

CREATIVE DAY SCHOOL

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How to Choose Walking Shoes

Choosing appropriate walking shoes is very important, particularly for older people, as feet tend to change with age. There are some helpful tips to follow when it comes to choosing walking shoes.

Feet tend to become wider as people age because tendons, muscles and ligaments stretch while the fatty pads on the feet thin out. You should make certain that your shoes are wide enough and provide enough cushioning.

You also need to work out the kind of feet that you have – such as high arches or flat feet – by wetting them and then standing on top of a sheet of paper and examining the outline.

It would be a good idea to choose shoes that are best suited to the area where you live and work, such as shoes that have good traction for a snowy climate or shoes that are waterproof for a rainy climate.

It can also be helpful to make a point of shopping somewhere where the salespeople will be able to offer you some guidance on the most appropriate footwear for you.

How to Find a Better Balance

Work occupies a lot of our life, and sometimes the balance between work and life can swing too much the wrong way. The good news however is that you can achieve a better work/life balance by following a few simple tips and making more time for the things that really matter to you.

Changing your balance does not need to be massively difficult. Setting goals that are realistic, like getting out of the office earlier one night a week, can still make a significant difference. Try to slowly build activities that matter to you into your schedule, such as an annual weekend getaway with your spouse or one hour of the week on a cherished hobby.

Even finding just ten to fifteen minutes to yourself on a hectic day to listen to music, go for a walk or read a trashy novel, can help to recharge your batteries.

February 2020



Say the Right Thing: 8 Go-To Phrases to Raise Happy Kids

These go-to phrases are pretty much all you need to keep in your pocket to have a happy, independent kid.

1. "I need to think about that."
2. "How does that make you feel?"
3. "Wow."
4. "Let's see if we can find something good in this."
5. "Listen to your body."
6. "Take a breath."
7. "Would you like a do-over?"
8. "That's a great idea."

10 Simple and Effective Ways to Say No

"No" "Nevertheless..."
"Regardless..."
"That is not the issue."
"No, and that is final."
"I'm not ready for that."
"I've given it some more thought, and I am going to say no."
"I remember saying no about this."
"I'm not going to change my mind about this."
"Ixnay, Nyet, Nein" (or another language of your choosing)

10 Fun and Encouraging Ways to Say Yes

"Yes" "Sure" "Absolutely"
"How great!" "Certainly"
"Of course! We can/will/should"
"I'd be glad to help."
"That sounds like fun."
"I'd be happy to." "My pleasure"

Take A Look at What We Are Doing...

This month's theme is: Exploring the Human Body

- **Infants:** This month, we will be discovering who we are and the things that makes us different. We will use the mirrors to look at our special features. We will be having tummy time for our younger infants, that need to strengthen head, neck & shoulder muscles. We will be engaging in other gross motor activities for our crawling and cruising infants. We will also engage our infants in water play under supervision. We will also explore the multicultural foods.
- **Toddlers:** For February, we will be talking about all the features that set us apart from our peers. We will engage in sorting activities and learn how to classify items into different groups. We will explore our cultural food and clothing in dramatic play. We will also enjoy our science play bins and experiment with some sensory activities.
- **Twos:** The twos will be exploring foods, clothing, and culture from around the world through dramatic play items, music, pictures, books, and art. We will talk about recycling and how important it is for our environment. We will discover new things our bodies can do that will support both fine & grows motor skills.
- **Threes & Fours:** Our Pre-K class will be discussing and exploring all sorts of celebrations from around the world including food, clothing and music. We will be discovering happenings from the past, present, and possible future and comparing the three-time frame. We will be conducting science experiments and exploring magnets, planets, and the human body. We will also be discovering the importance of recycling.
- **After-schoolers:** The schoolagers will be discovering celebrations from around the world. We will also uncover interesting facts from our past including food, clothing, and technological advances. We will explore astronomy of our solar system and anatomy of the human body. We will also discuss recycling and create new ways to reuse everyday items. We will also be studying Black History Month.



Feb 1 William
Feb 4 Raider
Feb 5 Damari
Feb 7 Zachariah
Feb 9 Susana
Feb 13 Chloe

Happy Birthday!

Center News:

We will be exploring multi-cultural foods for our nutritional activity.



Please label your child's coat and book bags with permanent marker as we have already had a few mix-ups. Thank you!

