We have some exciting new changes at CMP including new filtered water bottle fillers...

Spring 2016 Book Fair and Open House

Please join us for our spring book fair and open house, Thursday, May 12th from 6:00pm-7:00pm. Come check out all the amazing activities your preschooler has been up to this school year. Teachers will pass out end of the year portfolios and show off their classrooms filled with your child's artwork. Stop by the book fair, where you'll find some of this year's most popular books. This is also a good time to check out some of the other classrooms to get an idea of what your child will experience next year. See you there!
Hullabaloo Rockin' Again at CMP

Hullabaloo is coming back to CMP! Mark your calendars for Thursday, May 19th at 5:00pm for this family fun event! This is a parent event so you will need to pick up your child and take them to the upper soccer field to enjoy the fun. Friends and Family are welcome to join in.

For more information on the Hullabaloo Band, click here.
Exciting Changes are Happening

We have some cool new equipment on our campus that we are pretty excited about. Please be sure to stop by and check them out!

We have new filtered water fountains in the lobby and the three-year-old building. Bring your water bottle and fill it up with delicious filtered water. All our students have access to refilling their water bottles with filtered water throughout the day - the teachers have mentioned it's a great way to get the children to drink more water!

Our three-year-old playground got a super awesome boat to do creative play in.

Check out our instagram and facebook for more pictures of boat play.

More exciting equipment is coming to CMP including a very special surprise on Monday, so stay tuned!
1000 Books Before Kindergarten

CMP is joining the San Diego County Library to welcome 1000 Books Before Kindergarten. Studies have shown that children who are read to improve their vocabulary, listening and language skills, and have increased attention spans. These are all essential tools when learning how to read. Our teachers read to your preschoolers several times a day, but we want to encourage you to read at home, too! In your child's Open House portfolio (May 12, 2016) you will find a poster log for the first 250 books. Once your child completes the first log please come into the CMP office to get a special surprise and then get your child's next reading log at one of the following participating libraries:

Poway Branch
13137 Poway Road, Poway, CA, 92064, (858) 513-2900

4S Ranch Branch
Your child will be eligible for a prize at both the CMP office and the library when they complete each log. When you and your child reach 1000 books, please visit the front office for an extra special treat!

For more information on 1000 Books Before Kindergarten, please click here. For more participating locations, click here.

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**We LOVE Our Teachers!**

Teacher Appreciation Week is May 2nd - 6th. We have the best teachers San Diego has to offer. Please join us as we celebrate our teachers and staff this week!

We want to send a special THANK YOU to Troy Merrell and the Pitchers team for treating our teachers to a delicious dinner. Be sure to stop by Pitchers when you're looking for a night out.

Pitchers
9926 Carmel Mountain Road, 92129
858-484-3777
pitcherssandiego.com
Summer is Around the Corner!

Summer is almost here and we are so excited for our Sizzlin' Summer Camp starting, Monday, June 13th. Please make sure you have returned all of your paperwork so we know your child's plan for summer and fall. A Sizzlin' Summer Fun schedule with curriculum themes and activities will be sent home Monday, June 13th. There will also be a splash day schedule and field trip information. CMP will be closed on Friday, June 10th for teachers to prep their Sizzlin' Summer Camp class.

Sizzlin' Summer Camp Events

**June**
- Monday, June 13th- First Day of Sizzlin' Summer Camp
- Wednesday, June 15th- Ms. Lianna Concert
- Thursday, June 23rd- Bubble Mania
- Monday, June 27th- Wacky Science Event

**July**
Wednesday, July 13th and Thursday, July 14th- Snow Day in July

August
Monday, August 8th-Thursday, August 11th- Summer Olympics
Wednesday, August 10th- Literature Comes to Life
Thursday, August 11th- Last Day of Summer

Meet Miss Jane, CMP's Assistant Director in Training!

We are excited to announce that Miss Jane will be our new Assistant Director at CMP. Jane has been a part of the CMP family since 2008. She started out as a teacher and has been an office assistant for the last year and a half, while she completes her graduate work at Point Loma Nazarene University. Jane brings incredible knowledge, skill, and humor to our office staff and we are thrilled she is taking on this new role. Please help us welcome her as Assistant
Director starting this summer!

Upcoming Events
Please mark your calendars for all the exciting things happening at CMP!

May
Monday, May 2nd- Friday, May 6th- Teacher Appreciation Week
Monday, May 2nd- Friday, May 6th- National Screen-Free Week
Sunday, May 8th- Mother's Day
Thursday, May 12th- Spring Book Fair & Open House 6:00-7:00pm
Thursday, May 19th- Hullabaloo Concert at CMP
Monday, May 30th- Memorial Day- CMP Closed

June
Thursday, June 9th-Last Day of Traditional School Year & Field Day
Friday, June 10th- Summer Friday- CMP Closed
Monday, June 13th- First Day of Sizzlin' Summer Camp
Sunday, June 19th- Father's Day

July
Monday, July 4th- CMP Closed

August
Thursday, August 11th- Last Day of Sizzlin' Summer Camp
Friday, August 12th- Teacher In-Service- CMP Closed
Friday, August 12th- Fall Open House 4:00-6:00pm
Monday, August 15th- First Day of Fall Session

PERSONAL SIZED HAND SANITIZERS AND SUNSCREENS

CMP can no longer allow lunch box or back pack attached personal size hand sanitizer or sunscreens at school. These cute bottles and containers are perfectly designed to attract the attention of preschoolers. In the hands of our young children these products can be a health and safety issue. As always we appreciate your
Happy Mother's Day to all of our CMP Mommies!

Happy Birthday!

