

OCTOBER 2022

carmel

Mountain Preschool





OCTOBER EVENTS

October 5: Rhythm Child

October 15: Pumpkin Patch

October 24: Silly Hair Day

October 25: Orange and Black Day

October 26: Silly Hat Day

October 27: Silly Sock Day

October 27: Family Yoga 4:30-5

October 28: Pajama Day

October 31: Costume Day



PUMPKIN PATCH

On Saturday, October 15th, join CMP at the Del Mar Pumpkin Station. We will be there from 2-5 pm in tent #3.

Unlimited rides are \$20 per child which can be charged to your CMP account.

Please RSVP to:
emily@carmelmountainpreschool.com by
October 7th





FAMILY ECO CHALLENGE

Help local wildlife by growing native plants.
Your family can fill up a yard or just a few pots.
Upcycle old containers for some extra fun.

Gardening with Children

learn.eartheasy.com/guides/gardening-with-children/

Native Plant Seeds at Armstrong Nursery

California Native Plant Society

calscape.org



SQUAD GOVHLS





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HALLOWEEN SAFETY TIPS



Place strips of reflective tape on the back and front of costumes, so that drivers can better see your child.

Put your child's name, address, and phone number on their costume.

Costumes should fit properly to prevent trips and falls.

Do not use masks. Masks make it hard for children to see what's around them, including cars.

Turn on outdoor lights, and replace burnt-out bulbs.

Some children have food allergies. Consider giving treats other than candy, such as stickers, erasers or a small toy.

Put out a teal-colored pumpkin or a poster of one in your window to let children with food allergies know that what you're handing out is allergen-free (e.g., not food).

CONSCIOUS DISCIPLINE

WISH YOU WELL



@ConsciousDiscipline

What is the Wish Well Ritual?

Wishing well 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.



HAPPY BIRTHDAY

**Mir, Ozan, Reyansh, Norah, Kiana,
Harrison, Parker, Andre, Lucas, Finnley,
Arwen, Olivia, Harper, Graham,
Jackson, Kya, Violet, Eunwoo, Rhea,
Emmeline, Makenna, Armin, Vivienne,
Eireen, Madeleine, Zara, Malia, Ayden**

STAFF BIRTHDAYS

Ms. Cori, 10/1	Ms. Kiana, 10/13
Ms. Emily, 10/5	Ms. Renee 10/15
Ms. Haley, 10/6	Ms. Veronica, 10/22
Ms. Margaret, 10/8	Ms. Chantelle 10/23
Ms. Fiona, 10/10	Ms. Robin, 10/24
Ms. Calee, 10/11	

