

September 2022

carmel

Mountain Preschool



Welcome new and returning families to the 2022-2023 CMP school year. We are so happy to be going into our 39th year! We hope you are all becoming settled and that you and your child(ren) are adjusting well to a new routine. We are excited to have a fun year full of art, mud, water, play, exploring, and learning. Thank you for choosing CMP to introduce your child to education. We are proud to be the building block of their future.



September Events

September 5: Closed, Labor Day

September 6: Pajama Day

September 7-8: Ice Cream Social 4:30-5:30,

CMP closed at 4:30 both days

September 12-14: Book Fair

September 14: Family Hip Hop 4:30-5

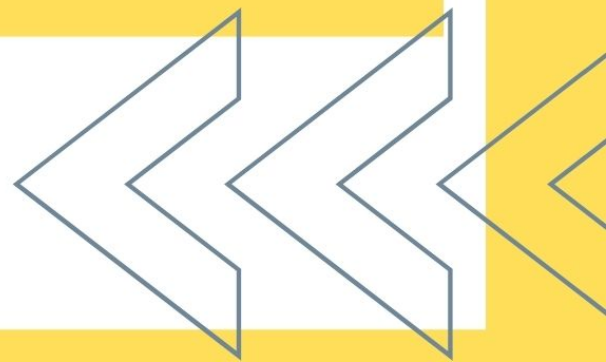
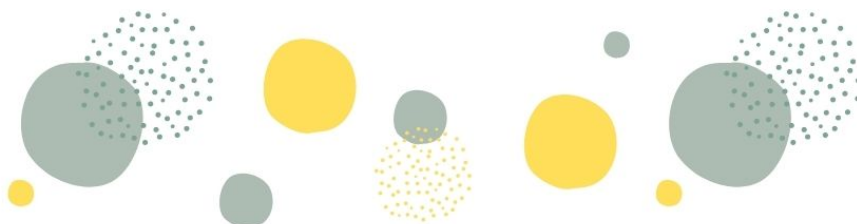
September 20: Pirate Day

September 21: Hullabaloo 4-5

September 22: Family Yoga 4:30-5

September 27-30: Picture Day

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 with your child until 5:30.





Meet Your CMP Staff

1A: Ms. Goss, Pre-K

1B: Ms. Madison, Pre-K

2A: Ms. Rachel and Ms. Haley, 2's

2B: Ms. Calee and Ms. Cassandra, 3's

3A: Ms. Nicole H. and Ms. Daniela, 2's

3B: Ms. Nicole O. and Ms. Madeleine, 2's

4A: Ms. Tiffany and Ms. Fiona, Toddlers

4B: Ms. Stephanie and Mr. Lucas, 3's


5A: Ms. Jacque, Pre-K

5B: Ms. Leah, Pre-K





CMP Staff

- 6A: Ms. Alyssa and Ms. Sollie, 2's
 - 6B: Ms. Autumn and Ms. Beth S., 2's
 - 6C: Ms. Emma and Ms. Veronica, 2's
 - 7: Ms. Yukie, 3's
 - 8: Ms. Lisa, 3's
 - 9: Mr. Michael and Ms. Cori, 3's
 - 10: Ms. Chantelle, 3's
 - 11: Ms. Melissa, 3's
 - 12A: Ms. Michele, Pre-K
 - 12B: Ms. Nancy, Pre-K
 - 13: Ms. ShaNi, K-Prep
 - 14: Ms. Kiana, K-Prep
- 



CMP Staff

Support Staff

Ms. Robin

Ms. Kelly

Ms. Karen

Ms. Kathy

Ms. Margaret

Ms. Betsy

Ms. Jamie F

Ms. Jamie B

Ms. Kathleen

Ms. Meile

Ms. Liz

Ms. Satya

Ms. Jack





CMP Staff

Glenn Staff

Ms. Mele, Art

Ms. Renee, Tinkering

Ms. Aubrina, Nature Lab

Mentor

Ms. Shyla, 2's and Toddlers

Custodian

Ms. Delores

Jack Of All Trades

Ms. Beth W





CMP Staff

Owners

Dan and Pauline Condrick

Executive Director

Arianne Condrick-Bettazzi

Director

Donna Taconi

Assistant Director

Sylvia Romero

Resource Manager

Carol Fugleberg

Enrollment Coordinator

Emily Taconi

Office Assistant

Navi Kalinsky





Conscious Discipline

What is Conscious Discipline?

Conscious Discipline is a research-based program that helps adults stay calm enough to see misbehavior and upset as a signal to teach instead of punish. It then provides effective strategies for teaching social-emotional and life skills to children.

