

# CREATIVE DAY SCHOOL

1812 Walkup Avenue  
Monroe, NC 28110  
704-283-8627

[www.creativedayschool.net](http://www.creativedayschool.net)



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## How to Work Less but Do More

Being busy all the time is not really something to be proud of and it is important to have downtime and set boundaries in order to get a better balance between work and life.

Pride in constant “business” is likely to deplete all your energy levels constantly if you live your whole life in such a manner, and even just a breather of a few minutes per day can help you to feel more balanced and recharged.

Emails are a wonderful invention, but they can also result in work encroaching onto personal time. Never check or answer emails during the evening, and part-time workers should also avoid them during their days off; part-time employees need to manage the work carefully to avoid ending up becoming a proxy full-time workers sans the appropriate level of pay.

Establishing clear boundaries with co-workers and managers is very important and it can also be a good idea to attach a signature to emails stating your working days, allowing external contacts to understand that they should not expect an instant reply.

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## The Financial Paperwork You Need to Keep

People acquire lots of financial paperwork over the years, including the likes of tax returns and stock documents, but what documentation do you actually need to keep, and which is it okay to throw away?

The good news is that there are lots that you can get rid of if you fancy having a clear-out. Bank deposit slips and ATM receipts can be disposed of the moment you can match them with your monthly bank statement and the same applies to credit card receipts unless you need to have proof of purchase or wish to take an item back.

Credit card statements with no tax-related expenses on them can also be thrown away, as can utility bills after you receive proof of payment on the next bill. Items you need to keep for at least twelve months include pay check stubs, bank statements, brokerage and other investment statements and health care bill receipts.

Documents that need to be kept for at least seven years include supporting tax documents, capital improvement receipts, savings bonds, loan documents, vehicle registrations and warranties.

Documents such as birth certificates, divorce papers, marriage licenses, Social Security cards, estate planning documents and military discharge papers should never be thrown away and kept somewhere safe.

MAY 2019



## Joke of the Month:

### Calling in Sick

Salary negotiations between a union and a big organization weren't going well.

The main issue was that management believed workers were abusing the sick leave policy.

During one tense meeting, a manager hurled that morning's newspaper onto the conference table.

“Look at this! This employee called in sick yesterday!”

The union negotiator looked and saw a picture of the employee holding up a trophy for winning second prize in a golf tournament.

“What do you say to that?” the manager demanded.

“Wow,” the union official said. “If he hadn't been sick, he might have won!”

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*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: "Digging in the Dirt"

- **Infants:** Science explains that playing in the dirt and mud stimulates the immune system and increases serotonin levels in our brains that soothes, calms, and helps us relax. Regular exposure to dirt helps prime the immune system to prevent allergies. So, let's "Dig in the Dirt"! We will paint with paint made to look like mud and play in buckets of potting soil for sensory play.
- **Toddlers:** Digging in the Dirt introduces how important dirt is to many animals and to people. The children will be using their fine motor skills to dig, dump, and fill different types of containers. They will also learn how animals use dirt to hide, make tunnels, nest and protect themselves. Children will also explore different places to find hidden treasures such as roots, dinosaur fossils, and gemstones. I'm sure the children will enjoy the fun of digging in the dirt.
- **Twos:** We will be talking about the things that are found in the dirt, what lives in the dirt, and that grows in the dirt. We will also talk about the color of dirt, and how the dirt feels. We will focus on the color brown and yellow. The twos will continue to work on numbers, letters, sorting by size, and colors. We will make a mud picture using the color brown and continue to learn fingerplays and songs.
- **Threes:** The threes are looking forward to one of their favorite activities which is digging in the dirt! We will explore and learn about animals that live in the dirt and what grows in dirt as well. We will continue to work on our alphabet, numbers, and colors. We will paint mud pictures and have more fun digging in the dirt!
- **Fours:** Children have an innate ability to make dirt fun, but there is much more to it than just playing. This topic introduces how important dirt is to many animals and to people. Hands-on activities will have us fine tuning motor skills as we dig, dump, and fill. We'll also learn how animals use dirt for hiding, making tunnels, and nests, and protecting themselves. We will find all sorts of treasures as we explore, from the roots of our flowers to dinosaur fossils and gemstones. It's sure to be a fun time when we are digging in the dirt!
- **After-schoolers:** This month we will be discussing what types of things we find when we dig in the dirt. We will discover different species of insects and animals that make their home in the dirt. We will also talk about different types of rocks and fossils we can find buried in the dirt. We will create our own germ-free dirt using all purpose flour, cocoa powder and vegetable oil. We will also use home made salt dough to create dinosaur fossils. The children will mix up a delicious "dirt-cup" treat for our nutrition activity. We will also be working on a special surprise for our mothers in celebration of Mother's Day. Lastly, we will continue to work on our writing and literacy skills as well as our math skills.



### Happy Birthday!

May 5 Marcos      May 18 Mariah  
May 8 Jansen      May 20 Kimberly  
May 15 Kayleb    May 22 Damarcus  
May 16 Reneazia   May 22 Scotlyn  
May 17 Joshua    May 29 Kamryn  
May 18 Saniyah

Staff Birthday:  
May 15 Ms. Janet



### Center News:



We will include studies about the healthy foods that grow in the dirt as a part of our nutritional activities.



Parent, please check your child's extra set of clothes and exchange them with sets appropriate for the warm weather.

#### Parent Questions and Answers:

*Question: Will my parent fee on my voucher change when my after schooler is here full day?*

*Answer: No, DSS has appropriated your tuition to cover your child's care year-round at one set monthly fee.*