



## July 2017

**July 4** Independence Day - CMP CLOSED

**July 5** Mad Science

**July 12** Christmas in July Snow Foam Fun at CMP 9:15 am

**July 17** Family Yoga on CMP Soccer Field 4:45-5:45 pm

**July 18** Zovargo

**July 18** Family Fitness Expo 4:30-5:30 pm

**July 26** Literature Comes to Life

You can always check our events at [CMP Events](#) and our holidays at [CMP Holidays](#).



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There are so many sunscreen choices out there. How do you know which is best for your family? The American Academy of Dermatology recommends that you choose a sunscreen that meets three requirements: SPF 30, water resistant, and broad-spectrum. When choosing a sunscreen for children, make sure they are free of oxybenzone and retinyl palmitate, SPF 50 or lower, and avoid aerosol sprays– they can harm sensitive young lungs. Are aerosol sprays convenient? Yes. Good for kids? No. Aerosol sprays are NOT allowed at CMP. The Environmental Working Group has a full list of 2017's safest and most dangerous sunscreens for children at [www.ewg.org/sunscreen/](http://www.ewg.org/sunscreen/).



Make sure that you apply your child's sunscreen 30 minutes before going outside and reapply often, especially 2 hours after swimming or sweating.

Please remember to send your child to school with their sunscreen applied. Teachers will reapply after nap time and will

let you know when your child needs a new bottle.

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## **Snow Foam Fun at CMP**

What is Snow Day? CMP Snow Days are put on by Dr. Bronner's Organic Soap. The fantastic Dr. Bronner's crew bring their special firetruck to shoot snow that covers the soccer field, creating a winter wonderland and magical place for the kids to run, dance, make snow angels, and experience snow in sunny San Diego. Dr. Bronner's foam is safe and biodegradable - made from organic soap, water and compressed air. This is good, clean and MESSY fun so be sure to pack a change of clothes and a towel - please label everything with your child's name.

**Check your classroom Parent Board  
for dates and times.**

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**CMP offers Free Monthly Family Yoga**



Carmel Mountain Preschool now offers monthly yoga on our soccer field. This is open to all current, former, future CMP families and their friends and family. Please join us Monday, July 17th or check our schedule at [CMP Family Yoga](#) for future dates. We look forward to having you join us for some relaxation and fun. Please go to our [Facebook yoga invite](#) for more details on our July Free Family Yoga.

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## Visit CMP's Lost & Found

If you lost it, we've probably found it! At CMP, we are gathering lost coats, water bottles, sunglasses, etc.

To our new parents and families: you will notice once a month we hang all lost & found clothing on our outer fence by the main parking lot. Our lost & found basket is located in the main office under the extracurricular board. Feel free to stop by anytime to look for any lost items.

We really recommend labeling EVERYTHING THAT COMES TO SCHOOL with your child's name.

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CMP wishes a very  
**HAPPY BIRTHDAY**  
to all of our July Birthdays!

Vivaan ~ Ethan ~ Illari ~ Hekmat ~ Naimat ~ Saira ~ Avery ~ Noah ~ Aiden ~  
Asher ~ SHane ~ Felix ~ Lainey ~ Kailash ~ Maksim ~ Andrew ~ Timothy

**Happy Birthday to our CMP Staff!**

Nancy 7/7

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CMP Parking Lots



Just a reminder to always hold your child's hand when walking through the parking lot. CMP has 3 parking lots, please utilize the upper 2 parking lots to help traffic flow.

Only park in designated parking spots and be aware other cars and families - the bottom parking lot **red** fire lane should remain clear at all times.

Thank you.

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Congratulation Mrs. Lacey and Bret on  
your Baby Boy



**Beau William**  
**Friday, June 9th at 1:48pm**  
**8lbs 3 oz**  
**20.5 inches**

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Enter to win our monthly gift basket. Come to the front office and guess how many items are in the jar!

