



Lexington Creative Start

NEWSLETTER

JANUARY



Upcoming EVENTS


1/8/25 Policy Council at
Central ~ 4 Militia Drive,
Lexington, MA. @10 am
1/6 No school staff
Development
1/15/25 Open Air Market
@2:00 pm
1/16/25 Parent Meeting
@1:15 p.m.
1/20/25 No School MLK day
1/22/25 Parent workshop
@8:30 am
1/24/25 Family Engagement
Event Potluck around the
world. @ 2:15
1/27/25 No School Staff
Development Day

Reminders

~Please continue to
dress for the season
winter coats and hats.
~Please send in an
extra set of clothes for
winter.
~Please call if your
child is going to be
out.

Thank you!

OUR LEARNING focus...

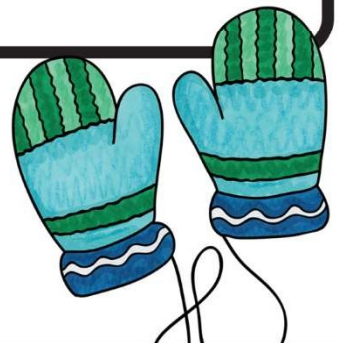


This month the curriculum focus is winter snow and winter animals. The toddler class will be learning about penguins. We will have a scavenger hunt to find pinecones. We are excited to learn about snow and snow plows. We will create our favorite winter animal using various materials. We will also make a snowflake out of popsicle sticks!

The Preschool will learn about the winter season. We will create a winter scene using lots of different materials. We will read books like *The Snowy Day* and *It's Snowing*. Our dramatic play area will be set up like a winter café complete with hot chocolate and marshmallows!



CONTACT INFO



NEWSLETTER!

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Social Emotional Learning with Ms. Lisa

Second Step Updates: Classroom #1 is learning about Empathy Identifying feelings, happy, sad, surprised, scared, anger, same or different feelings for each person, accidents, caring and helping.

Baby Doll Updates: Classroom #2 Toddlers are working on Boo Boo's Handling the hurts, recognizing and labeling emotions, expressing empathy to others, self-soothing and building trusting relationships.

Friendship Groups: The groups are comprised of 5-6 children and last for 6 weeks. Our friendship group is starting this month.

Our friendship group themes include:

- How to make friends.
- What is a good friend?
- How to initiate friendships.
- Asking for a turn/sharing.
- Feelings
- Conflict Resolution Skills

We will have on-going friendship groups as the year progresses



Family Engagement Event 1/24/25@ 2:15 Potluck around the world.

Please bring your favorite dish/food from your home country to share. Everyone is Welcome! We hope you will join us and share a dish and help us to learn more about each others heritage!



Building Healthy Habits



The start of a New Year is a great time to reflect on the progress you've made toward achieving your goals and what you still hope to accomplish. You can use the following tips to build healthy habits to help you and your family continue making progress on your goals in 2025.

Start with small changes. Make tiny changes toward the behavior you want and work your way up from there. If you improve a little bit each week, that will equal a huge change at the end of the year.

Update your environment. Make changes that encourage your new habit and discourage unwanted habits. If you would like to eat healthier, keep the fruits and vegetables in a place that is easily accessible.

Tie new habits to other activities. Make a plan using the format: "After_, I will_." For example: "After each meal, I will walk for 5 minutes." This is a simple way to remember your habit each day and encourage consistency.

Some practice is better than no practice. Even if you don't have a lot of time or energy, do something toward building your habit. Too tired for a long walk? Walk for 5 minutes.

Tell someone you're starting a new habit. Doing this creates accountability and makes it more difficult to back out of your commitment. Also, once others know you're working toward a goal, they may offer encouragement and support.

Track your habit. Keep a journal, calendar, or spreadsheet to record your habit each time you practice. It can be satisfying to record your behavior, and to look back and see all the hard work you've put in. Plus, it can be motivating to keep a habit streak alive.

Celebrate your successes. Healthy habits tend to have long-term benefits that take time to kick in. While you're waiting for these, give yourself immediate, small rewards to sustain motivation.

Desarrollar hábitos saludables



El comienzo de un Año Nuevo es un buen momento para reflexionar sobre el progreso que ha logrado para lograr sus objetivos y lo que aún espera lograr. Puede utilizar los siguientes consejos para desarrollar hábitos saludables que le ayuden a usted y a su familia a seguir progresando en sus objetivos en 2025.

Comience con pequeños cambios. Realice pequeños cambios hacia el comportamiento que desea y avance desde allí. Si mejora un poco cada semana, eso equivaldrá a un gran cambio al final del año.

Actualiza tu entorno. Realice cambios que fomenten su nuevo hábito y desalienten los hábitos no deseados. Si quieres comer más sano, guarda las frutas y verduras en un lugar de fácil acceso.

