carMel Mountain Preschool

February 2017

February 7 - Rhythm Child Drumming Circle Fun
February 13 - Kindergarten Prep Meeting 5pm
February 13 - CMP Policies & Procedures Q&A Meeting 6:00-6:30pm
February 14 - Valentine's Day
February 17 - Early Bird Special for Summer and Fall paperwork *Thank you credit due date
February 17 - Dr. J Visit - Scripps Pediatric Dentistry
February 20- CMP closed for President's Day
February 22 - Ski Week SnoFoam Celebration (This is a family event - parents must accompany child to the soccer field)
February 28 - Summer and Fall paperwork due

You can always check our events at CMP Events and our holidays at CMP Holidays.

January Basket Winner:

Claire Room 8
Jonah Room 3A
Jasmine Room 9
Teacher: Ms. Jessica

CMP wishes a very

HAPPY BIRTHDAY

to all of our February Birthdays!

Gracelyn ~ Evan ~ Nolan ~ Allie ~ Garrett ~ Keena ~ Ryder ~ Laylah ~ Amber ~ Adrian ~ Kendall ~ Landon ~ Dalylah ~ Lily ~ Wyatt ~ Shayaan ~ Ella

HAPPY BIRTHDAY to the staff:

Mr. Brian - February 12th

Ms. Yukie - February 21st

Ms. Ellen - February 21st

Updated Fall 2017 Start Date

CMP has changed the 2017 Fall start date in attempts to stay consistent with Poway Unified School District schedule.

Summer session ends **Thursday, August 17th**

CMP will be closed **Friday, August 18th**

Fall session starts **Monday, August 21st**

Valentine's Day

Please be sure to check your child's classroom Parent Board for information regarding Valentine's Day. We understand that this is a fun day for the children to share treats with their friends but we ask that you do not bring anything edible. Every family has their own wishes when it comes to whether or not they give their children sweets. Out of respect for this we do not allow edible treats/gifts for holidays or birthdays. CMP encourages you to find alternatives to edible treats - for ideas please visit our Pinterest page.

Children learn best through play and hands on experience. Why not take advantage of Valentine's Day to build and strengthen fine motor skills?
Have your child sign their own name to the back of their Valentine cards. For an extra literacy and proper grip challenge, have them address the envelopes too!

Not quite ready?
Have your child write the first letter of their name or use a name stamp. Develop sorting, classifying, and counting skills by matching and separating Valentine cards by like designs or attributes.
Real life in real time offers real learning!

Summer and Fall Plans

It's that time of year again to start thinking ahead to your summer and fall plans. Please check your child's art folder for paper work regarding Summer and Fall schedules. We ask that all paper work is completed and turned in no later than Tuesday, **February 28th.**

CMP will be giving a **THANK YOU CREDIT** to all families who return paperwork by Friday, February 17th.

Returning families will receive a $25 credit off registration and materials fees for every school year their child has been enrolled at CMP (one child per family) for paper work received by **February 17th.**

All students transitioning to Kindergarten in the fall will receive $25 tuition credit for paperwork turned in by **February 17th.**

THANK YOU!

Sno Day is Coming Back to CMP!

Do you have to stay in town during San Diego Ski Week? Don't you fret. Dr. Bronner's and CMP are bringing the snow to YOU! Please join us for our Family Ski Week SnoFoam Celebration on

Wednesday, February 22nd from 4:00-6:00 pm.

Please wear clothes that can get wet and don't forget to bring a towel.

***Please note this is a family event. Children must be accompanied by a parent or guardian to attend.**

O Truck Organic Food Truck will be on-site for healthy meals before and during event.