Ms. Kathy, May 14th

Congratulations April Basket Winners!

Elise, Room 11
Ask Ms. Viola P. Swamp

This month’s question for our preschool expert, is about the great screen time debate. National Screen Free Week is May 2nd-8th.

Dear Ms. Viola,

I heard that May 2nd-8th is Screen-Free Week. How bad can screen time really be for my preschooler? What are your thoughts on this issue?

Oh yes! The great screen time dilemma, finding the balance between young children and technology. Research shows that excessive screen time can undermine children's social, emotional, and intellectual development. It can limit their vocabulary and their attention spans, while increasing their risk of anxiety, aggression, and sleep disturbances. Too much screen time inhibits children's natural creativity and curiosity, thus, making it difficult for them to access their imagination. The instant gratification and excitement of the screen can make
creative play seem dull and boring, which can effect future educational success. Spending too much time with electronics inhibits social skills as well. Putting the kibosh on screen time may take a little bit of doing, but what better way to start modifying the hold technology has over us, by taking a break for a week. So unplug Netflix, say "see you later" tablets, consoles, computers, and television, and plug in with your kids. Build a block tower, take a walk, share a book, and enjoy some good old fashioned face to face time.

*The American Association of Pediatrics recommends NO screen time for children under two, and one to two hours a day for children older than two.

Do you have a question for Ms. Viola P. Swamp? Please email msviola@carmelmountainpreschool.com or drop your question into Ms. Swamp's question box located in the CMP lobby.

#Auntie Fail

It happens to the best of us. This month's fail story is from two-year-old teacher, Miss Ellen.
"I'm so used to changing dirty diapers that it was no big deal when my 16-month niece soiled her diaper and needed a change. I volunteered and proceeded to change her on the couch. Since I normally change kids that are between two and three years old and know not to touch their poo poo, I didn't know what to do when she reached down, grabbed some, and started to play with it in her hand like play dough. I didn't have enough hands to simultaneously hold onto her, clean her hands, wipe her, and put a new diaper on (all while not wearing gloves like I'm used to). Grandma and Granddad had to be enlisted to help. I was shocked and flustered, but she smiled through the whole ordeal!"

We are loving this "Butterfly Yoga" session in Miss Amanda's Pre-K class!
For more fun preschool activities, please follow us on Pinterest.

Teacher Spotlight
Support Staff Edition

Miss Jane, Assistant Director in Training
Birthday: September 8th
Where are you from? San Diego
Where did you go to school? UC Davis
What did you study? Human Development and Education
When you were a child, what did you want to be when you grew up? A teacher
What is your favorite thing to do in San Diego? I like to go to Padres games, hike Torrey Pines, walk the beach and bay, and explore Balboa Park.
Where would you like to take your next vacation? I'd like to drive up the coast to Canada, stopping along the way to camp. My Grandma lives in Canada and I absolutely love camping and road trips.

Miss Kristen
Birthday: September 8th
Where are you from? San Diego
Where did you go to school? University of Arizona
What did you study? Elementary Education
When you were a child, what did you want to be when you grew up? A teacher!
What is your favorite thing to do in San Diego? I like to go hiking and explore new trails.
Where would you like to take your next vacation? I'll go anywhere! I love to travel and explore new places. I take every opportunity.
Do you have any pets? I have a dog named Charley.

Miss Ara
Birthday: September 3rd
Where are you from? San Francisco
Where did you go to school? University of California, San Diego
What did you study? Human Development
When you were a child, what did you want to be when you grew up? A mom!
What is your favorite thing to do in San Diego? I like to go to brunch at restaurants overlooking the beach.
Where would you like to take your next vacation? I would like to go to Chicago to go to the sky deck (even though I'm scared of heights).
Do you have any pets? A white dog named Snowy.

Miss Yukie
Birthday: February 21st
Where are you from? Gardenia, CA
Where did you go to school? CSU, Long Beach
What did you study? Liberal Studies and Child Development
When you were a child, what did you want to be when you grew up? I wanted to be a nurse like my mom.
What is your favorite thing to do in San Diego? I like to go hiking and enjoy Taco Tuesday!
Where would you like to take your next vacation? England because I am a Doctor Who and Sherlock fan.
#Throwback of the Month

Check out this throwback picture of the Condrick family in 1990!

For more throwback pictures, follow us on Instagram.

Testimonial of the Month

We love hearing all the good things you have to say about CMP and our staff!

"As a working mom with a very "spirited kid," I cannot tell you what a blessing
this school has been for us.
As a working mom, I often feel guilty about having to work so much, but it gives me comfort knowing that my son is in extremely capable hands! Brody wakes up excited for school in the morning and often makes me finish the story they are reading before we can leave school in the evenings.

My son has had several different teachers and I cannot even begin to tell you how incredible they all have been. Miss Haley and Miss Brittany were his first teachers and truly made preschool an exciting experience for the both of us. They worked with Brody and really helped him learn in an exciting and fun environment. Miss Triana & Miss May have also been incredible! I love their excitement and passion for teaching, you can tell that they love what they do, and absolutely enjoy working with kids. It shows in the way they teach and interact with all the little ones. On top of this, I love all the extras that the school does to enrich their program. It is so fun to have extra programs like the farm animals visiting to the sport camps that come to the school (for a small additional fee).

I also love the extra details like adding the diffusers into all the rooms and running essential oils to keep the air quality better, adding in as many organic snacks and promoting natural soaps. I love that the school feels like a home. It is so clean and inviting I cannot express how absolutely grateful I am to have my son attend!
Thank you for all you do Carmel Mountain Preschool!!!! We are so lucky to have you guys." -Jane Fajjardo