

CREATIVE DAY SCHOOL

MAY 2015 - MONROE

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Setting The Balance

Having a balance between our work and home lives sometimes seems impossible in today's world when the professional and the personal is increasingly blurred, but knowing where to draw the line is vital to avoiding burnout, maintaining relationships, and staying healthy.



One good tip is to avoid doing everything, even if you think you can. You need to organize and prioritize the things that matter the most to you, such as the most meaningful relationships and responsibilities, and then actively mark out on your calendar blocks of time in which those commitments can be met. The activities and the people that give you the greatest rewards are the ones that you should be focusing on.

If you are a workaholic to whom the idea of even having a personal life, let alone a healthy balance, seems impossible then you can start just by taking a few small steps. Introduce some extra personal time to your schedule a little bit at a time. End work a little earlier, go to bed earlier, and take a Saturday off once in a while – little things can add up and create that personal life that you will soon want additional time to nurture.



Customer of the Month

We would like to congratulate Tiffany Eagle on the birth of her daughter Ne'ziah. At birth, she weighed 6 lbs. and 6 oz. She is beautiful!! Congratulations!

Empower Yourself to Get Healthy

Empowering yourself to get healthy does not have to be as monumentally difficult as many seem to fear. Starting down the road to a healthier lifestyle can actually be achieved just by following a few easy steps.



One step you can take quite simply is to cut down your intake of white carbohydrates, such as the kind found in potatoes, white rice, flour, and bread. These carbohydrates are metabolized in to sugar very quickly, and unless you are planning to run a marathon, climb Mount Everest, or partake in some other form of activity that will be a tremendous physical endurance test, they are not actually necessary. Another good piece of advice is to get your body moving every day. Never make excuses to not do exercise every day. Even if you do not feel like heading off to the gym for a full body workout, you can still go for a run or a walk. Make sure you get all parts of your body moving including your arms, hips, waist, and shoulders.

Monthly Quote

"There is something more—the spirit, or the soul. I think that that quality encourages our courtesy and care and our minds. And mercy, and identity."

— Maya Angelou

Travel Tech Tips

Technology can be incorporated into travelling whether you are heading off for business or pleasure as a way to make your trip both easier and a lot more fun.

It has never been easier to act as your own travel agent. Technology can assist you to plan out your entire trip from beginning to end, with the likes of airline reservations, hotel stays, and automobile rentals being easy to secure in under an hour by using your technological device. Cars, flights, and hotels can be booked on the website of each company, or you can look for the best deals on such sites as Expedia, Kayak, or Travelocity.

You can also be prepared for what the weather will be like in your destination by downloading apps from sites like WeatherBug, AcuWeather, or The Weather Channel to make sure you keep up to date on the climate conditions. You can pack accord to the weather, plan out your day to day itineraries, and even anticipate possible travel delays because of severe weather warnings.

What's On In May?

Get Caught Reading Month. A nationwide campaign to remind people of all ages how much fun reading can be. The Get Caught Reading organization encourages readers young and old to enjoy books and magazines and to share that pleasure with everyone—especially children.

National Bike Month. Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast, National Bike Month is a chance to showcase the many benefits of bicycling—and encourage more folks to give it a try.

Memorial Day, May 25. Remember those men and women who gave their lives in the service of the country.

Mother's Day, May 10. Show your mom how much she means to you.

Bonding with Children on Mother's Day

The celebration of motherhood is an important day in the year for both Moms and kids. When you have younger children, or even older kids, spending the day interacting in a way that strengthens your bond is a wonderful way to show how much you care.

For younger children, Moms, or Dads and family members may have to help out with the planning. However, this is a great time to do things which are memorable for you and the family and to get out of the same old daily routine.



Go Somewhere Special and Document Your Memories

Choose a place that is somewhere the family sees as special or perhaps somewhere you have never gone before.

This could be to a local lake, beach, park or zoo. Consider making it an outside event with a backup plan if the weather is not cooperating.

Bring your camera, or your phone, along with you. Take the time to encourage the kids, even the little ones, to take pictures of Mom or Mom with her family throughout the day. Then, when you get home, print out the pictures and work together to write a story about your day.

New online options allow you to create calendars or even print or e-books about your special day for everyone to remember.

Enjoy a Favorite Meal Together

While Mother's Day may traditionally be a day where the family does things for Mom, it is also a great day for Mom and the kids to spend time in making a favorite family meal.

This can include working together to pre-plan the meal, going shopping together and then actually spending time in the kitchen cooking, laughing and learning. If it's nice out, have a fun and festive barbeque, complete with outdoor games, music and relaxation. You may want just to make sandwiches and go on a picnic to a park and enjoy the weather or you may want to have a more elaborate meal where everyone dresses up for a more formal dinner.

The key in bonding with toddlers and older children is to spend time being yourself and being with them. Kids do appreciate this time and, as a Mom, it will make the day special, memorable, and a truly wonderful experience.

Parent Questions and Answers:

Question: Will you provide transportation for children attending summer tutoring when school is out this summer?

Answer: No, parents are responsible for the transportation of their children to tutoring this summer.

Nutrition Advice for Healthy Children

Food for toddlers has been the source of controversy lately, with studies showing that many such foods contain high levels of sugar and sodium, but the good news is that there are some things parents can do to make sure their little ones maintain a healthy diet.



One good suggestion is to encourage your toddler to eat up their vegetables and fruits in the form of snacks by having them cut up into more appealing bite-sized proportions.