Vincular nuevos hábitos a otras actividades. Haz un plan usando el formato: “Después_, lo haré_”. Por ejemplo: “Después de cada comida caminaré 5 minutos”. Esta es una forma sencilla de recordar su hábito cada día y fomentar la constancia.

Un poco de práctica es mejor que ninguna práctica.. Incluso si no tiene mucho tiempo o energía, haga algo para desarrollar su hábito. ¿Demasiado cansado para una larga caminata? Camine durante 5 minutos.

Dile a alguien que estás comenzando un nuevo hábito. Hacer esto crea responsabilidad y hace que sea más difícil retractarse de su compromiso. Además, una vez que los demás sepan que está trabajando para lograr una meta, es posible que le ofrezcan aliento y apoyo.

Sigue tu hábito. Mantenga un diario, calendario u hoja de cálculo para registrar su hábito cada vez que practique. Puede ser satisfactorio registrar su comportamiento y mirar hacia atrás y ver todo el arduo trabajo que ha realizado. Además, puede ser motivador mantener viva una racha de hábitos.

Celebra tus éxitos. Los hábitos saludables tienden a tener beneficios a largo plazo que tardan en hacer efecto. Mientras los espera, concédase pequeñas recompensas inmediatas para mantener la motivación.

January

2025

HOT LUNCH



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6	7	8	9	10
ENTRÉE	Island Chicken & coconut Rice	Cheese Raviolis with Bolognese sauce	Chicken Teriyaki Stir Fry over Fried Rice	BBQ Chicken with Rice & Pigeon Peas	Fresh-Pax French Bread Pizza with Turkey Pepperoni
VEGETABLE FRUIT	Seasoned Pinto Beans Fresh Orange	Fresh Roasted Zucchini Fresh Apples	Fresh Broccoli Fresh Banana	Fresh Carrots Chilled Peach Cup	Green Salad & Dressing Fresh Fruit
	13	14	15	16	17
ENTRÉE	Crispy Nashville Chicken Sandwich	Curried Chicken over rice	BBQ Pulled Chix Sandwich	Baked Mac & Cheese	Smashburger (Turkey) - WG roll
VEGETABLE FRUIT	Cole Slaw Fresh Pears	Gingered Carrots Fresh Apples	Vegetarian Baked Beans Fresh Apples	Roasted Broccoli Fresh Melon	Oven Baked Fries Fresh Fruit
	20	21	22	23	24
ENTRÉE	MILK Day	Chicken Teriyaki Dumplings & Fried Rice	Chicken Parm over pasta	Chicken Fajita with Cheddar	Fresh-Pax French Bread Pizza with Turkey Pepperoni
VEGETABLE FRUIT		Fresh Broccoli Fresh Apples	Seasoned Green Beans Fresh Banana	Seasoned Black Beans Chilled Pineapple Cup	Sweet potato Fries Fresh Fruit
	27	28	29	30	31
ENTRÉE	BBQ Chicken with Dirty Rice	Hoisen Turkey Stir Fry over Fried Rice	Chicken Caesar Salad with WG roll Dressing	Sweet Chili Thai Meatballs over noodles	Crispy Chicken Sandwich with Cheese
VEGETABLE FRUIT	Smokey BBQ Black Beans Fresh Pears	Spicy Green Beans fresh fruit	Romaine & tomatoes Fresh Banana	Fresh Gingered Broccoli Fresh Fruit	Sweet potato Fries Fresh Fruit

All meals meet the CACFP Lunch guidelines - All breads, rice, pasta are WG/WGR
Milk is served Lunch. 1%, Skim or Lactaid

