

CREATIVE DAY SCHOOL

1010 South Williamson
Avenue
Elon, NC 27244
cdsreynolda@gmail.com
336-584-5678

1812 Walkup Avenue
Monroe, NC 28110
cdsmonroe@gmail.com
704-283-8627



5312 West Friendly
Avenue
Greensboro, NC 27410
cdsfriendly@gmail.com
336-851-5678

3595 Reynolda Road
Winston Salem, NC 27106
cdsreynolda@gmail.com
336-923-8698

www.creativedayschool.net

A Different Perspective On Balance

Work-life balance can mean something different to different people, and the best way to find your own healthy balance begins with accepting who it is you want to be in your own life.

The personal brand that you wish to build both professionally and personally is the litmus test that you can make use of when it comes to juggling home life and work priorities. It is vital to simply accept the fact that you cannot be in two different places at once, either physically or emotionally.

The line between work and home has been blurred by smartphones and email, but it is important to still have some degree of structure in your life, especially when juggling commitments.

One good tip is to create a shared calendar that can be used by everyone in your home so everyone can see where everyone is or should be at any given time. Make sure you have some free time in the day to deal with unexpected events and make the time to meditate, read, exercise, or just general relaxation.

How to Pack a Better Lunch

Children and adults need to eat lunch when at school, college, or work, and bringing your own lunch rather than eating out has a number of big advantages. You will likely eat food that is of much better quality and in healthier sized portions, with a greater concentration of whole grains and vegetables, if you bring your own food, as well as less of the stuff you would do well to avoid such as sodium, saturated food, and excess calories.

Packing your own lunch also serves to save money, and one of the simplest tips is to make your packed lunch with the same food that you had for dinner the previous evening. It is very simple to cook an extra salmon fillet or chicken breast, add some more vegetables, and boil one more egg when preparing your evening meal, and most are just as tasty and healthy when eaten chilled. Homemade sandwiches are almost automatically a healthier choice than deli sandwiches, and you can also add more produce such as grilled zucchini, fennel, onions, sliced radish, and green beans to create a tasty and interesting salad.



DECEMBER 2015 - MONROE



Employees Spotlight

Thank you to all our teachers, floaters, subs and cook for all you do to make our families feel loved and appreciated every day!

Customer of the Month

Thank you to all of our parents who came to our Thanksgiving Luncheon!



Happy Holidays from CDS!



Outdoor Learning

Outdoor learning is an excellent method of engaging children, but it needs originality and advance thought and planning from parents or teachers. One place that is great for getting kids to develop more physical confidence is the beach, where they are able to jump, play ball games, dig, surf, race, and swim. It is a good idea to set physical challenges that your kids may initially balk at and to encourage them to keep trying until they succeed.

Especially beautiful are places that are near water, offering kids lots of chances to write poetry, sketch, or paint. Woodlands and forests are also excellent places for really firing-up children's imaginations, particularly at dusk, as well as for building tasks and teaching more practical skills such as tying knots, whittling sticks, and how to safely use a knife. Parks, gardens, and other open spaces are particularly ideal spots for teaching kids how to navigate, using basic or picture-based maps for younger children, and more sophisticated maps and compasses for older kids.

Hanukah

It's celebrated worldwide, for eight days and eight nights. Hanukkah is celebrated in the home beginning on the 25th day of the Jewish month of Kislev.

Hanukkah celebrates the victory of the Maccabees or Israelites over the Greek-Syrian ruler, Antiochus about 2200 years ago.

A menorah is a special nine-branched candelabrum, also known in Hebrew as a Hanukah.

The lighting of the menorah, known in Hebrew as the hanukkiyah, is the most important Hanukkah tradition. A candle is lit each night of the 8 days. The taller one in the middle is used to light the eight candles.

Budgeting Ideas for the Holidays

It seems like no matter how carefully you budget and plan for the holidays there is always some additional expenses involved that you missed. In some cases, families may not have a holiday budget, or they may simply feel obligated to keep increasing their spending despite having a plan.



To help to manage holiday budgeting and keep your spending under control, there are some simple yet very effective techniques to use. To help control spending use the following ideas and your Christmas budgeting won't be a problem.

Stop Using Debit and Credit Cards

People shopping with debit and credit cards are more likely to buy on impulse, and much more likely to buy more than they planned regardless of the time of year. Over the holidays use cash only, and use the envelope plan listed below. If you have bigger ticket purchase, use the store's free layaway plan to pay for the item. This eliminates any interest you may accrue on a credit card purchase and ensures the items are all paid for before the holidays. You can use a debit card to set up automatic payments for the layaway, just be careful not to exceed your limit.

The Envelope Plan

This is a very effective option, and it can be used year round. On a series of envelopes write a category of holiday spending. For most families these will include:

- Food
- Decorations
- Clothing
- Gifts
- Travel
- Entertaining

Then, with your budget in hand, place the amount of cash in the envelope that you have calculated for that category. For all your Christmas shopping, use only the cash from the respective envelope to avoid going over budget.

Talk to the Family

Sometimes the problem is in the number of gifts you may feel obligated to give. While you can choose homemade gifts, which is always a great idea, you may also want to have a discussion with the family. This can be about limiting the value of gifts or perhaps giving only to the immediate family and having a dinner or family gathering for the extended family to celebrate the season.

If you are feeling financial pressure over the holidays, you are not alone. By being proactive and realistically budgeting for the season you can help to prevent the after Christmas budget problems while still enjoying a wonderful holiday.

Parent Questions and Answers:

Question: I am having car trouble. Can you send the bus to pick up & drop off my children at home?

Answer: Unfortunately, our transportation ended several years ago. It is the responsibility of the parents to provide transportation.

