

# CREATIVE DAY SCHOOL

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## Multitasking

Multitasking is really all about working smarter rather than harder, and there are some tips that can help you to achieve this. Some people find the whole notion of multitasking rather overwhelming, so the first thing you need to do is stop panicking and get a better understanding of what multitasking is actually all about. Multitasking does not mean that every single task has to be completed all in one go; it simply means to just do one thing at a time.



When you seek to undertake a new task, make sure you understand what the task is, what you actually have to do, and what the ultimate goal of the task is. You also need to create blocks of time to be set aside for each task based on its level of importance and how much time will be needed to complete it. Tasks that are related can sometimes be compiled or combined to increase efficiency, and it is also a good idea to have the most important task set for the time of day in which you are usually the most active. Important tasks should be mixed with smaller, simpler, less stressful endeavors.

## Tips for Transferring Wealth in Families

Conversations about money between adult children and parents can be difficult, and it is never easy to discuss issues such as investments, estate planning wishes, retirement planning, and elder care. A lack of planning and communication can cost families when it comes to taxes, as well as other issues regarding the transfer of the parents' wealth to the next generation while ensuring that their old age is still provided for, and such issues do not only relate to the very rich.

It is important to have family discussions regarding money, and help can be gained from a trusted financial advisor who can facilitate and moderate such conversations and guide them through the whole process of planning an estate.

Important tips regarding talking about the transferring of wealth in families include starting family discussions as soon as possible, allowing the parents to have the last word when it comes to their care and finances, not being reluctant to bring up involved questions, and ensuring that any necessary follow-up discussions are conducted.



JUNE 2015 - MONROE



### Employee of the Month

Kischa Wright is our Employee of the Month. She graduated with an Associate Degree in Early Childhood Education in May! Congratulation Kischa!

### Customer of the Month

We thank all of our parents for the treats, cards and kind words of praise during Teacher Appreciation Week!

### Monthly Joke

#### Look To the Future

A motorist driving by a ranch hit and killed a calf that was crossing the road.

The driver went up to the house and told the owner what had happened, explaining that he'd be happy to pay whatever the calf was worth.

"Well, its worth about \$200 right now," said the rancher.

"But in six years it would have been worth \$900. So \$900 is what I'm out."

The motorist immediately wrote out a check.

"Here you go," he said. "There's a check for \$900, postdated six years from now."

## End Of Term Learning Tips For Students

When the final weeks of a college semester loom, students can try to increase their motivation by making use of motivational quotes, writing down their study goals, and forming study groups.

Writing down your goals somewhere that you will be constantly reminded of them is a good idea, regardless of whether those goals are highly specific or more generalized. Time management can often be a problem for students, particularly new students, and so it is advised to add tests and due dates to their calendars, as well as coming up with a weekly schedule and making “to do” lists. Writing down deadlines on a calendar can help students prioritize certain tasks over others, helping with time management in addition to increasing motivation. Another good time management tip for students is to treat the school week as though it were a forty hour working week and doing their work between classes. It is also important to remember to stay connected with other students, as they too will be feeling the pressure and company can also serve to keep you motivated.

### What's On In June?

#### **Sun Safety Week, June 7-13.**

Sponsored by the Sun Safety Alliance, a group dedicated to reducing the incidence of skin cancer and creating national awareness of this important health issue with a concerted focus on skin cancer prevention, education, and awareness.

#### **Child Vision Awareness Month.**

Children's vision challenges can be difficult to detect because they may not know they see the world differently than other children. Infants and children should have regular eye exams to ensure that they can see both near and far away, confirm that their eyes work together to focus on a single object, and treat eye diseases early.

## Honoring Dad on Father's Day

Father's Day is just around the corner on the third Sunday in June, so getting ready for Dad's big celebration is a good idea. For families on a budget or those families focusing on handmade, personalized gifts over something bought in a store there are several great gifts that are easy to make for kids of all ages.



### **A Family Tree**

While there are a lot of gifts for Mom's around the family and the kids, Dad's love that type of artwork too. Consider using heavy duty construction paper in a background color of your choice. The paper need to be large enough for each child to leave at least two handprints for the leaves of the tree.

Draw a trunk and branches and have the kids color or paint in either in realistic or creative colors. Then, using a water-based paint, have each child paint the palm of both hands and press it over the branches to create the leaves. This can be repeated as often as needed to create the top of the tree. To add more to the design children can choose small pictures of themselves, or with their Dad, and place along a border or on the ground.

### **Outdoor Gifts**

If Dad loves gardening or being outdoors on the deck, you can easily create messages to Dad in uniquely designed stepping stones or pavers. An adult will have to help the children mix some quick dry cement and put it into forms the shape and size of the stepping stones they want to create.

Children can then insert rocks, marbles, small shapes in plastic, metal or glass as well as use pencils or even small sticks to print their name and the date or a message to Dad.

Let it dry completely and remove the frame for a lovely and lasting outdoor gift for Dad. These are great around a grill area or beside Dad's favorite place to relax outside.

### **Make a Winning Trophy**

With some decorative dried pasta, gold spray paint and an empty and clean plastic bottle you can create a wonderful and completely unique World's Best Dad cup. Kids can use craft glue to create patterns on the bottle using the pasta, and then glue on handles and a base for a true trophy look. Mom can spray paint with gold and let it dry.

Then, using old arts and crafts supplies, buttons and pictures of Dad and the kids, the children can add that touch of bling to really make their trophy to Dad shine and sparkle.

### Parent Questions and Answers:

*Question:* Can I bring popsicles as a treat for the children?

*Answer:* As long as they are individually wrapped and there is enough for the whole class.

