

CREATIVE DAY SCHOOL

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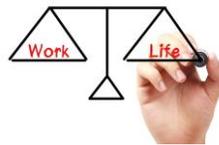
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Control the Balance

Today the boundaries between home and work are often blurred, making it harder and harder to keep personal lives and work lives separate. A poor work/life balance can result in fatigue, no time for friends or loved ones, poor health, and can lead to more responsibility and an even worse balance between work and home.



The good news is there are ways to try and get the balance under control. One good tip is to keep track of where your time goes. Pay attention to your everyday personal and work related duties and make decisions as to which you find most satisfying and necessary.

You also need to take care of yourself and ensure that you are living a healthy lifestyle. To this end, it is vital that your diet is a healthy one.

The Mediterranean diet is especially good for wellbeing and stamina in addition to increasing the ability of the brain to retain information and emphasizes lean protein as well as fresh vegetables and fruits.

Simple Tips for Budget Healthy Eating

Healthy eating can be difficult at the best of times with all of the conflicting information out there, but when you are on a tight budget, it can be even more difficult, with the foods that are best for you often far more expensive than the less nutritious alternatives. The good news is there are ways to shop wiser and eat healthier.



One good tip is to make a point of emphasizing produce that is currently in-season. The price of in-season fruits and vegetables drops during these times because they are more readily available. Happily, they are also at their most nutritious and flavorsome during this period. Melons, organic strawberries, apricots, cherries, peaches, and plums are in-season during summer.

Another good tip is to buy in bulk. Purchasing enormous quantities of staple food requirements such as beans, grains, nut butters, olive oils, and spices can help save a lot of money in the long term as well as cutting down waste and spoilage and eliminating unnecessary packaging. Grains like barley, quinoa, and rice are particularly good to buy in bulk as they double in size after cooking.

OCTOBER 2015 - MONROE



Customer of the Month

We would like to thank Joseph & JoAnna Ellis for the delicious cupcakes. We really enjoyed them!



Like our CDS FB page and receive parenting tips and see pictures of our children in fun activities!



Are These Items On Your Calendar?

Adopt-A-Dog Month. Millions of animals are waiting for someone to give them a safe, loving home. Be a hero and consider adopting a rescue animal or a dog from your local shelter. You'll be saving a life and adding joy to yours.

National Bullying Prevention Month. National Bullying Prevention Month is recognized across the United States, with organizations like Facebook, Disney, CNN, Yahoo Kids, and other partners supporting the effort through media outreach and dissemination.

Emergency Nurses Week, Oct. 11-17. Sponsored by the Emergency Nurses Association, which represents the approximately 180,000 emergency nurses in the U.S. who save lives and render aid on a 24/7 basis.

Earth Science Week, Oct. 11-17. An international event to help the public gain a better understanding and appreciation for the Earth sciences and to encourage stewardship of the Earth.

Respiratory Care Week, Oct. 25-31. An annual event that recognizes the respiratory care profession and promotes awareness of lung health issues and practices.

International Music Day, Oct. 1. Initiated in 1975 by Yehudi Menuhin to encourage and foster musical diversity worldwide.

World Teachers' Day, Oct. 5. Celebrating the dedication and commitment of the world's teachers, and spotlighting the shortage of teachers needed to achieve the goal of universal primary education by 2030.

Fun Things to Do In the Fall

Every season of the year provides great opportunities for families to have fun, learn about the world around them, and just spend time with each other. While summer is often the time most associated with doing outdoor activities, the cooler days of autumn offer some great outdoor things to do.

Celebrate the Harvest

For children raised in the city, or even in a smaller suburban area, getting out into the country and experiencing the harvest is an ideal way to learn more about where their food comes from.

In all areas of the United States, you will find farms that are open to visitors. They typically allow you to pick your own apples or pumpkins or harvest nuts right from the trees. Many of these farms also have activities you can take part in such as making apple cider, jam and jelly making, or even learning how to carve a pumpkin.

If you don't have the ability to get to the farm, why not let the farm come to you? Going to a local farmer's market in your community in the fall is an excellent time to find organically grown produce and vegetables as well as homemade preserves, pickles and local specialty items.

Outdoor Fun

Spending time just looking at the changes in nature is also a lot of fun. Plan a fall picnic at your local park and collect different fall leaves, look for migratory bird species, or try to spot all the differences as the seasons change.

Parents and kids can also build bird and squirrel feeders for the upcoming winter months. These can be made from recycled items around the home, or you can also buy kits at most hobby supply stores, hardware stores, and even toy stores.

The whole family can work together to get the yard ready for fall. Kids and parents alike can take part in raking the leaves, getting the plants ready for winter and preparing the gardens for the spring.

Don't forget to take in local Fall Festivals which include a range of family-based activities and events. As these are typically free they are a great way to spend a Saturday, and they are also very budget friendly.



Parent Questions and Answers:

Question: Can my child, that attends Winchester Elem, come for a full-day if I miss the cut-off time in the morning?

Answer: No, these children can only attend during afterschool hours as there is not a teacher here for them or space for them in other classrooms.

Keep the Kids Learning While At Home

Learning does not have to stop when the school day ends. There are many ways to help your children to learn faster at home.



The world itself is a classroom of sorts, and you can explore important concepts right in your own home – for instance, measuring cups that you keep in your kitchen cupboard.

Get your child used to playing games with an educational slant. This not only allows them to learn things but also to grow up with the idea that education is fun. Take the time to visit aquariums and museums with your children, and even the local park can be an education in itself.