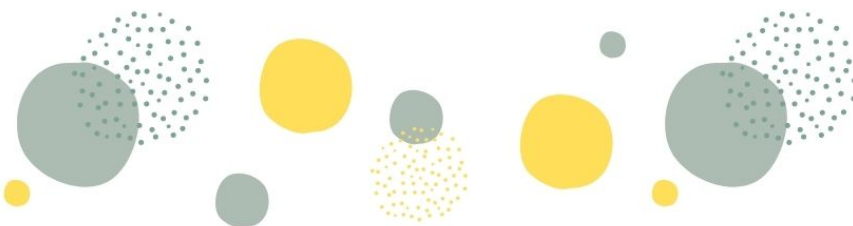




Conscious Discipline

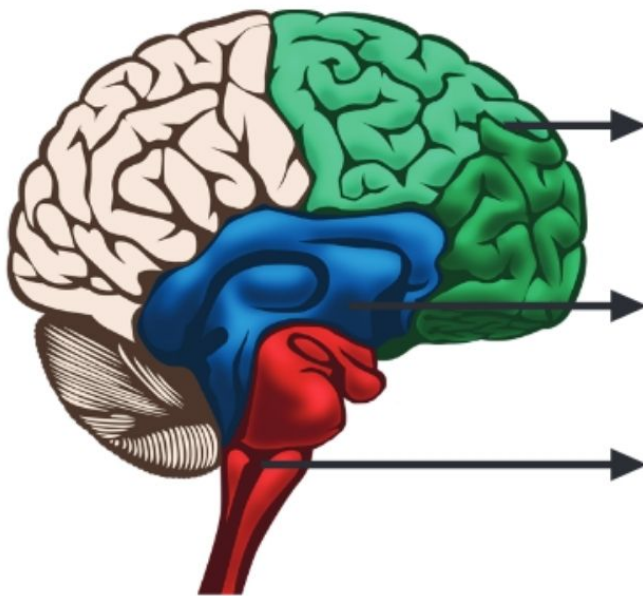
Brain State Model

The Conscious Discipline Brain State Model helps us understand how the brain works in relation to discipline. An upset adult is always a threat to children's sense of safety. We must actively calm ourselves if we are to help children calm themselves. Taking three deep breaths helps us calm down by shutting off the stress response in the body.



Conscious Discipline

Conscious Discipline® Brain State Model



Executive State

Need: Problem solving opportunities

Looks like: Wisdom, unlimited skills

Message: What can I learn?

Emotional State

Need: Connection

Looks like: Back talk, sass, yelling, verbal reactions

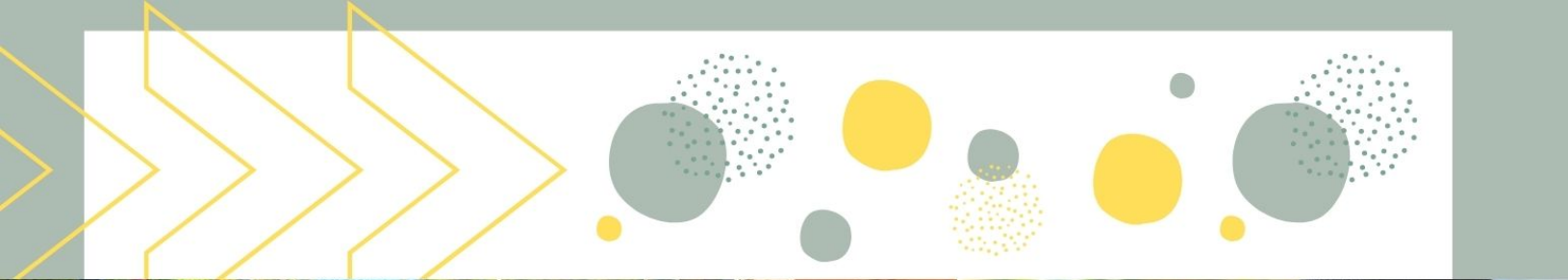
Message: Am I loved/connected?

Survival State

Need: Safety

Looks like: Hiding, fighting, surrender, physical reactions

Message: Am I safe?





Pick Up/Drop Off


Please remember to sign in and sign out daily. Starting September 5th we will be going digital with this process.

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.



