

Come join us for our family snow day...

carmel
Mountain Preschool



Snow Day is Coming Back to CMP!

Do you have to stay in town during San Diego Ski Week? Don't you fret. Dr.

Bronner's and CMP are bringing snow day back to CMP! Dr. Bronner's is returning and because the children had so much fun last time, we are inviting all the parents and siblings to join in on the fun. On Tuesday, February 16th classes 4a, 6a, 6b, and 6c are invited to attend snow day with their parents from 5-5:45pm. The Before and After School children are invited to snow day from 5:45-6:45pm on Tuesday, February 16th. **Before and After School children are encouraged to invite/bring their friends, family, and siblings.** On Wednesday, February 17th, classes 1ab, 2ab, 3ab, 4b, 5ab, 12b, 7, 8, 9, 10 and 11 will get to have their snow day from 5-6:30pm. **All CMP children are invited to attend snow day on their allotted day and time and must be accompanied by their parent to attend. All children are welcome to bring siblings but due to space availability the only age group that is welcome to invite friends are Before & After School Children.** We look forward to seeing all our special CMP parents play in the CMP snow in February! Also we will be having an **organic food truck at both snow days** so feel free to bring cash/credit card and you can get dinner to go or eat dinner at snow day - menu to come shortly.

Thank you Dr. Bronner's.



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.

"Sandy Hook Promise educates and empowers parents, schools and community organizations on how to prevent gun violence BEFORE it happens by delivering and advocating for mental health and wellness early-intervention programs, gun safety storage practices and sensible state and federal policy."



Nicole Hockley is a founding member and director of Sandy Hook Promise. This organization was founded by family members directly impacted by the Sandy Hook tragedy. Nicole's son, Dylan, is her motivation to advocate for the protection other children and families from gun violence. Nicole will be speaking about actions we can take in our homes, communities, schools as well as information regarding the five Sandy Hook Promise programs:

- MENTAL HEALTH FIRST AID • SAY SOMETHING • SAFETY ASSESSMENT AND INTERVENTION • START WITH HELLO • KEEP IT SAFE AND SECURE



Nicole Hockley will be speaking Thursday, February 25th at 7pm

Topic: "Parenting Together to keep our communities and schools safer."

This event is free. Social period will begin at 6:30pm.

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 free
special event on
Thursday, February 25th from 7:00-8:00 pm!



Save the Date!

Tuesday, February 2nd- Groundhog Day

Monday, February 15th- CMP closed for President's Day

Tuesday, February 16th- CMP Snow Day
for classes 4a, 6abc, and B/A

Wednesday, February 17th- CMP Snow Day
for classes 1ab, 2ab, 3ab, 4b, 5ab, 7, 8, 9, 10, 11, 12b

Tuesday, February 23rd- Kindergarten Prep Parent Info Meeting, 5-6 pm

Thursday, February 25th- Nicole Hockley Talk with the Sandy Hook Promise

Valentine's Day

Please be sure to check your child's classroom Parent Board for information regarding Valentine's Day. We understand that this is a fun day for the children to share treats with their friends, but we ask that you please try to keep the sugar to a minimum. CMP encourages healthy snacks and invites you to find alternatives to sweet treats.

Children learn best through play and hands on experience. Why not take advantage of Valentine's Day to build and strengthen fine motor skills? Have your child sign their own name to the back of their Valentine cards. For an extra literacy and proper grip challenge, have them address the envelopes too! Not quite ready? Have them write the first letter of their name, or have them use a name stamp. Develop sorting, classifying, and counting skills by matching and separating Valentine cards by like designs or attributes.

Real life in real time offers real learning!

For ideas with healthy alternatives, please visit our [Pinterest Page](#).



Summer Camp at CMP

Like Never Before!

Our summer camps are designed for students transitioning to kindergarten through 5th grade. They are a fun and exciting way to make the most of summer! Our Summer Camps provide each child with the opportunity to do something they love or to try something new and think outside of the box. Through specialized instruction, hands-on activities, and field trips, children will think, create, and explore the world around them. Children explore San Diego with adventurous field trips and weekly trips to the Mt. Carmel Pool/Splash Day (depending on age).

Fun Camps Offered During the Summer:

Some of our Summer Camps include: Clay Camp, Sand and Water Camp, Writer's Workshop, Jurassic Camp, Culinary Creations Camp, Nature Inspired Craft Camp, Hot Wheels Camp, Space Camp, Famous Artists Camp, Creatures Camp, and many more! The children enhance their summer experience by trips to The Art Studio and The Nature Lab and Glenn Garden to add to both their enjoyment and learning.

