



December 2016

Santa Claus is coming to town...

The children's favorite month of the year has arrived and we're ready to celebrate the best way possible: we are eager to build unforgettable memories for our children and their families!

Lots of events will take place at CMP - lots of fun for us all.

Here are this month's events:

December 6th Snofoaming Snow Day (send children to school in rain gear - if they have it - with a towel and a complete set of dry clothes including shoes, socks & underwear)

9:30-9:50am Classes 2a, 4a & 6c

9:55-10:20am Classes 6a, 6b & 2b

10:25-11:00am Classes 4b, 9 & 10

December 7th Snofoaming Snow Day (send children to school in rain gear - if they have it - with a towel and a complete set of dry clothes including shoes, socks & underwear)

9:30-9:50am Classes 7, 8 & 11

9:55-10:20am Classes 1ab, 12a & 12b

10:25-11:00am Classes 3a, 3b, 5a & 5b

December 13th Holiday Program

3:00pm Class 1ab

December 14th **Holiday Program**

9:00am Classes 7 & 8
9:30am Classes 10 & 11
10:00am Classes 9 & 4b
10:30am Classes 3a & 3b
11:00am Classes 5a & 5b
11:30am Classes 12a & 12b

The above shows will take place in the Kindergarten Prep classroom 1ab

December 14th **Holiday Program**

3:00pm Classes 6a, 6c & 2a in their classrooms
3:30pm Classes 6b, 2b & 4a in their classrooms

December 21st & 22nd **Santa Claus visits CMP**

Remember you can always check our events at [CMP Events](#).



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 note that Carmel Mountain Preschool
will be closed for the **WINTER BREAK**
from **December 24th** till **January 2nd**.
We will reopen for business on **January 3rd, 2017**.

**Merry Christmas & Happy New year
from the entire CMP family!**



Carmel Mountain Preschool
is a proud sponsor of

GIVE FROM THE HEART
Holiday Gift Drive

This is the season to brighten the lives of foster kids! CMP's goal is to

collect one toy for each CMP family currently enrolled. **318 unwrapped toys is our goal!** We ask that you talk with your child about the importance of giving and help them track our success on our GIVING METER posted on Mrs. Arianne's office windows.

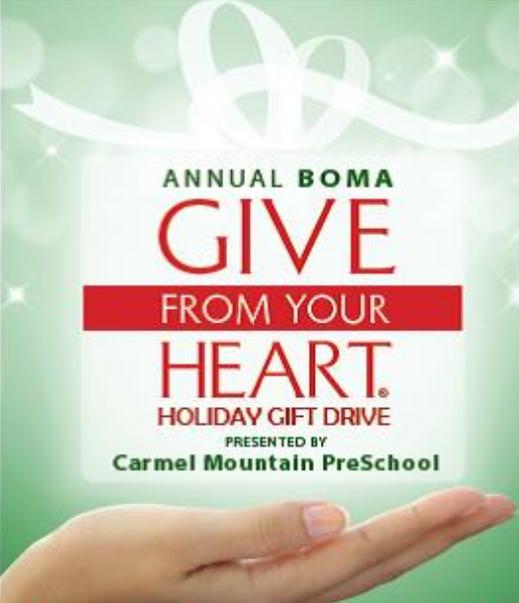
Drop off a new, unwrapped and non-violent gift in the box located at the front desk by **December 19th**.

You will make Christmas a special day for foster children, helping them to have a happy and joyful holiday.

Let's not forget the older kids since it's a bit harder to shop for them - you can get ideas by checking out the list below.

There is also a **Promises2Kids Give From Your Heart** wishlist on [Amazon](#). If you shop on [AmazonSmile](#) you can also choose Promises2Kids as your charity to donate a portion of your purchase sales to.

Cash donations are welcome and greatly appreciated too. Donations can be easily made on Promise2Kids [website](#).



**ANNUAL BOMA
GIVE
FROM YOUR
HEART.
HOLIDAY GIFT DRIVE**

PRESENTED BY
Carmel Mountain PreSchool



Presenting Sponsor




Other support provided by:









Like to shop online? **amazon.com**
View our wishlist – Promises2Kids
at smile.amazon.com

Support Promises2Kids even further by shopping at
smile.amazon.com. Amazon donates 0.5% of the price of
your eligible AmazonSmile purchases.

