

# CREATIVE DAY SCHOOL

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## Balance Management for Work and Life

Anyone working and trying to raise a family will already know about the necessity and the difficulty involved in trying to find the right work/life balance. The good news is there are some things that anyone can do to make sure they achieve a healthier balance than might currently be the case.



Time management is a very effective tool when it comes to finding a better work/life balance. People who work smarter rather than longer, and make sure their work hours are as productive and condensed as possible, are the ones who will be getting their work done and leaving the office on time. Good organization is also a vital element in this regard; poor organization can result in your work life bleeding over into what should be your personal hours and only results in a greater degree of stress. One vital part of good organization is "to do" lists; they can make it a lot easier to get day to day tasks organized and sorted into order of highest priority. Learning to say "no" is also important. Focus mainly on the responsibilities of your own job, and do not take on other individual's responsibilities and workloads ahead of family and personal activities.

## Natural Ways to Reduce Anxiety

Millions of people live with anxiety every day and very few seek assistance to try to deal with the stress. Some people deal with anxiety that is caused by certain situations, but others have to cope with it as part of a mental illness. It should be a priority for everyone to be in the best possible mental health, and the good news is there are some natural ways to manage and even relieve unwanted anxiety.



Exercise can be an excellent method of coping with anxiety. Even just one brisk walk lasting for no more than ten minutes can be extremely effective when it comes to fighting the symptoms of anxiety, and those who practice vigorous exercise have been proven to be twenty-five percent less likely to suffer anxiety and depression.

Anxiety can also be linked to the consumption of both alcohol and caffeine. Caffeine can interfere with sleep and increase nervousness, and alcohol has long been connected to depression. People who suffer anxiety should cut down on caffeine and alcohol, if not give them up altogether.

SEPTEMBER 2015 - MONROE



### Children Spotlight

Did you know we have FOUR sets of TWINS at CDS?

Harrison & Hayden  
Ira & Iyar  
Raquel & Carayn  
Zakylan & Zakiah

It's fun to have TWINS!

### Welcome

We want to welcome all of our new families. We are excited to have you and hope you will enjoy your experience being a part of our family at Creative Day School!

Like our CDS page and receive parenting tips and see pictures of our children in fun activities!

[www.facebook.com/pages/Creative-Day-School](http://www.facebook.com/pages/Creative-Day-School)



## Are These Items On Your Calendar?

**Baby Safety Month.** Drowning, falls, chemicals, and other hazards can endanger the life and health of any small child. During September, take a good look around your house and eliminate any threats to babies' safety that might be hiding in plain sight.

**Library Card Sign-Up Month.** A time to remind parents and children that a library card is the most important school supply of all. If you don't already have a library card, get one in September; if you do, visit your local library and use it.

**International Literacy Day, Sept. 8.** A day to raise awareness and concern for literacy problems in communities around the world.

**Get Ready Day, Sept. 15.** Sponsored by the American Public Health Association to help families and communities prepare for dangers like disease, natural disasters, and other emergencies.

**Talk Like a Pirate Day, Sept. 19.** Arr, matey! Hoist the mainsail, and spend the day channeling your inner buccaneer!

## QUOTES OF THE MONTH

*A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.*

—Paul Dudley White

*Most people live and die with their music still unplayed. They never dare to try.*

—Mary Kay Ash

## Getting Back Into the School Routine

Kids are typically excited and just a bit nervous about going back to school, but getting back into the routine can be a bit of a problem for both kids and parents alike. A great idea is to start the back to school transition a couple of weeks before the big day, allowing the family to get back on the schedule for earlier mornings and earlier bedtimes.

There are some simple routines that parents can use to get the family geared up to get into the school groove. These can be a lot of fun and, with a bit of creativity, kids will quickly see the benefits and learn some great organizational and time management habits for life.

### Night Before

While many parents already do this, getting kids into the habit of choosing their clothes for the next day before they go to bed saves time and frustration for everyone in the morning. Younger children may need help to choose the right combinations, but having everything organized and ready to put on the morning over the last couple of weeks of summer really helps.

### Homework

Hopefully the family did some fun academic related activities over the summer, but if it was a less structured time you can start to build in "homework" time before school starts. This can include reading for 20 minutes, working on math basics with flashcards or even buying a few low-cost workbooks and doing a couple of pages per day.

