

CREATIVE DAY SCHOOL

1010 South Williamson
Avenue
Elon, NC 27244
336-584-5678

1812 Walkup Avenue
Monroe, NC 28110
704-283-8627



5312 West Friendly
Avenue
Greensboro, NC 27410
336-851-5678

3595 Reynolda Road
Winston Salem, NC 27106
336-923-8698

www.creativedayschool.net

Regaining Control

Many people find it difficult to maintain a healthy balance between their work and their home life, but there are ways that can assist you with finding peace and a number of tips that can be a big help in doing so. One good tip is to clean up your office. This may sound silly, but the reality is a clean work area can actually have a big impact on your overall productivity and then have a run-on effect on your work/life balance. A cleaner worker environment can also result in a big reduction in stress.



It is also a good idea to optimize your day. Start on what you need to do the moment you get to work and do not waste time procrastinating. The time you are wasting will later end up being paid back in overtime during evenings and weekends – time you could be spending with family and friends.

Getting enough sleep is a factor that cannot be emphasized enough. Working is a tough task if you are not getting enough sleep, so make sure you get at least seven hours every night to keep you recharged and to ensure you are at your best.

Reduce the Stress of Healthy Eating

Planning makes a lot of things in life easier and this also applies to healthy eating. Trying to make healthy meals for all the family can seem like an overwhelming task at times, but setting aside just half an hour during the weekend to plan and prepare your weekly meals can make all the difference.



Planning your meals can be as simple as just selecting the primary component of every meal or specifically picking out particular recipes. Choose a couple of breakfast and lunch options that you can make use of several times during the course of the week.

You can also save money by doing an inventory of your fridge and pantry in order to both avoid buying extra goods you do not need and planning meals based on items you already possess such as beans, excess produce and grains.

Another good tip is to prepare produce. Fruit that has been pre-cut makes a simple, tempting and healthy snack. You can also reduce the time needed for your weekly meal preparation by pre-cutting vegetables you make frequent use of, including broccoli, onions, peppers and zucchini.

JANUARY 2015 - MONROE



Employee of the Month

Ms. Ethel Sanders retired back in June and decided to return back to us as a substitute! We are thrilled to have her back! The children as well as the parents love her and are so glad to see her back at CDS!

Customers of the Month

Thank you to all of our parents who “liked” our Facebook page and posts! We hope you enjoyed the photos of our center activities throughout the year!



www.creativedayschool.net

Monthly Quote

“A thinker sees his own actions as experiments and questions—as attempts to find out something. Success and failure are for him answers above all.”

—Friedrich Nietzsche

Study Smarter

Studying can be difficult, and something that makes it even more challenging is that many people do it wrong. The good news is there are ways to study smarter rather than just harder.

One good tip is to take all your notes by hand. Handwriting notes actually forces students to think more about what it is they are writing in order to distil the information they are receiving down to its most salient points – something that can be a big help for future revision.

It is also very important to pace yourself. Students love cramming, but the reality is they often forget the information they are trying to cram into their heads as quickly as they go through it.

Spacing is actually a better idea, as it allows information to become embedded within the long term memory, thus making students far more likely to remember the information when needed.

Practice tests are always a good idea. Taking practice tests at set points throughout your study is an excellent way to find out where your weak points are and what you need to study up on more.

What's On In January?

Train Your Dog Month. Did you know you can start training your puppy when he or she is just seven weeks old? Dogs, like people, are learning every second of the day. For a truly well-mannered dog, you need to reinforce the positive behaviors. "Use it or lose it!" is a good maxim to follow when teaching your dog. For training tips, go to www.trainyourdogmonth.com.

National Folic Acid Awareness Week, Jan. 5-11. Folic acid is a B vitamin that's important for the prevention of birth defects. If a woman has enough folic acid in her body (400 micrograms every day) before and during pregnancy, it will help prevent major birth defects of the baby's brain and spine.

Kid Friendly New Year's Goals

One annual tradition in families around the world is to set goals, or resolutions, on New Year's Eve. If you and your family celebrates this tradition it is a great opportunity to start to talk to your children about how to set goal that are going to help them to achieve their personal objectives in life.



Goal setting is really a very complex endeavor and one that needs to be scaled down to an appropriate level for a child. Most children, even those that just starting school, can grasp the concept of having a goal and then developing a plan to achieve that goal when they focus in on one specific focus area.

Talking About Goals

A great option to help kids with goal setting is for parents, grandparents and other family members to talk about their own goals with children. This can be done in fun ways through drawing your goals or writing a story about your goals and why they are important to you.

It is critical to choose concrete, measurable goals so that children understand that these are not just wishes or dreams, they are attainable changes that they can control. Wishes and dreams are important too, but they are different than goals.

Making Family Goals Together

Moms, Dads and other family members that interact with the children can all come together and make group goals. Group goals for families are a real bonding experience and can highlight how a family works to support each other throughout the year.

Often family New Year's goals focus on helping each other, spending more time together, or perhaps everyone agreeing to help out at a local charity or community organization.

The key is for parents to model goal setting in their own lives and talk to children about how goals help to provide measurable milestones and accomplishments in life. Kids should be encouraged to set goals that are meaningful to them and not necessarily the same goals that the parents may have for the child.

A great exercise is to then have the family share their goals and everyone else gives one way that they will help their family member achieve his or her goal. This is a positive and relationship building exercise that is a great way to start off a new year in any household.

Parent Questions and Answers:

Question: I am a private paying parent; do I have to still pay when my child is not at daycare?

Answer: Yes, if your child is on the classroom roll, you are charged for filling that spot even if your child attends or not that day or week.

