

CREATIVE DAY SCHOOL

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Different People Need a Different Work/Life Balance

The struggle to achieve the right balance between work and life is a difficult one, and what makes it more complicated is that the right balance is different for everyone as we all live different lives and have different priorities. People who are young, have no family commitments, and who really enjoy their job may want to work overtime and weekends and do everything they can to earn more money and increase their chances of promotion. However, even these people need to have some downtime, and finding time for exercise and a social life is still important. Working so hard makes it extra important to make the most out of any vacation time.



On the other hand, people who are married with children will want to spend more time at home. Discuss options with your employer and determine if working from home a few days a week is possible.

It is also important to make sure that time set aside to spend with the family stays that away, and you do not allow work pressures to invade those precious moments.

The Importance of Doing Breakfast Right

To make sure your eating habits stay on the right path all day long, you should eat breakfast within no more than thirty minutes of waking up. If you are someone that just cannot face a full meal first thing in the morning, then choose a soy or skim milk latte for your morning coffee and consume a piece of fruit at the same time. Then, in the middle of the morning have a small snack packed with protein.



Even if you do only have something small, it is better than missing breakfast entirely. People who skip breakfast are far more likely to be overweight or even obese than those who do not, and a good breakfast also makes you more inclined to make better food choices throughout the rest of the day.

Even freshly squeezed orange juice is full of sugar; skip the juice and eat an orange instead. Likewise, if you have to have a smoothie, make sure you use a recipe that uses healthy vegetables, lean protein, and naturally sweet fruit rather than lots of extra sugar.

AUGUST 2015 - MONROE



CDS Student Alumni

We had a visit from Derrick Lowery, a CDS alumni. He is now 23 years old and he attended CDS from the age of 3 years up until he was 11 years old. He was well known for making people laugh and he still brings a big smile to all of our faces. We love it when our former students come back to visit!!

Monthly Quote

"No amount of experimentation can ever prove me right; a single experiment can prove me wrong."

— Albert Einstein

Check out our Summer Camp pictures on Facebook!



Tech Tips To Help Declutter Your Home

Everyone feels the need to have a spring cleaning (even if it isn't spring) of their home every now and again, and get rid of some of the clutter that naturally builds up over the course of our lives, but there is also a way that technology can help with that process. One method of using tech to get rid of some of the clutter in your home is to digitize any user manuals you may have. Rather than keeping hard copies that fill up file folders and drawers, just download a digital version from the internet. They can be saved on your computer and/or in a cloud, and the physical copy can be tossed.

Another good tip is to change your desk to one that has been constructed with technology in mind. These modern desks have been made specifically to hide much of the gadgetry used in today's world, and make everything look a lot neater and tidier.

QUOTES OF THE MONTH

The most poetical thing in the world is not being sick.

—G.K. Chesterton

We must respect the past, and mistrust the present, if we wish to provide for the safety of the future.

—Joseph Joubert

Our insignificance is often the cause of our safety.

—Aesop

Summer Learning for Easy Back to School Transitions

The summer is a wonderful time for children and parents to have fun, enjoy the great outdoors, and spend some time away from the daily routine of school. However, by incorporating some activities and structured learning opportunities parents can help kids to stay sharp and to avoid losing some of the learning they accomplished in the past school year.



It is estimated by the National Summer Learning Association that children can lose as much as two months of grade level equivalency in math over the summer, and many children also struggle more with reading in the fall. In addition, children of all grade levels score worse in September on the same test given before the end of the previous school year. Parents can completely avoid this by encouraging their children to both keep reading as well as to keep using their math skills.

Some simple ways to keep math, problem-solving and reading as part of the summer routine includes:

- Set a daily reading time for the whole family. This can be 20 minutes or more a day when everyone reads without interruption and exception. Modeling reading is one of the most important factors in developing an appreciation for reading for your children.
- Incorporate math into activities including measuring for cooking (fractions), making purchases (addition and subtraction), and flash card drills for all operations as well as other types of daily math activities.
- Kids can be given a math activity page and be provided with points for completion and correct answers. You can choose to give stickers or points. Even more fun is to have the points build up to a grand total and the family goes together on a picnic, to the zoo, or any other interactive type of event.
- Encourage children to write stories about their summer events, or to create small chapter books they can share with siblings and friends. They can draw, color and decorate the books, and they can become treasured keepsakes.

There are also some great free resources online that offer games by grade levels. Fun websites for math include www.mathplayground.com and www.softschools.com.

Parent Questions and Answers:

Question: Can my child come to CDS during the Kindergarten staggered days?

Answer: Yes, the center allows for the children to be here full days until school is in session full-time for Kindergarteners.

