



November 2016

Can you believe it's already November?

Autumn is upon us, leaves are falling down, days are getting shorter and cooler...and Thanksgiving is just around the corner!

CMP celebrates this precious time of year by being thankful for our CMP friends and family. We are grateful for the joy that we receive daily from our CMP kids!

We're planning on celebrating this precious time of the year with our families, being thankful for having our children around.

Please note that Carmel Mountain Preschool will be closed on **Thursday, November 24th** and **Friday, November 25th** for the **Thanksgiving Break**.

Remember you can always check our holiday dates at [CMP Calendar](#) and our events at [CMP Events](#).



LET'S BE THANKFUL !

CMP Friendsgiving Picnic Lunch

Come and celebrate Thanksgiving with your child, their classmates, parents, and grandparents.

Just bring a blanket, your sack lunch, and a canned food item to donate. We'll have lunch outdoor altogether enjoying the nature and some good family time.

November 21st, 2016

11:30am - 12:15pm

Rooms 6a, 6b, 6c, & 2b on the Back Grass

Rooms 1ab, 3a, 3b, 5a, 5b, 12a & 12b on the Soccer Field

November 22nd, 2016

11:30am - 12:15pm

Rooms 2a & 4a on the Back Grass

Rooms 4b, 7, 8, 9, 10 & 11 on the Soccer Field



Carmel Mountain Preschool is thankful this month for what we have and would like to support the **Friends & Family Community Connection** project.

Let's help them fill Thanksgiving food bags for families in need!

Each family attending our **CMP Friendsgiving Picnic Lunch** on **November 21st & 22nd** is invited to bring a

canned/boxed good to donate. All families are invited to donate canned/boxed goods throughout November in the CMP lobby.

We've supported this Thanksgiving food drive for the past few years and are happy to support this important organization again. We look forward to making this holiday special for local families who can't afford a holiday meal.

Last year Friends & Family Community Connection assisted over 800 local families in need.

For more information on the ongoing projects of Friends & Family Community Connection check out their [website](#).

October Basket Winners

Lily	7
Emme & Jack	5B & 6B
Emma	4A
Teacher Winner:	Miss Triana

There were 144 pom pom balls

Did you know...?

...that Mrs. Julie is a Master Artist who creates incredible works of art in her home studio and is often a guest lecturer at several local colleges and Universities? And that she decided to work here at CMP to stay closer to her son, Frankie? Julie took a moment to share a bit about herself and her journey as a master artist, guest lecturer, preschool art teacher, dog lover, and Mom.



Not only are you our Art teacher but you are also a professional working artist. Where did you go to school and what was your major? Tell us a bit about your life as a professional artist.

I studied Fine Art and Printmaking at the University of Connecticut and received a Master's in Fine Art and Art Education from Columbia University. I have exhibited my work internationally since 2004 and have had several solo exhibitions.

In addition to my studio work, I also own a product line called SWMwithme. It is a collaborative project that I have created to design and create beautiful products with other artists and designers. We make everything from hand-dyed handprinted tees to waxed canvas back packs, scarves, and wetsuits. I also taught for six years at The Fashion Institute of Design and Technology. I was a Visual Arts Instructor for the students studying to be Fashion Designers.

What is your art concept? How do you apply it to your way of teaching?

My concepts are inspired by my experiences and stories of women, mostly influenced by my deep passion for the sea. My studio work is a combination of drawing, woodcut printmaking and fabric mixed media. I love to incorporate textures of the wood and contrast it with vintage and found fabrics. I am very inspired by materials, the process, and being inspired by what surrounds me. I incorporate these concepts even when I teach to young children - I encourage them to look and see what surrounds them and to draw their inspiration from nature and the things that they like.

Tell us about your art away from CMP.

I am always creating art in my studio. The works are ongoing. I typically exhibit in a solo show every two years and also am involved in a lot of group shows throughout the year. In addition to my studio work, I design for SWMwithme and am often asked to give lectures to colleges and universities in Southern California. I love talking to students and getting them inspired about their future and careers as artists and designers.

What drew you to CMP?

In 2013 I had my first son, Frankie. Originally, I planned on going back to teach at FIDM but I didn't want to leave Frankie at such a young age. I worked from home the first year and then decided it was time to go back to teaching. This time I wanted to work in an environment where I could be with Frankie. I researched all of the local Reggio Emilia schools who hired Ateliers. When I was working on my Master's I took extensive classes in Early Childhood Education and was always inspired by the art work of young children. I felt excited about an opportunity to work in this type of environment. Then I met Arianne

Bettazzi at a baby shower. When we talked about being working moms I shared with her what I do and we set up a meeting to discuss an opportunity to create a studio environment for the CMP children. Long story short.. that is how [The Studio](#) emerged and now I work in this very special space with the children at CMP. It is amazing!

