

Check out our calendar of fun events for the next few months in our April Newsletter...

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Week of the Young Child

Our favorite week in spring is almost here! **Week of the Young Child** is Monday, April 11th - Friday, April 15th. Please join us in celebrating your child this week! Here is a list of activities planned Monday-Friday:

Music Monday, April 11th- We will meet on the back grass at 9:30am for a preschool sing along.

Together Tuesday, April 12th- Classes will be partnering up with a buddy class to do fun and exciting activities.

Wacky Wednesday, April 13th- ANYTHING GOES... Wacky hair, wacky

clothes, wacky socks, mix-matched shoes, wacky hats, etc.

Artsy Thursday, April 14th- The Messy Art area will be host to some really cool messy art. Be sure to check the Parent Board for more information.

Friendship Fruit Salad Friday, April 15th- Each class will vote on their favorite fruit and create a list for their own special friendship fruit salad.

Guest Readers Welcome All Week! Check your child's class Parent Board for morning and afternoon guest reader sign ups.



Chicks Rule!

We were so excited to welcome eggs into room 1AB at the beginning of March. Twelve cute chicks hatched right before Easter weekend. Each class had the opportunity to visit the chicks. They went back to the farm on Wednesday, March 30th. It was an exciting learning experience for all of our

preschool classes. We even caught some of our teachers sneaking in for a cuddle. We hope you had a chance to visit them, but if not, they will be back next year!

To see more pictures of your preschoolers visiting the baby chicks, please visit our Facebook page!

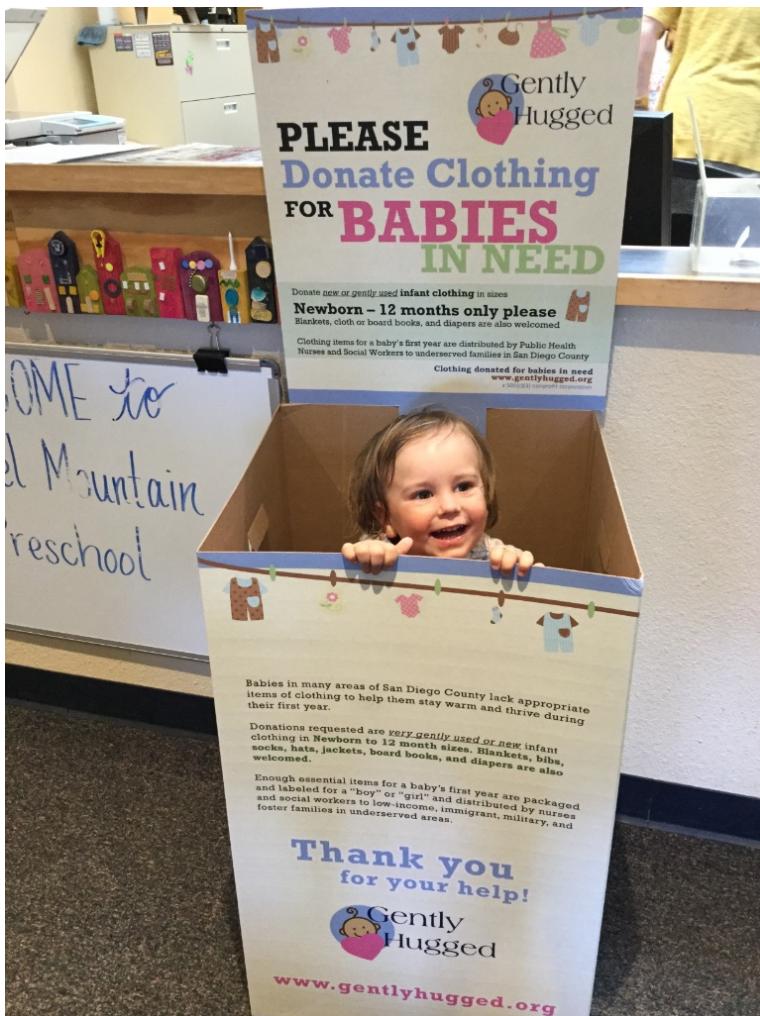


Welcome New Staff!

