

Newton-Watertown Creative Start ~ Children's Center  
Parent Newsletter  
**May 2020**



**Friendly Reminders**

**Important Dates:**

**Due to the Governor's orders we will be closed until June 29th.**

Please visit our website at [communitiesunitedinc.org](http://communitiesunitedinc.org) for resources and distance learning videos and activities.

If you need WIC assistance you can leave a message on their office phone and they will return your call since they are working offsite.

**Parent Meeting Topics**

\*All children going to Kindergarten should be registered. Please let Liz or Shachi know if you are having problems registering your child.

\*Multicultural Principle 9 states that culturally relevant and diverse programming examines and challenges institutional and personal biases. One challenge to understanding culture involves the way we acquire it. Although all of us live within one or more cultures our cultural knowledge is often subconscious. As much of what we do on a daily basis (working eating, raising children) involves routines, we rarely consciously think of culture as shaping our behavior at all. Another challenge to understanding culture involves the personal, social and emotional aspects of cultural information and ways of living.

\*Ready Rosie videos are still available if you signed up at the beginning of the year.

**Family Engagement**

We will continue to provide book readings and activities on our website. Teachers will continue to contact you to follow up on the activities. They will use that info. to complete child assessments! We would love to see pictures of your child's work!

**May Birthdays**

**Gia 5/4**  
**Aiyana 5/12**  
**Nishka 5/23**  
**Ms Rachel 5/31**

## Social Emotional:

**Dear parents, we all are concerned about the impact the coronavirus epidemic is having on their emotional health and their children's mental well-being. Significant life stress, social isolation or the current unpredictability in the world could exacerbate anxiety or cause a resurgence in those who have experienced it in the past. We can take some simple steps to protect our family's mental health during this very difficult time.**

- 1. Know That This Will End**
- 2. Make Social Distancing and Self-Quarantining Manageable**
- 3. Limit your family's exposure to news.**
- 4. Use technology for social interaction**
- 5. Keep your daily routine**
- 6. Know your Anxiety or Depression Could Get Worse and try not to pass them on to your kids**
- 7. Call your healthcare provider if stress gets in the way**

## Class #5

Dear Class five parents, we hope you are all staying safe and healthy. We hope you have enjoyed the distance learning books and activities. We have really enjoyed talking with all of you each week. We are having our first google meet Thursday at 3.30. We will continue sending you literacy and other activities every week.

See you all Thursday @ 330!

## Class 4 Adventures

Hey all you Hunker-Downers! We hope everyone's been able to stay safe and healthy during this time. I (Miss Emily) have been baking up a storm, so far I've baked banana loaves, pretzels, cookies, and even bread! Here's a recipe for one of my favorites: **Snickerdoodles**. Not only do they taste delicious, but I love the name! Can you say "silly snickerdoodle" 5 times fast **without** smiling?

### **Directions**

Step 1: Preheat the oven to 400, with one rack in top third and one rack in bottom third of oven. Line baking sheets with parchment paper and set aside.

Step 2: Sift together flour, cream of tartar, baking soda, and salt; set aside. In a mixing bowl combine butter, shortening, and 1 ½ cups sugar. Beat until light and fluffy, scraping down the sides as you go. Add eggs, and beat to combine. Then add the dry ingredients, slowly until it's all mixed.

Step 3: In a small bowl, mix remaining ¼ cup of sugar with the cinnamon. Use a spoon or ice-cream scoop to form balls of dough, then roll it in the cinnamon-sugar. Place about 2 inches apart on the baking sheets. Bake until cookies are set in the center and begin to crack, about 10 minutes, rotating the baking sheets after 5 minutes. Transfer the sheets to a wire rack to cool about 5 minutes before transferring the cookies to the rack. Eat and enjoy!

### **Ingredients:**

- 2 ¾ cups all-purpose flour
- 2 tsp cream of tartar
- ¼ tsp salt
- 8 tbsp (1 stick) unsalted butter
- ½ cup vegetable shortening
- 1 ¾ cups sugar
- 2 large eggs
- 2 tsp ground cinnamon

## **Classroom 3**

Dear parents,

I hope and trust that you and your families are being safe and healthy. I would like to share our classroom favorite banana bread recipe:

Ingredients

2 cups of all purpose flour

1 teaspoon baking soda

1/4 teaspoon salt

1/2 cup butter

3/4 brown sugar

2 eggs

2 1/3 cups mashed banana

Directions:

Preheat oven to 350 degrees F Lightly grease a 9x5 inch loaf pan

In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan

Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

Please share one of your family's traditional recipes via email.