O Truck Organic MENU:

Seared Ahi Tuna Salad $13
O-Burgers: Grass fed Beef, Turkey or Veggie $9
Organic Chili Dog $7
Organic Chili $9
Chicken or Salmon Plate $10-Chicken $13-Salmon
Greek Salad w/Salmon or Chicken $9-Chicken $12-Salmon
California Omelette $9

Kids MENU:

Mac & Cheese $6
Hot Dog $4
Cheeseburger $6

Policies and Procedures Q&A Meeting

We have heard that some of you have questions about enrollment policies and procedures for the upcoming school year. We really want to address your questions and concerns.

Please join us on **Monday, February 13th** from 6:00-6:30pm in room 1ab for a brief question and answer session. This is open to all current parents and incoming parents.

Kindergarten Prep-Meeting

If your child is not eligible for Kindergarten admittance this school year, CMP would like to invite you to attend a Kindergarten-Prep orientation meeting on **Monday, February 13th** at 5:00 pm in room 1ab.

Teacher Highlights

Name: Samantha Michels
Where are you from? I was born in Sheboygan, WI but grew up here.
Where did you go to school? San Diego State University and University of Phoenix
What did you study? Psychology
When you were a kid, what did you think you would be when you grew up? A teacher.
What is your favorite thing to do in San Diego? Hike, go to breweries, go to the beach
Where would you like to take your next vacation and why? I really want to see more national parks, Yosemite and Zion especially!
Do you have any pets? What are they and what are their names? Yes! I've got a kitty named Loki.

Name: Julia Perkins
Where are you from? Del Mar, CA
Where did you go to school? Currently a student at Cal State San Marcos
What did you study? Studying Child & Adolescent Development
When you were a kid, what did you think you would be when you grew up? A teacher or a vet.
What is your favorite thing to do in San Diego? Go to Padres games, take my dog to dog beach.
Where would you like to take your next vacation and why? I would love to go to

Ireland or Greece - I've heard they're beautiful and always have wanted to go there.
Do you have any pets? What are they and what are their names? I have a dog name Lacie

Name: Brian Hodge
Where are you from? San Diego
Where did you go to school? Various
What did you study? Zoology, Animation, Art & Early Childhood Education
When you were a kid, what did you think you would be when you grew up? Zoologist
What is your favorite thing to do in San Diego? Hang with my wife & kids or watch Star Wars again.
Where would you like to take your next vacation and why? Walt Disney World becasue I love Disney!
Do you have any pets? What are they and what are their names? No, but I love cats.

Name: Annie Emery
Where are you from? Cleveland, OH
Where did you go to school? University of Tampa
What did you study? Communicationa and Journalism
When you were a kid, what did you think you would be when you grew up? A Chef!
What is your favorite thing to do in San Diego? Something fun at sunset. Hike, surf, take photos, etc.
Where would you like to take your next vacation and why? Bruges. I have a fascination with culture.
Do you have any pets? What are they and what are their names? I had to leave my amazing dog "Rabbit" in the British Virgin Islands. He was a coconut retriever (lab, pit, terrier mix) who was free to roam and loved the beach, digging up sand crabs, and eating chicken wings!

Testimonial of the Month

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

"We love CMP! Our daughter has auditory processing sensitivities and we were very careful about finding the right preschool for her. This is our second year and we couldn't be happier! If we could keep her there for her entire education we would! ;) We were initially drawn by the friendly, caring staff and the unique opportunities to learn at The Glenn, The Studio (and at that time, Mr. Joe and his animals!) And when we found out that CMP uses natural cleaners and offers organic food, we couldn't have been more excited! We continue to be impressed. The staff goes above and beyond and has been really understanding of our family's/ daughter's needs. The extra-curricular activities offered are great, from the field trips to the extra classes to the family events! The improvements to the school over the last year focusing more on nature and nature-play are loved by these 2 zookeeper parents! Thank you CMP!"

-The Schwartz 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.

Miss Claudia's Spanish Class

My name is Claudia Romero and I teach Spanish at CMP as an extracurricular class. I can happily say that this marks my ***fourth*** year providing this program for CMP and I love doing it!

