



May 2017

May 1-5 Teacher Appreciation Week

May 1-5 National Screen Free Week (www.screenfree.org)

May 10 Mother's Day Tea & Yoga - Rooms 2a, 2b, 4a, 6a, 6b, & 6c

May 11 Mother's Day Tea & Yoga - Rooms 4b, 7, 8, 9, 10, 11, & 4b

May 12 Mother's Day Tea - Rooms 1ab, 3a, 3b, 5a, 5b, 12a, & 12b

May 13 Saturday Beach Clean Up at Swami's Beach

May 17 Family Yoga at the Soccer Field

May 18 Outdoor Classroom Day

May 18 Spring Open House 6-7pm

May 29 Memorial Day - CMP CLOSED

You can always check our events at [CMP Events](#) and our holidays at [CMP Holidays](#).



Happy Memorial Day!

In celebration of Memorial Day we want to share an essay written by Julia Dahlke who is the daughter of Ms. Shamby about what Memorial Day means to her. We are so proud of Julia because she won 1st place at every level - local, regional, national and overall. Good job Julia and please enjoy the essay.

What Memorial Day Means to Me by Julia Dahlke

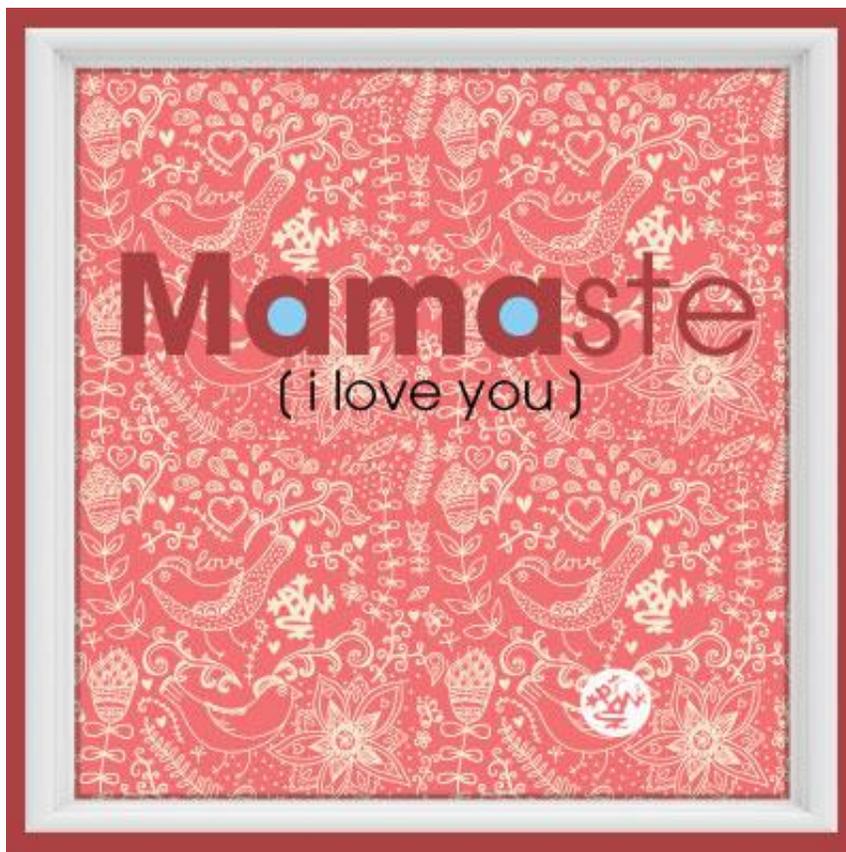
Memorial Day is an American holiday on the last Monday of May that honors men and women who died while serving in the U.S. military. This is the official definition of Memorial Day, however, I believe Memorial Day is a day to say “Thank You” and to acknowledge the ultimate sacrifices military service members have made to make our country free and safe for future generations.

