

July 2023

# carmel

Mountain Preschool





# JULY EVENTS

July 3-4: CMP Closed

July 13: Family Yoga, 4:30-5

July 31: Super Hero Day





# CERTIFICATE CEREMONY

On June 2nd we held a certificate ceremony for all of our Pre-K and TK classes. Congratulations to all of our children and families who have completed their time here at Carmel Mountain Preschool. We wish you all the best in your future endeavors!





# GET TO KNOW US



Name: Jules

Role at CMP: Support staff/ teacher in room 9

I grew up in: Los Angeles

Favorite children's book: The Bad Seed

Favorite music & movement song: The Floor Is Lava!

Fun fact: I know ASL proficiently, and my all-time favorite food is sushi!

Name: Amanda

Role at CMP: 2's teacher

Born and raised in San Diego

Favorite children's book: Cloudy with a Chance of Meatballs, or Going on a Bear Hunt

Favorite music & movement song: Stand Up, Sit Down

Fun fact: I own a baking company that I started when I was 13 years old. I also use to decorate cakes competitively and have won first place every time!





# MUD DAY









# CONSCIOUS DISCIPLINE

## The Brain State Model

The conscious discipline brain state model helps us to understand the brain-body connection as it relates to discipline. There are three brain states in this model: The Survival State, The Emotional State, and The Executive State.

### *The Survival State*



The **Survival State** is the most primitive state. It is triggered when we feel threatened.

2/7



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### *The Survival State*

Its skill set is very limited, consisting of physical reactions like fight, flight, and surrender. **Safety** is the developmental need of a Survival State.

3/7



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# CONSCIOUS DISCIPLINE

## *The Emotional State*



The **Emotional State** is triggered when the world isn't going our way.

4/7



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## *The Emotional State*

Its skill set is limited, consisting of verbal reactions like yelling, blaming, backtalk, and whatever skills our parents used with us when we were upset. **Connection** is the developmental need of an Emotional State.

5/7



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## *The Executive State*



The **Executive State** is an integrated brain state. It is functional when we feel relaxed and alert.

6/7



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## *The Executive State*

Its skill set is limitless, including helpfulness, empathy, wisdom, and learning. **Problem Solving** is the hallmark of an Executive State. This state asks, "What can I learn?"

7/7



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# HAPPY BIRTHDAY

Mayella, Miles, Lily, Cash, Aldo, Charlotte,  
Luciana, Connor, Ethan, Casey, David, Declan,  
Everett, Carson, Sienna, Olivia, Logan, Elia,  
Mason, Raeya, Austin, Emma, Bennett

## Staff Birthdays:

Ms. Maile 7/5

Ms. Nancy 7/7

Ms. Nicole H. 7/8



# JUNE BASKET WINNERS

Last month we asked you to guess how many items were in the jar. There were 518!  
Congratulations to our winners:



Blakely B., 1A



Aariv H., 2B



JP R., 12A



Ms. Lisa, 8



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Twitter, Facebook, and YouTube



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# LOOKING AHEAD TO AUGUST

Aug 1: Disney Day

Aug 2: Rock and Roll Day

Aug 3: Favorite Sports Day

Aug 4: Costume Day

Aug 7: CMP Shirt Day

Aug 8: Pajama Day

Aug 9-11: CMP Closed, Teacher In-Service

Aug 14: Fall Session Begins

Aug 17: Family Yoga