

WALTHAM CREATIVE START NEWSLETTER JANUARY 2025



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:
1/1 - NEW YEAR'S DAY
1/6 PROFESSIONAL DEVELOPMENT
1/20 MLK JR DAY
1/27 PROFESSIONAL DEVELOPMENT

EVENTS:

OPEN AIR MARKET 1/14

POLICY COUNCIL: 1/8

PARENT MEETING: 1/9

PARENTING SOLUTIONS GROUP: 1/14

WINTER WONDERLAND
FAMILY EVENT: 1/24

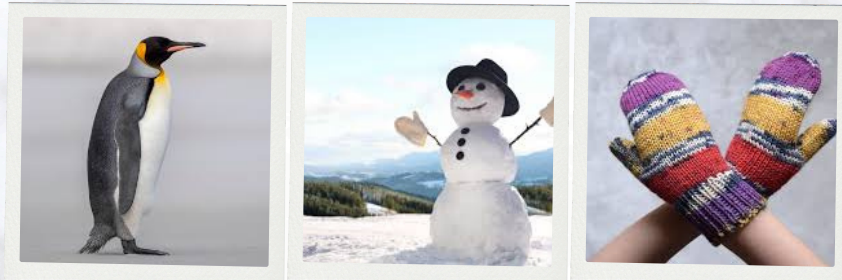
Winter Safety

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

Join us at drop off on Friday, January 24th for a fun-filled morning full of winter-themed activities. Classrooms will be hosting games and art projects for students and families.



COMMUNITY RESOURCE OF THE MONTH

Summer Camps

Summer camps in the area open registration in January/February for the summer. If interested in summer camp, this is the time to start looking for options.

The Waltham YMCA offers camps for children 3 and up. This camp includes swim lessons for all children. The camp has a weekly cost, but there is a financial aid form that can be filled out during registration to help families cover the cost of the camp. Look here for more information on this camp <https://ymcaboston.org/es/youth-and-family/camps/day-camps/waltham-camp-guide/>

The Massachusetts Audubon Society also offers summer camp during the summer for preschool aged children and up. The Mass Audubon society also offers scholarships to cover the costs of camps for families who apply and qualify. Look here for more information for the Audubon Camps <https://www.massaudubon.org/programs-events/nature-camps/mass-audubon-camp-registration-instructions>

SOCIAL EMOTIONAL CORNER

SECOND STEP:

SECOND STEP IN JANUARY WILL HELP CHILDREN BUILD SKILLS TO MANAGE THEIR EMOTIONS. THIS CURRICULUM WILL CONTINUE TALKING ABOUT FEELINGS WITH THE STUDENTS. SOME SKILLS THAT WILL BE WORKED ON INCLUDE SOME CALM DOWN TECHNIQUES LIKE BELLY BREATHING. PRACTICING BREATHING EXERCISES CAN HELP A CHILD CALM DOWN THEIR BODIES WHEN THEY ARE FEELING STRONG EMOTIONS.

BABY DOLL:

IN JANUARY, BABY DOLL WILL CONTINUE TO WORK ON BUILDING CONNECTIONS BETWEEN CHILDREN AND THE BABY DOLL. WE WILL ALSO START TALKING ABOUT BEING SAFE WITH OUR FRIENDS AND CARING FOR BOO BOOS ON THE BABY.



PARENTING GROUP:

SESSION 3 OF THE GROUP WILL MEET ON TUESDAY JANUARY 14 AT 8:45AM. IN THIS SESSION WE WILL EXAMINE WHY CHILDREN DO WHAT THEY DO. WE WILL PRACTICE WAYS TO DETERMINE THE MEANING OF BEHAVIOR, AS WELL AS UNDERSTAND EFFECTIVE WAYS TO DEVELOP AND TEACH HOUSEHOLD AND COMMUNITY RULES.



TISSUE PAPER COLLAGES

Have a bunch of tissue paper left over after the holidays? Don't throw it away. Grab some glue, add a little water, then use the tissue to create beautiful, colorful collages.

In the Classroom

THIS MONTH, CLASSROOMS WILL BE LEARNING ABOUT WINTER, SNOW, AND WINTER ANIMALS.

WE WILL BE LEARNING ABOUT COUNTRIES OF THE WORLD AND ENCOURAGE FAMILIES TO SHARE ABOUT THEIR CULTURE AND CUSTOMS.



"It takes a snowflake two hours to fall from cloud to Earth. Can't you just see its slow, peaceful descent?"

- Amy Krouse Rosenthal

Banana Choco-Oat Cookie



This quick-prep snack offers lots of potassium and filling fiber that won't disappoint your toddler's taste buds! Simply mash three ripe bananas in a bowl and mix with 2 cups of old fashioned oats and about 1/2 cup of chocolate chips. Use a mini ice cream scoop to form cookies. Place them on a lined baking sheet and bake at 350 degrees Fahrenheit for about 25 minutes.

For more ideas, visit:

<https://www.happiestbaby.com/blogs/toddler/healthy-grab-and-go-toddler-snacks>