

April Newsletter

UPCOMING EVENTS

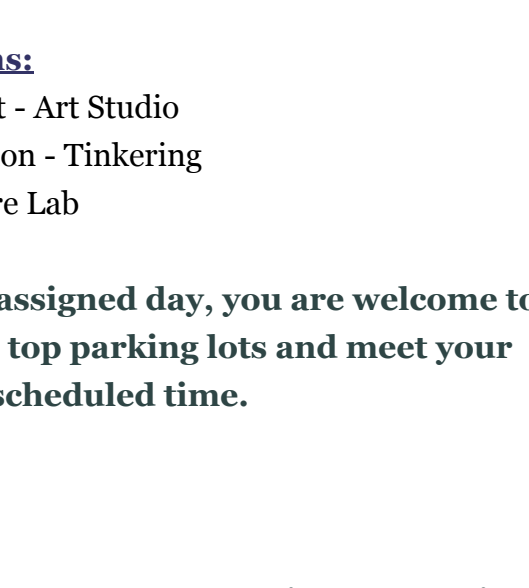
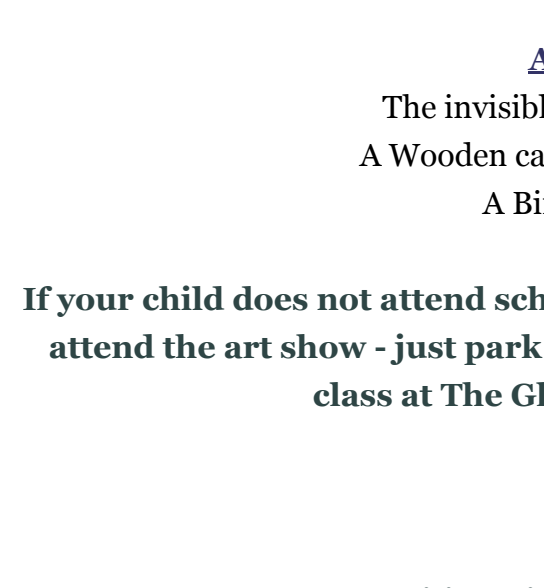
April 1-30 - April Wellness Month

April 10-16 - Week of the Young Child

April 15 & 16 - **CMP CLOSED** (staff in-service)

April 19-30 - Art Show

For a detailed list of April events click [here](#)



JOIN US FOR OUR ANNUAL ART SHOW

This year's Art Show will be a little different due to current circumstances.

Family members will be able to attend in person. However, families will ONLY have access to the Glenn through the **middle lot gate** and will exit through the **Soccer Field gate**.

Masks and temperature checks will be mandatory as per CMP protocol.

To keep it safe and socially distanced we will offer two showings per day starting with Group #1 (9:00am-10:00am) followed by Group #2 (10:30 am- 11:30am).

There will be three projects per child on display for you to take home as you leave the show.

Art show items:

The invisible string project - Art Studio

A Wooden car or boat creation - Tinkering

A Bird Nest - Nature Lab

If your child does not attend school on their assigned day, you are welcome to attend the art show - just park in one of the top parking lots and meet your class at The Glenn at your scheduled time.

Both students and families will attend the art show. Your child's class will come up to the soccer field and greet families and show off their art work. After the show your child will say goodbye and leave with their teacher.

We look forward to seeing you there!

Find your child's art show date and time below.



CMP HERO HIGHLIGHTS

Miss Chantelle

"I have been working at CMP since 2019. What I love most about working here are the children, amazing families, and staff. They make it a comfortable environment. I also love going to the Glenn. It gives us a chance for the children to bring out their creativity and imagination outside of the classroom."

"I appreciate being outdoors as much as possible. I like to go on hikes with my child, playing volleyball on the beach, and being out on the water. I am definitely a foodie and enjoy trying new food (I am always up for recommendations!)."