Make the Most of Long Weekends

Three day weekends are a great opportunity to take your partner and kids on a mini-vacation, and there are some excellent tips to ensure you make the most of the time.



One good tip is to choose somewhere to go that is not too far away. A three day weekend is plenty of time to enjoy a local getaway, but it is best to avoid anything that involves a plane ride or a long car journey, particularly when children are involved.

Another good way to get the most out of a long weekend is to choose to stay in a hotel that is family-friendly. Many such hotels come with their own attractions such as indoor water parks or mini golf courses, and are great for entertaining the whole family.

If you want to expose your children to history and culture, try visiting a nearby big city, as they are usually full of science and history museums, theaters, sporting venues, etc., and even just walking the streets and exploring the city can provide both education and entertainment.

Tips for Your Child to Pass a Driving Test

Passing a driving test can be a difficult and intimidating experience, but the best way to get through it is simply to make sure that you know everything you need to do now in order to pass it successfully.



Having regular lessons to learn all that is required of you sounds obvious, but there is little that is more important when it comes to passing a driving test.

Try to get a minimum of two hours driving experience per week for at least a month prior to taking the test.

This will result in you making consistent progress, increasing your confidence, making the most of the time you are spending with your driving instructor, and being given the chance to refresh your knowledge on any aspects you are unsure of.

You can also write down every time you achieve a large milestone.

A progress log is kept by some driving instructors to enable their students to track their progress on the syllabus, but you can always create your own if they do not.

Improve Your Financial Future



The National Foundation for Credit Counseling claims that sixty percent of Americans have no budget to live by, with too many people living a dangerously unsustainable lifestyle.

Creating a budgeting system is vital to make sure that you are not living your life on a hazardous financial knife-edge.

Living within your means is essential to creating a sustainable budget.

Make sure you know the difference between something you want and something you actually need.

The way a purchase is perceived can be altered radically when you actually have to save up for it rather than just buying it on credit.

Getting one or even a couple of roommates can also be a good idea, meaning there is someone else there to share the cost of the bills.

Saving always has been and will always be important too.

Even just putting away a couple of dollars every month can add up and may turn out to be a life-saver in the event of an unexpected emergency expense.

Take A Look At What We Are Doing...

Infants: For the month of August, we will be exploring the concept of in and out and up and down. We will build an indoor obstacle course for crawling in and out, over and under and up and down. Turning a box on its side will allow the babies to crawl in and out the box with small windows for a peek-a-boo!

Toddlers: The theme for the month of August will be sand and sea. The children will continue to explore facts about sand and sea through picture and songs. The children will also learn about the creatures that live in the sand and even treasures!

Twos: In the month of August we will be talking about the colors green, blue and red. We will discuss foods that are those colors and look for things around the room that are red, green and blue and use crayons to draw pictures and then discuss what we have drawn. As always we will continue reviewing numbers and letters. We will be sorting blocks according to the colors we are reviewing. We will also be playing ball toss using our parachute to see how high we can make the ball go.

Threes: This month we will be focusing on the "All about Me" theme. We will discuss the things that make us different and special as individuals. We will practice learning our birthdates, making pictures of ourselves, family collages and individual master pieces. We will also use Dr. Jean's CD of "All about Me".

Fours: For the month of August, we will be preparing and discussing our first day of school. We will also talk about our feelings and how to open up in a new school environment so the teacher will be informed if we are faced with problems. We will also cover some awesome topics such as fairy tales, clothes, and zoo animals and our imagination to be creative. I will also ask parents to bring in any family photos to post throughout the room so that we can be prepared for the upcoming assessment.

After-Schoolers: Our summer campers will be discussing the importance about being kind to one another. Also we will be talking about how we should look for the signs of bullying and how bullying is not accepted. We will also be winding down to the days of summer.



Happy Birthday!

August 1 Dontovius	August 18 Kaliyah
August 1 Xavier	August 21 Carmen
August 2 Krystal	August 24 Arianna
August 5 Niyasia	August 27 Ayxha
August 9 Luis	August 30 Jayden
August 18 Jaquavis	

Staff Birthday:

Ms. Melissa August 18th
Ms. Carolyn August 24th
Ms. Edna August 25th
Ms. Anne August 30th



August Notes:

We will be preparing "fruit faces" as our nutritional activity to go along with our "All about Me" theme.

We would like to thank Cans 4 Cuts for coming by and visiting our Summer Camp classes. Cans 4 Cuts made sure that our students would have a healthy smile by donating toothbrushes and discussing the importance of dental hygiene. Thanks you C.A.N.S. 4 Cuts!

