



Save the Date!

Holiday Programs

Tuesday, December 15th

Classroom: 1ab at 3:00 pm

Classroom: 6a at 3:15 pm

Classroom: 6b at 3:30 pm

Classroom: 6c at 9:30 am

Wednesday, December 16th

Classrooms: 7 & 8 at 9:00 am

Classrooms: 4b & 11 at 9:30 am

Classrooms: 9 & 10 at 10:00 am

Classrooms: 5a & 5b at 10:30 am

Classroom: 12b at 11:00 am

Classrooms: 2a & 2b at 11:30 am

Classrooms: 3a & 3b at 3:00 pm

Thursday, December 17th

Classroom: 4a at 3:00 pm

If your child is not scheduled to attend on their classroom's Holiday Program Day, please accompany your child to CMP during their classroom's time.

Santa Claus Visits

Thursday, December 17th

Classroom: 1ab at 8:30 am

Classrooms: 2ab at 9:00 am

Classrooms: 3ab at 9:30 am

Classrooms: 5ab at 10:00 am

Classroom: 4a at 10:30 am

Classroom: 6a at 10:50 am

Classroom: 6b at 11:10 am

Classroom: 6c at 11:20 am

Friday, December 18th

Classroom: 7 at 9:00 am

Classroom: 8 at 9:20am

Classroom: 9 at 9:40 am

Classroom: 10 at 10:00 am

Classroom: 11 at 10:20 am

Classroom: 4b at 11:00 am

Classroom: 12b at 11:20

If your child is not scheduled to attend on their classroom's Santa visit, you are welcome to accompany them to CMP during their classroom's time.

CMP will be closed for winter break, Thursday, December 24th through Friday, January 1st. We will see you again on Monday, January 4th.

Happy New Year!



Did you know that Carmel Mountain Preschool has replaced all of our soap with Dr. Bronner's Organic Unscented Baby Soap? We chose to do this for a variety of reasons. The number one reason is that it is better for our children

and secondly it's better for our environment. Your skin is your biggest organ so it is just as important as what you put on your body as in your body. Because our children are young and developing, we want to make sure that we only provide the most natural, organic, clean products at CMP. After doing a bit of research and checking out the safety ratings at www.ewg.org. We chose Dr. Bronner's Organic Unscented Baby Soap as the safest, most natural soap for our precious students. One of the articles that helped shape our decision is <http://www.ewg.org/enviroblog/2013/12/fda-trying-again-clean-your-hand-soap>. We are so glad that we decided to partner with Dr. Bronner's soap because through this partnership we were able to have our Magical Snow Day at Carmel Mountain Preschool.

On December 1st and 2nd, 2015 Dr. Bronner's Soap brought out a big fire truck and suddenly our soccer field was filled with holiday music and snow! The children had a blast and many were running through the snow yelling, "This is the best day ever!". I'm not sure who had more fun - the teachers or the children? The children made snow angels, had snowball fights, sledged on a makeshift sled, and danced in the snow. We had such a great time and are so thankful to Dr. Bronner's Soap (<https://www.drbronner.com>) for the best day ever! We can't wait to do it again at Carmel Mountain Preschool. Please check out all our pictures in our lobby on the picture screen or on our Facebook page.





CMP Staff In-Service Day at Glen Ivy

Wednesday, November 11th, the CMP staff took a party bus to Glen Ivy Spa in Corona, California. This was a time to celebrate all the hard work that the staff put into improving our school this past year. We have made a lot of fun and exciting changes at CMP, and we couldn't have done it without the help of our hardworking teachers.

We started the day with a brief discussion on wellness. We talked about the importance of our well-self. Claiming wellness can help us connect with others, make good choices, check-in with our surroundings, and celebrate each day.

For the remainder of the day, everyone was able to enjoy the pools and spas at Glen Ivy. We relaxed in the pool on comfy bean bag chairs, enjoyed the hot tubs, the hot springs, and the red clay mud. It was an amazing experience.