SEPTEMBER BASKET WINNERS

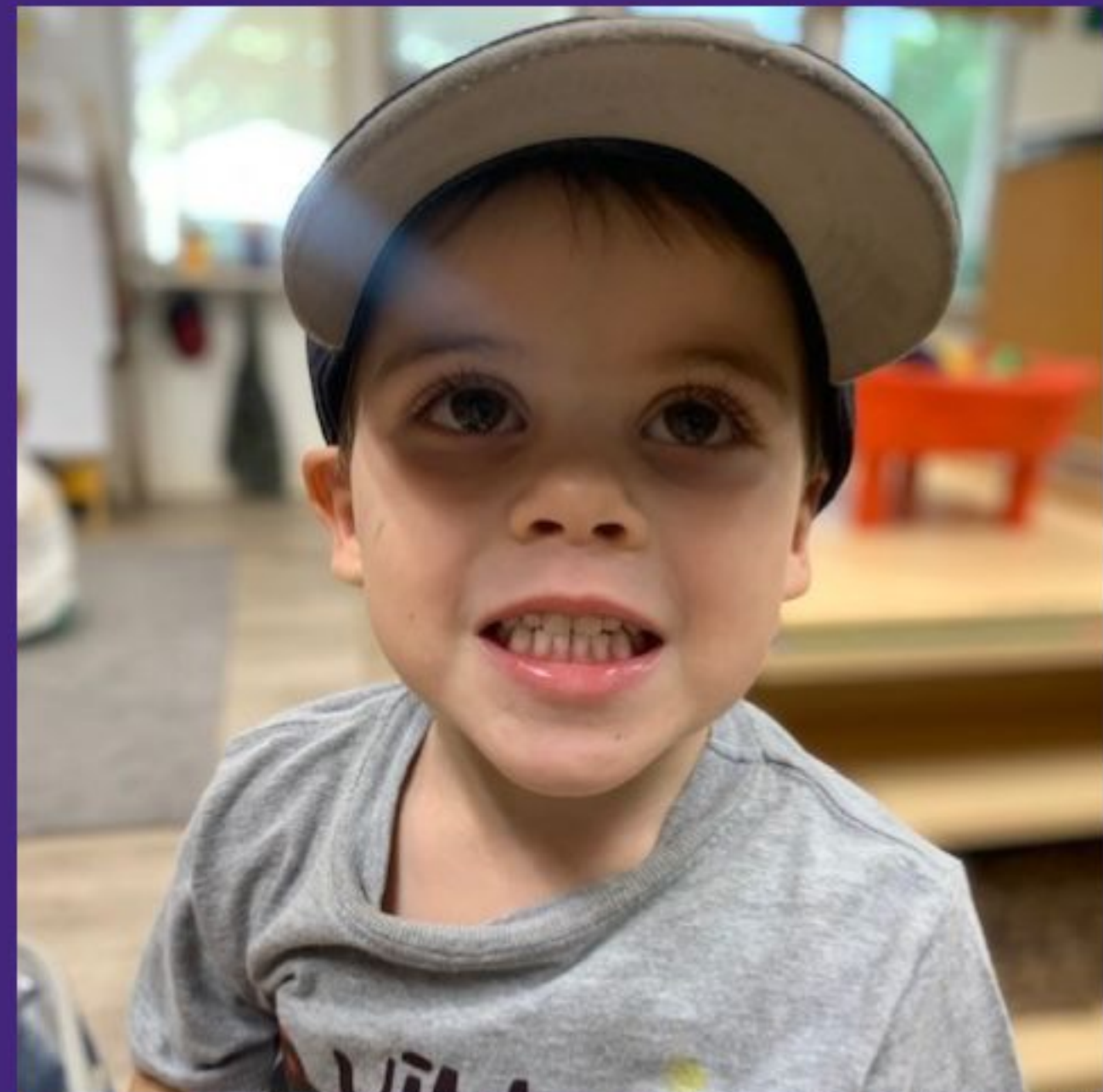
Last month we asked you to guess how many puzzle pieces were in the jar. There were 182 pieces!

Congratulations to our winners:

Mason S., 1A



Harlan A., 2B



Norman K., 12A



Ms. Veronica, 6C





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THE
BOO
CREW





AROUND SAN DIEGO



October is a kid's paradise in San Diego! All month long, kids 12 and under receive FREE admission with a paid adult to more than 50 of San Diego County's favorite museums, historic sites, aquariums, gardens, and more. Many are even free for the whole family!

sandiegomuseumcouncil.org/specials/kids-free/



THANK YOU!

Thank you to everyone who purchased
a book from our Usborne Book Fair.
Due to the number of books sold, we
were gifted \$1,400 to spend on more
books for our classrooms.

We could not have done it without you!



NOVEMBER EVENTS

November 1: Pajama Day

November 3-4: Outdoor Classroom Day

November 10-11: Closed, Teacher In-Service

November 14: Young Reader's Day

November 17: Friendsgiving

November 17: Family Yoga 4-4:30

November 18: Friendsgiving

November 23: Pajama Day

November 24-25: Closed, Thanksgiving

Stay
SPOOKY

&

happy
HALLOWEEN