Please help us welcome some amazing new staff members to CMP!

Mrs. Angie - Room 6A
Miss Ashley - Support Staff
Miss Kristen - Support Staff
Mrs. Yukie - Support Staff

We are looking to hire an awesome organic cook at CMP. If you know of anyone that may fit this position please refer them to our job listing at our website at <http://carmelmountainpreschool.com/job-listing/organic-cook/>. If we hire them we will credit your tuition with a \$100 credit. Our organic menus are now online. If you ever miss checking your child's student board for the monthly menu you can check the current menu at <http://carmelmountainpreschool.com/resources/organic-snack-menus/>. All food on the menu is organic.



Gently Hugged Clothing Drive

Please help us in collecting for the Gently Hugged Clothing Drive starting April 5th. We collect gently used or new infant clothing in sizes preemie to 12 months to distribute to needy babies in the San Diego area. Suggested items are sleepers, short and long sleeved bodysuits (onsies), pants, socks, hats, bibs, blankets, and extra items such as overalls, jackets, and dresses. We also

welcome board books in good condition. Thank you for your donation!

For more information, please visit www.gentlyhugged.org



A participation of schools and centers coming together in community to learn new research for the betterment of our teaching, parenting, and ultimately for our children.

 **Tina Payne Bryson, Ph.D**
Thursday, April 28th, 2016 at 7pm

Parenting with the Brain in Mind introduces parents and teachers to essential and groundbreaking science in an interesting and practical way, so they can then apply that knowledge in their breakfast-table, grocery-store, temper-tantrum, everyday care-giving world. This presentation will use stories and humor to teach practical information about a child's brain and offer some strategies for addressing them:

How can I help them better handle their emotions at home and in school?
How can I discipline in a way that's more effective and loving?
How can a new approach to dealing with tantrums help their brain develop?
How can I communicate more effectively with my children when they're irrational?

The "Brain-in-Mind" perspective, along with the many practical tools that result from it, can empower parents to raise kids who are happy, healthy, balanced, and more fully themselves.

"Tina Bryson is an inspiring teacher who knows how to tell captivating stories to demonstrate clearly how to apply science in ways that deeply enhance a child's development. Professionals and parents alike will both enjoy and benefit from Tina's compelling experiential learning approach." ~Daniel J. Siegal M.D., author of Mindsight

1 ticket for \$30 or 2 tickets for \$50. Social period will begin at 6:30pm.
Tina Payne Bryson will begin at 7pm with a Q&A and book signing to follow.
Event held at the Unity Center • 8999 Activity Rd, San Diego, CA 92126 • www.theUnityCenter.net

Participating schools:
Carmel Mountain Preschool • Diegueno Country School • The Gillispie School • LePort School Encinitas
Del Mar Pines School • San Diego Psychoanalytic Center • La Jolla United Methodist Church Nursery School
Leucadia Children's School, Inc. • College Park Preschool • The Children's School La Jolla
Hanna Fenichel Center • Wee Wisdom Preschool • The Rhoades School • Aspirations School of Learning

To purchase tickets please visit www.VillageTalks.com

Please Join us for this Special Event: Village Talks with Dr. Tina Bryson

Carmel Mountain Preschool is excited to sponsor this educational parent event. Please join us Thursday, April 28th at 6:30pm. Tickets are \$30 for one ticket or \$50 for two tickets.

Tickets are free for all teachers, just show your teacher i.d.

To purchase tickets please visit www.VillageTalks.com



Upcoming Events

April

Tuesday, April 5th - Gently Hugged Clothing Drive
Monday, April 11th - Friday, April 15th - Week of the Young Child
Thursday, April 28th - Village Talks Event with Dr. Tina Bryson

May

Monday, May 2nd - National Teacher Appreciation Day
May 2nd - 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 - Summer Fun Starts!
Wednesday, June 15th - Ms. Lianna Concert
Sunday, June 19th - Father's Day

Thursday, June 23rd - Bubble Mania
Monday, June 27th - Wacky Science Event

July

Monday, July 4th - **CMP Closed**
Wednesday, July 13th & Thursday, July 14th - Snow Day in July