## Control Ingredients in Food

Eating out on a regular basis can actually be quite an unhealthy practice, as you are unable to control the ingredients that make up your meal.

Controlling the kind of ingredients that are in the food you eat is an important step in choosing healthier food.

One of the most misunderstood elements of food is fat. The reality is some fats are not good for us, but also some are vital.

These healthy fats can be found in snack foods, such as nuts, and are quite different from the undesirable saturated fats found in other less healthy fast food.

Carbohydrates are also somewhat misunderstood when it comes to their nutritional value, although vegetables are a healthier source than the kind of animal proteins found in meat, such as chicken and beef.

Although it may neither be possible nor even desirable to stop eating meat entirely, ensuring that meat is not eaten on at least a couple of the days in a week can also make a big difference to your overall health.

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## Keeping Kids Safe from Bugs This Summer

As summer comes, so do the bugs. And some of those bugs can bite. Follow these guidelines from the American Academy of Pediatrics to protect your children from getting stung or bitten:

- **Avoid using scented soaps, hair sprays, and perfumes on your child.**

The scents can draw insects and bugs and increase your child's risk of being bitten.

- **Stay away from nests or places bugs might congregate.**

This includes stagnant pools of water, areas where uncovered foods are abundant, and gardens where flowers are blooming.

- **Don't dress your child in brightly colored clothing or flowery prints.** They can draw insects to the child.

- **Insect repellents containing DEET are the most effective.**

However, DEET should not be used on children under 2 months old. The benefits of DEET are best when it is at a 30 percent concentration—the maximum concentration recommended for infants older than 2 months.

## Danger at home: Keep your children safe

The home can be a dangerous place, especially for young children. Most household accidents are avoidable, though, with some commonsense precautions. Safe Kids Worldwide, a global organization providing safety information aimed at preventing accidents and injuries to children, shares these tips for keeping your family healthy and safe:

- **Bathroom.** Don't leave children alone in the bath, or anywhere near water.
- **Hallways.** Install smoke and carbon monoxide detectors, and check their batteries at least every six months to ensure they're working properly.
- **Bedrooms.** At bedtime and naptime, remove any blankets, pillows, stuffed animals, and toys from your baby's crib to prevent accidental suffocation. Make sure your baby sleeps alone and on his or her back.
- **Staircases.** Put up safety gates to keep children from tumbling down staircases. Install similar gates for every window a child might reach.
- **Medicine chest.** Store all medicine in cabinets above the reach of children, and lock cabinets they might get into. Keep track of any medication you might carry in your purse or briefcase.
- **Living room.** Install brackets and braces to secure bookshelves and other furniture against accidental tipping. Secure television sets to the wall or place them on low platforms.
- **Kitchen.** Use the back burner of your stove when cooking with children present. Turn pots and pans so that their handles face away from the edge, out of reach from tiny hands. Store household cleaners in high cabinets and shelves, or lock lower cabinets to keep children out.

## Take A Look At What We Are Doing...

**Infants:** “Splish, Splash” is the theme for the month of June. We will introduce and review throughout the month our sign for the word water. We will discuss the uses of water and learn words associated with cleaning, drinking, helping plants grow and providing a place for animals to live. We will make bubbles for our older infants and encourage them to try to catch the bubbles.

**Toddlers:** The theme for this month is “Splish and Splash”. The children will explore how people use water not only for drinking and washing but sailing boats and growing food. We will talk about different sea creatures that rely on water to survive. The children will continue learning their numbers and colors for the month.

**Twos:** This month we will be talking about water and the do’s and don’ts involving water safety and playing in the water. We will be doing lots of water activities such as “float or sink” where we determine what things will float and what items will sink. We will be adding color to the water and discuss the changes that happen. We will also discuss how water is used in our day to day life. We will talk about how the water looks, moves and feels as well as discussing the color blue and where else we can find that color. We will continue working on letters, numbers, colors, shapes and sorting.

**Threes:** The Threes are Splishing and Splashing in water since our theme this month is Splish and Splash. Water will be our focus as we paint the building a new “color” with water and paint brushes. We will also have a “car wash”. We will be talking about the many different animals that live in the water. We will talk about the things we use water for and why we need water. We will add our sea animals to the water table for a fun experience!

**Fours:** This month’s theme is “Splish and Splash”. We will explore mixing colors during water play, discuss where we might go to “Splish and Splash”. We will discuss water safety this month. We will also continue to practice our language skills, recognition of colors, shapes, names, numbers, etc. Please continue to work on these at home as we work to achieve higher developmental levels.

**After-Schoolers:** We just have a few weeks of school left! “Summer Camp Kickoff” will have us meeting the CEO of C.A.N.S. for Cuts. We will take a trip across the USA in our classroom. Each week, we will learn about important and famous vacation spots. We will experience the different types of music, games, food and culture of the areas. We will be making special gifts for Father’s Day. We look forward to an adventurous and eventful summer.



### Happy Birthday!

June 3 Angel

June 3 Nizione

June 4 Khalil

June 4 Jordyn

June 11 Josiah



### June Notes:

Our Pre-Kindergarten Graduation for the Fours will be Tuesday, June 2<sup>nd</sup> at 10:30a.m.

We will be exploring the vegetables that are found in our gardens.

Please remember that even though the weather is warming up, we must still wear full coverage shoes.

We will be closed on July 3<sup>rd</sup> in honor of the 4<sup>th</sup> of July Holiday! Have a safe and happy 4<sup>th</sup>!

### Monthly Quote

*“Be happy with who you are and what you do, and you can do anything you want “*

—Steve Maraboli



Have you checked us out on Facebook?

