

July 2022

carmel

Mountain Preschool



July Events

July 1: Wear red, white, and blue day

July 4: Closed, Independence Day

July 8: Dress like a pirate day

July 18: Free family yoga 4-4:30

HAPPY
4th
of
July

Certificate Ceremony

Congratulations to all of our children and families who have completed their time here at Carmel Mountain Preschool. We wish you all the best of luck in your future endeavors!





Keep CMP Safe

- All staff are mandated to report any suspicious activity to sdlecc.org
- We encourage all families to report any suspicious activity to sdlecc.org. You click on “Private Sector/Citizen SAR Reporting” either under “Submit a SAR” or under “School Threat SAR”. You can report anonymously.
- We are asking staff and families to report any activity to our office of any beer bottles/trash on campus that would signify either people without housing or adult activity on campus.
- We are going to set up a parent meeting with our school resource officer in the next two months to answer questions and explore putting together a parent safety task force. Please keep a look out in your emails for the invite.

Family Eco Challenge

Be Water Saving Heroes!

San Diego's Water | Fleet Science Center
fleetscience.org/exhibitions/san-diegos-water

San Diego's Water

From Source to Tap

View the sources of San Diego's water and the methods of delivering and processing this vital resource. Interactive elements explore water conservation and preservation—it's vital knowledge for all ages!

San Diego's Water: From Source to Tap Sponsorship

Funding made possible by the Hans & Margaret Doe Charitable Trust, City of San Diego Water Public Utilities Department and San Diego County Water Authority.

The San Diego County Water Authority has created a new, digital, interactive water education workbook for elementary students.

Join Blue on a fun adventure through the journey of water, and learn about the water cycle, San Diego County's water supplies, bodies of water, water-use efficiency, and more! The workbook is free for all students and teachers throughout the region. Go to sdcwa.org/education to learn more.



San Diego's Water

For children, water seems to magically flow through the sink. Help your family make connections to where the water is coming from and where it is going. What can you do to use water wisely?

San Diego County has been a leader in water conservation efforts for decades, and per capita potable water use has decreased significantly as residents and businesses continue to adopt WaterSmart practices. Drought conditions from 2012-2016 underscored the need to make the most of every drop and help maintain our region's water supplies for future dry years.

INDOOR TIPS FOR RESIDENTS

TIP LEGEND:

No cost - Easy to do	Low cost - More effort required	Higher cost - Most effort required
Water Efficiency Tip		Estimated Savings
Avoid using running water to thaw frozen foods.		2.5 gallons/minute
Scrape dirty dishes instead of rinsing them before washing.		2.5 gallons/minute
Wash fruits and vegetables in a bowl of water instead of in running water.		2.5 gallons/minute
Keep drinking water in your refrigerator to avoid wasteful running of tap water to cool it off.		2.5 gallons/minute
Run the dishwasher only when full.		2–4.5 gallons/load
Don't leave water running when rinsing dishes.		2.5 gallons/minute
Turn off water when brushing teeth.		2 gallons/minute
Shorten showers.		2.5 gallons/minute
Don't use the toilet as a wastebasket.		1.6 gallons/flush
Wash only full loads of clothes.		5–50 gallons/load
Fix leaky toilets.		30–50 gallons/day/toilet
Fix leaky faucets.		15–20 gallons/day/leak
Install aerators with flow restrictors on kitchen/bathroom faucets.		4.7 gallons/day
Install an instant hot water recirculating system or device.		2.5 gallons/minute
Replace older, inefficient clothes washers.*		20–30 gallons/load
Upgrade to high-efficiency toilets.*		0.3–3.8 gallons/flush
Install a water-efficient dishwasher.		4.25 gallons/cycle

*Rebates may be available. Go to WaterSmartSD.org for information.