Learning a second language at an early age has several benefits - **improved language skills, larger vocabulary, better problem solving skills, and cognitive flexibility**. And that's just to name a few!

In my class we learn through music, movement, literature, and art. We learn about different Spanish culture celebrations such as The Day of the Dead as well as introduce the different types of music heard in Spanish speaking countries.
I focus most on basic vocabulary and phrases as well as our numbers, shapes, letters, colors, and common phrases that are used in conversational Spanish.

As of now, I am only offering Spanish classes on Wednesday during the first hour of nap time from 12:35pm-1:10pm. However, due to high demand, I have been considering adding a second day. The second day would be on **Fridays** from **12:35-1:10pm**.
If you are interested in the new class, please add your name and email to the list next to the office. Once I have eight kids on the list, I will open up the Friday class.

Gracias! Adios!

-Ms. Claudia

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

You can learn more about all our classes and sign up on our CMP Extra-Curricular Page.

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

What are your suggestions to let my daughter enjoy Valentine's Day without filling her with candy?

Sincerely,

Mom of a sweet-tooth

Candy, candy, candy! Hearts abound this time of year, whether it's chocolate, conversation, or marsh-mallow. Breaking, or not starting on, the sugar train can be a challenge. We've grown accustomed to heart shaped lollipops, or candy kisses lovingly taped to mini envelopes, with a Valentine pencil thrown in for good measure. With food allergies on the rise and growing research supporting the negative effects of sugar on the growing brain, many parents and schools are encouraging non-edible Valentine treats. Checking out the party favor isle is often a simple and cost effective way to round up 12-24 similar pint sized items. Find an army of frogs? Or a knot of toads? Here's wishing you a " toad-ally hoppy' Valentine's Day. A clowder of cats? That's just 'purr-fect'! Planes, trains, and automobiles? Soaring into the sugar free zone will be "wheelie" easy if you choo-choo-choose it! It's "a-mazing" (mini maze), once you start, you can't "bear" to stop! This newly acquired skill will surely impress the love bugs in your life (insects), making it easy to "bounce" (super ball) away from the sugary treats. Seriously, you'll be "blown" away (bubbles) with how fun puns can be! If you "stick" with it, (glue stick) you'll be sure to create some "a'doh'able" (play-dough) one liners! Here's "looking" forward (sunglasses) to a bright and healthy Valentine's Day.

If you have a question for Ms. Viola, please send an email to Ms. Viola Swamp.

We had a great time with Norm and the Rhythm Child. Read Norm's interview on why this is so good for children at our Blog. Check out all of our videos on Facebook and Instagram. We had so much fun!

National Preschool Fitness Day was a success

A huge **THANK YOU** to Orange Theory Fitness Coach Damien for making Nation Preschool Fitness Day so much fun!

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***?