After a delicious lunch, some of the staff enjoyed a yoga class, while others relaxed in the hot tubs.

On the drive home, we took some time to brainstorm some personal and professional goals.

This day was really about being positive and celebrating each other. We had such a wonderful time. For pictures of this amazing day, please visit our Facebook page.



Help Brighten the Lives of Foster Kids All Year Round



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HEART[®]
HOLIDAY GIFT DRIVE



Interested in hosting a collection bin at your office, business or company party?

Contact Melissa@Promises2Kids.org
or 858.427.1107

Visit us online to make a cash gift at
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Drop off a new, unwrapped gift at one of our

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NOV. 18 - DEC. 15

Or drop off at our warehouse between
DEC 16TH -18TH

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View our wishlist on Amazon.com. Support Promises2Kids even further by shopping at smile.amazon.com. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases. Same products, same prices, same service.

Shop online & ship to: Promises2Kids
9400 Ruffin Court, Suite A, San Diego CA 92123

Presented by



Wish list items include...

- Educational games and activities
- Clothing and shoes of all sizes
- Books for all ages
- Infant and toddler necessities and toys
- Sporting and outdoor equipment and toys
- Art supplies

- Musical instruments
- Gift cards

For a complete list of wish list items, visit our website on Amazon.com. Please ensure all gifts are new and unwrapped and non-violent in nature. For additional information, please contact Melissa Villagomez, Annual Giving Coordinator at Melissa@Promises2Kids.org or by phone 858-427-1107

Thank you in advance for your support.

Congratulations Basket Winners!

Here are the basket winners for November:

| | |
|-----------------|----------|
| Donovan | 10 |
| Kate | 10 |
| Violet | 4A |
| Teacher Winner: | Kelly G. |

There were 366 pom poms and leaves.





There is still room in our Before and After School Program.
Sign up in the front office TODAY!

Benefits of CMP's B/A Program...

- Before and after school transportation
 - Homework help
 - Large playgrounds and soccer field
 - Large classroom with daily organized activities
 - Science lab and outdoor art studio
 - Low teacher to student ratio
 - Day care available when public schools are not in session
 - Field trips
 - Summer fun camp
 - Flexible scheduling and reasonable rates
 - CPR and first aid certified teachers
-
-



Creating with Nature: Bird Feeders

Friends in Miss Ellen and Miss Annie's class made these simple and fun bird feeders with their young twos. Try this activity at home with your little ones!

Simply spread sunflower butter all over a pine cone and roll it in bird food. You can hang it out on a tree and enjoy bird watching as a family.

For more family fun activities, check out our [Pinterest Page](#).



#Mom Fail... It happens to the best of us!

Being a mom is the best job, but it is also the hardest job. Sometimes things don't happen as we plan. Here is a blog from stay-at-home mom, Calee Black. She shares a funny story of taking her daughter to her first football game.

My husband called one Monday afternoon and informed me that his work offered him tickets to the Chargers game that night. He asked if Scarlett and I would like to meet him there. I thought it sounded fun and thought this was a fun way for our one-year-old to meet my husband's boss and co-workers. So I bundled Scarlett up in her cutest outfit, along with her cute little boots. She looked absolutely adorable. Yes, I'm that mom; my child is always dressed to the nines! I had to get creative packing a ziplock bag to take into the stadium because they don't allow diaper bags. I was feeling really good about myself and thought I had everything figured out. We got to