**GIFT BASKET**  
**Giveaway!**

**June Basket Winners:**

Oliver 1ab

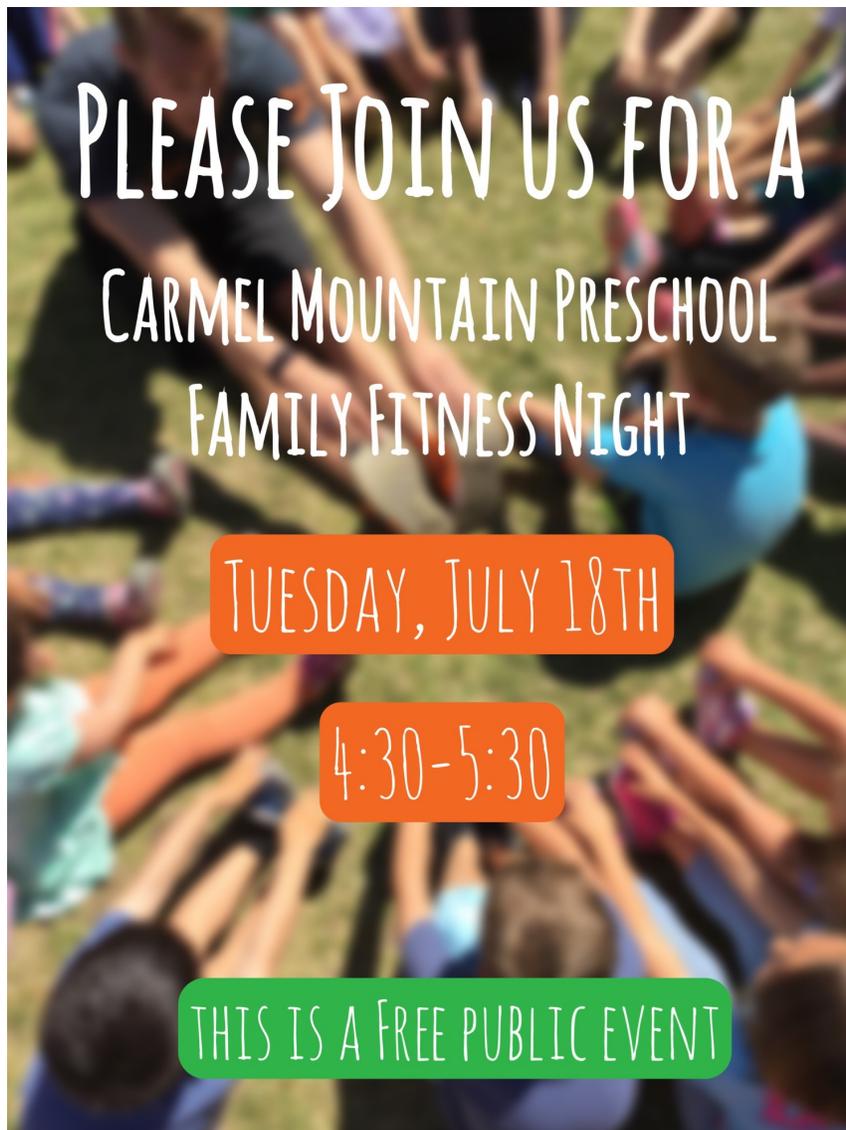
Luca 1ab  
Parker 5b

There were 169 shells

**CONGRATULATIONS!**

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## Family Fitness Night



**Feel free to invite friends and family via our [Family Fitness Night Facebook Invitation](#).**



## CMP Coffee Bar

CMP is excited to announce the addition of an **Organic Coffee & Tea Bar** located outside the kitchen window near the front patio. Organic coffee and tea will be brewed every morning and available from 6:45am-12:30pm. Organic fruit will also be available for a quick on-the-go morning snack along with homemade organic creamer.

Please bring a reusable coffee mug to fill up. One of Carmel Mountain Preschool's Core Values is "we are organic" and we wanted to carry that through into our Coffee Bar. We decided not to use a Keurig due to the amount of excess waste it would create.

CMP has partnered up with Klean Kanteen and we now have CMP Klean Kanteen reusable coffee mugs for sale in the front office for \$25. Feel free to stop by the office to take a look.