Try not to move up a grade but review the work from last year. This prevents issues with the child learning a technique to complete the activity that may not be what is taught in the school.

### Time Away

For some children, it can be a challenge to be separated from Mom or Dad or the family when school starts again. If your child is sensitive to the separation from the family consider a summer day camp or community-based activities where the children are very well supervised but away from Mom or Dad for a few hours at a time.

Talk to your children about the school year and help them to set personal goals. You can also make a chart of the goals and check back regularly to see the "mini" goals and large accomplishments each child has made throughout the school year.



### Parent Questions and Answers:

*Question: Will CDS deliver the children to school in the mornings?*

*Answer: No, we pick the children up from school in the afternoon only.*

## Become a More Active Family

Physical activity is very 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 very good idea.

Select particular 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.

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## 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.

## College Graduates Finance Tips



There are a number of pieces of advice that those just graduating college should be aware of when it comes to their finances.

Many college grads make the crucial mistake of ending the frugal lifestyles they practiced while studying, get into debt, ignore retirement plans, and start spending big.

One of the best tips for college grads is to begin consistent budgeting.

Regardless of age or career status, it is vital to match income against expenses.

Be aware of all the things you spend money on and work out how much is needed to cover each category, including fun and entertainment.

Creating a budget not only gives you advance warning if your spending is becoming out of control, it also provides a sense of accomplishment and confidence.

Saving for retirement is something that you should begin right away.

Start with a company retirement plan, if there is one, or otherwise begin saving yourself.

It is also a good idea to start creating an emergency fund expense that would last you about six months in case of unexpected setbacks and circumstances.

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

**Infants:** The month of September our theme will be “Balls”. We will show the balls to the babies. We will also let the babies feel the texture of the balls. The babies will be encouraged to roll the ball back and forth. We will also sing and play and move their legs and arms to the beat of the music. The music will help develop their muscles.

**Toddlers:** Home to School is our theme for the month of September. The toddlers will be learning about our homes and our school. We will explore how they are the same and different. The toddlers will also learn how to make friends with others. We will introduce counting and naming animal and making sounds. Toddlers are focusing on the color yellow.

**Twos:** We will be talking about the ways we get to and from home and school. We will focus on the bus, talking about the color, the safety rules of the bus, wearing seat belts in cars and bus when traveling to and from school. Also the color of the month will be yellow. We will talk about the items we have in the room that is yellow and the foods we eat that are yellow. We will work on counting to 10, using finger plays, blocks, and our sort & string beads. While outside we will count the toys that we have that are yellow.

**Threes:** September is the most exciting month of the year! New faces, new personalities and a new exciting year! Our theme will be “From Home to School”. We will be discussing that at school we learn so much through play. We will use this theme throughout our centers. For example: role playing the teacher in Home Living, building a school in blocks and other ways. We will also learn to recognize our names, learn the sign for hello, as well as the word hello in Spanish.

**Fours:** This month we have children transitioning from home to school. We will be focusing on the letters A, B and C and the numbers 1 and 2. We will also be working on spelling and writing our names and our birthdays as well. I will be sending different learning activities that will prepare the child to do activities in the classroom. We will also discuss different rules of the classroom so that the children will know what is expected.

**After-Schoolers:** We had a great summer with our summer camp!! For the month of September our theme will be “All About Me”. The students will be learning about who each other are and some things that they like to do. Then we will branch off and learn about and introduce their families (how many siblings, grandparent, parent, other family members) they have. It will lead to the discussion on how we are different, how we each have different families from each other and the different things that we do in our own household. Also we will talk about the Fall season and different things that we can do during that time. Most of all we are ready for some Football!



### Happy Birthday!

Sept 2 Angel	Sept 17 Kamari
Sept 3 Shikieara	Sept 20 Jerdarion
Sept 9 Dean	Sept 22 Joe
Sept 12 Jonah	Sept 22 William
Sept 14 Sharai	Sept 29 Shanyla

### Staff Birthday:

Ms. Rachel Sept. 5<sup>th</sup>



### September Notes:

The classes will be using the Apple as the theme for nutritional activities this month.



### Parents of Schoolagers

Please remember to make your child's school aware of CDS pickup for after-school. Also please label jackets, hoodies and backpacks with your child's full name.

**Creative Day School will be closed Monday, September 7<sup>th</sup> for the Labor Day Holiday.**