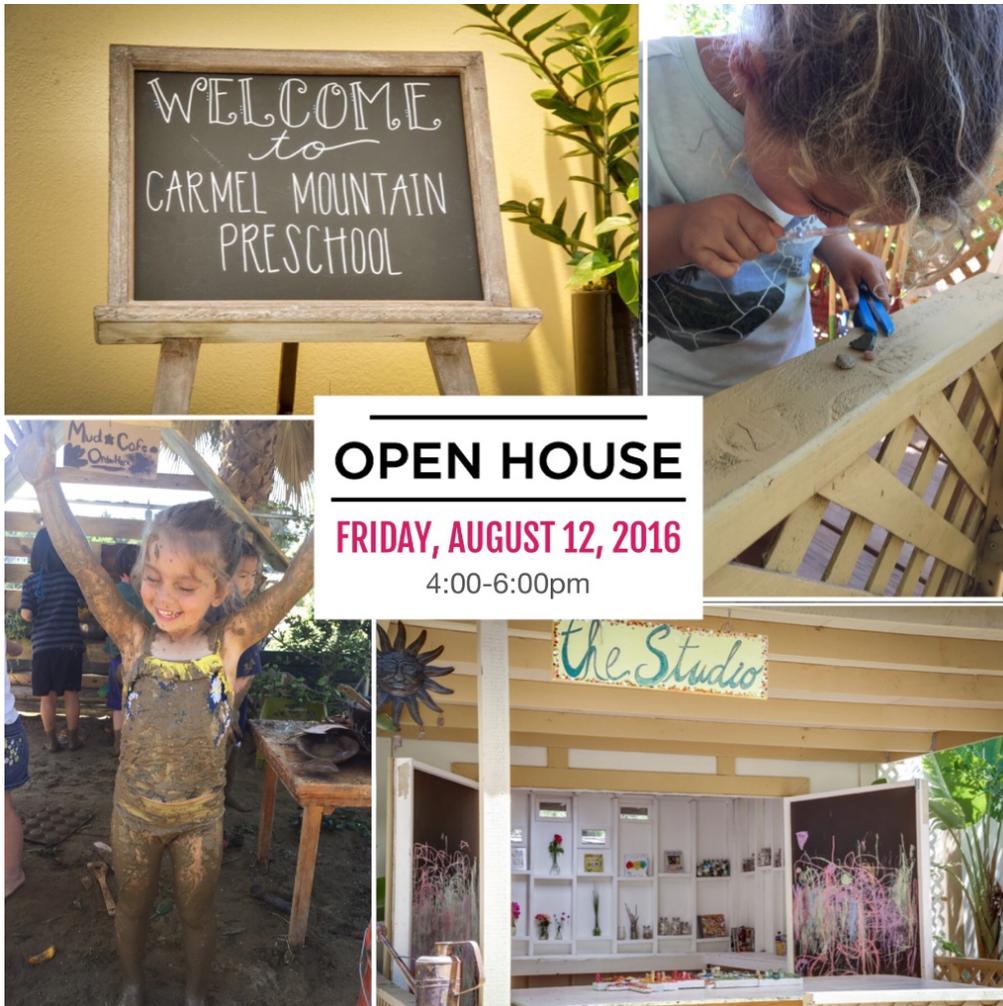


Open, House, The Rhythm Child Network Family Appreciation Night and much more all coming up in August...

[View this email in your browser](#)



## Fall Open House

August 15th is the first day of our traditional school year! All of our preschoolers

will be transitioning to their new fall classrooms on this day. Please note that CMP will be closed on Friday, August 12th for teacher in-service. We will open our doors from 4:00 pm-6:00 pm for our Fall Open House. This is a great opportunity for you and your preschooler to see their new classrooms and meet the teacher. T-shirts and other CMP gear will be available for purchase. We are looking forward to seeing you at Open House!

---

Please join us on Wednesday, August 31st at 5pm for an exciting Rhythm Child Special Drumming Event. We have a very special group that we found out about at the last NAEYC conference that develops imagination, inspiration, and motivation...one beat at a time. Parents and Family are invited to pick up your child and take them up to the special drumming event on the Soccer Field. Only children accompanied by parents will attend the event but please come whenever you can make it as the event will last until 6pm. You can learn more about Rhythm Child and watch videos of their events at <http://rhythmchild.net>



developing  
imagination,  
inspiration,  
and motivation...

one **BEAT** at a time.