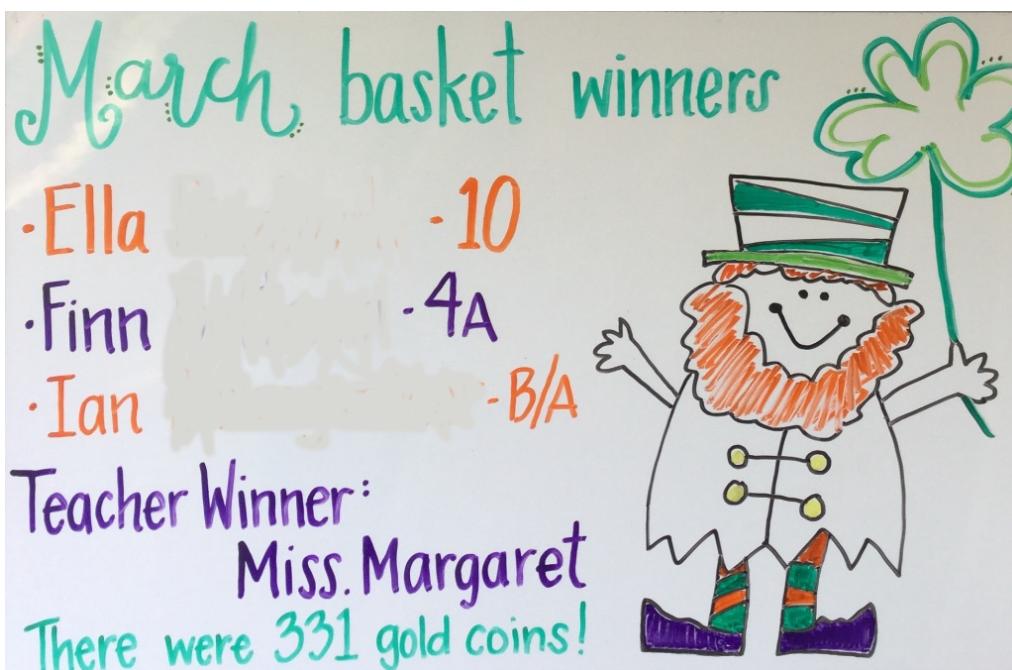
August

Monday, August 8th - Thursday, August 11th - Summer Olympics
Wednesday, August 10th - Literature Comes to Life
Friday, August 12th - Teacher in Service (**CMP Closed**)
Friday, August 12th - Fall Open House 4:00-6:00 pm
Monday, August 15th - First Day of Fall Session



Summer Friday

CMP Sizzlin Summer starts on Monday, June 13th. To allow teachers to transform their classrooms into a "Sizzlin Summer Camp" we will be closed on Friday, June 10th. This will be a teacher work day only. Please be sure to clean out your child's cubby and collect jackets, water bottles, and any other odds and ends by Thursday, June 9th. For those of you joining us for summer camp, we will see you Monday, June 13th!



Congratulations March Basket Winners!



#Mom Fail

I happens to the best of us! Enjoy this funny Mom Fail story from our studio art teacher, Mrs. Julie.

"My son Frankie is 2 ½ and loves to play in the sink filling up cups and pouring water into bowls, simply playing with water. One night, it was around 7:30 and Frankie was helping me clean up the dishes. The plan was to put him to bed by 8pm. I walked away for one minute while he was tinkering in the sink.

"Mommy, Coffee is so good!", I hear from the kitchen. The coffee machine is located right next to our sink. In the two minutes that I stepped away, he poured himself a nice cup of Joe and drank it!

He could not fall asleep. I think he was up until 11pm on a school night!

Needless to say, we moved the coffee machine far out of reach, so that will never happen again!"

Do you have a funny #MomFail or #DadFail story to share? We want to hear it! Email it to calee@carmelmountainpreschool.com.



Ask Ms. Viola Swamp...

My child loves books, do you have any favorites for preschoolers?

Of course. I love books, too! While as parents we intuitively know that reading is beneficial for children, more and more research is being collected proving the significance of reading for the developing brain. Reading to children exposes them to wider variety of vocabulary, increasing their word knowledge and language development, lending itself to future educational success. Plus, who doesn't like to snuggle up with a good book?