Music lessons can also help to round out a child's education and assist with building self-confidence, imparting cultural values, and improving motor skills.

Instruments can be rented from many music stores in order to test out the interest and commitment level of your child, and there are even free music tutorials available online these days.

Music, games, and other activities help keep kids learning all day long and having fun while doing so.

Finding Joy in Work

Work can too often seem like a drain on our energy and existence, but it does not have to be that way.



Work can actually be a source of joy, and there are a few helpful tips that can assist you with finding the joy in your own employment.

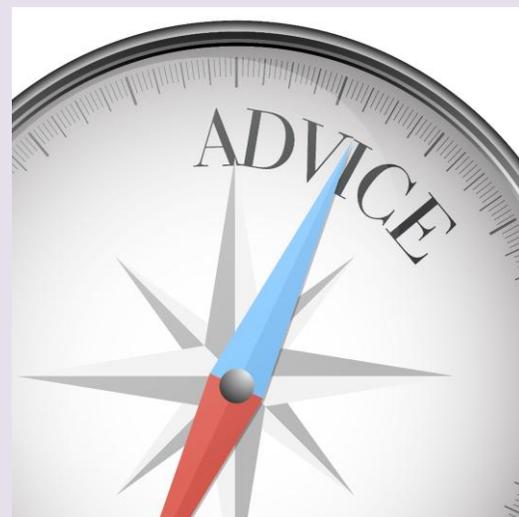
One of the most important tips is to find out what gives you motivation and passion and work on that.

You are obviously going to do a better job if you are working on something that you actually care about.

You should also never give up. Failure should never deter you, as sooner or later you will succeed in whatever it is you are trying to achieve. Also important is learning to manage your time, as deadlines are likely to be crucial – the end result has to be delivered on time.

It is a very good idea to keep an open mind and attempt to learn as much as possible from managers, supervisors, and colleagues. Do not be afraid, however, to listen to your own instincts.

Ignoring Bad Advice



There is a lot of financial advice around these days and much of it unfortunately just isn't true.

There are a number of common financial tips that do not work in this day and age, if they ever did.

One of those tips is to save ten percent for retirement. This may have been true in the past, but in the 21st century most experts seem to think we will need to set aside a good deal more than ten percent of our net income in order to be able to retire comfortably, particularly with the average lifespan getting longer.

People should start saving as early as they can.

Another oft-quoted piece of advice is that people should start saving right away for their child's education.

Although this is important, saving for retirement should actually still remain the number one priority for most people – otherwise you may end up living off your kids in the future.

Another top tip that may not be all it seems is that everyone needs a financial planner.

The truth is, if you have uncomplicated assets and are comfortable managing them on your own, then all professional help will do is cost you money.

Take A Look At What We Are Doing...

Infants: For the month of October, we will be exploring nature and natural things. The topics include bird watching, the change of seasons, fall colors and observing the change in animal activities. We will introduce natural and new trail mix and they will roll sliced bananas in rice crispy cereal for a tasty snack.

Toddlers: The toddlers will be learning lots of things about the fall season! We will be talking about the leaves falling from the trees and their color changes. We will have art activities using fall colors. We are looking forward to talking about pumpkins and celebrating at the end of the month!

Twos: For October, we will be talking about the fall season. We will talk about the changing of leaves on trees and acorns falling. We will focus on the color of the leaves such as red, yellow, orange, and brown. With these colors, we will paint leaves, color acorns and sort & count blocks by these colors. We will continue working on our alphabets, numbers and sorting items by size. Also, we will be talking about foods and read the book "Where Do We Get food".

Threes: This is our favorite time of the year! As we go into the month of October, our theme will be "Harvest Time". We will discuss what is different about this time of the year, such as the temperature, vegetables, and color of the leaves. We will talk about the vegetables that are grown and how they are harvested. We will be adding flannel pumpkins to the reading center to use on the flannel board. We are going to learn the word pumpkin in Spanish and in sign language.

Fours: This month we will focus on harvesting and the importance of the different food groups. The children will be creating different art ideas to past for assessment as well. We will also discuss fall and enjoy working on many fall projects to display throughout the classroom. Our classroom will also continue to work on writing our names and recognizing our letters, numbers and colors. We will be enjoying outside time by going on nature hunts for leaves, rocks, branches and acorns.

After-Schoolers: The After-schooler classes will be discussing the Harvest season. The students will write about why they enjoy or dislike this season. We will be doing a nutrition activity about the different fruits and vegetables that are grown during this season. Another activity that we will be doing for art is to cut out and decorate different color leaves using sequences, cotton balls and other items. We will cut out and decorate pumpkins as well. We will also celebrate the start of football season.



Happy Birthday!

Oct 4 Jonathan	Oct 18 Briasia
Oct 4 Regina	Oct 28 Caleigh
Oct 6 Jazion	Oct 28 Kamora
Oct 15 Jayceon	Oct 28 Caniyus
Oct 16 Sameera	Oct 31 Kaitlyn

Staff Birthday:

Ms. Lakischa Oct 12th
Ms. Joy Oct 24th



October Events

The year-round after-schoolers will have intercession October 1st through October 9th. Please prepare for your child to be attending the full day. They must arrive at the center by 9:30am.

We will be exploring pumpkins and various uses of them for our food and nutrition lessons this month.

The weather is getting colder. Please remember to dress your child appropriately and bring a jacket and a warm change of clothes.

