

CREATIVE DAY SCHOOL

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Timeless Nutrition Tips

Diet advice seems to come in trends, but the reality is that people who always stay slim do not follow such fads; instead they stick to well-worn eating strategies that have stood the test of time and common sense.

One important tip is to keep temptation out of your eye line. If sugary snacks and unhealthy foods are kept out of sight, they are less likely to be indulged in, and the reverse is true with healthy alternatives.



One clever recommendation to help cut down on calories is to boost the flavor of the food you are eating. Recent studies have shown that people eat more of foods that lack a distinctive scent, so one way to get around this sensory illusion to make you think you are consuming something richer without actually adding on the fat and calories is to add sodium-free spice blends and herbs to your food.

Using herbs to spice up meals instead of salt can also cut sodium consumption by around a thousand milligrams per day.

The Perils of Perfectionism

Finding work/life balance in today's busy and highly competitive world could never be described as easy. For most perfectionists, however, it is downright impossible. Although many people tend to think of being a perfectionist as a positive thing, true perfectionism is, in many ways, extremely counterproductive. Not only does the need to attend to every last little detail waste unnecessary time and lead to tasks and projects taking much longer than they need to, but it typically means that perfectionists end up allowing work to eat into their own personal leisure time.



Perhaps worse still, even once the job is finally handed over, the perfectionist still never feels that he or she has completed it well enough and so is left with intense feelings of frustration and low self-esteem. Striving for excellence is something that can only benefit ourselves and our employers, but there is a world of difference between this and trying to achieve the impossible. As human beings, we are not built to be perfect; trying to achieve perfection is a certain road to unhappiness. By all means give everything your best shot, but know when to stop because your best really is good enough!

FEBRUARY 2015 - MONROE



Employee of the Month

Ms. Kisha Wright is our Afterschool I teacher. She is currently working to finish her AAS degree. Kisha enjoys working with all the children at the center. She is also a Youth Director at her church. She feels that working at CDS is a calling and gift instead of a job!



Parent Survey Reminder

Parent Survey link can be found on our Facebook page and on our website.

Please help us by completing a survey. Chance to win \$50 gift card for those who complete a survey.

Health Tips for Computer Workers

Working at a computer all day long can lead to bad habits that cause poor health. Here are some helpful tips to make sure your computer does not become a drain on your health.

It is important to make sure that your computer display is slightly raised. Your eyes should be level with the very top of the computer screen so that your eyes look down by around ten degrees. If the screen is any higher or lower, users tend to move their head in order to adapt to the positioning and can result in dry eye syndrome.

Computer users all tend to lean forward and crane their necks during an average work day, causing strain to the spine and neck. Chin retractions or even creating a double chin can be an effective way to make sure your spine and neck are correctly lined up.

Unexpected Truths

The world is full of scientific facts that are as surprising as they are true. Here are a few of them. Human beings have spent more time – speaking collectively – indulging in their enjoyment of the computer game World of Warcraft than they have as a separate species since evolving from chimpanzees.

A fingernail receives around sixty-five billion neutrinos passing through it each and every second. Shaking hands transfers more germs from person to person than kissing.

Eleven million bits of info are taken in by the human brain every second. However, we are only actually aware of around forty bits. It takes just twenty seconds for red blood cells to make a full circuit of the entire human body.

Showing Gratitude This Valentine's Day

Perhaps more than any other popular holiday, the actual origins of St. Valentine's Day seem to be lost to history. There are several different options for both the Saints as well as the story, but today it is really an opportunity for those in love to express their feelings for each other.



While it is often seen as more of a special day for adults, there is absolutely nothing wrong with getting your children, even young children, in the Valentine's Day mood and sharing their love and appreciation for the people in their lives.

Homemade Valentine's Day Cards

Teaching children about love and gratitude is not a one day program, but this is a great day to get creative about showing how important people are in your child's life.

You can start by providing your kids with construction paper, sparkles, scissors, glue and crayons and letting them create their own Valentine's Day cards. You can even buy an assortment of pre-cut hearts, cupids, arrows and flowers that they glue onto their card designs.

Mom and Dad, or the children, can then print a special personal message of gratitude and appreciation in the card. Parents can talk to children about why they are appreciative of the individual that that card is designed for to help develop the concept.

Writing Thank-You Notes

You may also want to have your children write or draw thank-you notes to people that they appreciate in their life. These notes can be written or drawn on red, white or pink paper and they can be decorated around the edges with anything that the child wants to add.

These are a great gift to teachers, neighbors and professionals that the child interacts with or those adults and older children that spend time with your child.

If your kids enjoy helping you in the kitchen you can also prepare some sugar cookies, cut in the shape of hearts, and covered with Valentine's Day sprinkles. These can be taken to anyone that the child wants to show their appreciation to for their kindness or just to say, "Happy Valentine's Day".

Parent Questions and Answers:

Question: Is there a chance that the transportation route will start back up if you have enough children that need it?

Answer: No, unfortunately the transportation route is no longer covered by DSS and it is not included in the tuition.

Things to Know About Learning a Language

When you have decided to learn a new language, one of the most important things you can do is to ask yourself precisely what it is hoping you are hoping to achieve and at what point you would like to have achieved it.



Learning a language works best when it is boiled down to manageable goals that can be achieved in a reasonable but set timeframe.

Rather than hoping to be entirely fluent in a new language within a couple of months, it might be more realistic to set a target of being able to read a single newspaper article in that language by a certain date.

