

CREATIVE DAY SCHOOL

1010 South Williamson
Avenue
Elon, NC 27244
cdsreynolda@gmail.com
336-584-5678

1812 Walkup Avenue
Monroe, NC 28110
cdsmonroe@gmail.com
704-283-8627



5312 West Friendly
Avenue
Greensboro, NC 27410
cdsfriendly@gmail.com
336-851-5678

3595 Reynolda Road
Winston Salem, NC 27106
cdsreynolda@gmail.com
336-923-8698

www.creativedayschool.net

Party and Study Tips

Students want to party, but they also want to get good grades, so it is important for them to come up with their own work/life balance to ensure that both of these goals are met and they are able to do their best in their studies without missing out on a social life.

One of the best tips is to make sure that when it is study time, you have removed all other distractions.

There is nothing wrong with being a party animal in college, but when you are studying, you should make certain that all entertainment devices are out of reach and that you have signed out from social media and turned off your mobile phone.

At the end of every day, revise what you have done in class that day in order to have a better grasp of the subject.

Striking the right balance between having fun and studying hard is crucial to make sure you get the absolute most out of your college experience.



Eating Out Lunch Tips

While we can sometimes bring our own lunch to work, on other occasions we may have to go out to eat with business associates and co-workers, and in these circumstances it is important to know how to make sure you still eat healthily.

One good tip is to examine the menu as soon as you can so you can make the best decision.

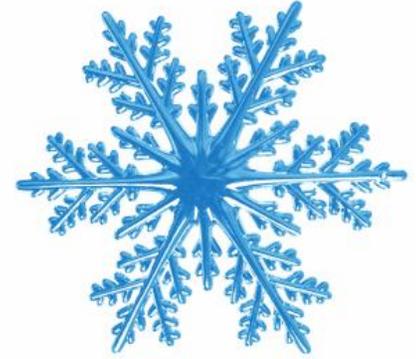
You should also not allow yourself to succumb to peer pressure when the time actually comes to order your meal. If possible, you may want to specially order a meal with specific additions such as carbohydrates, proteins, and vegetables. Another good tip is to consume a healthy snack prior to lunch so that you are not too hungry and end up overeating.

Overeating can also be avoided by starting the meal with a salad or broth soups.

Make sure you avoid blackened, creamed, and fried foods and select baked, broiled, grilled, poached, or steamed dishes instead.



JANUARY 2016 - MONROE



Monthly Joke

The Value of Money

Chad got a call from his bank to discuss his accounts.

“I’m afraid to tell you, sir, that your finances are in terrible shape,” the banker said.

“Your checking account is overdrawn, your loan is overdue, and your saving account is almost down to zero.”

“I know. I’m taking care of my mother, and she doesn’t have a very good idea of how much money I have.”

“Well, why do you allow your mother to spend so much money?”

“Honestly,” replied Chad with a deep sigh, “because I’d rather argue with you than with her.”

Monthly Quote

“A good leader takes a little more than his share of the blame, a little less than his share of the credit.”

—Arnold H. Glasgow

Empowering yourself after a fall

At some point in our lives everyone suffers a fall and ends up feeling like nothing is going their way anymore. The key is to know how to respond to such a scenario and how to empower yourself and get the inspiration you need to carry on and move on.

One good tip is to be productive. Regardless of the nature of the work you are doing, producing results and being active simply make you feel good about yourself, build confidence, and make you feel like you are taking your life by the reins and not just being stagnant.

You also simply to have faith in yourself; to really believe that you are capable of coping with anything that life might throw at you, and ultimately emerge triumphant. After all, you cannot ask others to have faith in you if you lack that quality yourself. Tell yourself that you are worth it every day, and before long, you will find that you believe it.

Dogs and Beds

Many people sleep with their pet dogs in the same bed. This is not always a heavenly arrangement, but there are some tips that can prevent the bedroom becoming a battleground between you and Man's Best Friend.

No matter how cute he or she may be, you should never share a bed with a puppy that has yet to be housebroken – for obvious reasons. In some instances, it can still be a problem for pets that are housebroken, even if they are normally aware that they need to go outside to do their business. They may be simply too small to be able to jump off the bed to go do so.