I remember being awed by the Vietnam Memorial on a family trip to Washington, D.C. I watched strangers, taking a piece of paper, placing it over a name and rubbing the name with a pencil to transfer it onto the paper. The walls that looked as if they went on for miles were full of so many names of Americans who never came home to their family and friends. Their legacy lived on this wall which honored them with love and pride. I felt sad. Then I saw my reflection on the wall as it was a like a mirror in my soul. What I can do to show my appreciation? First, always remember. Second, give thanks. Finally, cherish and continue to make our country great. So every day not just on Memorial day, I pray and give appreciation to the brave service members who fought to the very end.

Memorial day is a day for admiration towards those that made the ultimate sacrifice for freedom. Memorial Day means more than just honoring those who died for their country on that day, to me, it should be a reminder that we should appreciate these people every single day of our lives. We should remember that every single day we go to school someone out there fought so that we could have normal lives. We must carry on their legacy by honoring our freedoms and doing our part for our country.

So I suppose for me Memorial Day isn't just "a day" for recognizing someone's sacrifices but rather cherishing their memory everyday for the rest of our lives because they have certainly earned that respect.

Mother's Day Tea Yoga



Our wonderful yoga teachers, Ms. Claire and Ms. Melanie, will be offering yoga for our fabulous moms the hour before or after each of our Mother's Day Teas.

Please join us on
May 10th - Yoga 2:00-3:00 pm
May 11th - Yoga 2:00-3:00 pm
May 12th - Yoga 9:00-10:00 am

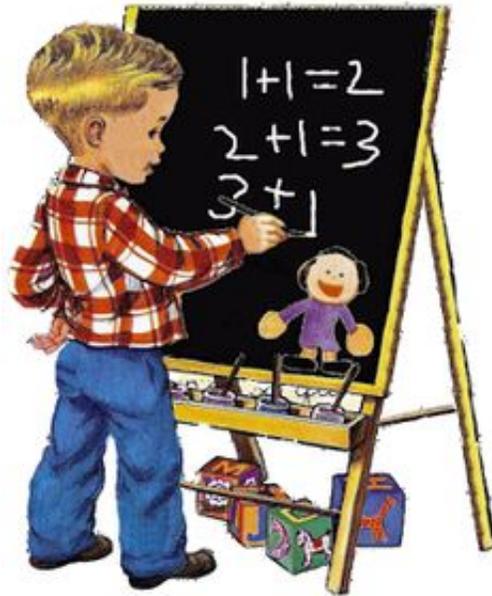
This is a **MOMS ONLY** yoga class so please drop your child off and then make your way up to the soccer field for an hour of peaceful, kid free yoga. Wear comfy clothes and bring a mat or towel.

Please rsvp to rsvp@carmelmountainpreschool.com. Moms are welcome to join one yoga session or all three sessions. Friends and family are welcome to join.

THIS FREE YOGA CLASS IS OPEN TO ALL MOMS!!!

We look forward to seeing you there!

Spring Open House



Please plan to join us for an evening of fun and festivities at
Carmel Mountain Preschool

Open House
Thursday, May 18th, 2017
6:00pm - 7:00pm

Open House is a great time for you to visit your child's classroom, talk to the teacher(s) and meet and greet with other parents.

Friends and Family Welcome!



CMP wishes a very
HAPPY BIRTHDAY
to all of our April Birthdays!

Sansa ~ Rami ~ Carter ~ Drew ~ Sophia ~ Kelton ~ Allison ~ Logan ~ Jameson ~
Kristina ~ Logan ~ Brodie ~ Arnav ~ Thomas ~ Dalton ~ Jimmy ~ Roxie ~ Katelyn
~ Per ~ Sydney ~ Avery ~ Kai ~ Daniel ~ Henry ~ Nicholas ~ Jasmine

Happy Birthday to our CMP Staff!

Kathy - 5/14

Tom - 5/22

Kristina - 5/23

Family Yoga at Carmel Mountain Preschool

Family yoga was so much fun we decided to offer it once a month. You may read about
benefits of doing family yoga at our [blog](#).

Ms. Claire & Ms. Melanie will be teaching family yoga once a month on the Carmel
Mountain Preschool soccer field. This is open to former, current, and future CMP
families and their friends and family. Please come dressed comfortably, bring water and
a yoga mat or towel, pick up your child, and meet us on the soccer field.