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## MARK YOUR CALENDARS:

Please join us for a family parent night with guest speaker Enrique Hank Feldman on Wednesday, September 6th from 6:00pm-8:30pm at CMP in room 1ab.

To learn more about Enrique Felman check out his website at [www.famefoundation.org](http://www.famefoundation.org)

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It's Time For A  
*Throwback*  
Can you guess this CMP  
Teacher?

**Hint: She was born on Halloween.**



## **Teacher Highlights**

Get to know our 4a teachers Ms. Yukie and Ms. Katelyn

**Name: Yukie**

**Where are you from? Torrance**

**Where did you go to school? CSULB**

**What did you study? Liberal Studies**

**When you were a kid, what did you think you would be when you grew up? Nurse**

**What is your favorite thing to do in San Diego? hike, explore yummy food**

**Where would you like to take your next vacation and why? Noway, Sweden, Finland - explore their culture, nature, and food.**

**Do you have any pets? What are they and what are their names? No pets, but I would love to adopt a dog in the near future**

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**Name: Katelyn**

**Where are you from? Aromas, California**

**Where did you go to school? UCSD**

**What did you study? Human Development**

**When you were a kid, what did you think you would be when you grew up? Pediatrician**

**What is your favorite thing to do in San Diego? Surfing**

**Where would you like to take your next vacation and why? Iceland, backpacking and northern lights.**

**Do you have any pets? What are they and what are their names? A cat named Jasper**

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## Testimonial of the Month

We love hearing all the great things you have to say about CMP!

"I was pretty much a stay at home mom for the first two years of my daughters life. We would have fun and be together but I noticed that although she was learning all kinds of things with me, she wasn't getting as much interaction with other people. Months later I ended up getting a full time job and we decided to enroll our daughter in Carmel Mtn Preschool. It was a struggle at first to leave my kid with strangers but the teachers made it really easy to trust them. At first It was really hard for our daughter to adjust being away from family. She would have separation anxiety and she would cry every time we would leave her. Our daughter would not participate because she was so shy. When talking to the teachers, they were so concerned and they seemed to make it a priority to help her feel more comfortable. I was so touched and so impressed by the staff. They asked about her dislikes and likes and they made every effort to get to know her. One particular teacher

volunteered to watch her favorite show just so they could have something to talk about. Now our daughter comes home telling us about her day, singing songs she's learned and telling us about the people she's met. Carmel Mtn Preschool is so great. Our daughter now looks forward to going to school. They have helped her grow and learn valuable lessons that I know she will take with her in life."

-The Vuong Family

**If you would like to be chosen for the Testimonial of the Month and receive a \$25 gift card please email your testimonial along with picture to [Jane](#).**

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## INSTAGRAM CONTEST

Dear Parents,

Did you know that anytime you share a photo of your CMP moments on [Instagram](#) you have the chance to win a ***\$25 gift card?***

When you post photos of your children at CMP, on field trips, attending CMP events, sharing the art work they create, their preschool fashion, or getting ready for school on [Instagram](#), please hashtag **#CMPfun** and **#CMPkids**.

Each time you post a photo showing how much you love our CMP life on Instagram with our hashtags and share on [Facebook](#), you will be instantly entered in the contest. Whichever photo has the most likes on Instagram each month will receive a \$25 gift card and will be featured in our newsletter.

What are you waiting for? Go and snap!

This month we say **Congratulations** to Jennifer with 86 likes!!



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# AUGUST

## Looking Ahead to August

**August 1** CMP Inflatable Fun Day

**August 7** CMP Beach Party Day

**August 9** Ms. Lianna's My Music Workshop End of Summer Family Celebration Concert 5-6pm

**August 15** Sports Day with Coach Jeff

**August 17** Family Yoga on CMP Soccer Field 4:45-5:45 pm

**August 18** Fall 2017/2018 Open House 4-6pm

## August 21 Start of Fall 2017/2018 Program

Check your classroom Parent Board for important dates and event information or our website at [CMP Events](#).



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**Our mailing address is:**

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