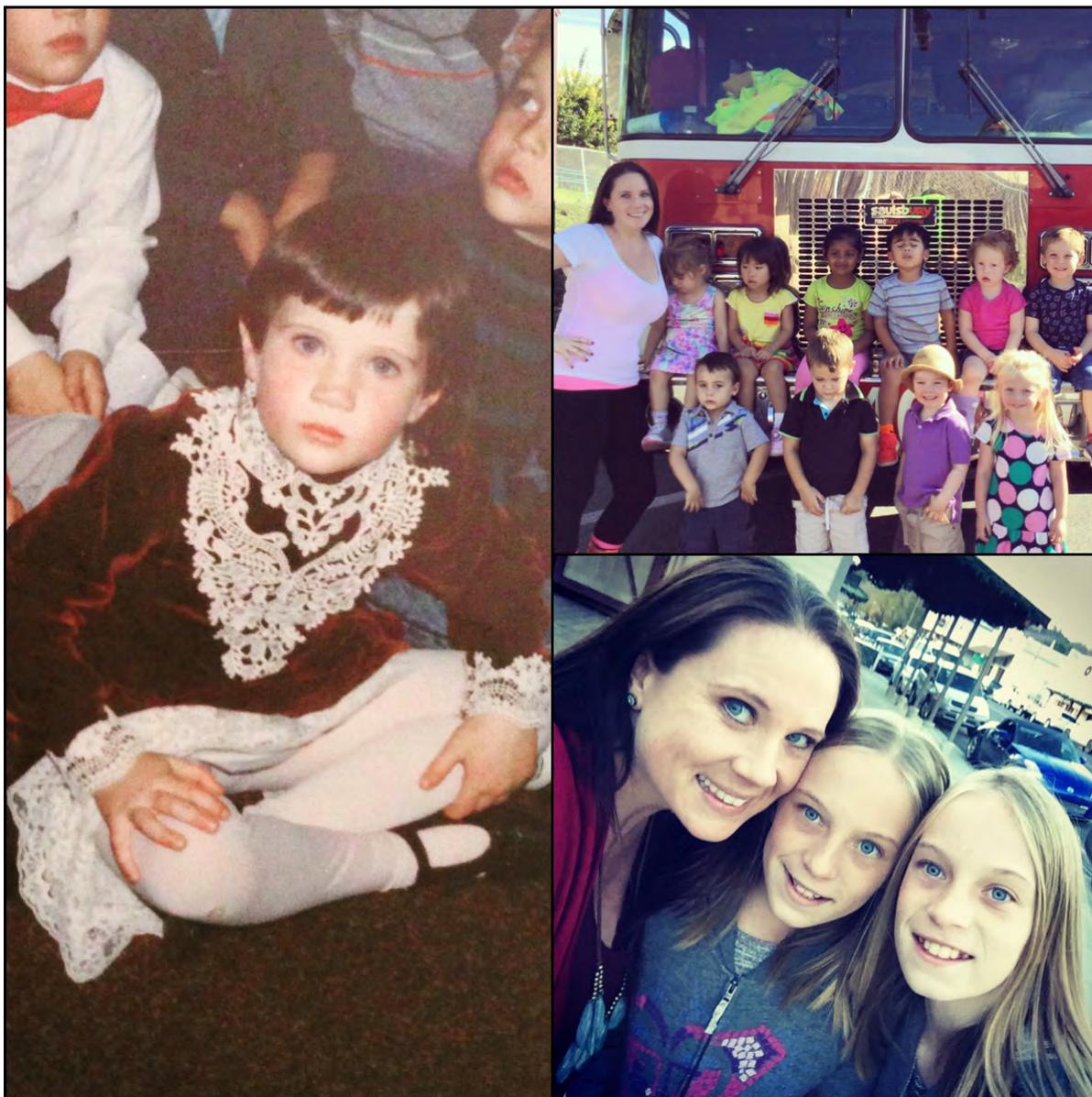
the stadium a little late. I parked the car, got my wrap ready to carry Scarlett, and quickly realized I needed to change her diaper before we go in to the stadium. I laid her down in the back seat of the car, pulled down her pants, and saw poop oozing out of her diaper. It had oozed all over her pants and onesie. My sweet baby girl had never blown out her pants before. Ever. And because of this, I do not carry a change of clothes. I called my husband, explained the situation, and asked him to stop by the gift shop to grab an outfit for her. Then I decide that I'd just meet him at the gate and go with him to the gift shop so that I can make sure he picks out a cute Chargers outfit. I mean, I have priorities. After walking around the entire stadium and visiting every gift shop, I discovered there are no baby Chargers outfits for sale that include pants. They only have onesies, which won't help us in the cool weather. I decided to buy a pair of women's long socks to use as leggings and keep her in her cute flowered sweatshirt. I figured I had no other options and maybe no one would notice if she was tucked away in my wrap. Of course, John thought this was hilarious and didn't understand my horror of her mix-matched outfit. Once problem one was solved, we made our way to our seats. It was so crowded that I started to panic. This was a horrible idea. It was loud and busy, and I was feeling very overwhelmed. I prayed that she wouldn't poop again, because there was nowhere to change her. John suggested we get food before half time. I started looking around for our options and was surprised to only see hot dogs, nachos, and pretzels as our choices. Did I mention I had never been to a pro-game before? I decided the hot dog would be the best choice to feed Scarlett. I mean, she'd eat one eventually, right? We got to our seats and made our introductions to John's boss and co-workers. Of course, none of them even noticed her outfit fail. Scarlett loved all the people watching and even waved to the people sitting around us. She ate her hot dog and eventually fell asleep in the fourth quarter. We survived our first Chargers football game with a laugh and fun story to tell. I don't think I will take her back until she is successfully potty trained, and maybe we'll stick to a Sunday afternoon game. I'm sure this won't be my last #momfail!

