

January 2024

# carmel

Mountain Preschool



2024  
HAPPY NEW YEAR



# JANUARY EVENTS

January 1: CMP Closed

January 5: CMP T-Shirt Day

January 11: Family Hip Hop, 4-4:30

January 15 & 16: CMP Closed,  
MLK Jr Day, Staff In-Service

January 17: Rhythm Child (for classrooms  
only)

January 25: Family Yoga, 4-4:30

January 30: Rhythm Child,  
Family Event, 3:30-4:30



# HOLIDAY PROGRAMS









# WINTER WONDERLAND









# BASKET WINNERS

Last month we asked you to guess how many presents were in the jar. There were 262! Congratulations to our winners!

Ara, 2B



Kai, 6B



Daniel, 5B



Ms. Margaret





# CONSCIOUS DISCIPLINE

I Love You Rituals are structured connecting activities that include eye contact, touch, presence, and playfulness

These rituals promote optimal brain development, increase **attention span**, reduce hyperactivity, build self-esteem, amplify **cooperation** and facilitate language development.

2/5



Conscious Discipline®

**Families** benefit from I Love You Rituals at bedtime, morning routine, before or after meals, when saying goodbye, while on the changing table, and more.

3/5



Conscious Discipline®

**Classrooms** benefit from I Love You Rituals in routines like the Brain Smart Start, during circle time and after transitions.

4/5



Conscious Discipline®

Teachers can also schedule regular **one-on-one** I Love You Ritual time with children that call for help through difficult behaviors like aggression, tantrums, or withdrawal.

5/5



Conscious Discipline®



# HAPPY BIRTHDAY

Leon, George, Sarah, Amelia, Zinnia, Hays, Bruce,  
Cayden, Leo, Wendy, Maya, Emmy, Bernard,  
Rhiannon, Max, Sean, Audrey, Rhodes, Valentina,  
Kaiden, Connor, Alaina, Walker

## STAFF BIRTHDAYS

Ms. Merrick 1/7

Ms. Wendy 1/11

Ms. Navi 1/15

Ms. Delores 1/17

Ms. Yui 1/21

Ms. Sylvia 1/27

Ms. Michele 1/29





# NOW ENROLLING: TODDLER PROGRAM



We are opening another toddler classroom on January 8. Children must be a minimum of 18 months. Call 858.484.4877 for more details!



# LOOKING AHEAD TO FEBRUARY

February 1: CMP T-Shirt Day

February 15: Family Yoga, 4-4:30

February 19: CMP Closed, President's Day

