



Creative Center for Young Children

August 2022

Important Dates

August 15-19, 2022
Transition Week

August 22, 2022
Move Up Day

August 24, 2022
First day of School DMPS

August 30, 2022
Fall Parent Orientation Night

September 5, 2022
CCYC Closed for Labor Day

Updates from First Church

Join us Sunday at 10:30 AM!
Fellowship Time following worship in Kenyon Hall.

Join us on [Facebook](#) or [YouTube](#) to participate in live stream worship at 10:30 AM.

Nursery and Children's Church available during worship

Fall Parent Teacher Orientation Night is August 30th from 6:30pm-7:30pm at CCYC. This is a chance for you to talk with your child's teachers about the upcoming year, and update your child's paperwork. This is an adult only event. Please let Ms. Connie or Ms. Amanda know if you have any questions.

How is it that we are just about done with another summer? We hope you have enjoyed the fun activities that the teachers have planned this summer. For those of you headed to school this year, we wish you a happy, and healthy school year. Remember, the result of hard work is always sweet. Have the best school year!

From the CCYC Office

The school year is just around the corner with Des Moines Public Schools starting back August 24th. We wanted to share with you this month some Back to School Dos and Don'ts by Jerry Bubrick, PhD from the Child Mind Institute.

The transition from summer into the new school year is tough for both parents and kids. Especially for kids who have anxiety. One of the best ways to reduce anxiety is to prepare early. Get back into the school routine at least a week before the first day. This means kids need to sleep, eat and reduce screen time on a school schedule. Buying school supplies and going on a "dry run" helps a lot too. That's where you go to school, walk the halls and find classrooms before school actually starts. Telling kids their anxious feelings are normal also helps them feel more confident.

It also helps to make sure your kid isn't diving into every activity on day one. If a kid has too much on their plate, they're likely to fall behind.

This can make them anxious or even depressed. It's good to help kids choose which things they really want to do and not sign up for everything at once.

Paying attention to what your kid is eating is important too. Kids need to eat healthy foods regularly to perform well in school. They also need to fuel up in order to do homework. Try to make breakfast, even if it's quick, a part of the morning routine. It's also good to keep tabs on what your child eats for lunch. A well fed, good sleeper is going to have a better school day and be more ready for homework than a kid who's over-tired and hungry.

With that in mind here are some do's and don'ts for families who want to start the school year right:

- DO get back into the routine.
- DON'T forget to refuel
- DO talk about changing friendships
- DON'T share your anxieties
- DO have a trial run
- DON'T be afraid of setbacks
- DO help kids manage their commitments
- DON'T ignore problems

In my experience, anticipating the hurdles of reentry and carefully structuring the first few weeks of school goes a long way to setting the stage for a successful year.



For more information visit
<https://childmind.org/article/back-to-school-dos-and-donts/>

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Pictures from around CCYC



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