Reading for pleasure is also a very good idea. It not only makes you more likely to make greater progress in your language learning, but also exposes you to a lot of vocabulary and complicated grammatical structures that you are otherwise unlikely to find in daily life.

It is always better to learn vocabulary in context rather than attempting the often dull challenge of just memorizing lists of foreign words.

Throwing Sleepovers

If you have children, sooner or later they are likely to want to have a sleepover with a few of their friends. Sleepovers help kids and young teens to create lifelong bonds and memories. The first thing to know is when your child is actually ready to have a sleepover, then you will need to work out how to plan a successful event.

Parental planning is essential to making slumber parties and sleepovers work as they should. Ten is generally the age where children are thought to be old enough to have friends over or to be away from home, although this can vary depending on the individual.

Strong rules should generally be avoided, so long as the children behave and are nice to each other, as the whole point of a sleepover is for them to have fun together. It is a good idea to keep them within earshot however, as some supervision is still recommended while still ensuring that they have enough of their own space.

Host parents might want to have some activities planned to avoid boredom, such as a movie screening or pizza.

How to Make Your Finances Healthier



The first thing you need to do to improve your finances is to start doing something about them immediately by getting in touch with a financial adviser in order to talk about your current circumstances, including any credit cards, mortgages, or other outstanding debts.

You should also discuss your existing and predicted future income, as well as assets you may have, and work out your expenses.

The next thing to do is to think about the balance between your current lifestyle and the possibilities offered by investments.

The more money you choose to invest, the less money you will have to play with now, so it is important to make sure your assessment is an honest and realistic one.

It is also important to set goals, both short term and long term.

Think about saving up a small deposit with the intention of using it on an investment property, while also thinking ahead to your retirement, and work out what you need to do now to improve your chances of success in the future.

Try This Tongue Twister!

Black bug bit a big black bear. But where is the big black bear that the big black bug bit?

Take A Look At What We Are Doing...

Infants: The theme for the month of February is “Big Trucks and Machines”. The children will be expanding their vocabulary hearing and using actual terms such as cranes, trains, planes, cars and more. We will speak and converse with the babies as we roll cars to them encouraging them to roll it back.

Toddlers: We will be discussing “Trucks and Big Machines” for the month of February. We will talk of how big machines are used to help build things, move things and are a big help in so many ways. We will learn that trucks are used for transportation and also moving things and used to transport large machinery to one place or another. We will also talk about how Big machines help make the toys we play with at school.

Twos: This month we will be talking about “Trucks and Big Machines”. We will be talking about what the trucks carry and what kind of things we use big machines for. The book of the month is “The Big Machine” Book. With reading the book, we will talk about the truck and machines, colors of the trucks and learning the names of the machines. Also we will continue with sorting blocks by color & size, counting blocks when building and stacking and reviewing the ABCs. The twos will also focus on the color red for the month, make Valentine cards for parents and talk about the conversation cards.

Threes: We welcome our new friends to our class and will review our basic sign language to help our new friends catch up! This month we will be talking about “Trucks and Big Machines”. We would like to thank Ms. Annette for our newest books that go right along with this theme. We also thank our classmate Paxton for donating many age appropriate trucks, tractors and other vehicles to go along with our theme! We will be discussing what they are used for and how they help us. We will be adding several prop boxes throughout the centers that will encourage the children to put their imagination to work!

Fours: This month we will be learning about “Trucks and Big Machines”. We will explore different shapes that are on trucks like big and small circles. We will use magnets to make our own trucks. We will also sing songs like “The wheels on the Bus” and “I like trucks”. We will talk about the importance of trains and tractor trailers and how they transport different supplies for our society. We will learn the letters C and F and how they sound and will write them out. We are still working on writing our names.

After-schoolers: The month of February, we will be discussing “Black History Month”. We will celebrate and show how “Love comes in Many Colors”. We will continue to learn about history and the dreams that have been achieved. The afterschoolers will discuss and write down their dreams & goals for their future. We will compare them to the dreams & goals written from last year. We will use the comparison to see if our children are staying on track and see how we are making a difference in their lives. We will have a celebration party of “Colors of Love”. **Happy Valentine’s Day!**



Happy Birthday!

Feb 1 William	Feb 16 Shadeque
Feb 3 Desta	Feb 17 Tristan
Feb 4 Tai'yon	Feb 19 Lamatus
Feb 7 Zachariah	Feb 23 Kaivyn
Feb 10 Miyah	

Staff Birthday:

Ms. Margaret Feb. 12

February Notes:

Friday, Feb. 13th We will be including nutritional activities that contain food that is colored in red for Valentine’s Day.
Upcoming CDS Holiday Closing: Good Friday April 3rd

What's In a Name? A Lot to Like, According To This Poll

Your name is a big part of who you are, and how other people see you. Just ask the title character of the famous Johnny Cash song, “A Boy Named Sue.” So do you like your first name?

A poll conducted on behalf of the advertising firm BOHAN found that 87 percent of Americans do like their first names, and a third of participants actually love theirs. Uniqueness is a plus to some: Twenty-three percent say they like their first name because it’s unusual.

Men are a little more likely to like their names than women—90 percent versus 84 percent. Only about 13 percent in the survey don’t appreciate their first names, and 3 percent actively hate them. The most common reason: names that are difficult to spell or pronounce.