

# CREATIVE DAY SCHOOL

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## Parents Say Their Kids' Screen Time Has Soared – But It is Getting Families Through This Pandemic

When COVID-19 began spreading this past spring, everything from school to happy hour to workouts and office meetings moved online while families found solace in bingeing their favorite shows and movies on an array of streaming platforms. Six months in, screen time has skyrocketed for everyone, which has left some parents concerned about straying so far from the American Academy of Pediatrics (AAP)'s recommendations. But, judging from a new survey from Norton Life Lock, parents should take heart that they're not alone—and screen time may very well be the thing that's helping everyone get through the pandemic.

The AAP released a statement in March to reassure parents that their thinking on children's device use has shifted in light of this extraordinarily stressful time. "As families adjust to this situation, the AAP urges parents to preserve offline experiences, which help families connect emotionally, process difficult experiences, and heal," the organization noted. "While limits are still important, under these stressful circumstances, kids' screen media use will likely increase."

The decision to not offer new, pandemic-specific time limit recommendations was a deliberate one. Dr. Jenny Radesky, M.D., a pediatrician and expert on children and media at the University of Michigan's C.S. Mott Children's Hospital, told the *New York Times*, "We are trying to prevent parents from feeling like they are not meeting some sort of standard. There is no science behind this right now. If you are looking for specific time limits, then I would say: Don't be on it all day."

Parents should instead be focusing on ensuring that kids' media use is positive and helps the family and community, according to the AAP. They offer tips, such as talking through daily structure and stress management techniques, communicating with teachers about educational online and offline activities for kids, and finding relaxing offline activities for the whole family.

March 2021



### Kids Joke of the Month

What kind of tree fits in  
your hand?

A palm tree!



### Monthly Quote

*A good laugh and a long good sleep  
are the two best cures for anything.*

—Irish Proverb

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reative-Day-School/](https://www.facebook.com/pages/Creative-Day-School/)



## Take A Look at What We Are Doing...

### This month's theme is: Ocean Animals and Recycle, Reduce, Reuse

- **Infants:** This month, the infants will explore ocean animals through pictures and books, use their senses to explore rocks, and use play foods to learn about fruits & veggies. They will use shape sorters to strengthen their fine motor and cognitive skills. The infants will also begin to develop language skills as they are prompted to respond with sounds and babbles back to their teacher while she has conversations with them on various topics and uses familiar words to capture their attention. Finally, they will work on gross motor skills as they get assistance standing, crawling, cruising, and moving around in their learning environments.
- **Toddlers:** The toddlers will discover underwater creatures through pictures, books, and artwork. They will learn about rocks and things that are made from them. They will increase social skills as they explore emotions and take notice on how others are feeling. They will use play food to pretend to cook healthy meals and explore fruits and veggies during mealtimes. They will also use push and pull toys to help strengthen gross motor skills. They will complete fine motor activities such as peg boards and linking beads. They will increase their language skill through books and various conversations.
- **Twos & Threes:** The twos and threes will learn about recycling and how to keep things clean. They will explore ocean animals and learn about rocks, caves, and volcanoes. They will discover colors while exploring fake flowers and sort fruits and veggies during dramatic play. The children will use artwork to express themselves freely and have group discussions about things they have done. They will practice using safety scissors and writing utensils to improve fine motor skills. Finally, they will begin a class project by planting beans and watching and discussing its progress and growth.
- **Fours:** The Pre-K class will discover how to Reduce, Recycle, and Reuse materials and how to better care for the earth. They will learn about the ocean and all the different types of creatures that live there. They will also explore our rock collection under a magnifying glass and learn about where different types of rocks are found. They will explore the parts of a plant through books and pictures as well as participate in a plant growing project. They will learn about fruits and vegetables from around the world and how they are grown and brought to our grocery stores. They will continue to practice writing their name and working on shapes, color, numbers, and the alphabet.
- **After-schoolers:** The After schoolers will engage in recycling games to help them learn how to properly dispose of and recycle various materials. They will learn about the creatures of the ocean and what animals live in caves and under rocks. They will discover types of plant and learn about their parts. They will also learn about the process of growing crops, harvesting them, and how they make it to stores across the county.



March 11 Juan  
March 17 Mackenzie  
March 22 Alysha  
March 29 Devin  
March 29 Aubree

#### STAFF:

Ms. Trudy March 23<sup>rd</sup>  
Ms. Donna March 24<sup>th</sup>  
Ms. Ethel March 26<sup>th</sup>



### Center News:

Our nutrition activity for March is discussing and sorting fruits and vegetables and exploring them through books, pictures and at mealtimes.

St. Patrick's Day is Wednesday, March 17<sup>th</sup>.  
Wear your green clothing & items that day!  
Who will be the best green dressed that day?



#### SHOUTOUT



Thank you Rhiana and Emory Smith for our Valentine treats!  
They were delicious!

We would also like to thank you for being patient with our questions & temperature checks in the mornings. These are especially important tasks in helping to keep everyone in our school safe. We appreciate your support!