

March 2023

# carmel

Mountain Preschool





# MARCH EVENTS

**March 2:** Jack Hartman's Birthday Celebration  
(Hawaiian Shirt Day)

**March 21-24:** Picture Day

## PICTURE DAY SCHEDULE:

**March 21:** 2b, 4b, 7, 8, 9, 10, 11

**March 22:** 1a, 1b, 5a, 5b, 12a, 12b, 13, 14

**March 23:** 2a, 3a, 3b, 4a, 6a, 6b, 6c

**March 24:** Make up pictures

# REMINDERS

- Please do not have your children hang on the gates. The gates will break and we have to order special parts which take a while to receive.
- When driving up/down the hill, please do not stop your car or get out of the car to wave to your child(ren). We want to make sure no people or cars get hit and that traffic is not blocked.
- Please make sure you are holding your child's hand in the parking lot.
- Please do not leave any children unattended in your vehicle.
- Please be mindful of others while in the parking lot. We ask that you refrain from using your cell phone. Please pick up your child and return to your car promptly.

**Thank you for keeping CMP safe**



# REDUCE, REUSE, RECYCLE

In accordance with new state law, Carmel Mountain Preschool is implementing new protocols that will help reduce our carbon footprint to make a healthier planet for our children.

Starting March 1, 2023 we ask all families to include utensils with their child's lunch. We also ask that all care givers pack lunches and snacks in reusable containers. CMP will no longer have plastic utensils starting April 1.

Each class will also be composting all scraps from their organic fruit and vegetable snacks provided by CMP.





# REDUCE, REUSE, RECYCLE

Per an article\* published by the San Diego Union Tribune:

- State law aims to fight climate change by reducing how much methane gas gets emitted by landfills from decaying organic material like food and yard waste that could instead have been composted for reuse.
- The new state law also requires green recycling at businesses, apartment complexes and condominiums in San Diego that are served by private haulers instead of city trucks.
- Organic waste eligible for the green bins includes fruit, vegetables, eggs, dairy, bread, baked goods, coffee filters, paper napkins paper bags, parchment paper, grass, leaves, flowers, plant trimmings and non-hazardous wood.
- Meat and chicken bones are also eligible for green recycling, but they must be carefully stored in kitchen pails or frozen to avoid smells

*\*Get ready to compost: San Diego's new green recycling kicks into high gear with bin deliveries and outreach*

By: David Garrick



# CLASS PROJECTS

In February, room 10 learned about India. To help teach about Indian culture Ms. Satya stopped by and taught the class about henna and even drew henna on the children.

In India, henna paste is associated with positive spirits and good luck. Indian wedding tradition calls for a Mehndi ceremony to be held the night before the wedding as a way of wishing the bride good health and prosperity as she makes her journey on to marriage.



# CLASS PROJECTS





# CONSCIOUS DISCIPLINE

## FEELING BUDDIES

### *Meet the Conscious Discipline Feeling Buddies*



Angry



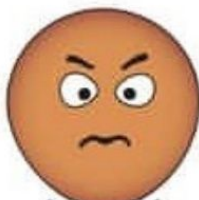
Scared



Sad



Happy



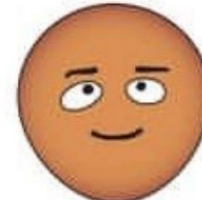
Frustrated



Anxious



Disappointed



Calm

The Feeling Buddies help children learn to **identify** what they are feeling, separate themselves from the feeling and **regulate** it. As children manage their Feeling Buddies, they learn helpful language that eventually becomes their **inner speech** for self-regulation, emotional wellbeing and healing.

1/6



**Conscious Discipline®**



@ConsciousDiscipline



# CONSCIOUS DISCIPLINE

## FEELING BUDDIES



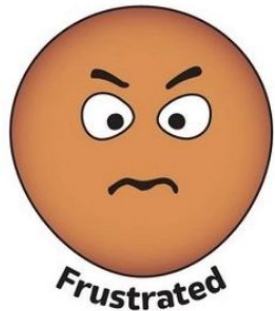
**Primary Emotion:**  
**Angry:**

Message: "Calm down  
and change."



**Primary Emotion:**  
**Scared**

Message: "Help me  
feel safe and  
protected."



**Angry's Cousin:**  
**Frustrated:**

Message: "Calm down  
and patiently see or do  
things differently."



**Scared's Cousin:**  
**Anxious**

Message: "Breathe  
deeply, focus on the  
present, get more  
information."



**Primary Emotion:**  
**Sad**

Message: "Seek  
comfort from those  
you love."



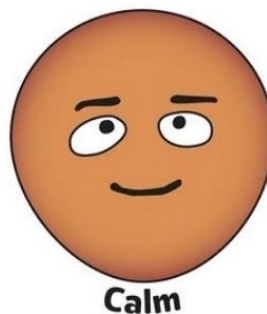
**Primary Emotion:**  
**Happy**

Message: "I am love  
and so are you."



**Sad's Cousin:**  
**Disappointed:**

Message: "Keep  
breathing. I can  
handle this."



**Happy's Cousin:**  
**Calm**

Message:  
"All is well."



# Happy Birthday

Rishaal, Bodhi, Jacob, YanYan, Isabella, Jaxon,  
Ethan, Emmie, Khalil, Samuel, George, Jolene,  
Anaya, Sara, River, Keira, Arlo, Keva, Conor,  
Haruma, Genevieve, Easton, Advith, Harper S.,  
Harper V., Bernice, Allison

## Staff Birthdays

Ms. Goss 3/5

Ms. Alyssa 3/13

Ms. Jack 3/13

Ms. Daniela 3/24









# PLAYGROUND UPDATES

Over the next couple of months you will see construction happening on the playgrounds. For the most part, construction will be happening on Friday, Saturday, Sunday, and Mondays. We estimate construction will last for 10-12 weeks.

We are excited to bring these new changes to CMP!





# FOLLOW US ON INSTAGRAM

## @CARMELMOUNTAINPRESCHOOL





# FEBRUARY BASKET WINNERS

Last month we asked you to guess  
how many hearts were in the jar.  
There were 1,000!

Congratulations to our winners:

Julia L, 1A



Ella C, 5A



Parker F, 3A



Ms. Tiffany, 4A



# LOOKING AHEAD TO APRIL

**April 17-21:** Week Of The Young Child

**April 17:** Music Day

**April 18:** Tasty Tuesday

**April 18-19:** Open House/Art Show, Close at 4

**April 19:** Work Together Wednesday

**April 20:** Artsy Thursday

**April 21:** Family Friday

**April 24:** Spring Book Fair

**April 27:** Family Yoga, 4-4:30