Tell us about at home Julie and throw in a fun fact:

I have been married to my husband Mark Tesi for ten years. We have one son, Frankie, who attends CMP and raise Newfoundland dogs, Davey Crocket and Buzzy. We are a family that surfs, swims, and loves to go on adventures.

A fun fact: I am originally from New Jersey. Mark and I drove across the country in 2008 for a two week vacation and never left!!

Check out Julie's work at www.swm.la, [SWMwithme on Facebook](#), or [SWMwithme on Instagram](#).



Do you receive the reminder **text messages** from **Mrs. Donna**?

Texts are normally sent to the cell phone contact numbers we have in our records.

Your cell phone provider is also required. Text are used as reminders of events, deadlines, and special activities activities.

Please stop by the office to update your contact details including cell phone provider if you don't receive these text messages or email updated information to [Mrs. Donna](#).

Thanks!



We are doing a **Baby Clothing Drive** during the month of November supporting the local nonprofit corporation, **Gently Hugged**. Many babies in the San Diego County don't have appropriate items of clothing to stay warm during their first year of life. These items are donated to mothers who are victims of domestic violence, homeless, or do not have the means to provide for their babies.

If you happen to have gently used (in good condition) or new infant clothes in any size from newborn to 12 months please drop them in the two donation boxes placed in the front office. Blankets, diapers, board books, and any other infant necessities are welcome, too.

For further details visit the [Gently Hugged website](http://www.gentlyhugged.org).

Let's help families in need to have a warmer winter and enjoy this festive season!



Ask Ms. Viola P. Swamp,
our Early Childhood Education Expert

Dear Ms. Viola,

My son has recently returned to school after a long holiday and he has started biting his schoolmates over toys and territory. I'm trying my best to help him understand that biting is not correct, that he has to learn to share, and to express his frustration with his words. What can I do to help him?

Children usually bite to cope with a challenge or fulfill a need. Trying to figure out the underlying cause of the biting will often lead you to the best strategy to extinguish this normal, but undesirable behavior.

The reasons toddlers bite might be several. First of all it can be caused by a lack of language skills. Biting is often a substitute for expressing not only frustration or anger, but excitement and happiness, even when they want to interact and play with someone. Being overwhelmed by sounds, light or activity level can be a catalyst too. Experimenting to see what will happen, being overly tired, teething and a need for oral stimulation can also be a trigger.

Take into consideration what was happening right before the bite. Who was bitten? Is it always the same child or a different child each time?

Keeping with the old saying, "...an ounce of prevention is worth a pound of cure...". Watch your child at play so you can begin to anticipate when a biting incident might occur.

Reduce tension and shift your child's attention by distracting him with books, toys, or conversation when he seems on the edge of biting. Offer suggestions on how to use his words if the biting trigger is related to sharing space, toys, or activities. Sharing is one of the most common triggers for biting. Reading children's books about biting can offer opportunities to problem solve, talk, and make connections how others feel about being bit.

What to do after a bite has occurred? In a firm, matter of fact voice say, "No biting. Biting hurts." Keep it short, simple, and clear. Comment on how the other child is feeling. Shift your focus and energy to the child who was bitten. Showing concern and sympathy for the child who was hurt models empathy. Many times a lot of attention is given to the child who is biting, thus reinforcing the biting behavior and encouraging it to continue.

Learning a new behavior, or stopping one takes time. Pay close attention during your child's interactions and stay consistent. Repeating the mantra, "No biting. Biting hurts."

If your toddler continues to bite or the biting increases over time meeting with a child development specialist might be beneficial. They can help you identify a reason, and develop strategies tailored made for your child.

If you have a question for Ms. Viola, please send an email to Ms.Viola.Swamp.

CMP wishes a
HAPPY BIRTHDAY
to all of our November Birthdays!

Emi ~ Kylie ~ Amelie ~ Harrison ~ Natalie ~ Jackson ~ Samuel ~ Sofia ~ Andrew
~ Emma ~ Zoe ~ Addison ~ Avery ~ Austin ~ Audrey
~ Hazel ~ Aakash ~ Avery ~ Hannah ~ Donovan ~ Sneha ~ Elliott ~ Nora ~
Mackenzie ~ Zoe

HAPPY BIRTHDAY to the staff:

Mrs. Ashley - November 1st
Mrs Marcy - November 7th
Miss April - November 9th
Mrs. Ann Marie - November 10th
Miss May - November 13th
Mrs. Lacey - November 16th
Mrs. Kara - November 22th





Teacher Highlights

Name: Liz Chambers

Birthday: December 31st

Where are you from? San Diego, CA

Where did you go to school? National University

What did you study? Early Childhood Education and now I'm studying for my credential

When you were a kid, what did you think you would be when you grew up? A teacher

What is your favorite thing to do in San Diego? I love to go camping

Where would you like to take your next vacation and why? New York because I've never been there!