Here is a handful of my favorite classics, sprinkled with some new and quality reads.

Ferdinand the Bull by Munro Leaf

Good Night, Gorilla by Peggy Rathmann

The Magic Fish by Freya Littledale

Brown Bear, Brown Bear by Bill Martin & Eric Carle

The Three Billy Goats Gruff (by various authors)

The Little Red Hen (by various authors)

Frog and Toad are Friends by Arnold Lobel

Caps for Sale by Esphyr Slobodkina

What Pet Should I Get? By Dr. Seuss

The Fly by Petr Horacek

Night Animals by Gianna Marino

Vincent Paints His House by Tedd Arnold

Good Thing You're Not An Octopus by Julie Markes & Maggie Smith

The Wheels on the Tuk Tuk by Kabir & Surishtha Sehgal & Jess Golden

Sick Simon by Dan Krall

The Magic Brush by Robert Goodman

What Do you Do with an Idea? by Kobi Yamada

It's Only Stanley by Jon Agee

Guess How Much I Love You by Sam McBratney

This is Not My Hat by Jon Klassen

Miss Dorothy and Her Bookmobile by Gloria Houston

Extra Yarn by Mac Barnett

Library Lion by Michelle Knudsen

Some Bugs by Angela DiTerlizzi

Miss Rumphius by Barbara Cooney

I Want My Hat Back by Jon Klassen

It's Okay to Make Mistakes, The I love You Book, The Thankful Book, The

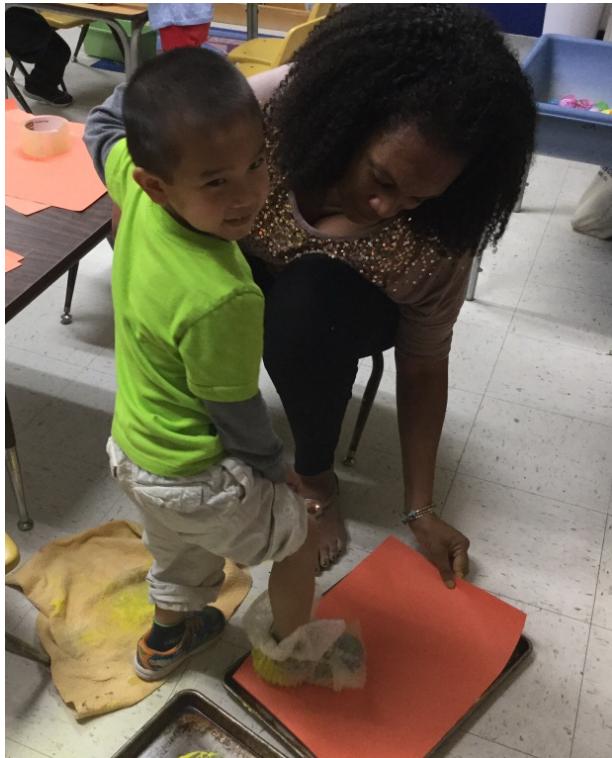
Earth Book, It's Okay to be Different by Todd Parr

See you at the library!

Do you have a question for Ms. Viola P. Swamp? Please email it

tomsviola@carmelmountainpreschool.com or drop your question into Ms.

Swamp's question box located in the CMP lobby.



Let's Move...Bubble Wrap Stomp Painting!

Friends in Ms. Tiki's class are having fun with their "Let's Move" unit. They made paintings using bubble wrap. This is a fun activity that you can try at home with your preschooler. Simply wrap their feet in bubble wrap and let them stomp away on a piece of paper, cardboard, or newspaper. Get messy and have fun!

Are you following us on Pinterest? Check out our pins for more activities you can do at home with your preschooler!

Happy Birthday!

Mrs. Nicole - April 7th
Miss Annie - April 18th
Ms. Carol - April 18th
Mrs. Kelly - April 19th
Mrs. Lisa - April 28th



Teacher Spotlight

Mrs. Nicole - 3B

Birthday- April 7th

Where are you from? Michigan

Where did you go to school? Central Michigan University

What did you study? I have a BS in elementary education and minors in reading, geography, and child development.