TIP LEGEND:

No cost - Easy to do

Low cost - More effort required

Higher cost - Most effort required

LANDSCAPE IRRIGATION

Water Efficiency Tip	Estimated Savings
Water only in the late evening or early morning hours to reduce evaporation and interference from wind.	20–25 gallons/day
Don't overwater!	
<ul style="list-style-type: none"> Turn off irrigation systems before rainstorms and leave them off for as long as possible after. Water only after the top 1 inch of soil is dry. Program your irrigation controller to run based on local water agency rules. For information about local rules go to sdcwa.org/find-your-water-district. 	15-25 gallons/minute; up to 250 gallons/cycle
Adjust sprinklers to prevent overspray and runoff.	15–25 gallons/day
Repair leaks and broken sprinkler nozzles.*	10 gallons/minute/leak
Add 3" of mulch around trees & plants to reduce evaporation.	10–30 gal./day/1,000 sq. ft.
Install rain barrels.*	varies
Install a graywater system to help irrigate your landscape.	16 gallons/load
Install water-efficient drip irrigation system for trees, shrubs, and flowers to get water to plant roots more efficiently.	20–25 gallons/day
Upgrade to a "weather-based irrigation controller" that automatically adjusts watering times based on weather conditions.*	40 gallons/day
Replace your lawn and upgrade to WaterSmart landscape.	up to 44 gallons/sq. ft. annually (depending on climate)

OTHER OUTDOOR TIPS

Water Efficiency Tip	Estimated Savings
Use a broom instead of a hose to clean driveways and sidewalks.	8–18 gallons/minute
Collect warm-up shower water in a bucket and use to water plants.	2.5 gallons/minute
When you give pets fresh water, use old water on your landscape.	2.5 gallons/minute
Adjust your pressure reducer (if you have one) to keep pressure between 40 and 60 p.s.i.	Varies
While washing your car, use a self-closing nozzle for your hose.	8–18 gallons/minute
Patronize car washes that recycle water.	15-32 gallons/wash
Fix leaky meters.	up to 1000s of gallons
Repair any leaks around pool and spa pumps.	20 gallons/day/leak
Repair leaking hose bibs.	15–20 gal./day/leak
Install covers on pools and spas to reduce evaporation.	30 gallons per day
Install a pressure reducer if your pressure is greater than 80 p.s.i.	Varies

*Rebates may be available. Go to WaterSmartSD.org for information.

Field Day



Field Day



Field Day



HAPPY BIRTHDAY

Miles, Lily, Cash, Anthony, Connor, Casey, Olyvia, Briar Rose, Carter, William H., Everett, Arya, William L., Ava, Sienna, Olivia, Logan, Elia, Khai, William R., Mason S., Mason S., Kaitlyn, Trevor, Austin, Amia, Rowan, Avalynn, Emma, Sumi, Yunfan

Staff Birthdays:

**Ms. Maile 7/5
Ms. Nancy 7/7
Ms. Nicole 7/8
Ms. Hannah 7/15**

Mud Day

International Mud Day is every June 29th. Playing in mud is a great way for children to create freely without fear of making mistakes. It encourages creative thinking, contributes to a child's sense of self, and allows children to develop their sensory and motor skills.



Mud Day



June Basket Winners

We asked you to guess how many items were in the jar. This month there were 148!

Annalisa, 5A
Sierra L, 8
Greta Y, 10
Ms. Hanna

Follow Us On Instagram



@**CarmelMountainPreschool**

#CMPfun #CMPkids

Starting this month, anytime you share a photo of your CMP moments on 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**.

Each time you post a photo showing how much you love our CMP life on Instagram with our hashtags and share on Facebook, you will be instantly entered in the contest. Whichever photo has the most likes on Instagram each month will receive a \$25 gift card and will be featured in our newsletter.

Conscious Discipline



@ConsciousDiscipline

Are there consequences in Conscious Discipline?

A common misconception about Conscious Discipline is that there are **no consequences**.

Six powers and skills form a foundation for **effective consequences**.

Building that foundation takes time, but has **proven results**.



Conscious Discipline®

Three Types of Consequences

1. **Natural Consequences**- Motivate connected kids to learn a new skill and put it in their "backpack."
2. **Logical Consequences**- Prearranged by adults and motivate children to use skills they already have.
3. **Problem-Solving**- A helpful tool for chronic problems or for issues that involve the whole class.



Conscious Discipline®

Looking Ahead To August

August 1: Super Hero Day

August 2: Disney Day

August 3: Costume Day

August 4: Rock-n-Roll Day

August 5: Sports Team Day

August 8: CMP T-Shirt Day

August 9: Pajama Day, Last Day Of Summer Session

August 10-12: CMP Closed, Teacher In-Service

August 15: First Day Of Fall Session