Some people may be unable to allow their pets in bed with them, or even into their bedroom, no matter how much they might want to. Those with asthma or pet allergies should keep their pets out of their bedrooms. On rare occasions, pets can have diseases as well as fungi and parasites that can pass to people. Make sure your animal is always kept current with tick and flea prevention and given regular checkups at the vet

How to Cuddle Up On Cuddle up Day with Older Kids

When you have young children, you sometimes wish you could just sit on the couch without a little one in your lap, hugging you close and talking about all the things they have seen and done that day. Then, as kids get older, they don't crawl up on your lap as much, and cuddling becomes less and less a priority for them. Hugs and kisses at the school become something that is just endured after checking to make sure no one is looking, and then eventually it is not allowed at all.

As parents, it can be difficult to find ways to have that closeness and love that children need all through their life. The good news for parents is that there is now an actual designed Cuddle up Day, and in 2016 it will be on Wednesday, January 6th.

It won't be difficult to get the little ones excited about Cuddle up Day, but you may find your tweens and teens are not as keen on the idea. By being a bit creative as a parent, you can turn this Wednesday night into something special in your home this year as well as the years to follow.

Get Comfortable

A great way to get into the cuddling mood is to have everyone put on their favorite pajamas to just relax and unwind. You could also go for sweats and favorite T-shirt, or perhaps buy everyone a family t-shirt just for the day. These are surprisingly low cost through online printers, and you can customize them with the family name and your own family photo, image or design.

Bring out all the pillows in the house and pile them on the couch or on the floor. Add comforters and comfortable blankets that everyone can snuggle into and just enjoy conversation and time together. Take out your favorite family movie or plan to spend some time reading some of the favorite books. Big kids can take turns reading, or they can cuddle with the little ones while Mom and Dad take turns reading.

Adding to the Event

Pop some popcorn, make some hot chocolate or bring out a special treat the whole family enjoys. Have everyone get comfortable on the pillows, and just enjoy being in the same room with each other.

One great way to give hugs and cuddles that everyone appreciates is to have everyone write one positive about their family members. Throughout the night, you can read them out loud, with the person receiving the positive giving the sender a hug as a thank you.



Parent Questions and Answers:

Question: I need to leave my children at the center longer than my voucher time states. What should I do?

Answer: You must go back to your DSS daycare worker in order to have your hours adjusted. Your case will be re-evaluated.

Coping With Anxiety

Anxiety is the major mental health issue of modern society, with one in four people estimated to suffer from it. Anxiety can also co-exist with mental health conditions like depression, adjustment disorder, schizophrenia, and bipolar disorder, but on its own, at least, anxiety is actually the mental health condition that is the easiest to treat.



Anxiety symptoms can be managed and possibly cured quite simply by following certain steps. The first step is to work out both the nature of your symptoms and the possible cause. Once that is done, you can target the symptoms, for example, by practicing relaxation techniques to wave off negative thoughts. Anxious thoughts are one of the most common causes of anxiety, and one good tip is to learn Cognitive Behavior Therapy, which involves challenging negative thoughts not just with positivity but with logic and reason.

Mindfulness, breathing, exercise, relaxation, and meditation can also be used to manage bodily symptoms of anxiety such as heart racing, shallow breathing, nausea, dry mouth, and muscle cramps.

Tips to Survive Exams

Exams can be a very stressful time for students, especially when they are in the middle of multiple exams in a short space of time across a number of different subject fields.



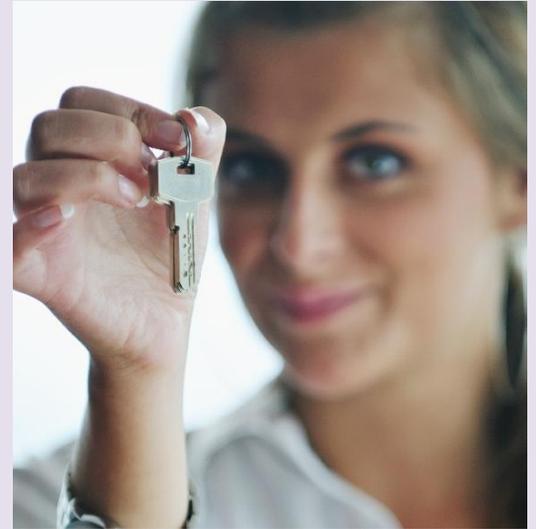
The key to staying calm and focused before and during an exam, and maintaining your health and personal wellbeing, is preparation.