How to Get Inspired At the Office

Innovation and creativity are vitally important in almost every aspect of life, but sometimes it can seem very difficult to get inspired while sitting at the same old desk in your office day after day. Fortunately, there are ways to inspire your world even in that environment.

One good tip is to have your desk rearranged. The monotony can be broken just by moving around some of the items on your desk every couple of weeks and experimenting with visual settings and lighting on your computer. Posters or calendars featuring scenes from nature – be it an animal or a tree – can also help you to draw out your creative side. Even minor tweaks to your working environment can help to make you feel more inspired.

It is also vital to keep clutter down to a minimum. Put away any items you are not currently making use of and create an open space on top of your desk. This can affect your thought process in a very big way and you may be surprised by just how much tension such a simple act can relieve.



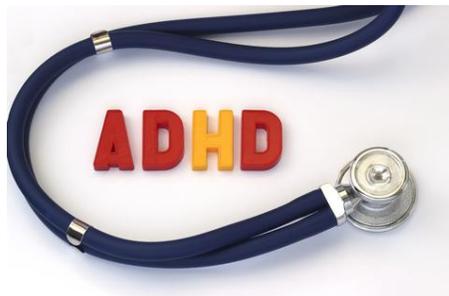
Inadequate ADHD Care for Kids

Children with ADHD are getting inadequate care from many pediatricians, according to a new study. A general failure to assess their symptoms thoroughly is a primary issue, as well as an over-reliance on the prescription of drugs.

Around nine out of ten kids diagnosed with the disorder are on medication, but just one in ten are being given psychotherapy and behavioral therapy.

Researchers have found that almost a third of all pediatricians have not checked the Diagnostic and Statistical Manual of Mental Disorders before diagnosing children with ADHD, and many fail to collect everyday data about the child's behavior from parents and teachers.

Children who suffer from ADHD suffer from hyperactivity, impulsivity and high levels of inattention that can impede their education and hurt their familial and social relationships. Around nine percent of youngsters between 5 and 17 in the United States are believed to have the condition. Over ninety three percent take medication, but less than thirteen percent also receive therapy.



Eat Right to Avoid the Flu

It's never too late to protect yourself (and your friends and family) from the flu. A flu shot may be your best line of defense, but you can also keep the flu virus at bay with help from these foods:

- **Chicken soup.** Once again, your mother was right. Chicken soup provides fluids that help fight off viruses, and it can reduce inflammation and other symptoms of the flu.
- **Garlic.** Compounds in garlic (also onions) known as allion and allicin have an antiviral impact. For maximum effect, chew a raw clove every three to four hours. If necessary, try chopping the clove into smaller pieces to swallow like pills.
- **Pumpkin seeds.** The zinc in pumpkin seeds is said to help white blood cells fight off disease.
- **Citrus fruits.** The vitamin C found in most citrus fruits (as well as red bell peppers, broccoli, sweet potatoes, and other foods) can reduce cold and flu symptoms by up to 25 percent.
- **Blueberries.** Antioxidants are more plentiful in blueberries than in lots of other fruits and vegetables. Eat half a cup a day during flu season. Fresh blueberries are best, but even frozen ones offer strong benefits.

Get Them Laughing...

(with a fun joke to tell your children)

Q: How does an Eskimo stick his house together?

A: With igloo!

Take A Look At What We Are Doing...

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

Toddlers I: The theme for January is “Terrific Tools”. We will be discussing different tools that are used on a daily basis such as spoons, forks, toothbrushes, combs, hairbrushes, etc. We will work towards large motor skill strengths. We will also use the strengths of our minds, hands and our voices to discover the different tools we use.

Twos: We are talking about “Terrific Tools” this month. We will read the book “Spoons” and talk about the shapes, sizes and colors of the spoons in the book. We will also be discussing the different tools we use each day such as eating and cooking utensils, toothbrushes, hammers, etc. and why they are important for us to have. Our color of the month is green. We will be painting with the color green and talk about things that are green. We will continue to work on our letters, numbers, colors and shapes.

Threes: The month’s theme is “Terrific Tools”. We are excited about this theme because we have lots of boys in our class! We have several new “tool props” that we will be using throughout our classroom. We will be learning the sign language word for tool as well continuing to learn our colors and numbers in Spanish. We have made great progress with our signing skills and speaking simple Spanish words!

Fours: January’s theme is “Terrific Tools”! We will be doing different activities to help us build and learn. We will be working on the letters A and B and the colors Red and Yellow. We will be utilizing different tools in each center to help us make wise decisions. We will also be working on our listening skills to see how good we can follow directions. We are asking parents to give us feedback on each child to help them achieve their personal goals.

After-schoolers: We will be celebrating the New Year and will be learning about the life of Dr. Martin Luther King, Jr. We will talk about who Nelson Mandela was and how his legacy impacted his country. Ms. Janet Lockhart will come and give our afterschoolers a speech about the importance of their lives and how they will make a difference in today’s society. **HAPPY NEW YEAR!**



Happy Birthday!

Jan 4 Zyaayna
Jan 8 Mason
Jan 9 Dean
Jan 15 Logan
Jan 19 Alexander
Jan 19 Riley
Jan 20 Alex
Jan 20 Brittany
Jan 26 Lmarian
Jan 26 Paxton
Jan 27 Dezmond

January notes:

Our classes will be making their own “Snowy Trail Mix”. We will discuss the healthy foods that we use to prepare it.



Reminder: All fees must be paid no later than Friday of each week to avoid a late fee of \$35.00. When you receive your statement, this charge will be added and must be paid with your weekly tuition if it is late. Thank you for your cooperation.