

August 2022

# carmel

Mountain Preschool



858-484-4877 [www.carmelmountainpreschool.com](http://www.carmelmountainpreschool.com)



# August Events

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





# Pick Up/Drop Off

Please remember to sign in and sign out daily. The sign in/out sheet can be found in both the lower and middle parking lots. ***There is parking in the lower, middle, and upper lots.***

Drop off can be an emotional time for your child and you! ***"Quick goodbyes make dryer eyes."*** Quick and clear goodbyes are best. Prolonged goodbyes generally cause additional anxiety for your child.

Find a fun and consistent goodbye routine that works best for you and your child. Please be assured that if your child is upset when you leave, the teacher will provide comfort and try to sooth your child.

If you pick up your child and the teacher(s) do not recognize you they will ask for your ID or ask you to go to the office for a "Parent Pass". Please bring a picture ID with you during the first few weeks of school while our teachers are getting familiar with all the new faces.



# Family Eco Challenge

## Reduce Household & Classroom Waste

Have your family do a trash audit. Find ways to reduce your waste. Involve children to brainstorm what habits can be changed to keep your can empty. You can go zero waste or just try out a few new things... and try again if they don't work. (This month is a good time to start planting gardens for Autumn harvest.)

Looking to recycle, repair, donate, or properly dispose of an item? Visit:

*WasteFreeSD.org*





# CMP FUN!













# Conscious Discipline

## Wish You Well

Wishing well promotes empathy, acceptance, and kindness.

It involves creating a calm, loving internal state then sending that feeling to others. We can wish well children who are absent, upset or struggling, people we feel concerned about, and for local and global situations.

### *Wishing Well is a Three-Step Process:*

- 1-Take a deep breath in.
- 2-Put your hands on your heart while filling your heart with love.
- 3-Send that love out to others while opening your arms and exhaling.

**Older children** can use specific mental images, and **younger children** can picture something they find precious.



### *Wishing Well Serves Three Purposes:*

- 1-**It centers us**, setting our hearts and minds in alignment, which integrates our brain and activates our prefrontal lobes.
- 2-**It prevents us from sliding back** into the lower centers of the brain during conflict moments.
- 3-**It radiates a coherent energy field** of "all is well" that can upshift others from the lower centers to the higher centers of their brain.



@ConsciousDiscipline





# HAPPY BIRTHDAY

Jackson, Joshua, Blakely, Veer, Lillian,  
Madeleine, Brevan, Joseph, Leena, Opal,  
Torran, Lana, Lok Yan, Lara, Oliver, Zoe,  
Sienna, Karthikeya, Stella, Layla, Lanah, Tara,  
Ryan, Ara, Cash, Logan, Nicholas, Emmeline



## Staff Birthdays:

Ms. Melissa 8/2

Ms. Sonya 8/4

Ms. Rachel 8/19



# July Basket Winner

Congratulations to our July basket winners. Last month we asked you to guess how many red, white, and blue items were in the jar. There were 272!

Congratulations to our winners:



Kya

Kya K 3A  
Ava H 5A  
Chase R 6B  
Ms. Madeleine 6B



Ava



Chase



# Instagram Winner

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.

The photos must be on your grid, not a story and you must follow @carmelmountainpreschool



# Summer Lovin' Had Us A Blast!

















# 10¢ 5AB Lemonade Sale 10¢

## 10¢ 7/21/22 from 3:30-4 10¢

Our 5AB school family worked hard to create their very own lemonade stand. The children cut, squeezed, stirred, marketed, and sold lemonade to everyone at CMP for 10 cents a cup. They worked together to decide how to spend their profits. They chose to donate all of their earnings to the Helen Woodward Animal Shelter.









# Looking Ahead To September

September 5: Closed, Labor Day

September 7-8: Ice Cream Social 4:30-5:30,  
CMP closed at 4:30 both days.

*\*\*Please have your child(ren) picked up no later than 4:30 on both Wednesday, September 7th and Thursday, September 8th. If it is your day for the ice cream social, you may stay until 5:30.\*\**

