Broccoli Pineapple Milk Vegetarian: Sweet & Sour Tofu	20 WG Pizza Oven baked fries Fruit Milk
23 Agency Closed Winter Break	24 Agency Closed Winter Break	25 Agency Closed Winter Break	26 Agency Closed Winter Break	27 Agency Closed Winter Break
30 Agency Closed Professional Development Day	31 Agency Closed Professional Development Day	1 Agency Closed Happy New Year	2 Baked potato w/turkey chili Broccoli Apples Milk Vegetarian:	3 Chicken alfredo WG pasta Broccoli Orange Milk Vegetarian:

Cari Begler R.D. 11/25/24



INCLEMENT WEATHER POLICY – Families

CREATIVE START CENTERS will follow the public school closing and delays for the city/town our Creative Start Children's Center is located in for the 2024-2025 school year.

For example, if the Waltham public schools are closed, our Waltham Creative Start center will be closed for all **onsite** programming. Virtual services may be conducted via google meets if deemed necessary by the Executive Director after 3 SNOW DAYS.

If the Watertown Public Schools has a 1 hour delay, our Newton-Watertown school, located in Watertown will open 1 hour late.

All CUI Centers open at 8:00 AM. If there is a 1 hour delay in the town your child's school is located in, the center would then open at 9:00 AM. The classrooms would begin opening 1 hour late as well. **For example, an 8:15 AM classroom would open at 9:15 AM, an 8:30 AM classroom would open at 9:30 AM.** If you have any questions, please ask for clarification at your child's school.

All decisions to close centers once they have opened will be made by the Executive Director or her designee.