

We are getting Yoga and Hiphop at CMP...

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carmel
Mountain Preschool



Sizzlin' Summer Camp at CMP

We are busy confirming summer camp plans for all our CMP kids. Summer Camp will begin Monday, June 13th. Each classroom will be transformed into an amazing environment like nothing you have ever seen before. It is our desire to create a summer camp experience completely different and unique from our already incredible traditional school year.

We have scheduled many on campus field trips for all aged campers, including: concerts, swim suits & snow foam, farm animals, bounce house mania, bubbles

& balloons, and others.

Summer camp for our older campers (children transitioning into Kindergarten and our BA children) will include the return of our amazing “Mini Camps”.

Campers will have the opportunity to enroll in a variety of unique and wonderful specialty camps held right here at CMP. Each camp will be 1.5 – 2 hours a day, for a one week period. Sample of this summer’s Mini Camps include: Hip Hop Camp, Clay Creations, Cooking Camp, Mud & Water Camp, Shoots & Ramp Camp...just to name a few!

For those more adventurous campers we will offer several afternoon camp options such as, Mad Science, Gadgets & Gizmo’s and Woodworking. Off campus field trips will also be a big part of our CMP summer camp experience.

A complete outline of our Sizzlin’ Summer Camp plans will be distributed mid-March. It is our desire to create a summer camp experience for each child and family (toddlers though school age) here at CMP. Our summer camp is a home away from home where kids feel comfortable, know the staff and enjoy a wide variety of activities that make each day more amazing than the next.



It's That Time of Year Again

Baby Chicks are coming to room 1AB!

Eggs will be in our Kinder-Prep room 1AB starting Wednesday, March 2nd. They are expected to hatch by March 22nd or 23rd. The baby chicks will go back to the egg farm about a week after they hatch.

We invite you to come visit the eggs while they are in room 1AB. Please DO NOT touch the incubators or tables and please be sure to visit before or after Kinder-Prep instruction time.



Snow Much Fun!

Our CMP Snow Day was a huge success! Thank you to all the families that came out and had fun playing in the snow. Thank you Dr. Bronner for helping make this a successful family event, and to the Happy Food Catering food truck for providing delicious, healthy snacks. We hope you had as much fun as we did! For pictures, please be sure to visit our Facebook Page.

A Friendly Reminder...

Please remember that it is CMP policy that no child can be dropped off before 6:30am. Even though there is staff on campus

at 6:15am, no students should be on campus before 6:30am.
Also, please remember that students should be picked up by
6:00pm in the evening. A late fee of \$35 for every 15 minutes will
be charged if parents pick up later than 6:00pm.

Thank you for your cooperation!

Upcoming Events

March 2nd- Baby Chick eggs come to room 1AB

March 8th, 9th, and 10th- Spring Pictures

March 13th- Daylight Savings Begins

March 15th- Summer camp registration begins

March 17th- St. Patrick's Day

March 27th- Easter



Say Cheese!

It's Spring Picture Time

Spring Picture Day Schedule

Tuesday, March 8th- Classrooms 1AB, 2AB, 3AB, 5AB

Wednesday, March 9th- Classrooms 4AB, 6ABC, 12B

Thursday, March 10th- Classrooms 7, 8, 9, 10,11

*If your child does not normally attend on their scheduled picture day, please let your child's teacher know to have your child's picture taken on one of the other days that he or she attends.

in New Hiphop and Yoga Classes Coming to CMP

Starting this month there will be two new exciting extra-curricular options for your preschooler. Ms. Claire will be teaching a Hiphop class on Tuesdays from 3:15-4:00pm and a Yoga class on Wednesdays from 3:15-4:00pm. These classes are open to all children ages 3 and up who are potty trained. For more information, please pick up a flyer in the front office or find it on our webpage at <http://carmelmountainpreschool.com/extra-curricular/>



DEAR SEA, LOVE ME

A collection of Woodcuts by
JULIE GOLDSTEIN
2004-present



The Context Library Series

is pleased to showcase *Dear Sea, Love Me* by Julie Goldstein. Julie's art draws inspiration from the natural environment, the sea, urban culture, and experiences from her travels. In multimedia works on paper and fabric, she mixes lithographic and woodcut printmaking techniques with sewing, embroidery, and other traditional "women's arts." The result is a hybrid, contemporary style with urban motifs and lively depictions of friends and family.

Exhibit Open House

Thursday, March 10
11:30 am - 1 pm

Exhibition on Display

Feb. 15 - May 23, 2016
University Library

For More Information

biblio.csusm.edu/context
context@csusm.edu

CSUSM
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Dear Sea, Love Me Exhibit

The Context Library Series is showcasing, Dear Sea, Love Me by our very own art teacher, Julie Goldstein! Please be sure to check out her exhibit at the CSUSM University library.

For more information, please visit <http://biblio.csusm.edu/context>

Congratulations February Basket Winners!

Vincent	6C
Hudson	1AB
Zach	4B
Teacher Winner:	Miss Carol





Happy Birthday

Please help us wish these fantastic teachers a very
Happy Birthday this month!

Miss Sara- March 9th

Ms. Tiki- March 17th



Ask Ms. Viola...

Our preschool expert has all the answers!

Dear Ms. Viola P. Swamp,
My daughter always has a hard time adjusting to daylight savings time changes. Do you have any suggestions for making the transition easier?

Sincerely,
Not Looking Forward to Spring Forward

Dear Not Looking Forward,

Daylight savings can be hard on the whole family. Keep in mind these four easy steps to make this year a little easier on your child and yourself.

Start gradually.

