

October 2024

Woburn Creative Start



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The Benefits of Reading to Children

There is nothing more special than curling up in a cozy chair with a young child and reading their favorite book. There are many benefits of reading stories out loud, more than you may realize, such as:

- * Bonding with your child
- * Developing listening skills
- * Expanding vocabulary
- * Lengthening attention span
- * Supporting Creativity
- * Developing Social and Emotional skills
- * Building Cognitive and Language Development skills

Experts say that reading out loud provides a wonderful opportunity to connect with your child. It is important to have this special time to bond, especially after a busy day.

Reading out loud to your child supports their comprehension and attention skills. When reading to your child, using vocal expressions and silly sounds increases a child's interests and enhances their listening skills.

Studies suggest that even the youngest children can benefit from having stories read out loud to them. This will lead to higher cognitive development and language skills in babies.

Reading out loud to children expands their vocabulary by exposing them to a variety of words. Reading gives children the opportunity to be creative. Children can recreate stories and use stories to expand on their own ideas.

Lastly, books and stories provide opportunities for children to develop social and emotional skills. You can have conversations with your child about the characters feelings and what is happening in the story.

So let's get a book and read out loud!

Make a schedule! Read to your child everyday!

October is our Literacy Month

Our month goal for October is for all our families to read a total of 300 books! Help us meet our goal! Let's start reading!

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. It is also against the law to leave children alone in vehicles.

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 9:45AM at 781-932-9578. Leave a message if nobody picks up.

Thank you for your cooperation!





October 3: Parent Meeting at 8:30am

October 14: Center Closed—Indigenous Peoples Day

October 17: Positive Solutions for Families
with Ms. Greta at 8:30am

October 18: Policy Council at 10:00am

October 24: Picture Day

October 28: Center Closed: Professional Development Day

Coming soon Family Event-Fall Festival



Curriculum

Classrooms are studying Fall and Harvest

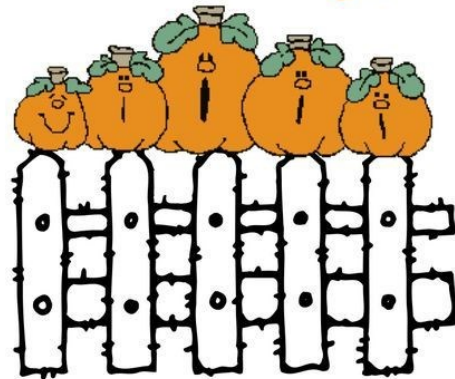
Classrooms will observe and notice the change in weather. Classrooms will collect leaves to sort and identify. Children will explore the inside of pumpkins and talk about activities to do in the fall.

STEM: Colors

Children will:

- Identify primary and secondary colors
- Identify their favorite color
- Identify and create patterns
- Explore light and dark shades
- Share ideas and record observations

Five Little Pumpkins



Five little pumpkins sitting on a gate.
First one said, "Oh my, it's getting late."
Second one said, "There's a frost in the air."
The third one said, "But we don't care."
The fourth one said, "Let's run and run and run."
The fifth one said, "I'm ready for some fun!"
"Oo-oo," went the wind and out went the light,
And the five little pumpkins rolled out of sight.

Mouse Paint



Ellen Stoll Walsh

Social Emotional Corner

Preschool

During October Classes 4 and 7 will begin their social emotional curriculum called *Second Step*. The puppy and snail puppets will be teaching children about being welcoming and kind towards peers. We will discuss that we feel all different ways about coming to school including nervous, sad or happy. We teach children that it is OK to feel any of these feelings.

The children will also be learning "skills for learning." They will learn that having eyes watching, ears listening, voices quiet and bodies calm can help us to pay attention and learn.

Second Step works best when parents continue the lessons at home. You could let your child know that however they feel about coming to school is OK. To bridge the home-school connection you could also start up conversations with others families in your child's class. You can model the skill and encourage your child to join in and say "hi" to their classmate.



Infants & Toddlers

The infants and toddlers are continuing their social emotional curriculum called *Baby Doll Circle Time*. They are enjoying playing peek-a-boo which helps promote connection-building and impulse control. The infants are also singing songs like *Old MacDonal*d and *Five Green and Speckled Frogs*.

