

# CREATIVE DAY SCHOOL

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## Giving Thanks at Thanksgiving

Finding ways to give thanks to people in our lives is a great family activity and one that will assist children in learning the importance in recognizing others for their kindness and support. Unfortunately, in today's busy world actually taking the time to recognize acts of kindness, support, and love are often reduced to sending a quick text message or perhaps an email, but there are some other things that we can incorporate into our daily lives as well.

For kids, it is important to not focus in on technology, but rather to give a personal message of thanks. This is a great discussion to have at this time of year with Thanksgiving just around the corner.

Here are some low-cost, fun, and personalized ways that you children can give thanks to friends, family, and people in their lives. You can incorporate other creative ideas as well; your only limitation will be your imagination.

- Handmade cards – children can design their own personal thank you cards to give out to those they wish to recognize. All you need to do is provide crayons, markers, glitter, fabric, and craft odds and ends and some craft glue and kids can design away. A hand printed messages inside adds to the personal touch.
- Thank you leaves – if you live in an area where the fall leaves are out in their splendid colors, you can use these to create a wonderful gift. Kids can write a thank you note on writing paper that will fit on the surface of the leaves, one per large, flat leaf. Then, glue the short message to the center of the leaf and allow to dry. Use a glue and water mixture or a lacquer to paint over the leaf and note. This can be glued to a heavier piece of construction paper for a thank you noteworthy of framing.
- Baking something special – for neighbors, family and friends that are visiting, why not have the kids help bake a batch of their favorite cookies. These can be wrapped in fall colors of foil or wrapped in plastic wrap and covered with fall colors of tissue paper. A short thank you note can be attached with a ribbon.

Modeling thankfulness and appreciation of others all year round is also important for kids to see. It is also a great practice in the family, and one which will become a habit.

NOVEMBER 2019



## Breakfast Tips

Having breakfast every day is not only good for nutritional reasons but will also result in children performing better in school. Just a simple breakfast can make sure that a child will not start the school day hungry and that they have the required energy and nutrients to aid concentration while they are trying to learn. A nutritious breakfast also gets children off to a good start to meeting all of their daily requirements for vital nutrients such as calcium, which is found in cheese, milk, and yogurt.

Dairy goes hand-in-hand with breakfast and delivers nine vital nutrients in the one package, with dairy protein also helping to support developing muscles and keep kids satisfied until lunch time. Good ideas for nutritious breakfasts featuring dairy products include yogurt smoothies, pizza, and breakfast burritos. Hungry children are often unable to learn, so be sure to send your kids off to school with full bellies.

*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: Musical Instruments

- **Infants/Toddlers:** We will continue to discuss the color changing of the leaves. We will be making our own book, "Our ABC Book". We will work on communication skills. We want to invite our parents to our annual Family Thanksgiving Dinner. We will have fellowship and gather together as a big family.
- **Twos/Threes:** For the month of November, we will be discussing the seasons and exploring clothing to be worn for each season. We will use nature to inspire our art creations. The children will learn the first letter of their name including the sound it makes and what their letter looks like. We will continue to work on counting, sorting, colors, shapes, numbers, and the alphabet. We will be working on number recognition so the children can begin to make the connection between the number being said and what it looks like. We will end our month by discussing who or what we are thankful for and what it means to be thankful.
- **Fours:** Welcome to November! We are moving right along! This month, we will be learning about many different musical instruments, playing the ones we have and making our own music. We will also be exploring our artistic side as we show off the creative artists that we are! We will also enter the world of make-believe! This is going to be so exciting and creative! We will end our month learning about how to stay fit and healthy! All these topics can be discussed with your child at home as well. So, I encourage you to jump on board, buckle your seatbelt. It's going to be another amazing ride down the road of learning!
- **After-schoolers:** For the month of November, we will be discussing musical instruments and exploring the different sounds they make. We will be discovering how we can use natural materials to create art. We will be working on new strategies to help us express our emotions in a healthy way. We will be creating a centerpiece for our family to enjoy as they gather around the table for Thanksgiving. Finally, we will share with each other our families' Thanksgiving traditions and the things we are the most thankful for.



### Happy Birthday!

November 3 Michael  
November 5 Xyrin  
November 14 Yeraldy  
November 17 Lyric  
November 20 Mia

### Staff Birthday:

Ms. Maggie November 4<sup>th</sup>



### Center News:

**You and your family are invited to our Annual Family Thanksgiving Luncheon.**



**Wednesday, November 13<sup>th</sup> 11:00am – 12:30pm**  
**Please sign up so we will know how many parents will be joining us for lunch.**

**New Holiday Closing: CDS is closed this year on November 11<sup>th</sup> for Veterans Day!**

**We will also be closed Thursday and Friday, November 28<sup>th</sup> & 29<sup>th</sup> for the Thanksgiving Holiday! Have a safe and thankful holiday!**