

Wollaston Child Care Center

February 2021

CHEESE!
Picture this..

Please remember children need healthy lunches.

Healthy eating can help prevent many chronic diseases. These include obesity, heart disease, high blood pressure, and type 2 diabetes. Healthy eating habits are more likely to stay with you if you learn them as a child. That's why it's important that you teach your children good habits now. When packing lunch offer a variety of foods like fruits, vegetables, yogurt, cheese, whole grains and limit the sugar snacks! And remember no nut products!

Children will go outside following state guidelines. Please send them in hats, mittens, warm jackets and what ever they wear for outdoor play! Outdoor play helps keep us healthy!



February is
Children's Dental
Health Month!



Dental Health Month

February is dental health month! Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums. This year, we are not holding our onsite dental screenings due to the pandemic. However, it is important for you to keep up with regular dental check ups. Please let us know if you need any assistance in locating a pediatric dentist.



naeyc
Accredited



Happy Birthday

Miss Jingwen 2/9

Parmys S. 2/9

Mia Rose S. 2/11

Abigail C. 2/12

Raad C. 2/13

Cecilia J. 2/22

Cyere M. 2/24



Happy Lunar New Year to all who celebrate!

If you are looking for a way to celebrate the New Year, Quincy Asian Resources is hosting a virtual celebration on Sunday, February 14.

Here is a link:

<https://quincyasianresources.org/2021lunarnewyear>

The Smithsonian is also hosting a virtual celebration on Saturday, February 13. Here is a link:

<https://americanart.si.edu/events/lunar-new-year-virtual-celebration-february-13-2021>



WCCC Closings:



Monday, February 15th in observance of President's day, we will be closed. We hope you all have a nice long weekend!



Save the dates!!!!

February Friendship Family Virtual Event 2/13 at 1:00 pm.

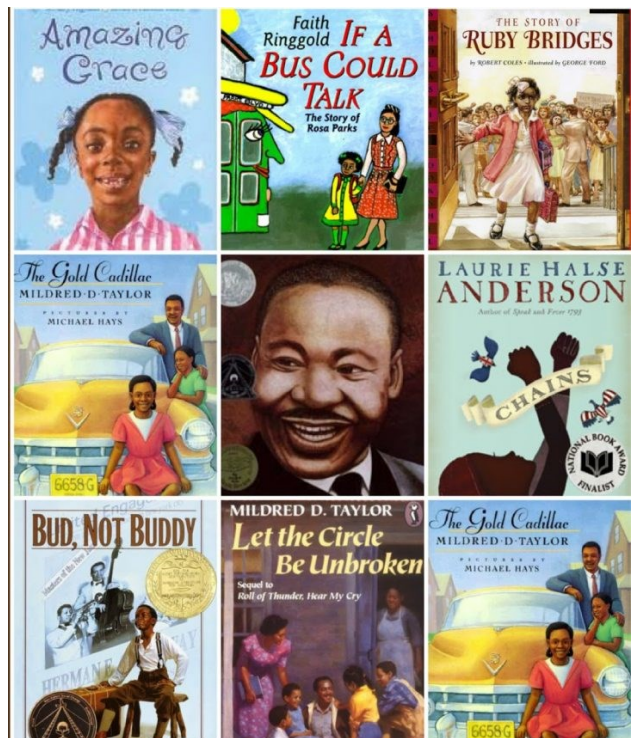
Parent/Guardian discussion sessions 2/10 at 7:00pm and 2/11 at 12:00 noon.

Details and Zoom link will be sent out soon.

February is Black History Month. This year, more than ever, this month is a welcome time for the education and celebration of Black American culture. The Stoughton Public Library is hosting a virtual musical celebration on February 22. Here is a link to register:

<https://www.facebook.com/StoughtonLibraryMA/posts/10159002015053209>

Also, check out some of the titles below:



BEST CHILDREN'S BOOKS FOR
BLACK HISTORY MONTH