At home you could play peek-a-boo with your infant or toddler with this rhyme: "All around the room I look. Where is my baby? I look right in front of me and... Boo! Baby was hiding!" Try the game by placing your hands over your eyes and peeking out. Encourage your child to do the same.

Positive Solutions for Families

This month we will have our first meeting of *Positive Solutions for Families*. This is a parenting workshop in which parents learn techniques to enhance their relationships with their children, help their children learn social emotional skills and effectively respond to children's challenging behavior. At our first meeting entitled, "*Making a Connection*," we will discuss using encouraging feedback, praise and quality time to help fill up a child's "relationship tank" so the child feels confident and loved. Positive relationships form the foundation for everything else that comes along in parenting.

*Our first meeting of *Positive Solutions for Families* will be on Thursday, October 17 at 8:30. Please let Ms. Greta know if you are interested!



**Woburn Creative Start
October 2024
Breakfast Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
30 WG Cereal Fruit Milk	1 WG Muffin Fruit Milk	2 WG French Toast Fruit Milk	3 WG Bagel Fruit Milk	4 WG Pancake Fruit Milk
7 WG Cereal Fruit Milk	8 WG Muffin Fruit Milk	9 WG Cereal Fruit Milk	10 WG Bagel Fruit Milk	11 WG Croissant Fruit Milk
14 Agency Closed Indigenous People Day	15 WG Muffin Fruit Milk	16 WG French Toast Fruit Milk	17 WG Bagel Fruit Milk	18 WG Pancake Fruit Milk
21 WG Cereal Fruit Milk	22 WG Muffin Fruit Milk	23 WG Cereal Fruit Milk	24 WG Bagel Fruit Milk	25 WG Croissant Fruit Milk
28 Closed Professional Development Day				All Milk is unflavored 1% milk served to children over age 2

Cami Beglar RD9/24/24



**Woburn Creative Start
October 2024
Lunch Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
30 Hispanic Chicken WG rice Bean Sauce w/potatoes Pears Milk Vegetarian: Bean & Cheese Burrito	1 Cilantro Lime Chicken WG rice Carrots Apples Milk Vegetarian: Cilantro lime pinto beans w/peppers	2 Chicken Ceasar Salad WG Roll Romaine & Tomatoes Banana Milk Vegetarian: Greek Salad w/Feta	3 Breaded Chicken WG rice Broccoli Apple Milk Vegetarian: Hummus, veggie wrap	4 WG Pizza Oven baked fries Oranges Milk
7 Chicken Teri WG rice Broccoli Pears Milk vegetarian: Tofu teri WG rice	8 BBQ pulled Chicken WG roll Baked Beans Apples Milk Vegetarian: White Bean & vegetable Quinoa	9 Turkey Meatballs WG rice Mediterranean Vegetables Banana Milk Vegetarian: Bean & cheese burrito WG	10 Asian WG Noodles w/Black Beans Carrots Banana Apple Vegetarian: Asian noodles w/black beans	11 Turkey smashburger WG roll Sweet potato tots Fruit Milk Vegetarian: Veggie Burger WG roll
14 Closed Indigenous People Day	15 Chicken parm WG rice Green beans Apple Milk Vegetarian: Farro w/Feta & Beans	16 Chicken Taco WG rice Vegetable Medley Orange Milk Vegetarian: Veggie Bowl WG rice	17 Sweet and sour chicken w/brown rice Broccoli Apple Milk Vegetarian: Sweet & Sour Tofu	18 WG Pizza Oven baked fries Oranges Milk
21 BBQ Chicken WG rice Carrots Pears Milk vegetarian: Pinto Beans WG rice	22 WG pasta w/Turkey meat Green Beans Apple Milk Vegetarian: White Beans & Vegetable quinoa	23 Chicken & Cheese Quesadilla WG tortilla Corn Banana Milk Vegetarian: Bean & cheese Burrito	24 WG Mac & Cheese Broccoli Apple Milk	25 Chicken breast sandwich WG roll Sweet Potato fries Oranges Milk Vegetarian: Veggie Burger
28 Closed Professional Development Day				All Milk is unflavored 1% milk served to children over age 2

Cami Beglar R.D. 9/24/24