Do you have any pets? What are they and what are their names? I have a dog named Mya, she is a Siberian husky

Name: Margaret Reyes

Birthday: October 8th

Where are you from? San Diego, CA

Where did you go to school? Springfield College

What did you study? Human Resources

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

A veterinarian

What is your favorite thing to do in San Diego? When I have time I love walking through the canyons

Where would you like to take your next vacation and why? Upstate New York to see the family

Do you have any pets? What are they and what are their names? I have a pug named Diego and a canary named Nelson

Name: Aislinn Mooney

Birthday: October 18th

Where are you from? San Diego, CA. I grew up in this neighborhood and actually went to Westview High School

Where did you go to school? California State University, Chico

What did you study? Child development

When you were a kid, what did you think you would be when you grew up? Pediatric nurse

What is your favorite thing to do in San Diego? Go to the beach, hike, spend time with family& friends, travel

Where would you like to take your next vacation and why? Hawaii! I was just there and I would love to go back soon

Do you have any pets? What are they and what are their names? I have 2 dogs: Violet and Daisy

Name: Angie Hitt

Birthday: December 28th

Where are you from? San Diego, CA

Where did you go to school? National University

What did you study? Early Childhood Education with a multiple subject teaching credential

When you were a kid, what did you think you would be when you grew up? A teacher or a journalist

What is your favorite thing to do in San Diego? I really love walking on the OB Pier

Where would you like to take your next vacation and why? I would love to go to Chile to visit my youngest sister who lives and teaches there

Do you have any pets? What are they and what are their names? I have two female Boxers. Shasta Lynn is six and a half years old and Misty May is three years old



Thank you for coming to the Hullabaloo concert!

It was such a fun evening of singing and dancing. We loved watching our children dance and jump the whole time.

They seem to have never-ending energy.

We can't wait to have Hullabaloo back again to entertain us with more awesome music!





Are you looking for nice **gift ideas for Christmas?**

Stop by the office to take a look at our **CMP logo clothing**

We have t-shirts (crew and V-neck), long sleeves t-shirts, zip hoodies, beach towels, and much more.

Everything is available for both **adults** and **children**

in **3 different colors** (blue, light grey and dark grey).

A nice way to show our love for CMP!

Have you checked out our [Extra-Curricular](#) activities?

Carmel Mountain Preschool offers **Music, Hip Hop, Spanish, Yoga, Ballet, Gymnastics, and Perk** classes.

These classes are offered by select high-quality outside companies, from **12:30-1:10pm** (during the beginning of nap) or from **3:30-4:15pm**.

You can learn more about all our classes and sign up on our [CMP Extra-Curricular Page](#).

INSTAGRAM + FACEBOOK CONTEST

Dear Parents,

Anytime you share a photo of your CMP moments on [Facebook](#) and [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. When you post photos showing how much we 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 each month will receive a \$25 gift card to the place of their choice and will be featured in our newsletter.

Each month the photo with the most likes and shares will receive the prize.

What are you waiting for? Go and snap

Congratulations to October's winner, Joanne Ngo. What a cute picture!



♥ 78 likes



Testimonial of the Month

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

"Our experience at CMP started with our visit to preschools when we were looking for a place to send our eldest daughter. We had visited two other schools but when we walked in to CMP, my wife and I simply looked at each other and said "this is the one".

Now with one daughter in 2nd grade and our youngest currently at CMP, it is the best decision we have made for their future education. Our kids love learning and love school, and CMP has been crucial in that cultivation of positive feelings they have. Our eldest has excelled in Kindergarten, 1st and 2nd grade to date, which we believe is in no small part to the joy she associated with school from the first day she arrived at CMP.

The staff at CMP has been so welcoming and so engaging with our kids that both of them are convinced they want to be teachers when they grow up and spend many hours "teaching" their stuffed animals. We have yet to experience a bad day at CMP and tell everyone who asks that there is no better place to send your children!"

Walker & Casey Sullivan

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](#).

Looking Ahead

December is getting closer and we've already planned a lot to celebrate **The Holidays**:

December 6th & 7th: **Snofoaming Snow Day**

Holiday Programs

December 13th -Rooms 1ab, 4a & 2a

December 14th - Rooms 3a, 3b, 4b, 5a, 5b, 7, 8, 9, 10, 11, 12a & 12b

December 15th - Rooms 2b, 6a, 6b & 6c

December 21st & 22nd: **Santa Claus visits CMP.**

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

Carmel Mountain Preschool has a corporate account with Verizon Wireless and Verizon Wireless will extend our corporate discount to our employees/families. If you use Verizon Wireless as your cell phone carrier simply go into a Verizon store or call Verizon and tell them you are an employee of Carmel Mountain Preschool and you will be given an 8% discount on all future bills.



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Our mailing address is:

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