

December 2022

# carmel

Mountain Preschool





# DECEMBER EVENTS

- December 5–16th: Holiday Class Parties

- December 12: Whoville Toy Drive

- December 12–16: Winter Wonderland

- 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.





PROMISES2KIDS

carmel

Mountain Preschool

On Monday, December 12th, CMP will be hosting a holiday toy drive benefiting Promises 2 Kids, a non-profit organization that provides support to foster children in San Diego.

We kindly ask that you donate a new and unwrapped gift that your child can deliver to CMP's Whoville with their class.

Each class will have an assigned time to make this trip (on campus) and donate their toy, visit the grinch, and explore all that Whoville has to offer!

This event will be featured on KUSI





# FRIENDSGIVING









# FAMILY ECO CHALLENGE

## GIVE AGAIN GIFTS

Gifts are often shiny, new, and in packaging. Do they really need to be? Give and receive some gifts that still have life in them or bring gifts back to life with your love. Have a toy/book/clothing exchange with friends to find giftable items.





# OUTDOOR CLASSROOM DAY





# CONSCIOUS DISCIPLINE

## THE SAFE PLACE

Self-Regulation is the primary skill needed for children to develop self help skills. A

Safe Place is a designated area where children can go when they need space to work through their emotions. It is a space where they can go to attend to their emotional needs.





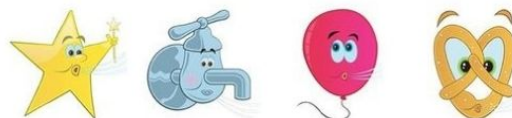
## Step 1: I Am

When a child is **triggered**, that is a signal to go to the Safe Place. The child can go on their own, with the help of a teacher, or at the suggestion of a friend.



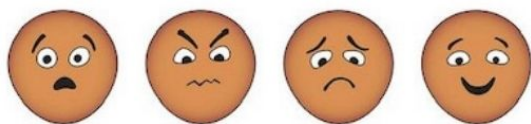
## Step 2: I Calm

The child picks one of the four core **calming strategies**: S.T.A.R., Drain, Balloon, or Pretzel to help them calm down.



## Step 3: I Feel

The child identifies their current **feeling state** by pointing to a poster showing feeling images or selecting a Feeling Buddy.



## Step 4: I Choose

The child chooses an activity from a predetermined set of choices contained in the Safe Place Case. This could include **calming tools** like lotion, drawing/writing supplies, family pictures, etc.



## Step 5: I Solve

Once the child has calmed and is in an optimal learning state, we can teach a new skill or a new perception to the original trigger. We will **prompt** and **encourage** solutions that may involve environmental changes or new social skills.



Instagram

@ ConsciousDiscipline



# DEVICE-FREE ZONE

At CMP we believe it is important to have quality connection with our children. Once you sign in/out, please put your cell phone away.







# Happy Birthday!

**Ellie, Parker, Lucca, Holly, Naavya, Wilder, Agastya,  
Alara, Pareesa, Jeffrey, Kian, Matthew, Ella, Sierra,  
Enzo, Rush, Bryce, Maya, Soohyuk, Grant, Mia,  
Vivaan, Zeming, Max W, Max Y**



**Ms. Aubrina 12/1  
Ms. Autumn 12/2  
Ms. Pauline 12/3  
Ms. Arianne 12/14  
Ms. Beth S. 12/26  
Ms. Karen 12/29**





# HOLIDAY COOKING

Cooking with children is an excellent way for them to practice and develop several skills.

The benefits include:

- Social-Emotional Development- by following a recipe, children are encouraged to be self-directed and independent while also teaching them to follow directions and develop problem-solving skills.
- Physical Development- children are working on fine and gross motor skills by mixing, squeezing, chopping, etc.
- Cognitive Development- cooking allows children to count, measure, use their creativity, and follow sequences.
- Language Development- While cooking with your children, talk with them about what it is they are doing, count with them, ask them about the texture, the taste, make observations, ask questions that will encourage children to talk about what they are doing.