Wednesday, May 17th

Tuesday, June 13th

Monday, July 17th

Thursday, August 17th

Tuesday, September 19th

Wednesday, October 18th

Monday, November 13th

Thursday, December 21st



CONGRATULATIONS!

Congratulations **Room 6A** for winning our classroom Conscious Discipline Attendance Contest!! 6A had the most parents attend the Conscious Discipline Seminar on April 13th.

6A won a \$250 shopping spree for their classroom which they purchased a really cute child sized couch with for their reading area.

CMP Picture Frames

We just received Carmel Mountain Preschool "First Day of School" picture frames and are very excited to start passing them out to all new enrolled families. We want all of our current families to have one, too. If you would like a picture frame please stop by the front office to pick one up. We have either a horizontal or vertical 4" x 6" pictures frame for you to choose from.



CMP Coffee Bar



CMP is excited to announce the addition of an **Organic Coffee & Tea Bar** located outside the kitchen window near the front patio. Organic coffee and tea will be brewed every morning and available from 6:30am-12:30pm. Organic fruit will also be available for a quick on-the-go morning snack along with homemade organic creamer.

Please bring a reusable coffee mug to fill up. One of Carmel Mountain Preschool's Core Values is "we are organic" and we wanted to carry that through into our Coffee Bar. We decided not to use a Keurig due to the amount of excess waste it would create.

CMP has partnered up with Klean Kanteen and we now have CMP Klean Kanteen reusable coffee mugs for sale in the front office for \$25. Feel free to stop by the office to take a look.

march of dimes®

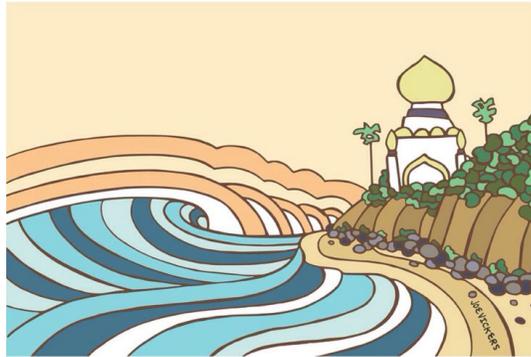
A FIGHTING CHANCE FOR EVERY BABY™



Thank you everyone who donated or marched for Scarlett.
Scarlett's Squad raised over \$1,500 tripling the set goal!

The Black Family is very grateful and thankful to every family who donated or participated in making Scarlett's Squad such a success.

CMP Beach Clean-Up



CMP and Swami's Surf Club are teaming up to do a Beach Clean-Up. Help us make the beaches a cleaner place one piece of trash at a time.

Please join us on Saturday, May 13th at 8:00 am at Swami's Beach in Encinitas

Join us after for a Beach BBQ provided by Carmel Mountain Preschool

Swami's Beach:
1298 S Coast Highway 101
Encinitas, CA 92024

Meet us at the totem statue on the grass area. Wear your CMP shirt and bring a suit and towel if you would like to stick around after and splash in the water. If you plan on staying for the BBQ please RSVP to [CMP](#).

"Going into the year 2017 we had a vision of being more active in the community, such as volunteering and donating to organizations close to our hearts. We love San Diego and all that it has to offer. One of our goals is to participate in the various beach clean ups. We love to inspire our students to become active members of the community and thought it would be awesome to find a way to include CMP kids and families in our cause. We pitched the idea to Arianne Condrick-Bettazzi, who was eager to jump on board and partner us with the right foundation to reach our goal. Please join us, with the help of

Swami's Surf Club, to clean Swami's Beach on Saturday, May 13 at 8 a.m. Afterwards enjoy lunch provided by CMP & the Swami's Surf Club and a surf competition.

All donations can be made to Surf Rider Foundation, San Diego Chapter."

- Mrs. Jacque and Miss. Amanda

April Basket Winners:

Zoe 2b

Nicolas 6a

Henry 12a

Teacher winner: Mr. Brian

CONGRATULATIONS!

