

CREATIVE DAY SCHOOL

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Preparing for School: Getting Back into The Groove

Summer vacation is a wonderful time to enjoy. There is often less structure, fewer scheduling demands and a lot of fun stuff for the entire family to enjoy. Transitioning from summer vacation to the start of the school year can be difficult for kids, so parents can start to make the gradual changes throughout July and August to get back into the routine.

To help your children, and to also make your life less stressful the first few weeks of the school year, starting to get back into a routine is especially important. This is particularly true if your kids are not morning people and they enjoy their sleeping in time over the summer.

Set the Alarm

You do not have to automatically start setting the alarm for the time you get up on school days if you begin early. Set the alarm just about 15 minutes before the kids normally get up. Then, every week, move it back a bit to ensure that at least a week before school starts they are up at the time you need them to be to get ready to walk, catch the bus, or have you drive them to the school.

Schedule a Reading/Homework Time

Studies show that children that read and continue to do math over the summer have better retention of information than students that do not. By having a scheduled 20-30 minute reading time, which is also a great time for Moms and Dads to model reading, and also having a few worksheets or online math, spelling and writing activities, kids are better prepared to head back to school.

Making Breakfasts

While many children may have lunch at the school, preparing breakfast the night before as a family is a great way to not only help children to get organized in the morning but also to spend some time together.

A great option for a nutritious breakfast is to combine rolled oats with different types of berries, nuts, and fruit in small mason jars. Pour milk over the top and sprinkle with cinnamon and honey, then let stand covered in the fridge overnight. This is a great grab and go breakfast that it is nutritious, fun, and quite easy to make.

August 2020



Teacher Spotlight

We would like to commend Ms. Nettie for her consistency in teaching her toddlers social distancing through songs, play, and conversation. Excellent job Ms. Nettie!

Customer of the Month

Parents, we appreciate your patience as we go through the list of questions concerning the COVID daily health checks. As this is mandatory, each question is important, and we thank you for your cooperation in answering them honestly.

Referral of the Month

Thank you, Beverly Bivens, for referring Antravia Massey to CDS. We are happy to have her son, Keldrick, with us. Beverly will receive a \$50 referral bonus after 5 weeks of the Keldrick's attendance.

Scroll over to our CDS Facebook page and see pictures of our children in fun summer activities!

 Like

Take A Look at What We Are Doing...

This month's theme is: Ocean Life, Space & Stars, Transportation, and Weather

- **Infants:** This month, the infants will use their sense to explore the great outdoors. They will discover what animals are like under the sea with a variety of pictures, books, and art activities. They will also discover the stars and moon through song and dance activities. They will use car-shaped stacking toys during transportation week and pretend to take a ride in an airplane as Mrs. Dora gently “zooms” them from center to center during active gross and fine motor play. They will end their month learning about the seasons and weather as they read books, sing songs, and feel the weather from day to day. The infants will continue to be supported in all areas of development to strengthen their skills.
- **Toddlers:** The toddlers will explore the great outdoors as they look for bugs and other things they may see in the grass. They will enjoy finger painting, to increase fine motor skills, as they do ocean animal themed art activities during ocean week. They will discover outer space and the stars as they dance to and sing silly songs to strengthen those gross motor skills. We will talk about transportation as they enjoy the riding cars during outdoor play and use toy cars to make mud prints on paper with brown paint. They will end the month by discussing the weather and seasons and how it feels during each one through a variety of pictures, books, and interactive play activities. They will also continue to work on shapes and colors.
- **Twos:** The twos will take their magnifying glasses outdoors as they search for insects in the grass. They will look at fake flowers as well as pictures of flowers to learn about colors and shapes in nature. We will listen to the sound whales make and pretend to be swimming under the sea with them during ocean life week. The twos will take a trip in their favorite rocket ship as they explore the planets, stars, the sun, and the moon through various art activities. They will enjoy the riding toys outdoors and be prompted to pretend to travel from home to school or work as the play. Finally, they will discuss the seasons and weather as they look at pictures of various types of seasonal clothing and attempt to match it to the correct season. As always, they will continue to work on colors, shapes, numbers, and letters.
- **Threes & Fours:** Our Pre-K class will discuss the parts of a flower and what is needed to make a flower grow as they plant their own. They will also make binoculars to explore the outdoors. They will count items and sort them by size and color and experiment with a variety of science activities during math and science week. The children will be constructing their own planets and learning about the stars and constellations. They will also discover things that are out of the ordinary and create works of art from unusual materials. The fours will continue to work on reading, writing, and math skills as we prepare for our PreK curriculum to begin again.
- **After-schoolers:** The School-age children will be learning how to sign the different types of weather using sign language. They will also plant their own flowers and learn how to properly care for them as they chart its growth. They will enjoy science and math activities such as constructing dino gliders and creating a working volcano. They will also learn about measurements through a variety of enjoyable activities. They will learn about the solar system and moon phases as they construct their own interactive models. Finally, we will end the month with all things weird, wacky, and wonderful as we learn some interesting and fun facts about things that are strange and unusual and create slime, oobleck, and other weird concoctions.



Aug 4 Jaceyon Aug 17 Kendra
Aug 4 Kali Aug 17 Christian
Aug 6 Montez Aug 19 Nova
Aug 10 JaNuri Aug 20 Bailee
Aug 14 Jaleah Aug 23 Alayah
Aug 14 Adaelynn Aug 26 Jaycion
Aug 15 Laila Aug 27 August
Aug 15 Noah Aug 29 Miracle

Staff Birthday:

Mary 14th, Melissa 18th, Nettie
24th, Edna 25th, Anne 30th

Center News:

Our Summer Campers will be having virtual field trips exploring growing flowers, using binoculars, and seeing the solar system.

Our nutrition activity is solar system fruit plate using slices of fruit to represent the various plants while our infants will explore through pictures and discuss the foods.

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

Q&A: Does my child need a change of clothes, even if they are older? Yes, accidents, such as spill, mud, paint, etc. can happen to the best of us. A change of clothes placed in a small labeled bookbag can be kept on the hooks inside the classroom.