

CREATIVE DAY SCHOOL

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Tips That Are Easy to Forget

People are always on the lookout for tips and little strategies that can help them to get and stay healthy and there are plenty of such tips out there, some of which you may have already heard but forgotten about.

One such tip is setting a strict time for doing exercise, including any workout routines you may have.

You need to work out the days and times you can fit these in, and then make sure that you stick to it. Exercise – and many other things – is far more likely to get done if you know precisely where and when you are going to do it.

Another good tip is to eat healthy snacks throughout the day such as fruits and nuts. Those who do not snack regularly are more likely to get hungry and then choose inappropriate and unhealthy foods to satisfy that hunger.

Eating breakfast every morning is vital to making certain that you do not end up becoming too hungry at lunchtime and as a result again making unhealthy choices or over-indulging.

Choosing the Right Pet for Your Family

Adopting a pet is one of the kindest acts you can perform, but it is important to be honest about exactly what it is you are looking for in a pet.

You also need to ask a few questions, such as how healthy the animal is, if it has a history with children if there are young children in your family, and if there is already a pet in your family, how it is likely to respond to the newcomer.

You also need to know if the pet is already housebroken, whether it has been neutered or spayed yet and whether there are any behavioral issues that will need to be taken into account. It is also a good idea to work out the budget you can afford to spend on a pet.

Almost every dog can be taught to become a wonderful family pet, and while some may need more effort and time to do so, if you have chosen carefully and prepared your home in the correct manner, you are much more likely to end up with a successful pairing.

MARCH 2019



Change Your Drink

The average American drinks as much as fifty gallons of soda and similar sweetened beverages per annum. A regular twenty ounce drink of cola contains around 17 teaspoons of sugar and such drinks are the single biggest source of extra sugar in the diet of Americans.

The average adolescent in California effectively consumes thirty-nine pounds worth of sugar from such drinks every year, with the risk of obesity jumping by sixty percent with every extra drink consumed by a child in a day.

To avoid this health trap, you need to take action. Water should be the first choice to drink when thirsty and should also be ordered in preference to high calorie drinks when eating out. Apart from water, drink more fat-free or low-fat milk and less sweetened drinks. You can infuse water with flavor by adding lemons, berries, mint leaves, limes, cucumbers and other natural flavors.

If you drink tea or coffee, have it unsweetened and if you cannot go without a sweetened drink, make it a small instead of a large.

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

Take A Look At What We Are Doing...

This month's theme is: "Up in The Sky"

- **Infants:** As the babies look up in the sky, we will observe, identify, and discuss things we see like birds, clouds, airplanes, the sun, and more. We will sing songs with the infants, read nursery rhymes, play with puppets, and do fingerplays related to things in the sky. The art activities will include star stamping, paper plate sun and moon, rainbows, and clouds.
- **Toddlers:** As we learn about things up in the sky, such as the sun, moon, stars, birds, planes, bugs, weather, and much more, the toddlers will be able to use their imagination. This topic will capture the toddlers' wonder as we talk about how machines fly in the sky. We will do activities outside involving bubbles and kites. It is sure to be a great time as children's curiosity grows for things that are up in the sky.
- **Twos:** The twos will be talking about the things that we see in the sky. We'll be talking about the birds, airplanes, clouds, stars, moon, and sun. The twos will also talk about the colors yellow and red, and what yellow and red foods we eat. We will sort items by colors and size. We'll continue to work on our numbers, alphabet, singing our songs, and doing fingerplays. The twos will also make a picture collage of the things that are seen in the sky and counting blocks as we build towers. We will be talking about animals, the sounds they make, and naming our body parts.
- **Threes:** Oh the places we can go "Up in The Sky"! We plan to discuss the sky, the clouds, stars, and go even further, to the planets! We are so excited! We will also discuss the weather and how it is incorporated with the sky. We will spend some time bird watching! We will even touch on the different types of transportation we see up in the sky!
- **Fours:** There's a lot going on in the big blue sky. From birds and bugs, planes and balloons, to the moon and twinkling stars, there are so many topics to capture children's wonder and imagination. We will learn what makes flying creatures so special, how we make machines fly, and where weather come from. Hopefully the children will have lots of fun on our adventures up in the sky. Our surprise fun will be taking turns flying a kite.
- **After-schoolers:** Spring is coming soon. We will be observing the changes of the weather, trees, and animals. During the Spring, the earth is being replenished with the birth of animals and insects. We will chart the changes we notice in the month of March. The children have written 3 songs and will be performing them. Also, we will discuss St. Patrick's Day. We would like to thank all the parents that supported our Valentine's Day Party.



Happy Birthday!

March 7 Jereziah
March 11 Juan
March 17 Mackenzie
March 29 Devin

Staff Birthday:
March 23 Ms. Trudy



Center News:



For the month of March, we will include nutritional activities that relate to "green" foods.

Our arts and crafts will include "St. Patrick's Day".



We appreciate your consistency in clocking your children in and out. Please remember to provide the code for others that you allow to pick up and drop off your children.

Parent Questions and Answers:

Question: When do you start potty-training with the children?

Answer: We start training according to the development of each individual child which typically begins around the age of two.