Children and Raising Chickens: The Benefits of a Chicken Coop

A small flock of hens can go a long way towards exposing children to things most of us only read about in books. Chickens can teach children the concepts of natural cycles, environmental stewardship, biology, our place in nature, and it also allows children to make the connection of chicken and egg.

When you care for chickens it's hard to ignore some basic natural laws; namely, that nature operates in a cyclical fashion, and everything is connected. City life leads many kids to believe that food appears in big trucks and you simply buy it at the grocery store.

With the help of our chickens we can learn that even after we eat the eggs, the cycle keeps spinning — the shells go into the compost, the compost goes into the soil used in The Glenn to help the vegetables grow, then we pick the vegetables and eat

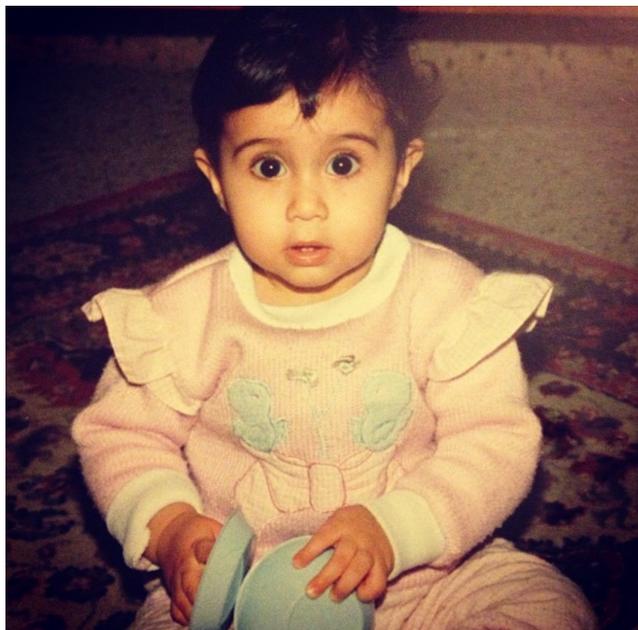
them.

We are so excited for the addition of the chicken coop at CMP!



It's Time For A
Throwback
Can you guess this CMP Teacher?

Hint: She has played the violin since she was 10 years old.





May 18th is Outdoor Classroom Day

Please dress your child in clothes that can get dirty and apply plenty of sunscreen. Please pack your child a change of clothes, swim trunks, a sun hat, and a towel. Get excited to hear all about your child's outdoor classroom adventures!



Spring Flower Play Dough

Recipe

- 1 cup all-purpose flour
- 1 cup water
- 1/4 cup salt
- 2 tsp cream of tartar

Extra items

- Red food coloring
- Rose water or flower-scented oils such as lilac, jasmine, rose or geranium
- Real flower petals

Directions

Add the ingredients for the basic recipe to a saucepan, along with with a few drops of the red food coloring and a drop or two of the rose water or scented oil if your kids don't have any allergies.

Stir well (or get some little hands to help you!) until everything is combined. It will still look a bit lumpy, but that is OK!

Place the saucepan over low heat. Keep stirring and the mixture will begin to thicken, forming into one large ball. Place it on parchment or wax paper and leave to cool for a few minutes. It won't necessarily look nice and smooth yet- but don't worry, we're not done yet!

When it is cool enough to handle, knead the dough for thirty seconds or so. At this point, you should begin to notice that the dough is becoming less lumpy and more pliable, like play dough instead of mush.

If you used rose water, the play dough should be taste-safe. It smells amazing but actually just tastes floury and salty – which usually discourages little nibblers!

However, if your children are beyond the age of taste-testing, adding in some petals makes the dough look extra special! Break up the petals into small pieces and work them into the cooled dough.

Your new play dough will look and smell like spring!

For other great activity ideas please visit our [Pinterest](#) page.

CMP Summer & Fall Start Dates:

Summer program begins Monday, June 12th, 2017

Please keep in mind, your child may have a summer classroom change. Classroom placements/changes are dependent upon a variety of factors such as potty trained/not potty trained, age, schedules, and CMP staffing.

