



# July 2015

## Fall 2015/2016 Registration

The first day of the fall session is Monday, August 17th. Class lists will be completed and sent out by August 7th. Please be sure to confirm your child's schedule in the office. We also need any new or updated phone numbers, addresses, or email addresses.

Fall registration and material fees are annual fees and will be charged from your account on Monday, August 10th. Registration fees are \$100 and Material fees are \$50.



## Helping your Child Ease into their New Classroom

Classroom transitions will begin Monday, August 17th. This transition time can be hard not only on your child, but on you as well. Just remember, your child will look at you to ease their fears, so be positive and provide support. Here are some ways to help your child (and you!) transition to their new classroom...

- Start talking to your child about the upcoming transition. Talk about things your child wants to learn in their new class. Allow them to ask any questions or concerns that they have regarding the new class.
- Visit your child's new classroom a few times before the transition. After you pick your child up, walk together to the new classroom. Find the new bathrooms. Take a walk to the new playground. You can even find familiar things like the fish tank in the office or the front desk. This will get your child familiar with their new surroundings.
- Talk to your child's summer teacher about how they will help the class adjust to the transition. Many teachers will take the class to meet some of the new teachers and visit the classrooms. They will also take a class trip to the new bathrooms and playground. Teachers may have suggestions of books you can read at home about going to a new classroom.
- Stay calm! You don't want to put too much emphasis on the change, because children will feed off of your feelings. If you are calm about the transition, then they will too.
- Talk to other parents. Every parent has mixed emotions about their kids growing up. It helps to get advice from other parents who are also helping their child transition to a new class or school.
- Go together as a family to CMP's Open House, Friday, August 14th, 4-6pm! This is a great time to visit your child's classroom and find their cubby. The whole family can meet the teacher and get familiar with the new surroundings. This is also a great time to meet other kids in the class.

9510 Carmel Mountain Road,  
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[www.carmelmountainpreschool.com](http://www.carmelmountainpreschool.com)

Have you received a text message from us lately? Please make sure the office has all of your updated phone numbers and cell phone carrier.

### Dates to Remember!

- **July 3rd**—CMP Closed
- **Aug. 10th**- Registration and Material fees will be charged to your account
- **Aug. 14th**— CMP closed, Fall Open House 4-6pm
- **Aug. 17th**— First day of fall session

### June Basket Winners

Audrey	1AB
Dad Chris	
Edward	5B
Dad Tim	
Arnav	6B
Dad Vivek	

There were 101 Smarties in the container 16 friends guessed 100. Great guessing families!

**CMP is Going Green!**  
In an effort to save paper, newsletters will be emailed and paper copies will be available in the office.

## CMP Summer Staff Vacations

Many teachers take time off during the summer months. Please be sure to check with your child's teacher for their vacation time and substitute information. Subs are always a CMP staff member. This summer we have several returning CMP teachers to help out with subbing. We are so excited to welcome them back!



## Pin It!



A fun and easy way for your child to help you get ready for a summer BBQ is to make "watermelon cookies," as seen on our Summer page on Pinterest. Simply slice a watermelon into 1 inch slices and cut the flesh with cookie cutters. This is a great activity for our toddlers to our school age kids. What a great way to spend some bonding time with your little one in the kitchen.

For more summer fun ideas, follow us on [Pinterest @carmelmpsd!](#)

## How to Choose the Best Sunscreen for your Child!

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. Convenient? Yes. Good for kids? No.

Make sure that you apply it a half of an hour 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. Aerosol sprays may not be sprayed in the classroom. They are damaging to our tile floors. Teachers will reapply after nap time and will let you know when your child needs a new bottle.

For more information on sunscreen, click [here!](#)



## What Arrrrrrgh We Reading This Month?

July is a fun month to have a pirate adventure! Be sure to check your teacher's summer schedule to see when Pirate Adventure Week begins! Here are some of the books your child will read during their pirate week.

- [How I Became a Pirate](#) and [Pirates Don't Change Diapers](#) by Melinda Long and David Shannon
- [Pirate Pete Books](#) by Kim Kennedy
- [The Night Pirates](#) by Peter Harris
- [Shiver Me Letters. A Pirate ABC](#) by June Sobel
- [Pirates Don't Take Baths](#) by John Segal

# Get to know the teachers at CMP!

## Do You Know Jungle Joe?

**Name:** Joe Harvey

**Birthday:** October 6

**Where are you from?** Libby, Montana

**Where did you go to school and what did you study?** University of Texas El Paso, Early Childhood Education (AA) and Youth Studies Anthropology and English (BA)

**As a kid, what did you want to be when you grew up?** A zoologist

**Do you have any pets?** I have too many to list, but my dogs are Lola and Zoey.

**What is your favorite thing to do in San Diego?** Early mornings at La Jolla Shores, although, I rarely get to do it.

**Where would you like to go on your next vacation?** Montana, it's where I vacation every year. I love nothing more than being in the mountains.



## In the Art Studio with Mrs. Julie



**Name:** Julie Goldstein

**Birthday:** January 13

**Where are you from?**

Long Beach Island, New Jersey

**Where did you go to school and what did you study?**

University of Connecticut and Columbia University Teachers College, Bachelors Degree in Fine Art and focused on Illustration and Printmaking and Masters in Fine Art and Art Education

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

I love to surf with my husband. We met surfing 15 years ago. Now it is our absolute favorite thing to do together. We also love to hang out at the beach and teach Frankie (our 20 month old) to swim along with our 2 Newfoundland dogs, Davey Crocket and Buzzy. The beach is where we are happiest!

**Where would you like to take your next vacation?**

Anywhere where we can surf and have easy access to the beach. Maybe Bali or Kauaii.

# carmel

Mountain Preschool

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CMP will be closed Friday, July 3 in honor of Independence Day. Have a great weekend!

Find this great 4th of July activity on our [Facebook](#) page! Be sure to follow Carmel Mountain Preschool!



Did you see this picture on [Instagram](#)?  
Be sure to follow us  
[@carmelmountainpreschool](#).  
Tag us with #CMPfun

## Water Play Ideas for Toddlers and Kids

San Diego brings the heat in July! Here are 5 ways CMP has fun with water play for children of all ages...

**Sensory Bins and containers-** Kids love pouring water into different size containers. Just throw some measuring cups, Tupperware, or recycled containers into a large tub and let their hands do the rest.



**Washing toys with bubbles-** Kids love to help clean toys. Just mix a little dish soap with water and your child can help clean toys or plastic dishes.

**Fun with Ice-** You may see your child using tools to get to a hidden frozen animal or toy in a block of ice. This is a great fine motor activity.

**Ice Sculptures-** This is a great team building activity. Frozen water in varying sized containers allow the kids to make the frozen blocks in to ice sculptures. Big kids can use food coloring or water colors to add some color to the sculpture. The cold never bothered them anyway!

**Bubbles-** Kids of all ages love bubbles. I bet you even love them too.

Ask your child's teacher ways that they are incorporating water play in their summer curriculum.

\*Due to the drought in southern California, we will have a limited splash day schedule for summer. Please check your teacher's parent board for your child's splash day.