[www.rhythmchild.net](http://www.rhythmchild.net)



## Ms. Lianna Album Release Concert

We are excited to host a family concert starring Ms. Lianna, the founder of My Music Workshop, for the release of her album "Dare to Dream." This is the first album by Ms. Lianna and we are thrilled to celebrate with her. Please join us on Thursday, August 4th at 5:30 pm at Carmel Mountain Preschool. This event is open to all CMP families, friends, and alumni. We hope to see you there!

If you are interested in learning more about Ms. Lianna and My Music Workshop, please visit our [blog](#) and visit the [My Music Workshop](#) website.

---

## Extra Clothes Needed

We are in need of some extra clothes for sizes 3-5. We especially need boys shorts and underwear. We have plenty of sweatshirts and long pants. We are looking for sizes 3-5 shoes boys and girls. Thank you so much!

---



## Snow Day In July

Snow day in July was so much fun! We want to give a huge thank you to Dr. Bronner's for coming and making this such a special experience for our kids and staff.

Visit our Facebook and Instagram pages for pictures from this fun day! For more information on [Dr. Bronner's](#), click here.

---

## Sunscreen Reminder

Please remember to apply sunscreen to your preschooler before school each day. Teachers will reapply in the afternoon. CMP does not permit spray sunscreens

anywhere on our property, as it damages our floors and our children's lungs. Thank you for your cooperation!

Please also note that we do not allow children to have personal hand sanitizers. This is a health risk to our little ones who like to put things in their mouths. Thank you!

---



## Thank you for coming to Hullabaloo!

Thank you CMP families and friends for coming to our Hullabaloo Family Event.  
We had such a blast singing and dancing with you!

For pictures of this fabulous event, please visit our Facebook page! Click here for more information on the [Hullabaloo Band!](#)

---

## July Basket Winners

**Emma    2A**  
**Hazel    3A**

**Brandon 3A**

**Teacher: Ms. Nancy**

**There were 922 beads in the jar.**

---

## Happy Birthday

Miss Jessica	August 2nd
Miss Melissa	August 2nd
Miss Claudia	August 24th
Mr. Uzi	August 24th
Miss Ariel	August 25th
Miss Marisol	August 29th

---



## #MomFail

It happens to the best of us. This month Arianne Bettazzi shares a funny mom fail story about juggling being a mom and enjoying her "me" time.

### **I know I am a mom but I want what I want**

"I know that I am a mom but I still feel can be a bit selfish sometimes. One of the things that makes me feel the best is working out. Since I've become a mom I can't work out as often as I used to, I'm lucky if it happens twice a week. The yoga and Pilates classes and occasional surf session have become sacred to me. My parents live next door to us and they are super helpful with Finn and love spoiling him. When they leave town I get a real dose of reality of what it's like raising children away from family. My parents were out of town and I really wanted to go to a Friday morning Pilates class. It was Thursday night and I texted and called every babysitter I had in my phone with no luck. I decided to send a couple of fishing texts to friends, "I really want to go to Pilates tomorrow morning only for 40 minutes but can't find a babysitter. Any suggestions?" One

of my friends bit and said she could watch Finn. I signed up for the Friday class and went to bed. On Friday morning twenty minutes before my class my girlfriend had to cancel. I already paid for the class and Finn is pretty self entertained. I'll just take him to Pilates class, what's the worse that can happen? If he starts to fuss I can leave. I arrive at class and the teacher looks at Finn with his toolkit and asks me, "Will he sit still?" I believe in the power of talking positively so I assure her that Finn will sit on the floor quietly next to my Pilates platform thinking that if I say this it will somehow miraculously happen. Pilates class starts and I'm shocked. Finn sits quietly on the floor playing with his toolkit. I'm amazed and already planning in my head all the additional classes I can now attend because my perfect son sits quietly on the floor while I get to workout. The Pilates teacher walks by a couple of times and looks at Finn obviously impressed and for good reason, he is an amazing child, what one year old can sit quietly for so long? The Pilates teacher turns up the music a little and Finn stands up to dance but he dances in his spot and seems pretty good still. The Pilates teacher walks past and says that Finn looks like his diaper is a little wet. I tell her there is only 20 minutes left of class and I'll change it when class is over. At this point I'm smiling ear to ear as I have the perfect Pilates-going toddler and I'm going to now be able to work out whenever I want without scrambling to find a reliable babysitter. Finn is still dancing and the next time the Pilates teacher comes around I see her bend down and look at the floor near Finn. I squint to see what she is looking at and realize that it is poop, Finn's poop. I quickly realize that Finn has been dancing around and poop has been falling out of his pant legs. I quickly hop off my Pilates machine, pick up Finn, clean up the floor, apologize to the teacher and race out of there. So much for my perfect Pilates-going toddler. What things have you done with your child that may have not been so child friendly?"