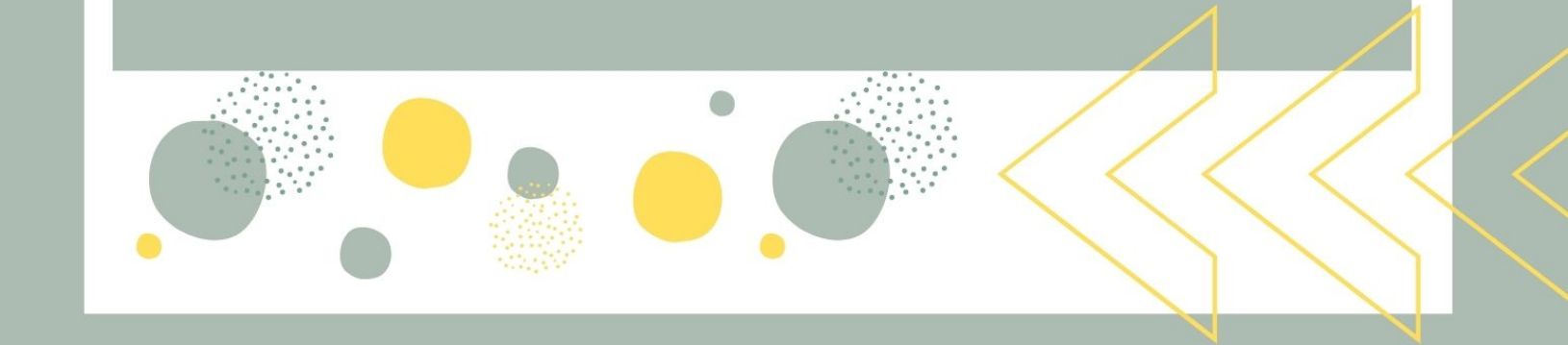


Signing In/Out

Beginning September 5th we will no longer have hardcopies available for signing in and out.

Create an account at:
schools.procureconnect.com/login or
download the Procure app to create an
account.

Each family will receive a generated family pin in order to sign in/out. If you have someone other than yourself picking up your child please have them stop in the office.



Signing In/Out

QR Codes will be posted around the school and in your child's class.

- Scan QR Code
- Enter Your Family Code
- Choose Your Student To Sign In
- Use Your Finger To Sign Digitally
- Repeat For Signing Out



Procure: Childcare App

Daily Sheet, Sign-In & Billing

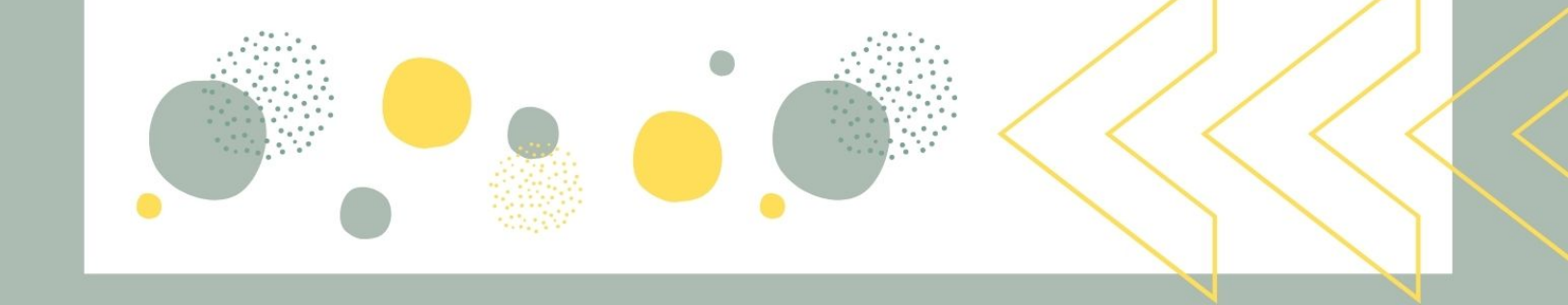
★★★★★ 45K

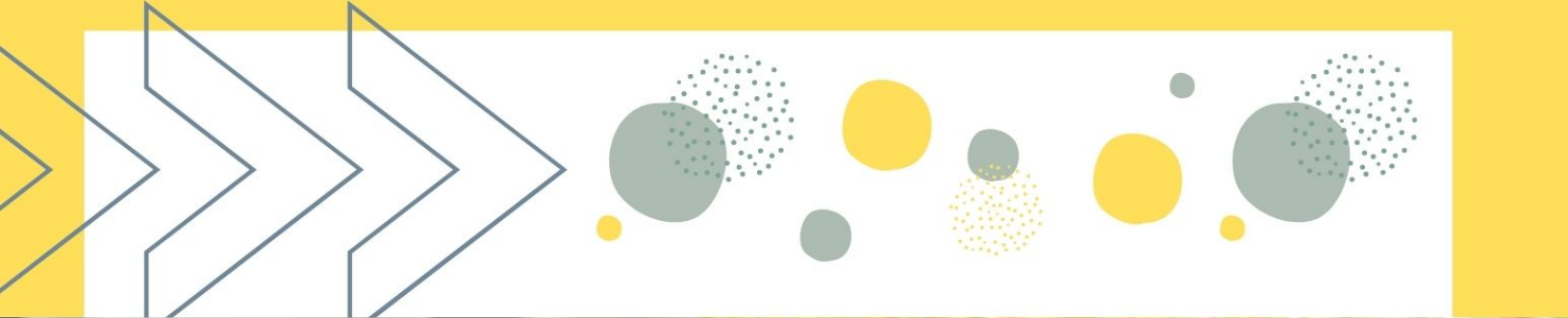


Family Eco Challenge

Celebrate The Coast

Take some time to enjoy the coast! Take walks, splash, enjoy water sports, learn how to care for the ocean, and join a coastal cleanup.

