

# CREATIVE DAY SCHOOL

APRIL 2015 - MONROE

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## Finding the Balance

Finding a work/life balance may be the watchword of the moment, but actually being able to do it can be another matter entirely, particularly for freelancers and those who are self-employed.

One of the best tips is to take at least one day in the week off entirely. No matter how difficult this might seem, it can and needs to be done. Nor should you do any work from home during this day, quite the opposite in fact; you should give your mind and body the time to recharge by avoiding computers, emails, and cell phones all day long.

One of the ways this can be achieved is by making sure the clients know what they can – and cannot – expect of you. Make them aware of the day on which you cannot be contacted, as well as other rules you might want to lay down, such as not answering the phone after a certain time in the evening.

Setting ground rules and expectations early on can make it a lot easier to maintain them and establish at least some degree of work/life balance.



## Be Proactive With Health

Maintaining a healthy lifestyle requires you to be proactive when it comes to your health. You can set about creating a healthier lifestyle by making an appointment for a screening, check-up, or vaccination. Screenings and exams can detect problems at their earliest stages, thus increasing the chances for successful treatments and cures.

Better food choices can also have a positive effect on your health. Drinking more water or eating healthier snacks, such as low fat cheese, nuts, and fruit, are simple pieces of advice that can make a big overall difference to your lifestyle.

Make sure you get at least two and a half hours of physical activity per week. Even simple acts, such as using stairs rather than using an elevator, can contribute to that time and help keep you fit and active. Avoid getting sick or spreading germs by regularly washing your hands, and make sure you get plenty of sleep.



### Employee of the Month

Ms. Melissa is our Employee of the Month. She will soon complete her Associate's Degree in Early Childhood. She has been with CDS for 20 years and is a great asset to our team. We appreciate her willingness to work when and wherever she is needed. Thanks for a job well done Melissa!

### Customer of the Month

We would like to recognize Nancy Garces as our Customer of the Month. She shares a smile and kind words with us every day. We appreciate your loyalty to CDS!



## Tips for New Toys

New technological toys are always fun, but it is important to keep a few things in mind as you begin using them. If you acquire a new laptop, smartphone, or tablet, one of the very first things you should do is head to the tab marked “settings” in order to alter the privacy settings. This is particularly important if these devices are going to be given to or made use of by children.

It is also a smart move to check for the very latest anti-virus protection and software updates. One interesting tip to remember is that although new gadgets often suggest not using them until a fully charged battery has been installed, in many cases this is not strictly necessary.

Most laptops, cell phones, and so on make use of lithium-ion batteries that tend to come with some charge at least, so the gadget can usually be used straight away.

## Getting Kids to Be Active

Children who spend all their free time on the computer or watching TV may develop health and weight problems as they grow up. As a concerned parent, you can tell them how important exercise is, but getting them up and moving around can be an exercise itself—in frustration. Overcome the challenge with these kid-friendly tactics:

- **Use the right words.** Don't use the word “exercise.” Instead, use words like “fun” and “play.”
- **Collect active toys.** Keep a stock of items your child can get energetic with: beanbags, jump ropes, kick balls, hula hoops, and so forth.
- **Plan activities.** Suggest a party or get-together for your child and his or her friends during which they can play games like “Red Light, Green Light” and “Simon Says.”
- **Target your child's interests.** If your child loves to read, suggest a bike ride to the library. If your child loves surfing the Internet, ask him or her to research a topic—gardening, for instance; then plant one together.

## Spring Craft Ideas for the Whole Family

Spring is a great time of year with its constantly changing weather and the hint of summer just around the corner. Celebrating spring and the beginning of a new year of growth and nature's beauty can be a whole family event.



If you are a craft lover, or even if you find crafts a bit intimidating, there are a lot of very simple, low-cost craft ideas that you can do with the whole family. Older children can do their own and younger kids will love to have help from Mom, Dad or brothers and sisters. Grandparents and other family members can also get involved to make it a true family activity.

One really great idea is to focus in on nature for these craft activities. Talk to the kids about the environment and about using recycled and reused items to protect the world around us.

### Painted Rocks

Painted rocks have been around for a long, long time but they are still a spring classic. Take a nature walk along your favorite beach, creek or stream and collect flat rocks of varying sizes.

Using insect designs such as ladybugs, bees and butterflies the children can create an entire collection of spring insect-themed rocks. If you water based craft paints they are easy to clean-up and environmentally friendly. Coat these with a layer of craft or paint sealant and they can be added to the base of houseplants for a wonderful, colorful display.

### Garden Stones

Another lasting type of craft project for the garden is to get each child to make their own paver for each year. They can collect their favorite rocks, marbles, coins and glass shapes from a craft shop or other durable items to press into quick setting concrete that is readily available from your hardware store.

You can use any type of form from cereal boxes to milk cartons. Encourage the kids to put their hand or footprint in the stepping stone and also print their name and the year. Over time you will have an amazing pathway of your children's growth.

### Herb or Flower Garden

Kids of all ages love to watch plants grow. Choose a wood planter with a plastic liner for in the house and allow the kids to decorate it with paints, markers, crayons or even old craft supplies and sparkles.

Then, the children can put good quality potting soil into the planter and choose to plant seeds or bulbs of flowers, herbs or a combination of both. Encourage the kids to activity water and care for their planter. This is a great way to develop a lifelong interest in nature and even in the foods we eat, which is always important throughout life.