SHOP ONLINE & SHIP TO:
Promises2Kids 9400 Ruffin Court, Suite A San Diego CA 92123

INFANTS & TODDLERS	BOYS & GIRLS AGE 5-10	BOYS & GIRLS AGE 11-13	BOYS & GIRLS AGE 14-18	POPULAR BRANDS & GIFT CARDS
Wind Up Mobiles LeapFrog Toddler Gyms Large Trucks Rocker Seats Receiving Blankets Floor Activity Gyms Baby Dolls Teething Rings Cars PBS Kids Baby Einstein Learning & Development Toys	Board Games Sports Equipment Hot Wheels/ RC Cars Disney Items Monster High Items Barbie Items Little Pet Shop Dance games Walkie Talkies Books LeapFrog Legos Bey-Blades	Headphones Just Dance Sports Equipment Hunger Games Twilight/ Disney Rollerblades Books Hello Kitty Arts & Crafts Kits Journals/Diaries MP3 playets	Work Out Gear Sports Memorabilia MP3 Player Skinny Jeans Books Skateboards Travel Size Games Door Ball Hoop UCGS, Toms Headphones Sunglasses Art Supplies Organizers Hair Styling Tools Make Up / Scents & Lotions Watches, Purses Wallet	Levis, Diddies Aeropostale American Eagle Hollister/Hurley Vans, Converse Rocky, Nike Reebok, Adidas Guitar Center Charlotte Russe Forever 21 Old Navy Target, Wal-Mart Movie Tickets Claire's Boutique Sporting Events Jamba Juice, Lids
ALL GIFTS MUST BE NEW & UNWRAPPED CASH GIFTS WELCOME AT PROMISES2KIDS.ORG				
9400 Ruffin Court, Suite A, San Diego, CA 92123 858.278.4400 Promises2Kids.org				

Carmel Mountain Preschool families
are invited to the free holiday event

MOM + GROMS
Saturday December 10th
10am - 5pm
at BING SURF SHOP

A family and kids event to celebrate Christmas together, with lots of live music, a toy

drive and a special visit from Santa, to make our children happy and joyful.



November Basket Winners

Sofia	11
Kai	3a
Adrian	8
Teacher Winner:	Mrs. Shamby

CMP wishes a
HAPPY BIRTHDAY
to all of our December Birthdays!

Violet ~ Stone ~ Max ~ Jonas ~ Paisley ~ Camilla ~ Chloe ~ Arthur ~
Teagan ~ Jessica ~ Katelyn ~ Torin ~ Ryder ~ Addison ~ Juliet ~ Liam ~
Luke ~ Graysen S ~ Jax ~ Liam ~ Henry ~ Henry ~ Madelyn Walsh ~
Journey ~ Katelyn ~ Adele ~ Ella

HAPPY BIRTHDAY to the staff:

Ms. Pauline - December 3rd

Ms. Arianne - December 14th
Ms. Angie - December 28th
Ms. Jacque - December 29th
Ms. Karen - December 29th
Ms. Amanda - December 31st
Ms. Liz - December 31st



Did you know...?

...that Mrs. Marisol travels to Mexico each weekend to help families in need. Marisol and her family bring used clothing, school supplies, blankets and food and deliver them to families in the area. Marisol has a big heart and is always happy to help others!

Apart from being a mother of 2 and a preschool teacher you also find time to give back, tell us about that.

My family and I travel to Mexico every Sunday morning. We share with others about our faith and lend a hand with different needs. We help out in many ways, delivering bags of non perishable groceries, gently used clothing, school supplies, blankets, and sack lunches.

How did you become involved in this project and how long have you been involved?

We have been traveling to Mexico every weekend for about 8 years. We became involved through one of my husband's friends. He invited us to join a group that was going south of the border to build beds for children in an orphanage. My husband later began ministering in Mexico and we were made aware of the unfortunate situations people are facing due to the lack of resources.

Do you speak to the kids about it? How does it affect your way of teaching?

I have talked to the kids about my visits to Mexico. I explain that I help those who are less fortunate by giving them gently used clothes and other needs. There is a song that I came across many years back which I love teaching to the kids, it is called "When the Rain Comes Down". When I share it with the kids I explain to them that even though we are all different in many ways, we are all precious human beings and we should practice kindness with everyone.

Is there a charity you recommend to others?

We are a small Christian non-profit organization who takes donations from local churches and friends. We are always looking for donations. At this moment, we are mostly in need of jackets, socks, and blankets for the winter.

Who is Marisol? Is there something funny about you that you want to share with us?