If you have a mom fail story to share, please email calee@carmelmountainpreschool.com Be sure to check out our blog on the new CMP website coming soon.

Happy Birthday!

Please help us wish these fabulous teachers and staff a happy birthday this month!

Mrs. Pauline, December 3
Mrs. Kelly G., December 11
Mrs. Arianne, December 14
Miss Maddi, December 20
Miss Jacque, December 29
Mrs. Karen, December 29
Miss Amanda, December 31
Miss Liz, December 31



Where are they Now?

Take a look at what this CMP alum is doing in 2015!

"My name is Heather and I attended the Pre-K Program at CMP for the 1989-1990 school year. I was born and raised in Rancho Penasquitos until I headed off to Cal State Long Beach upon graduating high school. I only ended up spending one year up there before returning back to my hometown to raise my twin daughters. After a short time off, I returned to school and ended up receiving my BA in Human Development from Cal State San Marcos. Twenty six years after attending CMP as a student, I decided to return as a teacher! This is now my third school-year teaching here and I just love the children, parents and staff that I work with. I am currently back in school to obtain my Multiple Subject Teaching Credential as well as my Masters in Education. I stay pretty busy these days, but when I am not teaching or studying, I enjoy spending my time with my eleven-year-old daughters by: hiking, listening to music, going to the movies, getting frozen yogurt or watching them do gymnastics!"

Miss Heather is a three-year-old teacher in room 9. If you are a CMP alum and would like to be featured in "Where are they now?", please email calee@carmelmountainpreschool.com.



Throwback of the Month

We can't get enough of this throwback Christmas picture of the Condrick family! Be sure to follow us on Instagram to see more #ThrowbackThursday photos.



Teacher Spotlight

Meet a few of our fabulous teachers at CMP

Name: Christina in room 3A

Birthday: September 28

Where are you from? Poway, California

Where did you go to school? Cal State San Marcos

What did you study? BA in liberal Studies and a Masters in Elementary Education

When you were a kid, what did you want to be when you grew up? I wanted to be an art teacher, then a teacher.

What is your favorite thing to do in San Diego? I love to eat at different restaurants in San Diego. I love snowboarding in the mountains.

Where would you like to take your next vacation? I would like to go to Europe and visit England, Germany, and Italy because my family is from those places.