"There are so many memorable activities that I have done with the children that it is hard for me to choose my favorite time. My two favorite concepts to teach children during art are teacher

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"There are so many memorable activities that I have done with the children that it is hard for me to choose my favorite time. My two favorite concepts to teach children during art are teacher directed drawings and process art. A teacher directed drawing I have done with the children was when we were studying flowers and we recreated our own sunflower drawings using sharpie and watercolors after observing real sunflowers that I had brought in. A process art activity that was also memorable was when we created butterfly collage using tissue paper that was inspired by Eric Carle. Each child was given multiple colors of tissue paper and they were given markers, glue, glitter, jewels, and paint. They were able to make any designs and drawings they wanted. Later they glued their tissue paper to a butterfly cut out."

CMP HERO HIGHLIGHTS

Miss Leah

"This is my second year at CMP and I really love working with the three's team. I love the support and communication shared by my teammates."

"I would love to travel to Japan because I can eat sushi and ramen all day, every day."

"My favorite part of the day is lunchtime with my students, when all their food is open and they're eating independently and I'm sitting in my comfy chair eating a snack along side them. It's my favorite part because we're all eating, chillin', and chit chatting and it's very mellow."

"This is my 5th year teaching and my 2nd year at CMP. I graduated from Cal State San Marcos and I still currently reside in San Marcos. Outside of teaching I working at Rush Cycle, an indoor cycling studio. In my free time I love taking spin and yoga classes and I love a good cheesy teen novel. Please send book recommendations my way!"

"My favorite subject in school was linguistics. I really liked learning about languages and their different structures and sociolinguistics. I like that it gave me another perspective on my parents who spoke English as a second language."



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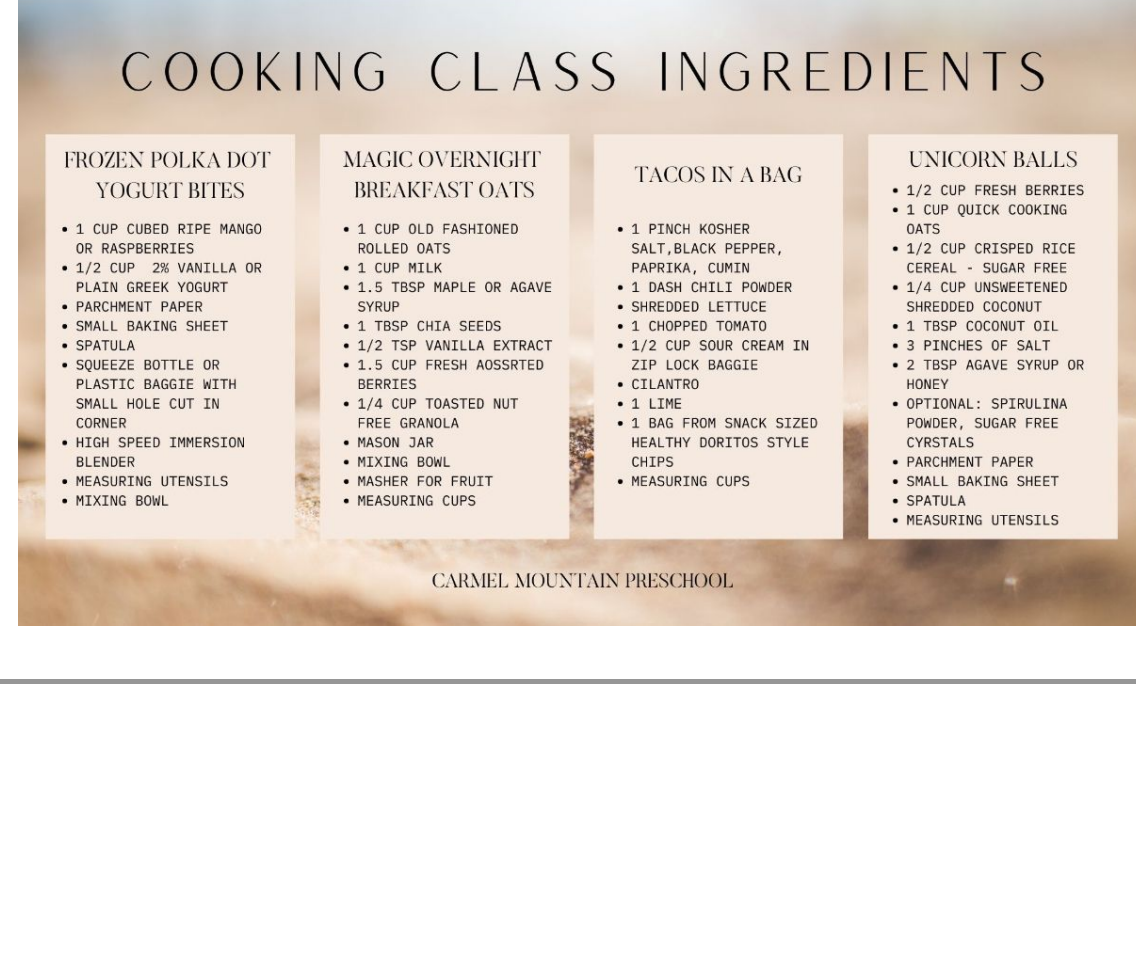
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APRIL WELLNESS MONTH IS COMING TO CMP