# HOLIDAY COOKING

Recipes and involvement should be developmentally appropriate.

Two year olds are able to wash fruits and vegetables, carry unbreakable items, and mix. Three year olds should help pour liquids, spread butter and other spreadables, knead, put things in the trash, and help serve. Have your four or five year old help juice, peel, cut, measure, set the table, and clean.

It is important that you make sure the cooking environment is safe, clean, and enjoyable.

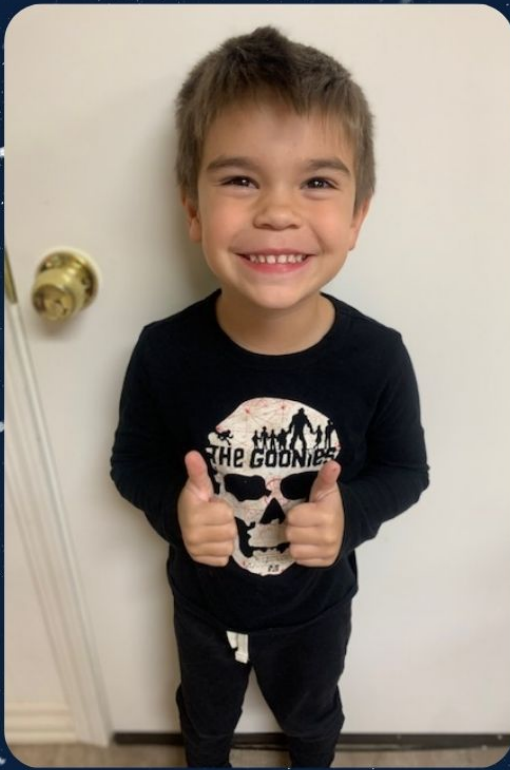
Below you will see Olivia cooking Matza Ball Soup with her Savta (grandma in Hebrew). Matza ball soup is a delicious traditional Jewish recipe perfect for the holidays.





# NOVEMBER BASKET WINNERS

Last month we asked you to guess how many beads were in the jar. There were 1,302! Congratulations to our winners:



Brodie S, 12B



Eli Z, 12A



Jonathan Y, 12B



Teacher: Ms. Beth Ward



# GIFT BASKET DRAWING

The gift basket drawing has been moved into the office. If you are interested in playing, stop by at anytime to make your guess!





# Holiday Class Party

**1A:** December 9th, 3:30 on the soccer field

**1B:** December 12th, 9:30 in the class

**2A:** December 6th, 3:30 on the back grass

**2B:** December 15th, 3:30 on the back grass

**3A:** December 5th, 3:30 in the class

**3B:** December 7th, 3:30 in the class

**4A:** December 6th, 3:30 on the back grass

**4B:** December 9th, 3:30 on the 3's playground

**5A:** December 9th, 3:30 on the soccer field

**5B:** December 13th, 3:30 in the class

**6A:** December 15th, 3:30 in the class

**6B:** December 16th, 3:30 in the class

**6C:** December 14th, 3 on the back grass

**7:** December 13th, 9 in the class

**8:** December 16th, 3:30 on the soccer field

**9:** December 14th, 9:30 in the class and a deck

**10:** December 13th, 3:30 in the class

**11:** December 15th, 9 in the class

**12A:** December 14th, 3 location TBD

**12B:** December 16th, 3:30 in the class

**13 & 14:** December 12, 2:30 on the soccer field



# LOOKING AHEAD TO JANUARY

**January 3:** Pajama Day

**January 11:** Rhythm Child, 3:45-4:45

**January 16:** Closed, Martin Luther King Jr Day

**January 17:** Onesie Day

**January 19:** Family Yoga, 4-4:30

**January 25:** National Preschool Fitness Day





The background is a solid dark blue. It is decorated with several gold-colored stars of varying sizes and shapes. Some stars are simple five-pointed shapes, while others are more complex, resembling snowflakes or multi-pointed stars. There are also gold-colored string lights with small circular bulbs, some of which are connected by thin, curved lines. The overall effect is festive and celebratory.

*Happy  
Holidays*