

# CREATIVE DAY SCHOOL

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



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## Helping Children to Quickly Learn a Second Language

The world continues to change and advance and there are many advantages to being bilingual in such an age.

If you know another language fluently or at least have some of the basics it would be a wise choice to teach your children this valuable skill as soon as possible, and the good news is there are a number of simple tips that can make it easier to do so.

A great idea is to sign your kids up for a class online. They can learn from the comfort and safety of their own home and for some languages there are even free resources online that can be very useful. If your budget is a bit more expansive, you might want to think about hiring a tutor.

If you want to try a method of teaching that is a little less formal, one idea would be to invite over someone you know who speaks another language, perhaps even a classmate of your children. This can be a good way to help your kids pick up the nuances of another language spoken informally, as can watching foreign language movies and television shows.

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## Not Just Healthy Eating

“Lifestyle” diseases such as diabetes and a few cancers prematurely end the lives of millions of people all over the world every year, making the adoption of a healthy lifestyle a vital change that everyone should make. However, a healthy lifestyle is not just limited to adopting a healthier diet.

Although good nutrition is of course crucial, living a healthier lifestyle also involves other factors such as reducing your intake of alcohol, getting regular exercise and not or stopping smoking.

Regular exercise has a direct impact on an individual’s physical and mental health as it can lower blood pressure and cholesterol levels in addition to preventing the gain of or helping to lose excess weight. It has also been shown to help improve mood and the ability to cope with stress. Around half an hour of exercise per day, or two hours in total per week, can have a big impact on health and lifestyle. Many people have lots of commitments, making time out for exercise difficult, but it can be achieved by taking walks before or after work, running upstairs rather than riding up in an elevator, and doing gardening.

SEPTEMBER 2019



## How to Extend Your Smartphone Battery Life

Most people want batteries with a longer life for their smartphones, but while that technology still seems to be some way away, there are ways of extending the life of the battery you are currently using.

One good tip is to enable auto-brightness. The energy consumed by the screen of a smartphone is more than for any other part of the device, so cutting down on the brightness of your screen is the simplest way to reduce the drain on your battery. The great majority of phones today come with an auto-brightness mode that adjusts the brightness of the screen automatically based upon ambient light. Another good tip is to use an ad blocker. Mobile ads from websites that get downloaded by your phone when you go on that site are supreme power suckers, so be sure to enable ad blockers. Streaming music also guzzles power. If you must use your smartphone to listen to music, use songs you have already downloaded rather than streaming them.

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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: "Learn Every Day with Animals"

- **Infants:** During the month of September, we will be discussing where certain animals live, explore different textures, associate words with objects and use mirrors to discuss facial expressions. We will always include our songs and rhymes as a daily part of our learning experiences.
- **Toddlers:** Our new curriculum will help us further emphasize the developmental stages of learning for toddlers. We will be discussing animals and their needs, their habitats, and more. The toddlers will sort different sizes of animals into compartments to encourage relationships and understanding of size and shape. Some of our activities will include blowing bubbles, making fists, and many more fine motor skill motions. We will explore tactile and texture with our art. We will also work on our gross motor skills by running, jumping, climbing, ride toys, and working with large and small ball activities.
- **Twos:** This month we will be working on our colors and shapes. Children will be encouraged to expand on their vocabulary by having conversations about animals, sounds, and activities they have or will be engaged in throughout their day. They will be learning about themselves and will be exploring some sensory materials. We will continue to work on our numbers and the alphabet as well.
- **Threes:** It's that time of the year! We will begin our new school year with our new "Learn Every Day" Preschool Curriculum! This month we will start out by getting to know one another, learning our routines, and becoming familiar with the classroom! We will also start learning how to express our feelings and emotions and discuss how we feel about the new program. We are so excited for our parents to join the fun & participate in activities at home with their child! We know this is going to be a great start to an even greater year! We are looking forward to a successful year!
- **Fours:** We are excited to start our new Pre-K class with a new curriculum for our new school year! We will be learning about new routines and really work on mastering our Pre-K skills. We will be working our alphabet recognition, writing our names, and counting high in our numbers.
- **After-schoolers:** For the month of September, we will be discussing our daily routines and how they have changed since being back in school. We will work on the skills needed to make new friends and about how to express feelings and emotions in a healthy way. We will learn about important parts of the body and their function as well as discovering our sense and why they are important. We will also discuss different kinds of families and the special things we each like to do with our own families. As always, we will offer homework help to those that need it.



### Happy Birthday!

September 3 Jovalie  
September 12 Jonah  
September 13 Neidy  
September 20 Jerdarion  
September 21 Reginald  
September 26 Jaden

#### Staff Birthday:

Ms. Rachel Sept. 5<sup>th</sup>



### Center News:

**New Curriculum:** We are so excited about our brand-new curriculum, Learn Every Day! With this curriculum we will go beyond a letter, past a number and soar through our colors! We will incorporate literacy, math, science, social studies and creative arts into each unit of study! We are looking forward to starting Learn Every Day and learn what it will do for all of us and we hope you will be too!

**Referrals:** When you are referring us to your friends and family, please be sure to mention our school pick-ups as this plays an important part in their decision on childcare choices. Also, Benton Heights and Rock Rest Elementary does drop off at our center, so please share this information as well.

Parent Questions and Answers:

*Question: Do you take the children to school in the mornings?*

*Answer: No, our transportation is for the afternoon pick-up only. We pick up at East Elementary, Marshville Elementary, Wingate Elementary, Walter Bickett New & Old and Rocky River.*