It is also a good idea to check the nutritional labels of any snacks you intend to serve to your toddler and not to make any assumptions that just because a snack looks healthy, that automatically means that it is. Children below the age of four should not be having over four teaspoons of sugar or more than fourteen hundred calories in a day.

Another good idea is to add melted cheese or fruit to the likes of homemade pancakes, plain rice cakes, or popcorn for snacks instead of just relying on bread sticks or boxed crackers.

Tips To Avoid a Fire

Fires in the home can start unexpectedly, and often end in terrible tragedy. To prevent such a disaster occurring in your family home, there are a number of things you can do and precautions you can take.



Every home should be equipped with several working smoke detectors, as well as carbon monoxide detectors that are placed in various spots such as the living room, kitchen, the living room, hallways, and bedrooms.

Before you leave a room, you should make sure that you have turned off any and all open flames, such as candles.

You should also conduct a regular check of electrical outlets, appliances, and lamps to make sure there are no overloaded circuits or frayed or broken wires.

If you have a fireplace in your home, it should have an annual check from a certified expert as fires can be caused by broken bricks, bird, and other animal nests, or by a build-up of creosote.

Working At Home with Children

Getting extra work done at night or on the weekend can seem like an impossible task when your kids are underfoot. Here are some tips to make it easier:

- **Pay attention to your child first.** You won't have a chance to get anything done until you've met kids' needs and given them plenty of time and attention.
- **Settle children into an activity.** This activity could be sleeping, putting a puzzle together, building with blocks, or reading a book.
- **Use the right approach.** Tell your kid, "We both have work to do." This will help him or her feel more grown up. Bring home some extra office supplies (paper, markers, stapler, glue, empty folders) and encourage him or her to play "office" while you work.
- **Let children help you work.** If they're old enough, assigning them a simple task like opening mail or stuffing envelopes will help them feel useful and appreciated.
- **Bring home something special.** If you have a family policy of not renting movies on weeknights, bringing home a children's video will seem very special.
- **Hire a babysitter.** Consider hiring a caregiver for the evening, if you have very important work that absolutely has to be finished tonight.

Mother's Day Trivia!

Anna Jarvis of Philadelphia decided that it would be a wonderful way to honor her deceased mother. Two years later, Jarvis and friends began a letter-writing campaign to create a Mother's Day observance.



In 1914, the US Congress passed legislation designating the second Sunday in May as Mother's Day.

In the vast majority of the world's languages, the word for 'mother' begins with the letter M.

Take A Look At What We Are Doing...

Infants: “Digging in the Dirt” is the theme for this month. The infants will crawl around outside in the grass to experience the feel and texture of their surroundings. They will also be playing and digging in a bin filled with dirt, rocks, grass, pinecones as they hunt for hidden treasures and other outdoor items.

Toddlers: The topic this month introduces to the children how important dirt is to people and animals. The children will do hands-on activities that will help build the children’s fine motor skills through dumping, digging and filling. They will learn how animals use dirt for hiding, making tunnels, nest and protecting themselves. We will also explore the roots of our flowers, dinosaur fossils and gem stones. We will also introduce the color brown and the number two.

Twos: Our theme for the month of May is “Digging in the Dirt”. We will explore our “in the dirt” poster to see what we discover. We will discuss things that grow in the dirt, colors that we find in different types of dirt as well as what grows in the dirt. We will also continue our review of the alphabet, counting, sorting and reading.

Threes: The theme for the month of May is “Digging in the Dirt”. We will be introducing the sign for the word dirt as well as learning how to say the color brown in Spanish. What do you think dirt is made of? We are going to put on our detective hats and learn as much as we can about this magical fun stuff we call dirt!

Fours: We will be talking about “Digging in the Dirt” so we will be planting flowers as well as talking about the importance of dirt. We will also be working on letters K & L and the color red. We will experiment with wetting the sand and talk about the outcome. This is also a season when people take vacations. We will enjoy spending time making beach pictures. We are encouraging the children to begin to spell their names as well as identify different sounds.

After-Schoolers: Welcome! Those April showers are bringing in May flowers! We are getting closer to the start of summer! Have you registered for Summer Camp? Reserve your child’s spot today! The spots will fill up quickly!



Happy Birthday!

May 1 Kennedi

May 5 Kiyan

May 8 Jasen

May 9 Zmya

May 11 Kalie

May 15 Malayjah

May 15 Micah

May 18 Mariah

May 22 Damarcus

May 27 Messiah

Staff Birthday:

Ms. Janet May 15th

Financial Tips for New Parents

Healthcare costs before your newborn even exits the hospital can be pricey, even more so if it is a complicated birth, and that is just the beginning. New parents should, therefore, begin planning a budget early on, and then make sure they stick to it.

That budget can then serve as a reference point and a guide to assist parents to manage their money and to be able to make any changes when needed. Cutting out frivolous expenses, such as eating out and luxury goods, will also be crucial. Creating future savings for your new baby is also a good idea, with the help of close friends and family members. Any excessive debt also needs to be dealt with before the arrival of your new baby, so having it completely paid off or at least having do-able payment plans established is paramount.

MAY Notes:

This month we will focus our nutrition activity around the different berries that we eat such as strawberries, blackberries, blueberries & raspberries.

Have you registered your schoolager for Summer Camp yet? Stop by the office for details – spots goes quickly!

CDS will be closed for Memorial Day May 25th