

# CREATIVE DAY SCHOOL

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## Fun and Cheap Halloween Costume Ideas for Kids

With summer already coming to an end and fall just around the corner, it's time to start thinking about the favorite holiday of many children – Halloween. What kind of costume does your little one want? Scary? Fun? Will you buy the costume or take the creative route and make it? If you're handy with a needle and thread or have a creative side, maybe one of the following ideas will be a winner with your kiddos:

- **Gumball machine:** Get a bag of colored balloons, a clear trash bag and a ball cap and you can create this costume fairly quickly. Blow up all of the balloons and don't forget to cut holes in the trash bag bottom for your legs and two on side for your arms. Make sure the holes aren't big enough that the balloons can get out. Have your little one step into the bag and secure the top of the bag at the neck with a ribbon or pin it to their shirt. Add the blown up balloons. Get a piece of paper or thin cardboard and write "5 cents" and attach to the ball cap. There you have it - a gumball machine!
- **Zombie:** Zombies are all the rage thanks to the variety of television shows and movies on this very topic. Don't be surprised if this is one of the ideas your child throws at you for a Halloween costume. It's easy to turn your child into a zombie – grab some old clothes that you were getting rid of anyway and shred them. Now, add green, brown and red paint to the clothing, dark makeup under his or her eyes, a little red lipstick or makeup for blood and you're all set!
- **Ghost:** A Halloween favorite that never goes out of style. Take a bed sheet, cut holes for the eyes and you're done. Does it get any easier than that?
- **Military person:** Live near an Army/Navy store? You'll find all you need to make your little guy or gal a GI.
- **Painter:** A pair of overalls, a painter's cap, splatter a little paint, add a paintbrush to the pocket or carry a roller and you've got yourself a little painter.

These ideas can really done by anyone with little cost but tons of value when it comes to entertainment and memories. Be creative and Happy Halloween!

OCTOBER 2017



## How to Boost the Flavor and Health of Fresh Food

Everyone knows that fruits and vegetables are very nutritious but the fact is that by taking a couple of simple steps you can actually boost both the flavor and the actual nutritional value of your fresh produce. A lot of people think that fresh fruit and vegetables are effectively dead once they have been harvested, but this is not in fact the case. They continue to respire even when stored in a refrigerator, absorbing oxygen and releasing carbon dioxide. This activity uses up their stores of sugars and antioxidants, which means they will have lost a bit of their natural sweetness and contain fewer antioxidants by the time you consume them. Some fruits and vegetables do this more quickly than others and should thus be eaten as soon as possible, such as artichokes, asparagus, Brussels sprouts, corn, lettuce, okra, raspberries, snap beans, strawberries, arugula, broccoli, cherries, kale, mushrooms, parsley, scallions and spinach. If purchased from a local farmer or grown at home, soft vegetables and fruits like berries offer incomparable nutrition and flavor.



## Take A Look At What We Are Doing...

### This month's theme is: "Harvest Time"

- **Infants:** During the month of October, the infants will be practicing safety on the move. They will be crawling outside on the grass while we point out the change of colors in the leaves as well as the change in climate and season. We will place toys in a cloth bag and allow the infants to open the bag and remove the toys to encourage problem solving. We will be reading fall related books and enjoy snacks from the harvest, such as apples, potatoes, tomatoes, corn, etc.
- **Toddlers:** From seeds to plant, harvest time is a special opportunity for young children to learn how nature grows just like they grow. As the children explore different foods, it will lead them to investigate how foods travel to our favorite restaurants, grocery stores, and to our homes. As they explore, they will be introduced through books and pictures, to all the people who grow, sell, and prepare the foods we eat. Our art activities will include using items such as cupcake liners, vegetable brushes, and assorted cake pans to make beautiful art. We will also continue working on counting, sorting, colors, and learning our alphabet.
- **Twos:** During the month we will introduce the colors red, yellow & orange. We will talk about how the leaves change to these colors and also talk about foods that are healthy. We will continue to work on counting & sorting by colors and size. During our story time & discussion, we will talk about & point out things that are the colors of the month. We will introduce the pumpkin, talk about the size, and color and the texture of it. We will continue with our finger plays & songs. In art, we will mix the colors and look at the leaves through the magnifying glass.
- **Threes:** We are ready for pumpkins, candy corn, and beautiful red, yellow and brown leaves! We will prepare for cooler weather by gathering all the vegetables and other foods that we don't see in the summer. We will be discussing what those foods are, how they are gathered, and how we think they are transported from one place to another. We will also talk about how and where these foods grow! We are so excited to introduce signing to the class!
- **Fours:** This month we will be talking about fall and the changes of the weather. We will be working on the letters F & G and the colors, red, yellow, & green. We will be doing a nature walk collecting different things to make a nature box. Our art projects will be to make a 3-D fall picture, nature box, a fall leaf collection, fall collage and more. We look forward to making family collages to display around the room.
- **After-schoolers:** Our class will be talking about different ways that our food grows & how the food grows above & underground. Then we will discuss how the different food move from place to place by using different equipment & how people help move our food as well. We will focus on how our food is prepared & enjoyed. We will be enjoying different activities during the harvest season. During art time, we will make harvest collages of the different types of food & activities that they may do as well as make pumpkin art.



### Happy Birthday!

Oct 2 Ricky	Oct 19 Izaiah
Oct 2 Ira	Oct 22 Kinsley
Oct 2 Iyar	Oct 22 Dynasty
Oct 4 Regina	Oct 24 Tori
Oct 4 Jonathan	Oct 25 Jaylan
Oct 8 Aaliyah	Oct 26 Neveeah
Oct 13 Ryland	Oct 28 Katherine

#### Staff Birthday:

Ms. Lakischa Oct 12  
Ms. Joy Oct 24

### Center News:

**We will be having afternoon fall class parties on Oct 31<sup>st</sup>. Please see your child's teachers about contributions.**

We will be discussing vegetables pertaining to fall harvest. Our art and craft activities will include fall harvest.

Parents, please remember to clock your children in and out on the Procure system as this is required by the state for attendance. Thank you!

**Keep up the good work with parent and families referrals!**

#### Parent Questions and Answers:

*Question: Does my fee as a private pay parent increase when my afterschool child is out for teacher workdays? Answer: Yes, please see Mrs. Shelia or Mrs. Janet about this.*