Tips for Family Fitness

Children need exercise just like adults, and the best way for kids to exercise is to get them out from behind the computer screen and play.

Encouraging active behavior early on in childhood, as well as other healthy habits, is the best way to ensure they will become active, healthy adults.

Teach your children that exercising is fun by having playtime at least three times every week for half an hour at a time.

Play games such as hide and seek, catch, hopscotch, kickball, soccer, etc. Try to schedule these activities in the afternoons or evenings, and always make time to do something on a weekend, even if it is just taking them for a play in the park.

Wherever you are going – to school, the library, or the local supermarket – you should walk or use a bicycle whenever possible.

You might even want to keep track of the number of steps you and your children take with the use of a pedometer. It is also a good idea to encourage your children to take part in sporting activities.

What Not To Wear

Clothing is of vital importance in the workplace when it comes to projecting a professional image.

With that in mind, there are a few tips that should be kept under consideration when dressing for work.

You should never wear clothing that is distracting. Loud patterns on ties and shirts, outfits that are obviously uncomfortable and do not fit properly, and jewelry that jingles when you move should all be avoided.

Never wear dirty, stained, or smelly clothes and refrain from having unclean or even unkempt hair.

You do not want your “personal brand” to be associated with laziness by the management at your company. Torn jeans are also a bad idea. Although more casual forms of dress may be tolerated for employees who do not have direct contact with customers, torn jeans is still regarded as being disrespectful to your colleagues and simply unprofessional.

Revealing clothing is also a no-no for the ladies. Figure hugging dresses and low-cut tops are for nightclubs, not the office. Female employees should also keep their hair tidy and their make-up basic.

20 Somethings Money Tips



20-somethings often have their own set of financial concerns, and thus, there are financial tips that are specifically tailored to that particular age group.

One good tip is to be a packrat when it comes to your savings.

It is important to save as though you believe that tough times may be just around the corner, as they may well be, and you will, therefore, be in a better position if and when difficulties arise.

Higher savings can be a big help when life gets tough.

Another good tip is to not let fear divert from you making good financial decisions such as investing.

Fears of not being knowledgeable enough, being taken for a ride by a peddler, and the volatility of the market can hold people back so make sure you learn all you can, consult with a reputable financial advisor, and started saving up for your retirement now.

The best preparation for good work tomorrow is to do good work today.

—Elbert Hubbard

Take A Look At What We Are Doing...

Infants: The theme for the month of December is “Let’s Pretend”. We will be introducing them to new words of communication through sign language. We will work on target skills during pretend play that will help improve their overall quality of life. Happy December!

Toddlers: Our theme for December is “Let’s Pretend”. The children will be using dramatic play and other materials to take on community workers such as a cook, a doctor, a mom, a dad, repairman, etc. We will also be working with the children on dealing with their emotions including recognizing and expressing them. We will talk about our feelings in social situations. The color we will be working on this month is red. We will also be celebrating the holidays this month.

Twos: For the month of December, the twos will continue working on shapes, colors, patterns and the alphabet. Our color for the month is red and green. The shape for the month is triangle. Also we will be discussing, “Let’s Pretend” for our theme of the month. We will pretend to be doctors, firemen, mom, dad, etc. For Christmas we will be decorating trees and making bells. We also will be playing instruments and learn the song “Jingle Bells”!

Threes: What a great month to have the theme “Let’s Pretend”! There are so many exciting things that we can do with this! For example, in dramatic play, the children will have the opportunity to dress up as Santa and Mrs. Claus, as well as other cultural clothing celebrating other holiday traditions. We will be adding many different prop boxes throughout the centers, talking about snow and snowmen! We will continue our colors, numbers in Spanish, as well as our sign language words. We will be encouraging the children to build toys and toy houses with our wooden blocks by using their imagination!

Fours: Our theme this month is “Let’s Pretend”. This month we will be working on letters Q-U and numbers 10-20. We will also be putting our imagination to work with making up all sorts of stories. As we pretend, we will act as if we are cooking and setting the table for family dinners. We will also talk about the importance our family. We will be learning our colors in Spanish and we will be counting in Spanish as well. I will introduce the class to winter and the changes in the weather as we display our creative art work.

After-Schoolers: For the month of December, we will talk about our theme, “It’s beginning to look a lot like Christmas”! We will focus on giving to others, discuss why this is important and describe our feelings about sharing and receiving gifts. We will introduce some different outreach groups that help families in need of gifts and how we can help. Also, we will be planning to go to McAdenville or local areas to see the Christmas lights. We will have a pizza party to fellowship with one another and share what the holidays really means to us.



Happy Birthday!

Dec 1 Ayden	Dec 17 Kamile
Dec 1 Jourdan	Dec 17 Shanirria
Dec 3 Jadavion	Dec 19 Kalani
Dec 3 Laraya	Dec 21 Beau
Dec 3 Raquel	Dec 26 Jashun
Dec 6 Kylan	Dec 26 Kaylin
Dec 11 Darius	Dec 27 Antoine
Dec 12 Nathan	Dec 28 Matthew
Dec 15 Samaiya	

Staff Birthday:

Ms. Cassandra Dec 22nd

December Events

The classes will be having Christmas parties in each classroom. Look for notes outside your child’s classroom door concerning what food may be brought to contribute.

The children will be making their own creative Christmas trees for the holidays.

Parents, please label the inside of your child’s coat with their name and place their coat on their hook/cubby when you bring your child in the mornings. Thank you for helping us keep the coats separate.

Holiday Hours: Please let us know if your child will be absent during the holiday weeks.

CREATIVE DAY SCHOOL will be closed on THURSDAY, December 24th, Friday, December 25th and Friday, Jan. 1st.