

CREATIVE DAY SCHOOL

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Become a More Active Family

Physical activity is particularly important for both children and adults alike, and families that are active together will all benefit. Children need at least an hour of physical activity every day, with adults requiring around two and a half hours per week.

Fortunately, there are some good tips that can help your family to become more active.

Setting specific times for activities is a particularly good idea.

Select times during the week when everyone in the family is available and devote at least a couple of these periods to physical activity.

You might also want to start off the weekend with such activities after dinner.

Another good idea is to include work that needs to be done around the house. Children can get involved with active chores such as yard work or helping their parents planting, raking, vacuuming, or weeding.

It is also smart to plan activities that do not depend on facilities or equipment being accessible, such as walking, jumping rope, dancing, jogging, or playing games of tag.

Stop the Arguments with Your Kids

Anyone who has children is likely to be familiar with certain arguments over demands for new toys and discussions over responsibilities such as feeding pets and cleaning bedrooms.

Such arguments can cause exhaustion, frustration, and stress, but there are ways to lessen both the amount and the seriousness of such conflicts.

Many parents do not make all rules clear to children, assuming that “No throwing balls in the house” will be understood is just simple common sense, but the reality is that children are not aware of all these unwritten rules and will not be unless they are actually told them.

Putting in a system for chores can also help to cut down conflict, so that it is simply understood that it is the child’s responsibility to do a certain thing on a certain day or at a certain time.

It is also important to remember that you are the adult and that even if your child becomes angry and emotional, you do not have to.

There is no such thing as a one-sided argument.

September 2020



Customer of the Month

Parents, we ask that you please continue to allow time for our important question & answer protocol concerning the COVID pandemic. As school has started back and even though they are practicing safe protocol, it is of utmost importance to listen carefully and answer carefully. This step will help tremendously since the umbrella of contacts is opening a little more.

Referral of the Month

We would like to thank Tiffany Pratt for the breakfast goodies she provided for the CDS staff.

We so appreciate your thoughtfulness.



 Like

Take A Look at What We Are Doing...

This month's theme is: Our bodies, feeling, emotions, and friendship

- **Infants:** This month, the infants will use mirrors to explore their physical features and use their sense of touch to explore various textured materials. They will also experience new scents using empty spice jars and listen closely for specific sounds to use their sense of hearing. They will strengthen their gross motor skills as we help them to stretch, reach, roll, crawl, and cruise. They will learn what foods keep their bodies healthy.
- **Toddlers:** In the Toddler room, the toddlers will move their bodies to the music as they learn what all their bodies can do. They will learn and name their facial features while looking in the mirror. The toddlers will begin to learn how to say the names of their friends and they will explore and discuss all the things that make them happy. They will be encouraged to make choices on their own during play and reading books with their teacher as they help to turn the pages. They will talk about the things they see around the room, which will help to develop language skills.
- **Twos:** The twos will be learning about their emotions and the appropriate way to express them. They will learn how to get adjusted to daily routines and how to interact with their peers as they take the lead in choosing their favorite activities to engage in. They will learn about the similarities and difference they have and how it is ok to be different. They will use their senses to examine different sounds, textures, scents, and tastes.
- **Threes & Fours:** Summer is over, and our fours will begin their Pre-K curriculum this month. They will learn about keeping a routine and about how teachers help them at school. They will learn how to make their own choices and the do's and don'ts of friendship. They will learn about their little bodies and all the things they can do. They will learn how to properly express their feelings and emotions with the understanding that it is alright to have these feelings. They will also learn about all kinds of families, homes, and special family traditions. The fours will use their senses to explore.
- **After-schoolers:** The After schoolers will learn how to communicate their feelings and emotions in a healthy way. They will learn the importance of friendship with skill building activities. The after schoolers will explore similarities and difference among their peers and discuss them and learn about accepting others as they are and working together to solve problems. They will discuss home life and learn about families and homes from all around the world. They will also share some of their favorite family traditions.



Sept 3 Jovalie Violet
Sept 16 Manuel-Meko
Sept 20 Jerdarion
Sept 21 Reginald

Staff Birthday:

Ms. Rachel Sept. 5th
Ms. Alyson Sept. 22nd

Happy Birthday!

Center News:

Our nutrition activity for September is our Apple Tasting! Yum!



Please remember to bring your copy of your favorite recipe for our Creative Day School cookbook!

Q&A: Do I need to provide the school tools for my child to attend virtual learning?
Yes, you will need to view your child's school website to see what your child will need and provide just as you would at their school.

Creative Day School will be closed Monday, September 7th for the Labor Day Holiday. Enjoy the time with your family!