

November 2022

carmel

Mountain Preschool



NOVEMBER EVENTS



November 1: Pajama Day

November 3-4: Outdoor Classroom Day

November 6: Daylight Saving Ends

November 10-11: CMP Closed, 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: CMP Closed, Thanksgiving



Friendsgiving

All donations from Friendsgiving will be donated to:
Family and Friends Community Connection
benefiting local families in need.

Items we are looking for:

- Cranberry Sauce (canned)
- Canned Corn Stuffing
- Corn Bread Mix
- Canned Sweet Potatoes/Yams
- Canned Green Beans
- Gravy (canned, jar or mix)
- Aluminum Foil
- Small Bottle of Cooking Oil
- Gift Cards (\$15-\$25) to Stater Bros or Vons for turkey & fresh food items

*Please drop donations off in large boxes in the Front Office.
All donations are tax-deductible.*

Friendsgiving Schedule

Thursday, November 17

11:30-12:15:

- 3A and 3B- Back Grass
- 4B, 2A, 4A- 2's Playground
- 9 - 3's Playground
- 7 and 8 - Soccer Field

3- 3:45:

- 10 and 11 - 3's Playground
- 5A - Soccer Field

Friendsgiving Schedule

Friday, November 18

8:30-9:30:

- 12A- 4's Playground Deck

11:30-12:15:

- 5B- Back Grass
- 12B- Back Patio
- 1B- 4's Playground
- 13 and 14- Soccer Field
- 1A- Octoplay Deck

3:00-3:45:

- 6B and 6C- Back Grass
- 6A- 2's Playground

3:15-4:00

- 2B- 3's Playground

Pumpkin Station







I am thankful for...

"helping people" -Ryan, 1A

"my bed" -McKenna, 8

"my mom and my dad" -Reyansh, 5A

"Ms. Lisa" -Harrison, 8

"my mom doing the dishes" -Logan, 12B

"hugging my mommy" -Diako, 12A

"my big sister" -Eireen, 5B

I am thankful for...

"Summer rain" - Yuna, 4B

"the beach" - River, 12B

"pasta" - Enzo, 14

"mommy making apple pie" - Jasper, 13

"going to Hawaii" - Charlie, 13

"my home" - Brevan, 5B

"my mommy signing me up for soccer" - Shayla, 13



November Birthdays

Gri, Alice, Arihan, Brayden, Quinn, Anya, Misha, Elsa,
Autumn, Grace, Hendrix, Maurie, Shayla, Eli, Nathan,
Madeleine, Noah, Marlowe, Olavi, Alex, Sasha, Deya,
Jameson, Jasper, Sebastian, Nora, Whitney, Lila



Ms. Mele 11/1

Ms. Renee 11/15

Ms. Beth W. 11/25

Ms. Jamie F. 11/30

Family Eco Challenge

Reduce Your Food Print

Help your family understand where their food comes from and how it's grown. Try making changes to find your food more locally, like a Farmers Market or your own garden. Try out some recipes with food that uses fewer resources to grow.

Poway Certified Farmers Market

Saturday: 8:00 AM to 1:00 PM

14134 Midland Rd at Temple St

Poway, CA 92064

Rancho Bernardo Certified Farmers Market

Friday: 9:00 AM to 1:00 PM

Bernardo Winery

13330 Paseo Del Verano Norte

San Diego, CA 92128



Conscious Discipline



@ConsciousDiscipline

School Family

The School Family

The School Family lowers the **stress** of all its members (children, teachers, and administrators), allowing high challenge to be **challenging** instead of terrifying.

1/3



Conscious Discipline®

It **strengthens** family privilege for those lucky enough to have experienced it, and **provides** family privilege and resilience for those who haven't.

2/3



Conscious Discipline®

It also teaches and models **respectful relationships** based on helpfulness and contribution. It shows children how conflict can be used as a growth **opportunity** instead of a justification to inflict more pain.

3/3



Conscious Discipline®

Rainy Days

CMP allows children to play outside in all weather - even during rainy days. We ask that you dress your child in appropriate clothing and shoes.

Playing in the rain helps children connect with nature and appreciate the world they live in.



October Basket Winners

Last month we asked you to guess how many
spiders were in the jar. There were 300!
Congratulations to our winners!

Kelvin S, 2A
Victoria G, 4A

Advith R, 4B
Ms. Autumn, 6B



Fall Festival







CMP Blog

Did you know we have a blog on our website? Under our Resources tab, check out all of the exciting things happening in preschool education, get new fun project ideas to do with your child, and so much more

[About Us](#)[Programs](#)[Facility](#)[Resources](#)[Contact](#)[📞 \(858\) 484-4877](#)

CARMEL MOUNTAIN PRESCHOOL BLOG

Child Education



Messy Process Art

October 13, 2022 • Child Education, CMP Activities

In 5B, we love messy art and process art.

[Read more »](#)

Blog Categories:

- [Child Education](#) (94)
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Get Monthly Updates

Enter your email to receive our monthly newsletter containing updates on the school, upcoming events, and other useful

Diwali



Diwali



Diwali



Looking Ahead To December



December 12-16: Winter Wonderland

December 12: Grinch Hollow Toy Drive

December 15: Ugly Sweater Day

December 16: Onesie Day

December 19: Flannel Day

December 20: Holiday Colors Day

December 21: Holiday Socks and Hat Day

December 22: Pajama Day

December 23-January 2: Closed, Winter Break



Friendly reminder, full tuition is to be paid even when CMP is closed for holidays.