Fall program begins Monday, August 21st, 2017

At this time all children will transition to their new classrooms.
CMP Programs use the following curriculums:

Kindergarten -Prep: Beginning to Read, Write & Listen Curriculum

Pre - K: Houghton Mifflin Pre -K Curriculum

3 Year Old Program: Houghton Mifflin Splash into Pre -K Curriculum

Toddler & 2 Year Old Programs: Developmentally appropriate Curriculum 1:6 ratio



Teacher Highlight

Get to know Mr. Tom

Name: **Tom Kucharski**

Where are you from? **New Jersey**

Where did you go to school? **Seton Hall University & UC San Diego**

What did you study? **Computer Science - undergrad**

Business - grad school

When you were a kid, what did you think you would be when you grew up? **Bigger!**

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

Where would you like to take your next vacation and why? **Hawaii - no explanation needed (my happy place)**

Do you have any pets? What are they and what are their names?

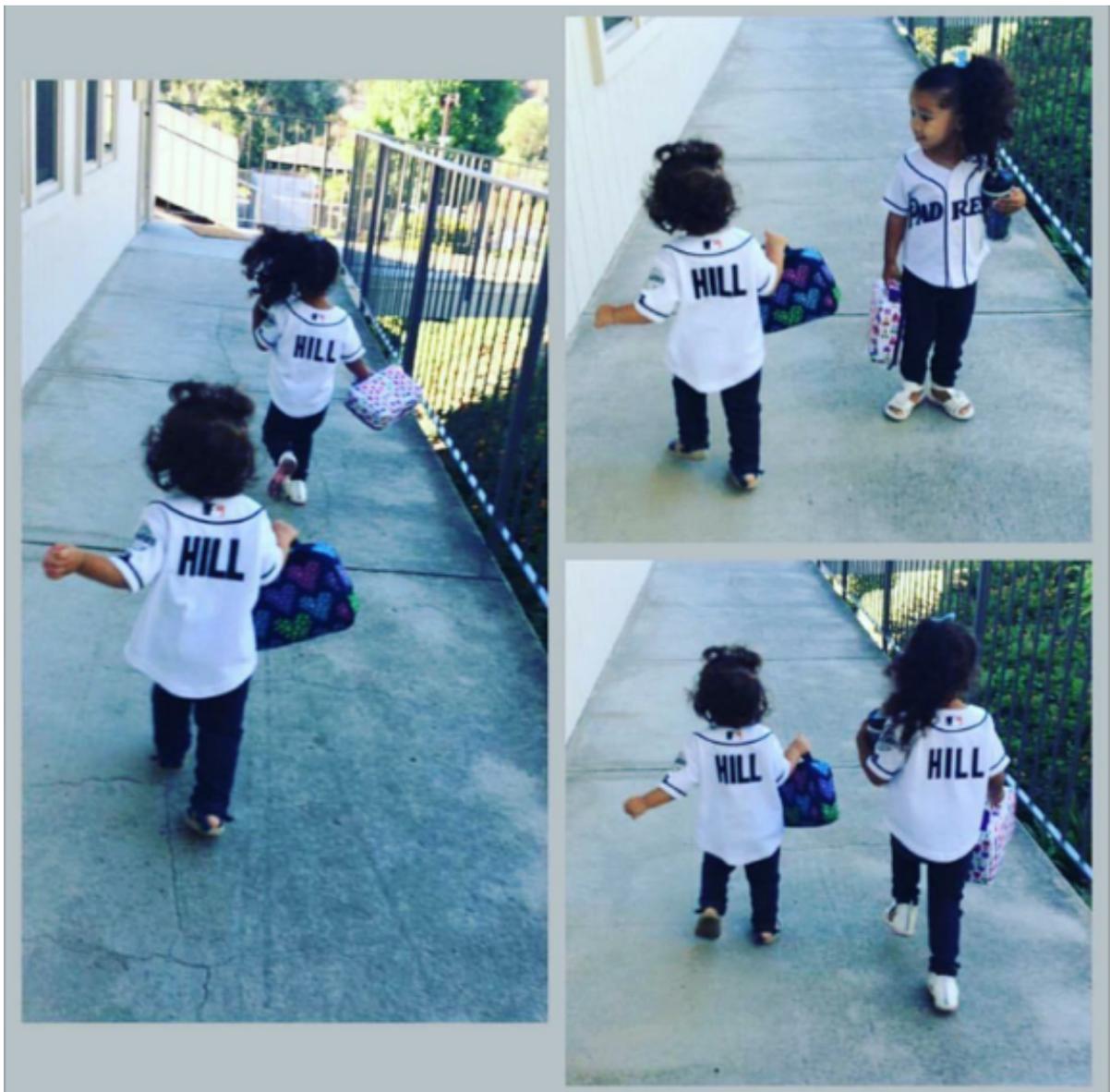
Roscoe - dog

Ninja - cat

Yoda - cat

Lucy - cat

2 unnamed fish



Testimonial of the Month

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

"It is with great pleasure that I write this testimonial for Carmel Mountain Preschool. For the past 4 months both my daughters have been attending CMP and to say they have enjoyed their time is an understatement. Every morning when I drop them off my oldest daughter runs to her teacher as she yells her name with a big smile on her face. The bond they've created in such little time amazes me and it makes me feel so comfortable leaving my child in the hands of such caring staff. My little one has become so independent ever since she joined the 18mo program. Both of my daughters have grown tremendously in every sense of the word in the little time they have shared in CMP. They have thrived in this environment. Their vocabulary has skyrocketed, motor skills have been taken to another level, daily arts and crafts projects have expanded their imagination, and the list goes on. I cannot forget to mention the fact that my oldest daughter is also learning Spanish at this school. One class a week and I see the improvement! CMP is helping me get my children ready for Elementary school and for that I am so thankful to them. The genuine TLC that