When you were a child, what did you want to be when you grew up? I wanted to own a bird pet store.

What is your favorite thing to do in San Diego? Anything that is outside- hiking, the beach, walks in fun places.

Where would you like to take your next vacation? I'd like to go to Europe

because I've never been there.

Do you have any pets? I have two pit bulls named Rocky and Teddy.

Miss May - 4B

Birthday- November 13th

Where are you from? Merced, California

Where did you go to school? San Diego Mesa College

What did you study? I studied Child Development

When you were a child, what did you want to be when you grew up? When I was younger, I always wanted to be a teacher. I had great teachers growing up and they inspired me to become one.

What is your favorite thing to do in San Diego? Some of the things I enjoy doing in San Diego are going on scenic hikes, spending time with my friends and family at the beach, and test out some of the local breweries in San Diego.

Where would you like to take your next vacation? I would like to take a trip to Thailand. It seems like a great place to visit and vacation.

Do you have any pets? I have no pets!

Miss Heather - 9

Birthday- June 17th

Where are you from? Rancho Penesquitos

Where did you go to school? CSUSM for undergrad and currently National University for my teaching credential and graduate program.

What did you study? Human Development for Bachelors and Education Best Practices for Masters.

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, run Miramar Lake, go to the beach, eat Mexican food, and go wine tasting.

Where would you like to take your next vacation? I want to go to the Bahamas, Greece, and Ireland because I've never been there and they sound amazing. I plan on taking a big vacay when I finish my Masters program next spring.

Do you have any pets? My daughters have 2 terrier mixes named Ladybug and Finn.

Mrs. Angie - 6A

Birthday- December 28th

Where are you from? I was born and raised in San Diego!

Where did you go to school? I am currently working on a Bachelor's Degree in Early Childhood Education with a Multiple Subject Teaching Credential through National University. This is my second career.

When you were a child, what did you want to be when you grew up? A teacher or a secretary!

What is your favorite thing to do in San Diego? My favorite thing to do in San Diego is go to the beach! I also like to hike with my three nephews.

Where would you like to take your next vacation? I am going to Hawaii for my tenth wedding anniversary in April!

Do you have any pets? I have two Boxer dogs named Shasta Lynn and Misty May. Yes, my dogs have middle names.

CMP has an Open Door Policy

We have an open door policy at CMP. If you ever have a question or concern please come visit us in the office. If it's more feasible with your schedule to send an email you are always welcome to email questions and concerns to

either donna@carmelmountainpreschool.com or arianne@carmelmountainpreschool.com. We love talking to our parents!



#Throwback of the Month

The Condrick family in spring of 1989!

To see more Throwback pics be sure to follow us on Instagram and Facebook!



Testimonial of the Month

We love hearing what you have to say about CMP!

"CMP is such an important part of our family's life! My oldest daughter attended from age 18 months through 4.5 years old and I cried on her last day because it was the end of such a special 3 years. Luckily, we now have our younger daughter here! Our spunky 2 year old can be pretty spirited. Her teachers embrace that spirit and she's flourished under their care. As a working mother, it's priceless to feel included in your kids' weekday lives. We receive so many pictures and fun stories every week from the class!"

In my opinion, the best things that stand out about CMP vs other daycares and preschools come down to: the staff, the facilities, and the curriculum. The front office staff are extremely tenured. They are experienced, available, organized, and invested in each family's well being. The teachers all have either a Bachelor's degree or credential and the thoughtful curriculum is second to none. Our oldest daughter started Kindergarten ahead of many of her peers, especially in reading and math. The school grounds are amazing. The classrooms are clean, well-maintained, and spacious. The playgrounds are large with lots of age-appropriate equipment. The thing I love most on the grounds is "The Glenn", which also houses an art studio and science lab. Children are spending time gardening, learning about insects and animals, and performing experiments. Creative art project time is a favorite for my girls.

We love this school so very much. It's way more than a "daycare" to us. CMP is where my kids have spent some of the happiest times of their lives, and where they've gotten a

head start on their education. I will continue to refer any and everyone I know to CMP!" -
Carrie Julius

