

# CREATIVE DAY SCHOOL

MARCH 2015 - MONROE

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## Structure and Time Management

Having a healthy balance between work and life is vital for any kind of business success. A work life balance means you will be less likely to burn out at a fast rate and thus increase your level of productivity over the long term. Fortunately there are some helpful pieces of advice as to how to go about achieving this balance.



One important tip is to make sure you have a solid structure in place. While finding a balance between life and work is largely about being more flexible, that flexibility can only be achieved if you have constructed a solid structure at both home and at your workplace. Structure is crucial because it adds a sense of certainty to your world. The right tools are also necessary to be more flexible within said structure, such as having laptops, remote access, flexible hours and mobile phones to aid you with working at different times and from different locations. The company you work for will also need to be structured well and support these arrangements.

Time management is also important, and one good technique is to make appointments with people so that issues can be dealt with in one hit rather than having to continually interrupt – or be interrupted – with trivial issues.

## Live Longer and Healthier

Everyone wants to live longer, but only if they can stay healthy at the same time. Fortunately there are a number of tips out there that can help all of us to maintain longer, healthier and overall happier lives.



One of the most important tips is to get moving. Starting an exercise program is one of the most recommended methods of remaining independent as people start to get older. Any form of exercise can be beneficial, so it does not have to be something extreme like weight lifting or gymnastics – a simple walk around the neighborhood several times a day can work wonders. Exercise can improve or even prevent diabetes, avert depression and osteoporosis, assist with cognition and potentially even stop dementia, as well as improving the heart, pulmonary and circulation systems. Eating well is also of crucial importance. Avoid saturated fats, enjoy good food, consume multivitamins and even enjoy the odd glass of red wine, which has been linked to improving the kind of cholesterol that is good for our bodies.



### Employees of the Month

We recognize and thank all of our faithful employees. They are always so dependable with very few unscheduled days off and are always willing to work when and where it is necessary. We have a super teaching team! Thank-you!

### Customer of the Month

Thank you Joseph and Joanna Ellis for our staff cupcake treats. Also we would like to thank Amanda Rorie for our Spaghetti dinner and desert. We really appreciate their kindness!

## Fewer kids learning piano

Piano stores are closing across the United States as less and less people learn the instrument, and more and more of those that do choose to buy used pianos or electronic keyboards, which are less expensive. The high price of brand new pianos has been a focus of blame, as has the rise of the home computer, but whatever the reason there is no denying that there has been an acceleration in the long term decline in piano sales over the last few years.

Computer technology is one of the key elements driving the changes in society, but youth sports such as swimming, soccer, and gymnastics are also taking up more of young people's time, and there are fewer parents insisting that children take such lessons. In 2014, the average price of a brand new grand piano came to around \$16,000, but these instruments can last for up to as long as seventy years and the piano remains the best ways to learn music.

## Getting and Staying Motivated

It can often be easy to come up with big plans that will change your life and you feel better just having done so. The bad news is that following through on those plans often fails to happen because of a lack of motivation but there are ways to make sure you can stay inspired and motivated all the way through your new project.

One good tip is to have your plan split into small pieces. Rather than look at the big picture and feel frustrated by how far from completion it still is, split it into easy segments and your motivation will only increase as you accomplish more and more all the time and never be afraid to celebrate even the smallest of successes.

Another good tip is to write down a list of all the reasons you want to achieve your plans. Keep these notes next to your computer or on your bathroom mirror or the door of your refrigerator as a constant reminder of what you are trying to do.

## Get Your Irish on for Saint Patrick's Day Celebrations

Even if you aren't of Irish heritage this is a wonderful day to celebrate and learn about the culture. For families St. Patrick's Day offers a wide range of different options that can easily be adapted for kids of all ages from toddlers through to teens.

Of course, green is an essential element of this day, so designing a family T-shirt that is green in color and features different St. Patrick's Day symbols such as shamrocks, leprechauns, pots of gold or even those magical rainbows is a fun activity before the event.



Going online and looking up Irish symbols and learning their meaning is a great task for older children and they can share the information with the rest of the family. With online t-shirt printing available you can easily scan and upload your design and surprise the family with custom shirts to wear all day.

## A Treasure Hunt

Kids of all ages love to look for treasure, so why save this activity just for Easter? Moms and Dads can hide gold wrapped chocolate coins around the house and yard and let the children go searching for treasure.

If chocolate isn't a good option for your family consider buying gold gift wrap or foil and individually wrapping healthy snacks for the kids to find. You can also buy some plastic coins and spray paint them gold for a real treasure hunt.

Gold coins can then be traded in for special prizes that are, of course, located in Mom and Dad lucky pot of treasures. You can include coupons for Mom and Dad to do special activities for the kids such as cook a favorite meal together or have Mom or Dad clean the kid's rooms for a day.

## Make an Irish Meal

Food is always a great way to celebrate a culture and there are a lot of iconic foods associated with the Irish culture. You may want to prepare a traditional meal of corned beef and cabbage or put together a hearty beef or lamb and vegetable stew matched with Irish soda bread.

Colcannon, a vegetable casserole that features potatoes, cabbage, parsnips and leeks is a wonderful side dish or perfect for a vegetarian main course. Finish off the meal with the classic Irish apple cake that is not too sweet and you have the perfect ending to a wonderful day.