School Age Camp

This year CMP is introducing the all new SCHOOL AGE SUMMER CAMPS!

Those who are eligible for our School Age Summer Camps are in for a treat. Not only are there all new camps this year, but some of our favorite camps from last year are coming back. Our excitement is through the roof for all of the fun, creative, and exciting camps we have this summer! Students will be given an opportunity to think outside the box, explore, and grow socially, academically, and creatively while making some amazing summer memories with their friends.

Students who are eligible for School Age Summer Camps are students who are currently enrolled in 1ab, 2a, 2b, 3a, 3b, 5a, 5b, 12a, 12b.

Summer camp registration and details will be distributed March 15th.

CONGRATULATIONS BASKET WINNERS!

January 2016

Ally 1AB

Dylan 2B

Jack 3A

Teacher Winner: Michele

There were 356 marbles.

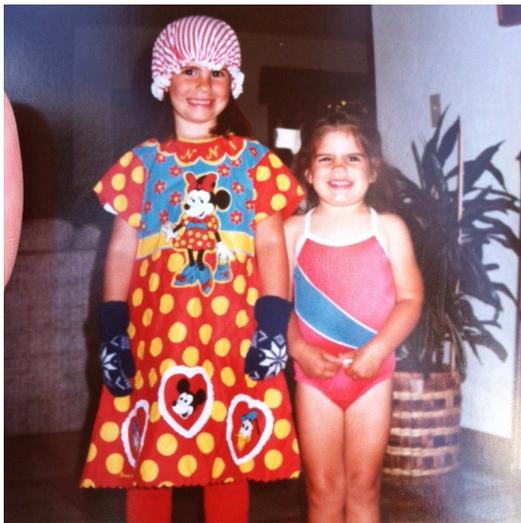


Happy Birthday!

Please help us in wishing these fabulous teachers a Happy Birthday this month!

February 8th- Ms. Liezel

February 21st- Miss Ellen



Where Are They Now?

Check out what this CMP alum is doing 30 years later!

Arianne Condrick Bettazzi

"I was at Carmel Mountain Preschool on and off from 1983-1984 and then again in the Before and After School Program from 1989-1991. I went to Mt. Carmel High School and then went to college at San Diego State University. I double majored in Honors Finance and Economics and played water polo at SDSU. Since graduating from SDSU, I've gone back to Miracosta College and Miramar College to complete my AA in Early Childhood Education and I'm thinking about getting my MBA with an emphasis in Early Childhood Education. I'm married to an Italian straight from Florence, Italy named Massimo. We have a son who will be two years old next month, named Finn. I am a mortgage broker and the CFO/human resources at Carmel Mountain Preschool. I love to surf, snowboard, beach cruise, eat, travel, and spend time with my family.

I was a bit of a naughty child at CMP. I did not like to stop playing to go all the way down the bathrooms. I remember there used to be a wooden house on the playground and one day I decided I didn't want to go all the way down to the bathrooms so I peed in the wooden house. I of course got caught because CMP teachers have eyes on the back of their heads. I got to sit in the old director's office for awhile. Let's just say I learned to read really early as I spent a bit of time in that office with the basket of books. I'm sure Ms. Karen, Ms. Carol, and Ms. Michele have some other naughty stories about me! My favorite thing in the world is being a mom. The hardest thing in the world is being a working mom. I never realized how much guilt I would feel to have to work as a mom. Thank you to all of the amazing staff at CMP for loving our children while we have to work!"



#Mom Fail

It happens to the best of us! This month's story is from pre-k teacher, Ms. Tiki Beech, as she shares a story from her days as a first time mom.

I was coming back from running my first errands by myself with my six week old daughter. It was a great success! She was on schedule and slept the entire time. I made it home right before feeding time. I didn't want to take her out of the car on the street side. I had all my bags in one hand and automatically locked the doors. I looked through the window and my keys were on the seat. She woke up at her scheduled time. I panicked, picked up a rock, and broke my window!

If you have a #MomFail story that you would like to share, please email calee@carmelmountainpreschool.com.



Preschooler Pizzas

This month, Mrs. Shamby's pre-k class celebrated the 100th day of school with personal sized preschooler pizzas. This is a super fun and easy recipe that you can try with your preschooler at home.

*Please be sure to supervise your child with the kitchen oven!

Ingredients:

- 1 package of English muffins
- 1 jar of your favorite pizza sauce
- 1 bag of mozzarella cheese
- Any other toppings you desire!

Preheat your oven to 350 degrees (*Note: You may also warm these in a toaster oven). Prepare a baking sheet with foil. One English muffin will make two personal preschooler pizzas. Slice each English Muffin in half. Spread pizza sauce on the top of the muffin. Sprinkle cheese and add any other desired toppings.