One good tip is to be aware of your own learning style. If you are a very visual person, use color highlighters, mind maps, and pictures to help with your studying. If you are more aurally oriented, memorize information with the use of rhyme and rhythm and create mnemonics.

More physical people might want to use actual objects in their study such as mini models and flash cards or use action, movements, and touch. Social types would benefit from working with others and gaining from the cross-pollination of ideas, while the more solitary among us would be better off finding a quiet, private place in which they can study.

During your study time, you also need to make sure that you still get your eight hours of sleep per night while continuing to exercise and eat well.

Advice for Female Home Buyers



More and more single women are purchasing their own homes these days, with women more than men believing it to be a sound financial investment.

One of the biggest issues for women who do so is affordability.

This encompasses more than just being able to afford to pay off the mortgage every month, but everything that goes along with owning a home including taxes, insurance, emergency money, and home maintenance.

Experts say that as well as needing twenty percent of the home value as a down payment, it is also a very good idea to have funds that would cover all expenses for at least six months.

Property taxes and the cost of making repairs, even when buying a new home, also have to be taken into consideration.

One very good idea is to consult the experts before making any commitments.

Do research, work with a financial advisor, and take your time before you make any binding decisions.

Take A Look At What We Are Doing...

Infants: The theme for the month of January is “Terrific Tools”. We will use tools & items that will encourage the use of muscles by pushing, kicking, reaching & crawling. The babies will be exercising with mirrors, beach balls & cradle gyms.

Toddlers: The theme for January is Terrific Tools. We will be introducing different tools that are used on a daily basis. We will learn about tools such as spoons, forks, toothbrushes, combs, hair-brushes, etc. We will encourage our toddlers to use items that will strengthen their large muscles. We will also use the strength of our minds, hands and voices to discover the different tools that we possess.

Twos: Terrific Tools is the month’s theme. We will read the book “Spoons” and talk about the different sizes of spoons. We will compare and sort the spoons by small, medium & large. Throughout the month we will also talk about shapes, numbers, colors and letters. We will talk about the tools we use each day things like toothbrushes, eating utensils, hammers, etc., and discuss why these tools are important for us to use each day. The color of the month is green. We will talk & paint about things that are green and mix colors together to make green using yellow & blue.

Threes: This month the three year old class will be talking about “Terrific Tools”. How exciting & fun this is going to be since we have new friends in our class! We are looking forward to using our tool props that we are adding to our block center to use and create with. We will also add a tool prop to Dramatic Play for the children to pretend play using the tools on the job. We will continue working on our numbers, letters, signing and learning simple Spanish words.

Fours: For the month of January, our theme is “Terrific Tools”. Our colors for the month are green & blue and the numbers are 1, 2, & 3. We will be working on different letters, numbers, and colors. We will also be talking about different tools and the importance of them. In talking about tools, the children will be allowed to point out different types of buildings and we will do some fun researches on how they were established and built. We will also be working on different learning skills in each center and discuss the importance of listening and following directions.

After-Schoolers: We will be welcoming a brand new year. Our class will be learning about the birth and the life of Dr. Martin Luther King, Jr. We will also talk about who was Nelson Mandela and how his life and legacy impacted his country and the lives of others. Our after-school class is learning our word for the month which is “Perseverance”. They are learning how to have perseverance in their mind so they will not quit or give up when life gets hard in that moment.



Happy Birthday!

Jan 7 Jaleyah
Jan 8 Mason
Jan 15 Logan
Jan 19 Riley
Jan 20 Alex
Jan 20 Brittany
Jan 25 Saniya
Jan 27 Andrew



Notes for January



At the beginning of each New Year, our children make “Snowy Trail Mix” as a healthy nutritional activity as well as throwing out a wish for snow.

Parents: All fees must be paid no later than Friday of each week to avoid a late fee of \$35.00. This charge will be added to your statement and must be paid with your tuition fee.

Reminder: With the colder weather settling in, please remember to label your child’s coat and to bring hats and gloves. We do go outside every day!

CREATIVE DAY SCHOOL will be asking parents to complete child file update forms starting in mid-January. Watch your email and look for notes in the lobby.