### Parent Questions and Answers:

**Question:** If the elementary schools are on a 2 hour delay, will CDS take them to school for us?

**Answer:** No, our school transportation is for afternoon only. However Rock Rest Elementary does pick up children at the center listed on their roster.

## Shopping Healthier

Grocery shopping can be a tricky business, especially for those who are trying to shop healthier. However you can make smarter decisions when shopping by making use of a few tried and tested techniques.

One of the best suggestions is to make out a list of the healthy foods you want to purchase before you enter the store and to know where these kinds of foods are located and head straight to that section.

This will both help you to save time shopping and also cut down on the temptation to purchase less healthy items.

It is also a good idea to avoid going shopping when you are feeling hungry as the amount of impulse buys you pick up can end up being more than you wanted going in.

The produce department also needs to be made more use of. Vegetables should actually take up almost fifty percent of all the food you eat.



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## Tips for College Student Networking

Networking is about more than just being lucky enough to be in the right place during the right time.

Even going to all the right conferences, connecting with the best individuals at university and getting involved with the right kind of extracurricular activities may not be enough in the modern age.

Technology is the key to successful networking every single day in the 21st century, and can be a major help for when time comes to secure work.

One particularly good strategy to make tech a vital part of networking is to create an attractive and professional looking website.

It is fairly simple to create a website nowadays thanks to simple online tools but doing so will require more than simply uploading a resume to it. Your website should be kept regularly updated with news about internships, accolades you have received, details of extracurricular activities and relevant class work samples.

Another good idea is to make use of LinkedIn. This is a very powerful tool for networking using the internet.

It is recommended to attempt to connect to other professionals in your local area as well as with those to whom you have relevant connections at your university.



## Fun Trivia, Facts & Quotes

*Don't spend time beating on a wall,  
hoping to transform it into a door.*

—Coco Chanel

*I'm a success today because I had a  
friend who believed in me and I didn't  
have the heart to let him down.*

—Abraham Lincoln

### Snappy Comebacks!

An actress to actress/writer Ilka Chase:  
“I enjoyed your book. Who wrote it for  
you?”

Chase: “I'm so glad you liked it. Who  
read it to you?”

### Why do we celebrate St. Patrick's Day on March 17?

That's believed to be the date of his death. Although never formally canonized, Patrick came to be considered a saint. March 17 was celebrated as a religious holiday until 1903, when it became a public holiday in Ireland by an act of the British Parliament.

### Joke of the Day!

Q. How can you tell if an Irishman is  
having a good time?

A. He's Dublin over with laughter!

### Try the hardest tongue twister in the English language!

*The sixth sick sheikh's sixth sheep's sick.*

How did you do?

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

**Infants:** For the month of March, we will be discussing the signs of spring. They will be provided with opportunities to experience various smells such as lemon, orange, vanilla and apple juice. We will continue to work with our fine and gross motor movements as well as working with our visual perception. We will introduce Rabbit our soft and cozy hand puppet.

**Toddlers:** The theme we will be focused on in the toddler room will be “Up in the Sky”. We will be discussing the different types of birds and bugs that fly in the sky and also talk about airplanes, jets, helicopters that fly in the air. They will also learn about the sun, moon, stars and weather. We will observe the sky when we are outside.

**Twos:** The two year olds will be talking about the things that we can see in the sky. We will talk about how the sky changes colors when the sun sets and rises, about the clouds and the rain that falls from the sky. We will also continue working with colors and counting numbers and sorting blocks. We will talk about healthy foods that are good for us. For art we will make a picture of the sky using cotton balls. We will read the “Up in the Sky” book and will name the things we see in the book.

**Threes:** This month’s theme is “Up in the Sky”. We will add the signs for up and sky during our sign language lesson. We will discuss what falls from the sky, things like rain, ice and snow as well things that fly in the sky, such as animals and airplanes. We want to encourage the children to use their imagination and help the class write a story about flying. It’s going to be a very busy and exciting month!

**Fours:** This month’s theme is “Up in the Sky”. We will focus on the letters F, G and H. We will be studying different things about the sky like different shapes of clouds and different types of birds. We will be discussing different jobs of airplanes and how important they are to our everyday life. We will celebrate St. Patrick’s Day and experiment with green things while discovering the importance of eating green foods. We will continue to work on writing and spelling our names as well as recognizing letters.

**Afterschool:** Our classrooms are preparing for spring. We will discuss the different things that take place during the change of seasons as winter turns into spring. We will also learn about the history of St. Patrick’s Day. We will continue to support our schools by encouraging literacy.



### Happy Birthday!

March 7 Makayla  
March 27 Dezmin  
March 27 Serenity  
March 29 Destinee

### Staff Birthdays:

Ms. Trudy March 23  
Ms. Ethel March 26

### March Notes:

Our classes will be adding the study of green vegetables as a part of our healthy nutrition exploration.

Please remember that late tuition fees will include a \$35.00 late fee.

Upcoming CDS Holiday Closing: Good Friday April 3<sup>rd</sup>

### **Congratulations to our Survey Drawing Winners!**

Parent – Allison Deyton  
Staff – Joy Tucker

### Monthly Quote

*“You can’t depend on your eyes when your imagination is out of focus.”*

—Mark Twain