Warm in the oven for 5-10 minutes. Cool before eating.

For more fun recipes for preschoolers, please visit our [Pinterest Page!](#)



#Throwback of the Month

Condrick Family Ski Trip 1992





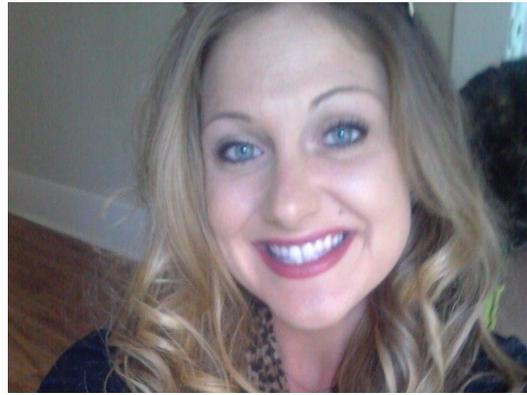
Our CMP Family is Growing!

Welcome to our CMP family...

Lucas Walker Charles Naidu
Born on November 28, 2015

Victor Trent Wiglesworth
Born on January 6, 2016

Baby Boy Baum
Due May 2016



Teacher Spotlight

Name: Ms. Margaret

Birthday: October 8th

Where are you from? San Diego, California

Where did you go to school? Springfield College

What did you study? Human Resource

When you were a child, what did you want to be when you grew up? I wanted to be a Spanish dancer, and a veterinarian.

What is your favorite thing to do in San Diego? I like to walk around Balboa Park.

Where would you like to take your next vacation? I would like to go to New Zealand because it seems really peaceful and tranquil. They also have good coffee!

Do you have any pets? I have a pug named Diego and a canary named Nelson.

Miss Sara

Birthday: March 9th

Where are you from? Chicago

Where did you go to school? Western Illinois University

When you were a child, what did you want to be when you grew up? I was going to be a gymnast.

What is your favorite thing to do in San Diego? I love going to the harbor and rollerblading.

Where would you like to take your next vacation? I would love to do a California road trip to see all of this beautiful state.

Do you have any pets? I have a cat named Monster.

Miss Claudia

Birthday: August 24th

Where are you from? I was born in Peru but was raised in Miami and San Diego.

Where did you go to school? Northern Arizona University

What did you study? Elementary Education with an emphasis in Early Childhood

When you were a child, what did you want to be when you grew up? I always wanted to be a mom growing up. Then I wanted to go into broadcast journalism. After taking some child development classes, I knew I wanted to be a teacher.

What is your favorite thing to do in San Diego? I love to go to the beach and watch sunsets. It's so peaceful and relaxing. I also love to hike Torrey Pines and work out at Orange Theory Fitness.

Where would you like to take your next vacation? I would love to go to Greece. It seems like such a beautiful place full of beauty and culture. It's always been a dream to go there.

Do you have any pets? I have a 5 year old Yorkie named Charlie.

Mrs. Juli

Birthday: May 19th

Where are you from? Bergenfield, New Jersey

Where did you go to school? Fashion Institute of Technology

What did you study? Interior Design

When you were a child, what did you want to be when you grew up? I wanted to be an artist.

What is your favorite thing to do in San Diego? I like to walk on the beach.

Where would you like to take your next vacation? I would like to take a family vacation to Hawaii. We'd like to go to a Luau and I would like to learn how to Hula!

Do you have any pets? Nope. No pets!



Testimonial of the Month

Words cannot express how pleased we are with the preschool program that our daughters has been privileged to be a part of. From the day that they began at Carmel Mountain Preschool, the wonderful staff has made learning fun and engaging and has opened up a world of knowledge for our daughters Lauren and Alyssa. Our daughters have gained so much from already being there. My eldest daughter now a 6th grader at Mesa Verde Middle School is a straight "A" student with 4 courses carrying a 100% each. My wife and I know that both their lives have been enriched from the amazing experiences here and my current preschooler will go forward into Kindergarten and with all the skills she will need to be a successful, well rounded student as well. The staff at Carmel Mountain Preschool becomes an extension of your family. The staff constantly provide you with updates and interaction on your child's progress each and every day and are always attentive to your needs and

concerns. You definitely know at Carmel Mountain Preschool how much your children are loved and what it means to provide a higher standard of care, both academically and socially.

-Marty and Lory Dumo (San Diego, CA)



Copyright © 2016 Carmel Mountain Preschool, All rights reserved.

Want to change how you receive these emails?