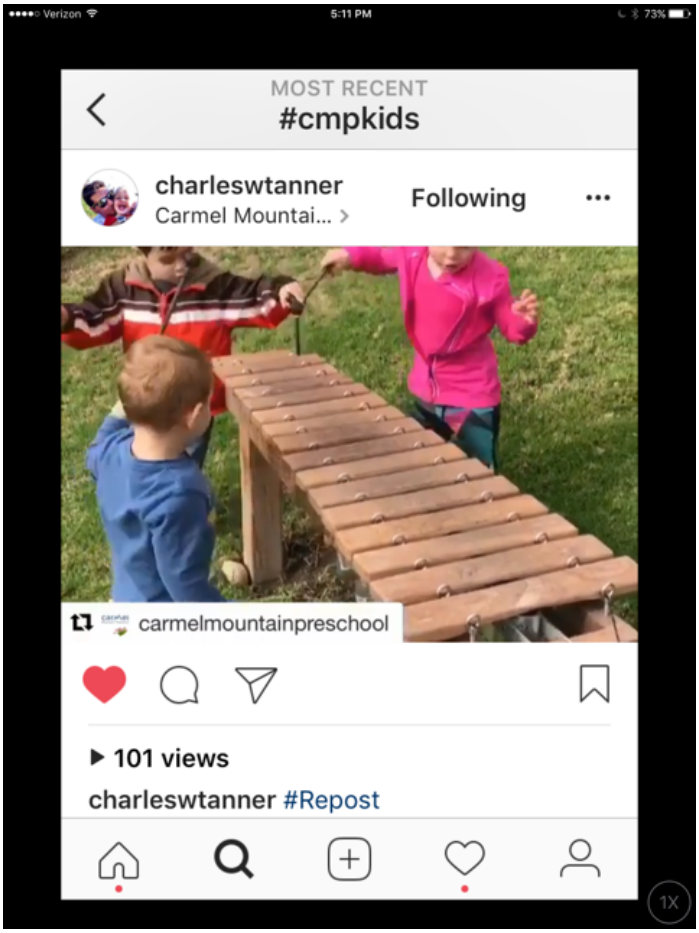
When you post photos of your children at CMP, on field trips, attending CMP events, sharing the art work they create, their preschool fashion, or getting ready for school on Instagram please hashtag **#CMPfun** and **#CMPkids**.

Each time you post a photo showing how much you love our CMP life on Instagram with our hashtags and then share on

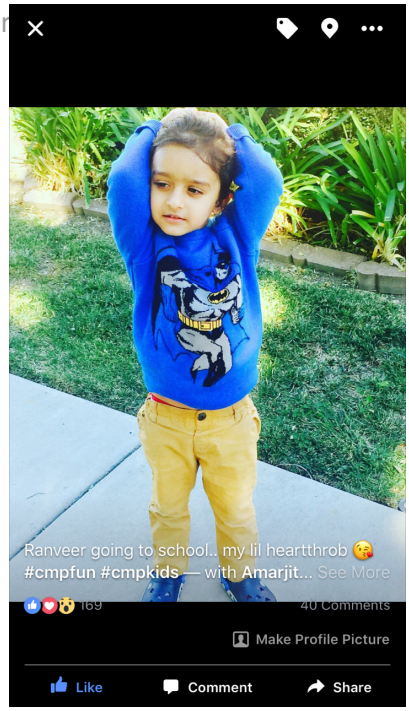
Facebook you will be instantly entered in the contest. Whichever photo has the most likes on Instagram each month will receive a $25 gift card to the place of their choice and will be featured in our newsletter.

What are you waiting for? Go and snap!

This month we say **Congratulations** to Charles Tanner. His Instagram post got 101 likes!



Congratulations to The Pahwa Family for getting 169 Facebook likes. Ranveer is Mommy's "lil heartthrob" and of course Mrs. Ashley and Miss. Heather's, too.



Are you a nursing mom? Did you know our very own UCSD received one of the largest grants ever to study the amazing properties of breastmilk? Be a part of the nation's first human breast milk bank dedicated solely to research!

UCSD's Center for Better Beginnings Mommy's Milk is working to understand the powerful impact of human breast milk and how it influences child health and development. If you're producing milk, you can participate.

With your help, we can make a difference.

To Participate or Learn More:
Contact us at: 858.246.1713 | milkstudy@ucsd.edu | mommysmilkresearch.org

dates to Remember

Looking ahead to March

March 14 Wacky Science

March 14 Spring Class Pictures (Rooms 1ab, 3a, 3b, 5a, 5b & 12b)

March 15 Spring Class Pictures (Rooms 2a, 2b, 4a & 4b)

March 16 Spring Class Pictures (Rooms 6a, 6b, 6c, & 12a)

March 17 Spring Class Pictures (Rooms 7, 8, 9, 10 & 11) & St. Patrick's Day

March 22 Family Appreciation Night: Hullabaloo Concert 4:30-5:30pm

Check your classroom Parent Board for important dates and event information or our website at CMP Events.

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