

CREATIVE DAY SCHOOL

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Take care of your pet in summer weather

Summer is an ideal time for you and your pet to enjoy the sunshine and outdoors. Along with the fun, though, the season also poses circumstances that can endanger your pet. The Humane Society of the United States offers these guidelines for keeping your furry friends safe this summer:

- **Never leave your pet in the car.** During warm weather, the inside of your car can reach 120 degrees in a matter of minutes even if you're parked in the shade. Pets who are left in hot cars for just a few minutes can suffer from heat exhaustion, heat stroke, brain damage, and death.
- **Be safe with water.** Always supervise a pet in a lake or a pool. Provide plenty of water and shade for your pets while they're outdoors so they can stay cool.
- **Stay out of the heat.** On hot days, limit exercise to early morning or evening hours. Hot asphalt can burn your pet's paws. Pets can get sunburned, too, and your pet may require sunscreen on his or her nose and ear tips.
- **Watch for the symptoms.** The signs of heat stress include heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting, or a deep red or purple tongue. If your pet does become overheated, move him into the shade and apply cool (not cold) water over his body. Let your pet drink small amounts of water or lick ice cubes. If necessary, get him to a veterinarian immediately.

Plan a Family Game Night on a Budget

Spending a fun night at home with the kids playing different games and having a family favorite meal is a wonderful way to stretch your entertainment dollar. Often cash strapped Moms and Dads can't afford a night at the movies for the family or simply wish they could attend a major sporting event with the kids.



The reality is that yes, children would like to do those things, but spending time as a family is just as much fun. Once your kids are old enough encouraging them to get involved in helping you with planning a family game night is a great way to be very inclusive and ensure that you are doing things that everyone will enjoy.

Some low cost ideas for a family game night include:

- Make snacks or meals at home that are favorites for the family. Kids will love a "make it yourself pizza night" or making their own treats and healthy snacks.
- Use a spinner or numbered dice to allow each child to roll to choose a game. Each game is numbered to correspond with a number on the dice, which avoids issues about who gets to choose.
- Consider a game swap night with the neighbors. You can swap board games or other games that you have in your house with theirs, giving everyone a new set of games to play without the need to buy anything.
- Go unplugged and limit games to those that don't include technology. This avoids the additional costs of renting games and encourages interaction and conversation between the entire family.
- Try playing old school games like jacks, marbles, charades, or even go outside and have a family game of soccer, basketball or football in the back yard. You can always make up your own game using different toys and items that you have around the house.

The biggest benefit to being on a budget is that you can really get creative. Encourage your kids to come up with ideas for family game nights; you may be surprised at what they enjoy.

Take A Look At What We Are Doing...

This month's theme is: "Sand and Sea"

- **Infants:** We will be talking about the beach and ocean this month. We will be working with the infants to kick their feet like a fish. This helps with their motor skills. We will work on grasping a ball while pretending it to be a beach ball. Our letter for the month will be "O" and our shape will be a circle. We will celebrate Independence Day and be eating a nutritional snack of seedless watermelon to celebrate the month of July.
- **Toddlers:** We will be exploring the sand and sea theme through songs, pictures, and words. We will also learn about the creatures that are in the sea. We will explore the sand to see what hidden treasures are in there. We will compare different textures of sand and other items that we have in the classroom. We are excited about what we learn this summer.
- **Twos:** The twos will focus on the colors red, white & blue for the month of July. We will talk about red, blue & white foods that are healthy for us. Also, we will talk about things we do with our families over the summer like summer trips to the beach and discussing water safety. We will continue to work on our number counting, sorting, reviewing the alphabet, singing songs, and finger plays.
- **Threes:** We will be learning about the sea and sea creatures that you may find in the ocean. Our letter of the month will be "O". We will also be celebrating Independence Day and becoming familiar with the colors of red, white, and blue. We will also learning the colors in Spanish – rojo, blanco, azul. Our nutritional snack of the month will be cheerios as they are shaped like an "O".
- **Fours:** We will be doing different activities with sand such as planting flowers, building sand castles, and mixing paints with sand. We will also be experimenting with mixing different colors of paint and graph the colors that we end up with for our classroom display. The children will be able to create a sand picture to show their love for sand. We will focus on the colors red, white, and blue for this month and the numbers 1-5.
- **After-schoolers:** The Summer Campers will be celebrating Independence Day. We will explore the history of Independence Day and how it is celebrated throughout the United States. We will also be discussing our favorite vacation and what different activities that we do while we are on vacation. Then we are going to explore the sea. We will discuss and list the different types of animals that lives under the sea. We will also practice the sign language phrase for "under the sea".



Happy Birthday!

July 9 Tavion	July 15 Kylan
July 13 Abby	July 15 Nikky
July 13 Jonah	July 16 James
July 13 Travion	July 16 Alanzo
July 14 Jade	July 19 Charlie
July 14 Jaleel	July 20 Aaiyah
July 30 Damauri	

Staff Birthday:

Ms. Sheila July 31st



Center News:

Creative Day School will be closed Tuesday, July 4th in honor of Independence Day. We will include exploration into the different foods that we get from the ocean as a part of our nutrition studies.



During the summer months, please apply Sunscreen on your child in the morning before coming to school. We will apply sunscreen in the afternoon for those who have signed forms on file.

Parent Questions and Answers:

Question: Can my child be picked up at the center by the Rock Rest bus for tutoring?

Answer: Yes, however you have to make arrangement with Rock Rest for the pick-up.