About a week before the big switch, start extending your child's bedtime by 15 minute increments until your child is going to bed as close to the new bedtime as possible. Try waking them up earlier in similar fashion if keeping them awake is too challenging.

Stick to their bedtime routine.

Maintaining normal bedtime rituals, like bath, book, cuddling, and quiet time, can help foster calming signals conducive for sleep.

Manage the light and limit technology.

Our internal biological clocks, called circadian rhythms, create an internal timing mechanism for sleep and wakefulness. Melatonin, a hormone that helps regulate our internal clocks, increases as it becomes darker, facilitating sleep.

Close the blinds and dim the lights as bed time approaches. Melatonin shuts down when light is out. Open the blinds early in the morning upon waking to let the sunshine in. Using light emitting devices decreases melatonin, so limit technology close to bed time, especially during this adjustment period.

Be patient.

It takes most people, big or small, about a week to acclimate to a new sleep pattern. Cut yourself, and your little one, some slack as you spring forward.

Do you have a question for Ms. Viola swamp? Please email, [msviola@carmelmountainpreschool.com](mailto:m sviola@carmelmountainpreschool.com)!



#DadFail!

It happens to the best of us. Read about this hilarious dad fail by Mrs. Calee's husband John while they were on a family ski trip.

"Our family took a trip to South Lake Tahoe in January. We rented a condo and the three of us were in the master bedroom. Calee set up all of Scarlett's stuff on the dresser, which was next to the master bathroom. One evening, Calee asked me to change Scarlett's diaper. I asked Calee if everything I needed was on the dresser. She said that it was, so I thought I was good to go. I changed Scarlett's diaper and applied the diaper cream. I thought the diaper cream seemed different than the Desitin that we usually use, but didn't think too much about it. Later in the day, when I went to brush my teeth before bed, I realized that I couldn't find my toothpaste in the bathroom. It was on the dresser. It suddenly clicked that I had used my toothpaste instead of the Desitin when I changed Scarlett's diaper! Oops. Luckily, Scarlett didn't seem to mind and we all had a good laugh."

If you have a Mom Fail or Dad Fail story to share, please email calee@carmelmountainpreschool.com.



Green Eggs and Ham

In honor of Dr. Seuss's birthday and Read Across America Day, which both fall on, Wednesday, March 2nd, have a little fun with your child's breakfast! Add green food coloring to scrambled eggs and have your child try green eggs and ham! While they are eating, read Dr. Seuss's, Green Eggs and Ham as a family.

For more fun ideas to try at home, please visit our [Pinterest page!](#)



Teacher Spotlights

Miss Maddi

Birthday: December 20th

Where are you from? San Diego

Where did you go to school? UC Davis

What did you study? Human Development

When you were a kid, what did you want to be when you grew up? I wanted to be a sport psychologist.

What is your favorite thing to do in San Diego? I like to explore all the festivals, street fairs, and farmers markets.

Where would you like to take your next vacation? I want to go to Germany because I have the opportunity to have dual citizenship.

Do you have any pets? I have two dogs named Lucy and Maile.

Miss Triana

Birthday: September 12th

Where are you from? The beautiful sunny San Diego

Where did you go to school? Miramar College

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

When you were a kid, what did you want to be when you grew up?

When I was a kid I wanted to be so many things, from being an actress or singer or model, to a nurse or veterinarian. I originally went to school to be a veterinarian and interned at my grandfather's veterinarian clinic in New Mexico, but quickly realized that it wasn't the field for me. I came back to San Diego to finish school and that's when I decided I wanted to become a teacher.

What is your favorite thing to do in San Diego? I love to go to the beach at night and just listen to the waves. I really love going to Chargers games win or lose. I also love to feed the ducks at Miramar lake and explore Balboa Park.

Where would you like to take your next vacation? I would love to go back to the Philippines! I'm half Filipino and haven't been to the Philippines since I was 15.

Do you have any pets? I had a Maltese named Neeko, but had to put him down last year because of old age. I had him for 19 years and he was the first dog I ever had.

Ms. Tiki

Birthday: March 17th

Where are you from? Norco, California

Where did you go to school?

What did you study? Early Childhood Education

When you were a kid, what did you want to be when you grew up? I wanted to be a military police officer.

What is your favorite thing to do in San Diego? I like to thrift shop.

Where would you like to take your next vacation? I want to go on a cruise and check that off my bucket list.

Do you have any pets? No pets.

Ms. Liezel

Birthday: February 8th

Where are you from? San Diego

Where did you go to school? CSUSM

What did you study?

When you were a kid, what did you want to be when you grew up? I wanted to be a hair stylist and chef.

What is your favorite thing to do in San Diego? I love spending time with my son Liam at Legoland.

Where would you like to take your next vacation? I want to go to Hawaii because I've never been there.

Do you have any pets? I have two beautiful German Shepherd mix named Rhea and Leo.



#Throwback of the Month

The Condrick family on Easter Sunday

For more #throwback pictures, please be sure to follow us on Instagram!



Testimonial of the Month

We love hearing what you have to say about CMP!

We have been a part of the CMP family for three years. Our two boys have had such a wonderful experience. I cannot speak highly enough about the staff. The administrative team, the teachers, and the resources they pull in for extracurricular activities have all been top notch. This place is a piece of heaven for any parent looking for a trustworthy and loving place for their children. They care for and love each and every child as if they were their own. They provide programs that enrich the learning experience for our children. They understand the demands of working parents and support us too. I will be so sad the day our last one outgrows the school. CMP will forever have a piece of our family's heart. - The Bertrand Family



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