I enjoy spending time with my family and value every moment of it. I have been married for 12 years to a wonderful man, Danny. I have a son who is seven years old, Daniel, and a daughter who is four years old, Milly. I enjoy spending time outdoors and exploring nature. I try to work on DIY projects around the house, but end up with my husband having to finish them up. If I am not busy crafting, working on a DIY project, or being outdoors, I am most likely watching something on HGTV.



Ask Ms. Viola P. Swamp, our Early Childhood Education Expert

Dear Ms. Viola,

Why does my child's preschool teacher want my child to practice cutting at home? How can I help my child safely?

Learning how to use scissors is an important skill, it helps children develop the fine motor strength needed to use a pencil. Strong fine motor skills help children as they begin to learn how to write, and are the foundation for gripping and manipulating objects.

Prior to using scissors, tearing paper is an excellent activity to build fine motor skills.

Moving their hands in opposite directions and practicing their tripod grasp (thumb and first two fingers) helps build the same muscle group.

Both cutting and tearing paper help develop hand eye and bilateral coordination. Hand eye coordination as the child holds the paper with one hand and cuts or tears with the other, tracking the movement with their eyes as they go. Bilateral coordination as they use both sides of their body at the same time, while each hand is performing a different task, i.e. one hand cuts the paper, the other hand holds/turns the paper.

Hole punchers, spray bottles, tweezers, tongs, and eyedroppers are other tools to help strengthen fine motor skills. Play dough, wrapping and unwrapping pool noodles/muffin tins/small toys with rubber bands, threading beads on pipe cleaners, and lacing cards are just a few examples of activities you can try too.

Additional tips for scissor success: Self-Opening Loop training scissors are very helpful- check on [Amazon](#).

Use high quality children's scissors: cheap or plastic scissors often don't cut as well and can lead to a frustrating cutting experience.

Build confidence and skill by snipping narrow paper strips, straws, and play dough. Fringe the edges of paper to build stamina. Remind and show your child where their fingers belong- thumb on top. Mark the top spot of scissors if need be.

It takes time, and lots of practice, but soon your child will be a "cut" above!

If you have a question for Ms. Viola, please send an email to [Ms.Viola Swamp](#).



Teacher Highlights

Name: Ellen Vause

Birthday: February 21st

Where are you from? I was born in Northern California but I spent my childhood in Pittsburgh, Pennsylvania and North Potomac, Maryland. I moved to San Diego in Middle School

Where did you go to school? California State University, Channel Islands in Camarillo

What did you study? Early Childhood Education

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

I always knew I wanted to work with children, as either a nurse or a teacher

What is your favorite thing to do in San Diego? The best thing about living in San Diego is being close to my family: I spend as much time with them as I can

Where would you like to take your next vacation and why? I would love to backpack through mainland Europe because although I've traveled extensively through the British Isles, I've never made it to the mainland

Do you have any pets? What are they and what are their names? My roommate and I have a cat named Arthur.

Name: Annie Shalita

Birthday: April 18th

Where are you from? I was born in Germany, but moved to Turlock, CA when I was 2 years old

Where did you go to school? CSU Stanislaus

What did you study? Psychology

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

I thought I would be a famous actress

What is your favorite thing to do in San Diego? Walk my dog on the beach and hang out with friends

Where would you like to take your next vacation and why? I would like to visit my grandpa and uncle in Australia

Do you have any pets? What are they and what are their names? I have a 17 year old poodle named Max.

Name: Maddi Beck

Birthday: December 20th

Where are you from? San Diego, CA. I've lived in Rancho Penasquitos since I was 4 years old.

Where did you go to school? UC Davis

What did you study? Human development with an emphasis in Child Development

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

A sports psychologist

What is your favorite thing to do in San Diego? Check out breweries, walk around Balboa Park and go to all the cool street festivals

Where would you like to take your next vacation and why? I'm going on a 2 week road trip around the Midwest next summer. I'm going to 14 States I've

never been to!

Do you have any pets? What are they and what are their names? I have 2 dogs named Lucy and Maile.

Name: Lacey Bahr

Birthday: November 16th

Where are you from? Louisville, Nebraska

Where did you go to school? Wayne State College in Wayne, Nebraska

What did you study? Early Childhood Inclusive Education

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

A teacher and a mom

What is your favorite thing to do in San Diego? Trying new restaurants and spending time at the beach

Where would you like to take your next vacation and why? Nebraska! It's always great to go back home and visit family and friends!

Do you have any pets? What are they and what are their names? I have a black lab named Hooch.