### Parent Questions and Answers:

*Question:* Do I have to get a note from the doctor for my child to return to school if he/she has pink eye?

*Answer:* Yes, because it is contagious and we need a doctor's note stating the child has been treated and is able to return to school.

## Online Learning Video Creation Tips

The satisfaction and engagement of students in online courses can be massively increased by the creation of educational videos, but it is important to know how to go about creating the kind of videos – and the kind of content – that will be of maximum benefit for learners.



One good tip is to be aware of video vocabulary. Becoming familiar with the kind of terms used in the creation of videos can be invaluable, particularly the meaning of terms such as high definition video, framing, and compression.

Becoming familiar with the video technology that is available is also important.

There are a wide variety of different video production technologies on the market today, and it is a good idea to have some knowledge so that you can choose, if not the best (and most expensive) one, at least something that will be appropriate for the kind of information and style with which you wish to communicate with students.

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## Midyear School Transfer Tips

Millions of people move house every year, and in many cases there are children involved who will have to move schools, often in the middle of the school year.

Whatever the reasons for the move, parents need to keep in mind a few important considerations to help make sure that their child's move to a new school is a smooth one.

One good tip is to make sure you have done your research on the new school beforehand.

Talk to the school principal and even the parents of other kids that attend. Getting your child familiar with the new school is also a good idea.

If at all possible, switch schools at the beginning of a new term, and get in touch with guidance counselors and enrolment officials to aid you in making the switch.

It is also important to begin the process as quickly as possible as accumulating all of the necessary paperwork can take a considerable amount of time.



## What's On In April?

**National Kite Month.** Celebrate the arrival of spring by going outside and flying a kite. The American Kite fliers Association plans events worldwide in April to promote the wonderful qualities that kite flying has to offer people of all ages and physical ability levels.

**Mathematics Awareness Month.** Held every April, Mathematics Awareness Month was created in 1986 to increase public understanding of and appreciation for mathematics. Activities are organized on local, state, and regional levels by college and university departments, institutional public information offices, student groups, and related associations and interest groups.

**April Fool's Day, April 1.** Look! Your shoe's untied!

**World Autism Awareness Day, April 2.** Autism organizations around the world recognize this day with unique fundraising and awareness-raising events.

**Easter, April 5.** Christians celebrate the resurrection of Jesus Christ.

**Earth Day, April 22.** On Earth Day's 45th anniversary, the theme is "It's our turn to lead."

## Joke of the Day!

**Why did the Easter Bunny get a ticket?**

He ran a hop-sign!



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

**Infants:** “Spring” is the theme for April. We will be looking at books and pictures that are associated with Spring and things that occur during the season. As we talk with the infants about the animals that are born in the spring, we will demonstrate the sounds that each animal make and encourage the infants to repeat the sounds back to us.

**Toddlers:** It’s springtime! We will be introducing spring this month. We will observe the changes that will take place outside and read books that talk about weather, flowers and growing things outside. We will learn to say new words that we associate with the spring season.

**Twos:** This month our class will be studying “In the Grass”. We will be discussing things we find in the grass such as dirt, worms, bugs, etc. We will also be discussing how the grass feels and allow the children to remove their foot wear and feel the grass on their feet. We will also be talking about the color green and discussing what other things we can find that are green. We will be painting and coloring with the color green. We will also continue working on our alphabet, colors, numbers, shapes and sorting.

**Threes:** This month’s theme is “In the grass”. We will be talking about what makes grass grow tall and what we do to make it short. We will also go on a scavenger hunt and compare the things we find. We will talk about what animals do such as eating grass. We will talk about, does yellow and purple make green? We will try an experiment and see if it does! These are just a few of the exciting things we will be doing! We are excited about the fun we will have. Our Spanish word for the month is Verde for Green and our sign language word is Sun.

**Fours:** For April we will be discussing the theme, “In the grass”. We will also discuss the season spring, talk about plants, flowers, gardens and what we might find in the grass. We will continue to work on our letter recognition, name recognition and writing them also. We will be learning about the Easter holiday and have fun activities for Easter week.

**After-Schoolers:** Our classes will be discussing what happens during the spring time season. We will learn why spring is important to us as humans. We will talk about Easter and make crafts related to the Holiday. We are getting ready for spring break. The students will have a fun and exciting time while out of school. We will have a spring field day during our spring celebration.



### Happy Birthday!

April 3 Serenity  
April 6 Berenice  
April 7 Kayden  
April 7 Mahogany  
April 10 Jaheim  
April 23 Brian  
April 23 Kamelia  
April 28 Davonte  
April 29 Kaleb  
April 29 Keith

### Staff Birthday:

Ms. Dora April 8<sup>th</sup>

### April Notes:

We will post any Spring Break field trips for the After-Schoolers soon.

We will introduce nutritional activities that pertain to using eggs. This will relate to the Easter Holiday and Egg-Dyes.

Parents, if you have any changes in your phone numbers for cell, work or emergency contacts, please let Ms. Shelia or Ms. Janet know.

**CDS will be closed for Good Friday April 3<sup>rd</sup>**

### Monthly Quote

*“Get happiness out of your work, or you may never know what happiness is.”—Elbert Hubbard*