Do you have any pets? I have a cat named Cleo!

This is Mrs. Christina's last month at CMP before she goes on maternity leave! Please wish her well with her baby boy due January 2016!

Name: Marisol in room 7

Birthday: August 29

Where are you from? San Diego

Where did you go to school? San Diego State University

What did you study? Liberal Studies with a minor in Child Development

When you were a kid, what did you want to be when you grew up? I wanted to be a veterinarian.

What is your favorite thing to do in San Diego? I love to enjoy nature! I like to walk on the beach, hike mountains, and visit the zoo.

Where would you like to take your next vacation? I would like to go to Hawaii because I've never been there and have wished to go since I was little.

Do you have any pets? I have two beagles, Mimi and Tucker.

Name: Kristina in room 8

Birthday: May 24

Where are you from? California

Where did you go to school? NAU, CSUSM, City, Mesa, Concorde

What did you study? Child Development, Photography, Pre-Nursing, Medical Assisting

When you were a kid, what did you want to be when you grew up? Teacher and a pop-star

What is your favorite thing to do in San Diego? I love going to Balboa Park.

Where would you like to take your next vacation? I would like to go to Greece and Latvia to learn about my roots.

Do you have any pets? I have two dogs, Greta and Bowser. I also have a Gecko named Lizzy McGecko.

Meet our Teachers in 6A!

Name: Ariel

Birthday: August 25

Where are you from? San Diego

Where did you go to school? University of San Francisco

What did you study? Psychology

When you were a kid, what did you want to be when you grew up? I wanted to be a Disney on-ice performer because I've been an ice skater since age 7.

What is your favorite thing to do in San Diego? I love going up to Julian to see the snow and get apple cider during the holiday season. When it is not the holiday, my boyfriend and I have a Saturday morning ritual of bagels and Starbucks.

Where would you like to take your next vacation? I would like to go to Disney World, Universal, and Wizarding World of Harry Potter in Florida. I have never been! I am a big Disney and Harry Potter fan.

Do you have any pets? I have two cats. One girl named Kitty and one boy named Jack.

Name: Lisa

Birthday: April 28

Where are you from? Rancho Penesquitos, San Diego

Where did you go to school? Cal State, San Marcos

What did you study? Liberal Studies with an emphasis on Child Development

When you were a kid, what did you want to be when you grew up? I wanted to be a teacher!

What is your favorite thing to do in San Diego? I love playing softball with my friends when it is baseball season. I love going to baseball games.

Where would you like to take your next vacation? I would like to go on a ball park tour. It's where you visit all the MLB ball parks!

Do you have any pets? I have two cats, Mr. Meowgi and Henderson.



Tuition Giveaway

Enter to win FREE tuition,
January-June 2016!

1. Write a Review

Write a review about Carmel Mountain Preschool on Google+, Google Reviews,

Facebook, Yelp (must either check in first, then write a review or be a yelper), greatschools.org, care.com, savvysource.com, education.com, or yellowpages.com. Please submit either a copy or screen shot of your review to the office to receive an entry. You can write as many reviews as you like to increase your chances of winning! Review must be written between now through December 17th.

2. Give a Referral

Refer a friend, neighbor, coworker, or family member that enrolls a full-time child between now through December 17th. One entry per child enrolled.

3. Submit a Testimonial

Write a testimonial about Carmel Mountain Preschool and submit a copy, along with a family photo to be used on our website or in our brochure. Testimonial must be written between now through December 17th.

Families get one entry for every review, referral, or testimonial.
Tuition based on tuition schedule enrolled as of December 1st, 2015. Tuition credited is for one child, not family.



Are you following us on social media? See pictures and videos of your children on our Facebook, Twitter, Instagram, and YouTube. Follow us on Pinterest for fun ideas you can do at home. You can also follow us on LinkedIn and Google Plus. Be sure to check out our new website, coming soon!



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