Are you looking for nice **gift ideas for Christmas?**
Stop by the office to take a look at our **CMP logo clothing**

We have t-shirts (crew and V-neck), long sleeves t-shirts, zip hoodies, beach towels, and much more.

Everything is available for both **adults** and **children**
in **3 different colors** (blue, light grey and dark grey).

A nice way to show our love for CMP!

Have you checked out our Extra curricular activities?

Carmel Mountain Preschool offers **Music, Hip Hop, Spanish, Yoga, Ballet, Gymnastics, and Perk** classes.

These classes are offered by select high-quality outside companies, from **12:30-1:10pm** (during the beginning of nap) or from **3:30-4:15pm**.

You can learn more about all our classes and sign up on our [CMP Extra-Curricular Page](#).

YOGA, HIP HOP DANCE & BALLET

Claire Bloom has just started a **new session of Yoga, Hip Hop Dance and Ballet** classes. It is not too late to sign up!

Just send an email to [Claire](#) for more info or to sign your child up for a free trial class.



INSTAGRAM + FACEBOOK CONTEST

Dear Parents,

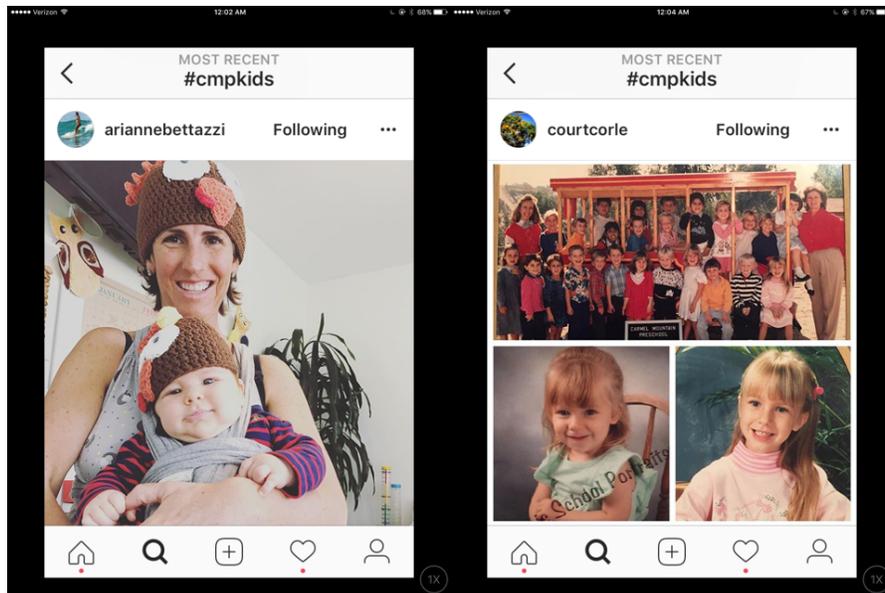
Anytime you share a photo of your CMP moments on [Facebook](#) and [Instagram](#) you have the chance to win a **\$25 gift card**.

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. When you post photos showing how much we love our CMP life on Instagram with our hashtags and then share on [Facebook](#) you will be instantly entered in the contest. Whichever photo has the most likes each month will receive a \$25 gift card to the place of their choice and will be featured in our newsletter.

Each month the photo with the most likes and shares will receive the prize.

What are you waiting for? Go and snap

Congratulations to November's winner, Arianne Bettazzi, with 92 likes. Since Arianne can't win the November winner will be Courtney Huff with 37 likes. See both posts below.



Testimonial of the Month

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

“I was very nervous about sending my daughter to preschool especially at 18 months. I

didn't think she would get much out of it and that it would just be an added expense for the family. It only took a week for me to realize how special CMP was and to see my daughter grow as a person.

We have been there for nearly two years now, and I attribute my daughter's growth to the teachers and programs that CMP provides. I could not be happier with the care, education and most importantly the social interaction my daughter gets at CMP."

Jimmy & Jenna Langley

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](#).

Carmel Mountain Preschool has a corporate account with **Verizon Wireless** and Verizon Wireless will extend our corporate discount to our employees/families.

If you use Verizon Wireless as your cell phone carrier simply go into a Verizon store or call Verizon and tell them you are an employee of Carmel Mountain Preschool: you will be given an **8% discount** on all future bills.

Looking Ahead

The New Year will start on **January 3rd** after the Christmas break.
We hope we'll find everyone happy and relaxed!

On **January 26th** we'll celebrate the
National Preschool Fitness Day. Stay tuned for more details

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



And for laughs...got to love our hilarious CMP parents!



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