For more fun stories by our teachers and staff, please visit our [blog](#). If you have a fun mom fail, dad fail, grandparent fail story, please email [calee@carmelmountainpreschool.com](mailto:calee@carmelmountainpreschool.com).

---

# Recipe:

2 CUPS SAND  
1 1/2 CUPS FLOUR  
1 CUP WARM WATER  
1 1/4 CUP SALT

1. MIX SAND, FLOUR, AND SALT TOGETHER.
2. SLOWLY ADD WARM WATER. MIX WELL.
3. LET DOUGH COOL.
4. ROLL INTO BALL AND CUT OUT A CIRCLE SHAPE.
5. ADD SEA SHELLS AND LET DRY.

CARMEL MOUNTAIN PRESCHOOL

*Sand Clay Keepsake*



Try this fun Sand Clay Keepsake at home with your preschooler! It's a great keepsake for a summer beach vacation.

For more family friendly activities, please follow us on Pinterest.

---

## Support Teacher Spotlight

### **Ms. Karen**

Where are you from? I was born in Washington, D.C. but moved many places as a child. I have lived in San Diego since high school.

Where did you go to school? Palomar College and Cal Poly San Luis Obispo.

What did you study? Child Development

What did you want to be when you grew up? I wanted to be a mom and a teacher.

What is your favorite thing to do in San Diego? I like to go hiking in various places like Torrey Pines, Blue Sky, and Lake Poway.

Where would you like to take your next vacation and why? I would like to visit Tahiti to enjoy swimming and snorkeling in the warm, clear, water. I would like to explore parts of Oregon and Washington State because I love mountains and trees and nature.

Do you have any pets? I have two furry children, my cats, Torrey and Chelsea.

### **Ms. Kelly**

Where are you from? Baltimore, MD

Where did you go to school? University of Notre Dame, Maryland.

What did you want to be when you grew up? I couldn't wait to be a mommy!

What is your favorite thing to do in San Diego? I love to go to the beach.

Where would you like to take your next vacation? To Florida to see my daughters.

Do you have any pets? I have a dog named Clyde.

### **Ms. Kathy**

Where are you from? San Jose, California

Where did you go to school? Cal Poly, San Luis Obispo and Cuesta, Vanguard University

What did you study? Social Science/Industrial Relations and Child Development

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 like going to the Wild Animal Park and Sea World with my grandson.

Where would you like to take your next vacation? I would like to take a cruise to Hawaii for relaxation. I don't want to fly there because I love sea days!

Do you have any pets? Not at the present time.

### **Mr. Uzi- Organic Chef**

Where are you from? I am from Cancun.

[Subscribe](#)

[Share](#) ▼

[Past Issues](#)

[Translate](#) ▼

---

What did you want to be when you grew up? I wanted to be a Fire Fighter.

What is your favorite thing to do in San Diego? I like to go to the beach.

Where would you like to take your next vacation? On my next vacation I would like to stay home and relax for once!

Do you have any pets? I have a Te-bet and Terrior named Lexi.

### **Ms. Gina- Enrollment Specialist**

Where are you from? I grew up in Lake Forest. I'm a total California girl! I met my Prince Charming, Shawn, on St. Patrick's Day in 1987 when I was a student at SDSU and lived in my sorority house Gamma Phi Beta.

Where did you go to school? SDSU

What did you study? Marketing with English and Psychology Minors

What did you want to be when you grew up? The boss, a mommy, or a teacher!

What is your favorite thing to do in San Diego? Walk, walk, walk! I like to spend time with my parents in Oceanside and my three grown children.

Where would you like to take your next vacation? I would like to take some time away with my hubby to Bora Bora, Australia, or St. Thomas to celebrate our 30-year wedding anniversary in 2018.

Do you have any pets? I have a 12-year old kitty named, Mia, an 8-year old cocker spaniel-poo named Summer, and a one-year old puppy named Molly. They don't know they are pets, so I don't tell them. They are my children, now!

---



## #Throwback of the Month

This month we are taking it back to 1988 with Ms. Reina's class picture.

For more #ThrowbackThursday pictures, please be sure to follow us on Instagram!

---



## Testimonial of the Month

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

"I don't think I am exaggerating when I say that Carmel Mountain Preschool has become like a part of our extended family and I know my daughter enjoys every second being at school. From the beginning the teachers and staff at CMP went out of their way to make my toddler and my entire family feel welcome. My daughter is greeted every day with a hug day without fail and I leave her knowing she is with people that genuinely care for her education and well-being. We love CMP!" -Dustin Gaspard