Follow along to the wellness classes on the calendar and make sure to mark your checklist as you complete each activity. Our goal is to create a healthy mindset, so it can become a lifestyle for years to come.

We encourage you to participate in all the wellness classes so you can be entered to win a 60 minute massage at Desha in Encinitas!



Carmel Mountain Preschool APRIL WELLNESS CHALLENGE

Check each circle as you complete them:

- ☐ BREATH WORK W/ MR REIS
- ☐ HIP HOP DANCE CLASS W/ MISS CLAIRE
- ☐ COOKING CLASS W/ MISS CAROLE IGTV
- ☐ COOKING CLASS W/ MISS CAROLE INSTAGRAM LIVE
- ☐ HEALTHY STRETCHES W/ COURTNEY IGTV
- ☐ COOKING CLASS W/ MISS CAROLE IGTV
- ☐ YOGA W/ MISS DANIELLA INSTAGRAM LIVE
- ☐ BREATH WORK W/ MR REIS
- ☐ COOKING CLASS W/ MISS CAROLE INSTAGRAM LIVE
- ☐ FITNESS FUN W/ MISS COURTNEY IGTV

ONCE YOU HAVE CHECKED ALL THE CIRCLES, TURN YOUR CARD INTO THE CMP FRONT GATE BY 5:00:1 TO BE ENTERED TO WIN A 60-MINUTE MASSAGE AT DESHA IN ENCINITAS.

WINNER WILL BE ANNOUNCED VIA INSTAGRAM ON 5/1/21. GIFT CARD MUST BE PICKED UP AT CMP FRONT GATE BEFORE 5:00:1. PHOTO ID REQUIRED.

First & Last Name: _____ Phone #: _____
Room # (if Enrolled): _____ Email: _____

COOKING CLASS INGREDIENTS

FROZEN PULKADOT YOGURT BERRIES
• 1 CUP CERO CERO MANGO OR MANGOES
• 1/2 CUP OF VANILLA OR PLAIN CERO YOGURT
• VANILLA MINT
• SMALL BERRY OR PLASTIC BAGGIE WITH SMALL ICE CUP IN
• LEMON
• KID SPIN CUPBERRY
• MANGOES
• MANGOES
• MANGOES

MANGOES
• 1 CUP OLD FASHIONED WHOLE WHEAT
• 1/2 CUP VANILLA OR PLAIN CERO YOGURT
• VANILLA MINT
• SMALL BERRY OR PLASTIC BAGGIE WITH SMALL ICE CUP IN
• LEMON
• KID SPIN CUPBERRY
• MANGOES
• MANGOES
• MANGOES