the staff provides our children with never goes unnoticed. It is very rare to find a preschool that not only offers an outstanding curriculum for each individual age group but that also offers a "home away from home". CMP takes care of a child's brain by fueling it with learning activities. They take care of their hearts by providing proper love and attention by simply putting a smile on a child's face or by offering a hug if they feel down. But also, and very importantly, CMP takes care of a child's physical health by providing healthy & delicious organic snacks! I couldn't be happier with the choice my husband and I made by enrolling the most important people in our lives to this amazing school. We cannot thank the staff enough for the nurturing learning environment they are providing our children with. I cannot recommend Carmel Mountain Preschool enough to friends and family. Indeed, my family and I are all very happy with CMP."

Yours faithfully,

Adriana Aparicio

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](#).

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 and will be featured in our newsletter.

What are you waiting for? Go and snap!

This month we say **Congratulations** to Katy, Annie, and Arianne.





Looking Ahead to June

June 7 Field Day - Rooms 2ab, 4ab, 6abc, 7, 8, 9, 10, & 11

June 8 Field Day & Certificate Celebration for Pre-K & K-Prep - Rooms 1ab, 3ab, 5ab, 12ab

June 9 CMP Closed - Summer Day Off (Teacher In-Service)

June 12 Summer Fun Program begins (Yay for Mini Camps)

June 13 Family Yoga at the Soccer Field

June 14 Ms. Lianna's My Music Workshop Concert

June 15 Father's Day Pancake Brunch 6:45am - 9:15am - Rooms 1ab, 3a, 3b, 5a, 5b, 12a, & 12b)

June 15 Father's Day Pancake Dinner 3:45pm - 4:45pm (Rooms 2a, 2b, 4a, 6a,

6b, & 6c)

June 16 Father's Day Pancake Brunch 6:45am - 9:15am - (Rooms 4b, 7, 8, 9, 10, 11, & 4b)

June 19 Fitness Expo

June 21 Family Appreciation Nights Hullabaloo Concert 5:00pm - 6:00pm

June 29 International Mud Day

June 29 "Girl Next Door" Honey Bee Education Program 9:30am & 10:30am

Check your classroom Parent Board for important dates and event information or our website at [CMP Events](#).



Copyright © 2017 Carmel Mountain Preschool, All rights reserved

Our mailing address is:
9510 Carmel Mountain Road
San Diego, CA 92129

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)