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

Carri Burg 12/20/24

January 2025
ALLERGEN MENU - NOT
 Gluten Free



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6	7	8	9	10
ALLERGEN VEGETABLE	Roast Chicken with Rice Pilaf	Pasta with Bolognese sauce	Grilled Chicken Stir Fry over Rice - NO SOY	BBQ Chicken with Rice & Pigeon Peas	Bacon Burger on a roll (turkey)
FRUIT	Seasoned Pinto Beans	Fresh Roasted Zucchini	Fresh Broccoli	Fresh Carrots	Oven Baked Fries
	Fresh Orange	Fresh Apples	Fresh Banana	Chilled Peach Cup	Fresh Fruit
	13				
ALLERGEN	Crispy Nashville Chicken Sandwich	Curried Chicken over rice	BBQ Pulled Chix Sandwich	Chicken Taco over Tex Mex Rice & Tortilla	Smashburger - W/G roll (turkey)
VEGETABLE	Cole Slaw	Gingered Carrots	Vegetarian Baked Beans	Roasted Broccoli	Oven Baked Fries
FRUIT	Fresh Pears	Fresh Apples	Fresh Apples	Fresh Melon	Fresh Fruit
	20	21	22	23	24
ALLERGEN VEGETABLE	MILK Day	Chicken Nuggets over rice with duck sauce	Pasta with Bolognese sauce	Chicken Fajita with Onions & peppers	Chicken Primavera with Fresh Vegetables
FRUIT		Fresh Broccoli	Seasoned Green Beans	Seasoned Black Beans	in main dish
	27	28	29	30	31
ALLERGEN	BBQ Chicken Thigh with Dirty Rice	Turkey Stir Fry over Fried Rice NO SOY	Green Salad with Grilled Chicken - Italian Dressing	Sweet Chili Thai Chicken over noodle	Crispy Chicken Sandwich
VEGETABLE	Smokey BBQ Black Beans	Spicy Green Beans	in salad -w/ roll	Fresh Gingered Broccoli	Sweet potato Fries
FRUIT	Fresh Pears	fresh fruit	Fresh Banana	Fresh Fruit	Fresh Fruit

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Cari Berglund 1/20/24

January 2025
VEGETARIAN MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6	7	8	9	10
VEGETARIAN	Jamaican Veggie Pattie & coconut Rice	Cheese Raviolis with Marinara sauce	Black Bean & tofu Teriyaki Stir Fry over	Seasoned Pinto Beans with Rice	Fresh-Pax French Bread Pizza with Pepperoni
VEGETABLE	Seasoned Pinto Beans	Fresh Roasted Zucchini	Fresh Broccoli	Fresh Carrots	Green Salad & Dressing
FRUIT	Fresh Orange	Fresh Apples	Fresh Banana	Chilled Peach Cup	Fresh Fruit
	13	14	15	16	17
VEGETARIAN	Vegetable Pad Thai with black beans	Curried Chick Peas over rice	Pressed Hummus & Feta Wrap	Baked Mac & Cheese	Veggie Burger on a roll
VEGETABLE	Mix vegetables	Gingered Carrots	Vegetarian Baked Beans	Roasted Broccoli	Oven Baked Fries
FRUIT	Fresh Pears	Fresh Apples	Fresh Apples	Fresh Melon	Fresh Fruit
	20	21	22	23	24
VEGETARIAN	MLK Day	Vegetarian Dumplings over Fried Rice	Grilled Cheese with Tomato	Vegetable & cheese Fritata	Fresh-Pax French Bread Pizza with Pepperoni
VEGETABLE		Fresh Broccoli	Seasoned Green Beans	Seasoned Black Beans	Sweet potato Fries
FRUIT		Fresh Apples	Fresh Banana	Chilled Pineapple Cup	Fresh Fruit
	27	28	29	30	31
VEGETARIAN	Vegetable Jambalaya	Vegetable Stir Fry with Black Beans over fried rice	Greek Pasta Salad with Feta, olives and Chic peas	Sweet Chili Thai Veg Meatballs over noodles	Stuffed Shells with marinara sauce & Mozzarella
VEGETABLE	Smokey BBQ Black Beans	Spicy Green Beans	Tomatoes & Dressing	Fresh Gingered Broccoli	Green Salad & Dressing
FRUIT	Fresh Pears	fresh fruit	Fresh Banana	Fresh Fruit	Fresh Fruit

All meals meet the CACFP Lunch guidelines - All breads, rice, pasta are WG/WGR
Milk is served Lunch. 1%, Skim or Lactaid
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Cami Begun 12/20/24

**January 2025
BREAKFAST MENU**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6	7	8	9	10
	WG Cereal & Chilled Pineapple	Muffin & 100% Juice Box	WG Bagel with Butter Fresh Fruit	Berries & Cereal	WG Pancakes w/ Syrup & Fresh Fruit
BREAKFAST	13	14	15	16	17
	WG Cereal & Fresh Fruit	Muffin & 100% Juice Box	WG Croissant with Butter Fresh Fruit	Blueberry Pancakes & Apple Sauce	WG Bagel w/Butter & Fresh Fruit
BREAKFAST	20	21	22	23	24
	MILK Day	Muffin & 100% Juice Box	Turkey Sausage & Cheese Biscuit & Fresh Fruit	WG Bagel w/butter & Fresh Fruit	WG Pancakes w/ Syrup & Fresh Fruit
BREAKFAST	27	28	29	30	31
	WG Cereal & Fresh Fruit	Muffin & 100% Juice Box	WG Bagel with Butter Fresh Fruit	Berries & Cereal	WG croissant w/Jelly & Fresh Fruit

All meals meet the CACFP Breakfast guidelines - All breads, are WG/WGR
Milk is served with meal. 1%, Skim or Lactaid
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Carri Bergum 12/20/24