TACOS IN A BAG
• 1 PINK MONKEY
• 1/2 CUP VANILLA OR PLAIN CERO YOGURT
• VANILLA MINT
• SMALL BERRY OR PLASTIC BAGGIE WITH SMALL ICE CUP IN
• LEMON
• KID SPIN CUPBERRY
• MANGOES
• MANGOES
• MANGOES

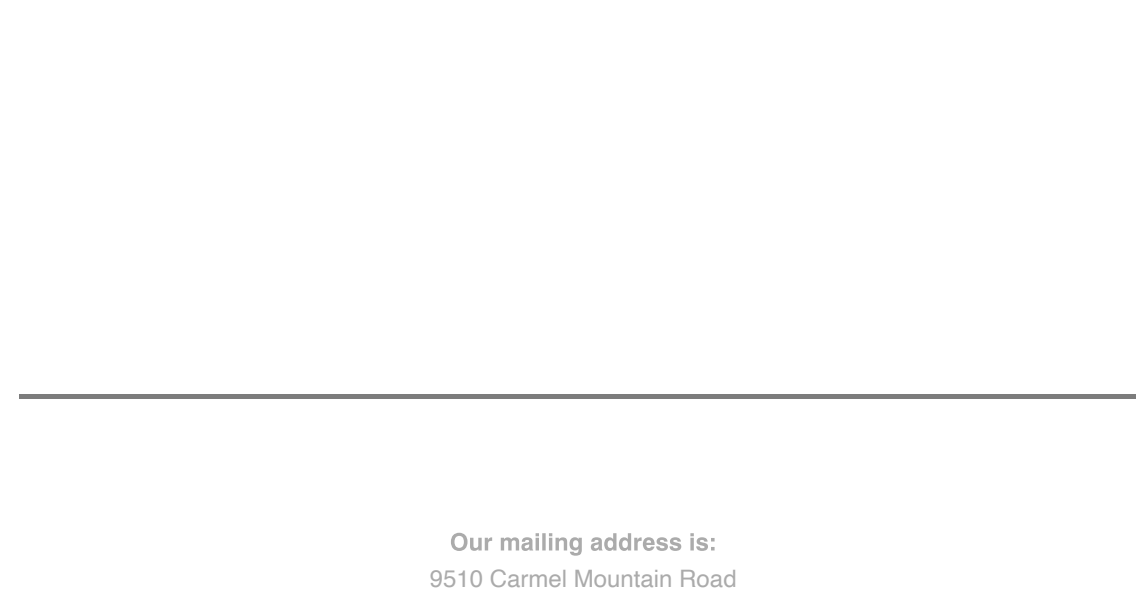
UNSWORN BALS
• 1/2 CUP FRESH BERRIES
• 1/2 CUP VANILLA OR PLAIN CERO YOGURT
• VANILLA MINT
• SMALL BERRY OR PLASTIC BAGGIE WITH SMALL ICE CUP IN
• LEMON
• KID SPIN CUPBERRY
• MANGOES
• MANGOES
• MANGOES

Happy Birthday!

CMP wishes a
Happy Birthday
to all of our **APRIL Birthdays!**

Hazel - Liam - David - Jack - Sloane - Levi - Alex - Erik - Brantley - Lyra - Annalisa - Ryan - Advika - Rhett - Cyrus - Eliza - Evan - Morgan - Arya - Aarvin - Ashley

4/3 - Ms. Kathleen
4/10 - Ms. Jamie B.
4/10 - Mr. Michael
4/18 - Ms. Carol
4/19 - Ms. Kelly
4/28 - Ms. Lisa



Scootin' into May

May 2-7 Teacher Appreciation Week

May 4 Star Wars Day

May 20 Outdoor Playground Day

Our mailing address is:
8510 Carmel Mountain Road
San Diego, CA 92129

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