- getoutsidesandiego.org
 - International Coastal Cleanup Day is September 17th
- 





Happy Birthday!

Harlan, Beckett, Vincent, Thadan, Charlotte,
Nolan, Ethan, Ryleigh, Aariv, Cordelia, Edward,
Louis, Oliver, Andrew, Olivia, Capri, Kali, Isla,
Reyna, Jake, Mackenzie, Alina

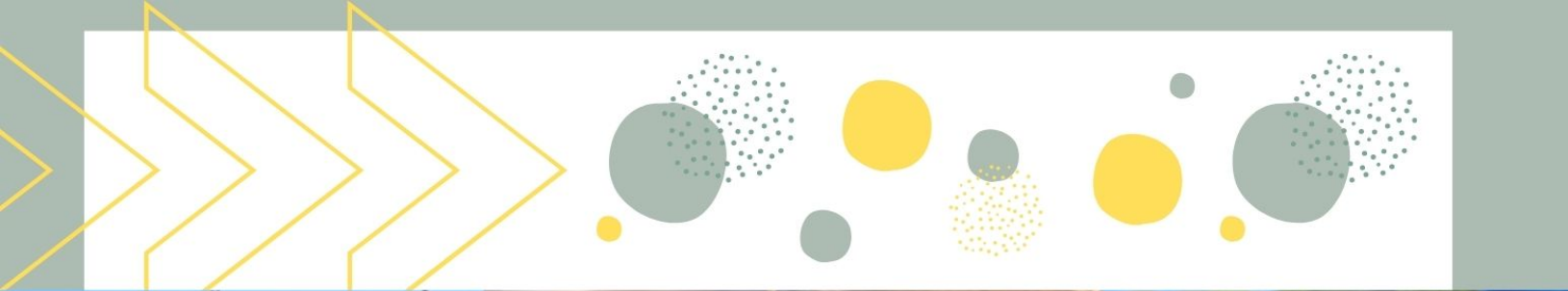


Ms. Cassandra 9/14

Ms. Donna 9/17

Ms. Leah 9/20





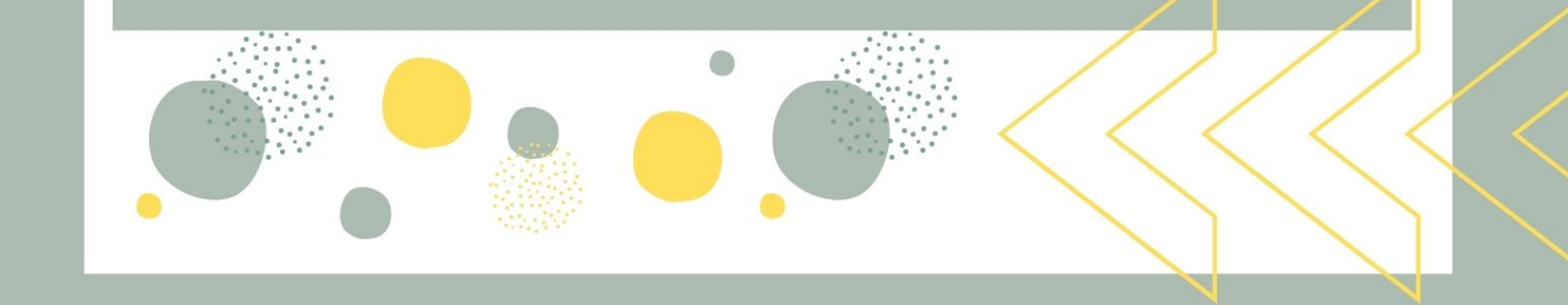




Parent Safety Meeting

We will hold a parent safety meeting on Wednesday, September 28th from 10:15-11 at the PQ Library.

We will be joined by Officer Valdez to answer parent's questions about school security as related to CMP.





August Basket Winners

Last month we asked you to guess how many rubber bands were in the jar.

There were 268!

Congratulations to our winners:



Louis N 4B
Bodhi N 2B
Nihira C 5A
Ms. Cori





Looking Ahead to October

October 5: Rhythm Child
October 15: Pumpkin Patch
October 24-28: Fall Festival
October 24: Crazy Hair Day
October 25: Orange and Black Day
October 26: Crazy Hat Day
October 27: Crazy Sock Day
October 27: Family Yoga 4:30-5
October 28: Pajama Day
October 31: Costume Day

