

CREATIVE DAY SCHOOL

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Balance Tips for Working Parents

Being a parent who also holds down a full time job can be a tough grind, and it is far from easy to keep it all together. One of the most important things a parent can do is forgive themselves for making the odd mistake; no one is, or can be, perfect.



One good tip is to get things ready the night before. Have the kitchen cleaned and breakfast already planned out and prepared, clothes laid out (for you and the kids), and make sure backpacks are ready and lunches have been made.

Another good tip is to make use of that most invaluable resource of the 21st century, the internet. You can make use of the internet to do your primary grocery shopping and arrange for it to be delivered, to pay the bills and wherever possible to set up automatic direct debit payments, and to ready product reviews to cut down on the time spent looking around shopping centers.

Finally, you should do your best not to bring work home with you. Turn off email notifications from work when at home and do not let work encroach on family dinners.

Feeding Your Family On A Very Small Budget

Feeding your family on a very tight budget can be a tough ask, but there are some methods to make sure even the tightest budget can provide everything a family requires if you play it smart.



One good tip is to reduce the amount of fresh produce that you purchase. This may not be the healthiest advice, but on a short-term basis at least it can be very helpful to stay in budget while ensuring everyone still gets fed. When you do purchase fresh produce, make sure you buy vegetables that are dense and very filling such as the likes of beets, broccoli, carrots, and potatoes.

Another good tip is to set about growing your own herbs if you have enough of a garden to be able to do so. You may also wish to try growing seasonal vegetables if this is the case.

Some staple foods, such as oats, can be bought in bulk, which cuts down on the cost considerably. Oatmeal can be used to make cookies, breakfast cereal, and granola bars, with plenty still left over for the future.

JUNE 2018

HAPPY FATHER'S DAY!



Keeping Kids Safe from Bugs This Summer

As summer comes, so do the bugs. And some of those bugs can bite. Follow these guidelines from the American Academy of Pediatrics to protect your children from getting stung or bitten:

- **Avoid using scented soaps, hair sprays, and perfumes on your child.** The scents can draw insects and bugs and increase your child's risk of being bitten.
- **Stay away from nests or places bugs might congregate.** This includes stagnant pools of water, areas where uncovered foods are abundant, and gardens where flowers are blooming.
- **Don't dress your child in brightly colored clothing or flowery prints.** They can draw insects to the child.
- **Insect repellents containing DEET are the most effective.** However, DEET should not be used on children under 2 months old. The benefits of DEET are best when it is at a 30 percent concentration—the maximum concentration recommended for infants older than 2 months.



Take A Look At What We Are Doing...

This month's theme is: "Splish Splash"

- **Infants:** The infants will be exploring water with their hands and pouring water from cups. For science and sensory, we will explore sand, water, plastic shells, and beach toys. We will sing our song "Baby Beluga" and use our whale to help us read and sing.
- **Toddlers:** This month we will be exploring water through needing water for food to grow, how water can allow boats to sail, and what animals live in the water. After this month of learning about water, they will know a whole lot more about ways water is helpful, beyond drinking, washing, or puddles. We will also learn how the animals that live in water move through the water and breathe in water. This is sure to be a great learning experience for the children as we explore fun and different ways water is used.
- **Twos:** We will be talking about water, the safety of water, and what we can do with water. The twos will use the flannel board during our story time group time to sing songs and finger play. We'll continue to work on counting, learning colors, reviewing the alphabet and sorting by shapes, size, and colors. Also the color of the month is blue. Using blue food coloring to make the water change colors, we will talk about the things that live in water. We will talk about healthy foods we can eat that's blue. Thank you to our parents that participated in Teacher Appreciation Week!
- **Threes:** We will be talking about the many places you can go to enjoy splishing and splashing in the water. We will also talk about how we can have fun at home, inside and outside, splishing and splashing in the water. Most importantly, we will discuss the safety and dangers of being around the water. We will all enjoy the water table, and will incorporate water throughout our centers.
- **Fours:** This month we will focus on the letters E & F, the colors red & blue, and the numbers 4 & 5. We will do summer crafts such as create a 3-D beach picture focusing on oceans. We will discuss summer weather and vacation time. We will also continue working on tying our shoes and spelling our names. There will be a note posted for parents to work on a family collage to be posted in the classroom.
- **After-schoolers:** We will kick off our summer by having a "Fun in the Sun" day where children bring their swim suits and have fun splashing in the water. We will discuss the importance of water safety and go over rules for water safety and water play. We will also discover sea creatures, other animals, and plant life that live in and around the water. We will engage the children as we create our ocean in a bottle. Our nutritional activity for the month will be discussing fruits that grow near the ocean and enjoying some of these tropical treats.



Happy Birthday!

June 20th Angel
June 24th Hermonii
June 25th Kaden
June 26th Imane
June 28th Liam
June 29th Haven



Center News:



We thank all our parents for your kindness during
Teacher Appreciation Week!

Welcome Mrs. Laura Workman to our CDS staff.

Parent Questions and Answers:

Question: When my children get out of school for summer break, what is the latest time that I can bring them to the center?

Answer: We request that all your children be in the center by 9:30am. There will be days when your school-age summer campers will need to be in earlier, which will always be posted ahead of time.