

# WALTHAM CREATIVE START NEWSLETTER SEPTEMBER 2024



**Please make sure  
your children have  
a full change of  
clothes:  
underwear, socks,  
shirt, pants.**

## UPCOMING EVENTS:

FULL DAY CLASSROOMS 4 & 5  
VISITING DAY: 9/6

HALF DAY VISITING DAY: 9/24

TODDLER CLASSROOMS 2 & 8  
VISITING DAYS: 9/4 AND 9/5  
REGULAR SCHEDULE: 9/6

PARENT MEETING: 9/19

FAMILY EVENT: 9/27

## Accessibility

With the new year starting, we hope everyone has a wonderful and fulfilling educational journey with us. We know that sometimes, especially as the weather cools, it can be difficult to get to school. Please check in with staff if this becomes a concern. We are happy to try to connect families who may be able to help each other.

# FAMILY AND COMMUNITY OPPORTUNITIES

## Welcome to School Event

Join us on September 27th at 830 am as we celebrate our new school year. We encourage families to come for a fun day of parfaits and art. We can't wait to see you there.



## COMMUNITY EVENTS

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

**WALTHAM FARMERS MARKET**  
Saturdays through October 26th, 9:30 am to 2 pm  
Embassy Parking Lot on Moody St.

**WALTHAM PUBLIC LIBRARY:**  
Tuesdays, 10:30 am to 11 am: Te Cuento un Cuento  
Tuesdays, 6pm 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

WIC and WIC Card to Culture Program

WIC is a nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services, free of charge, to Massachusetts families who qualify.

WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under 5, you can apply for WIC for your child. With a WIC Card, families are able to access free and discounted admission to over 200 museums across Massachusetts. List of museums can be found here

<https://www.mass.gov/info-details/get-discounts-with-your-wic-card>

# SOCIAL EMOTIONAL CORNER

**SECOND STEP WILL BE STARTING SOON IN CLASSROOMS. SECOND STEP IS A SOCIAL EMOTIONAL EDUCATIONAL PROGRAM WHICH HELPS STUDENTS BUILD SKILLS, LIKE NURTURING POSITIVE RELATIONSHIPS, MANAGING EMOTIONS, AND SETTING GOALS.**

**THIS MONTH, WE ARE BEGINNING OUR BABY DOLL CURRICULUM WITH OUR TODDLERS. BABY DOLL CIRCLE TIME STRENGTHENS ATTACHMENT, ATTUNEMENT, AND SOCIAL PLAY.**



## FINGER PAINTING

**Make homemade finger paint by combining:**

**1/2 cup corn starch,  
1/2 teaspoon salt,  
3 tablespoons sugar,  
2 cups of water.**

**Heat on medium and stir until the mixture thickens to a paint consistency.**

**Split into small bowls and add food coloring. Mix well. Allow to fully cool before use.**

# In the Classroom

**THIS MONTH, CLASSROOMS WILL BE LEARNING ABOUT SCHOOL AND DEVELOPING RULES AND ROUTINES.**

**WE WILL ALSO BE LEARNING ALL ABOUT OURSELVES AND OUR FAMILIES.**

**WE CAN'T WAIT TO EXPLORE OUR NEW CLASSROOMS AND MEET OUR NEW TEACHERS.**



*"Play gives children a chance to practice what they are learning." - Fred Rogers*



## Apples Galore!

**Apples are a wonderful addition to your diet. Apples are full of fiber and vitamin C. Apples have been linked to lower rates of heart disease and lower blood pressure. They also help keep you full longer and calm hunger, potentially reducing obesity.**

**Check out some great apple recipes for kids at:**

**<https://www.yummytoddlerfood.com/healthy-apple-recipes-for-kids/>**