

June 2023

carmel

Mountain Preschool



June Events

June 1: Field Day, rooms 1a, 1b, 5a, 5b, 12a, 12b, 13, 14

June 2: Certificate Ceremony, rooms 1a, 1b, 5b, 12a, 12b, 13, 14

June 5: Field Day, rooms 2a, 2b, 3a, 3b, 4a, 4b, 6a, 6b, 6c, 7, 8, 9, 10, 11

June 7-9: CMP Closed, Teacher In-Service

June 9: Open House

June 12: Summer Session Begins

June 16: Father's Day Breakfast

June 22: Family Yoga, 4-4:30

June 29: Mud Day



Rhythm Child



Summer Restock

This summer, expect your child to be extra wet and muddy! This means bring extra clothes for them to change in to, hats, sunscreen on before coming to school, water bottles with ice and towels on water days.



Please make sure all items brought to school are labeled with your child's name.



Class Projects

Our 5A Pre-K class picked carrots from our garden in Nature Lab. They then washed and ate them!



Class Projects



May Basket Winners

Last month we asked you to guess how many items were in the jar. There were 217! Thank you to everyone who participated!

Congratulations to our winners:

Genevieve P, 6C



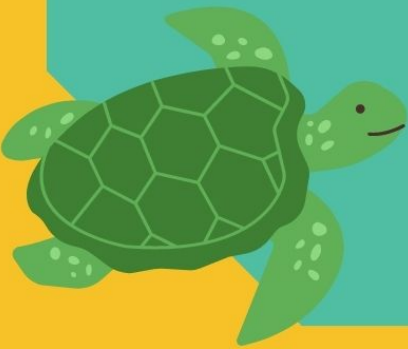
Cash Q, 12A



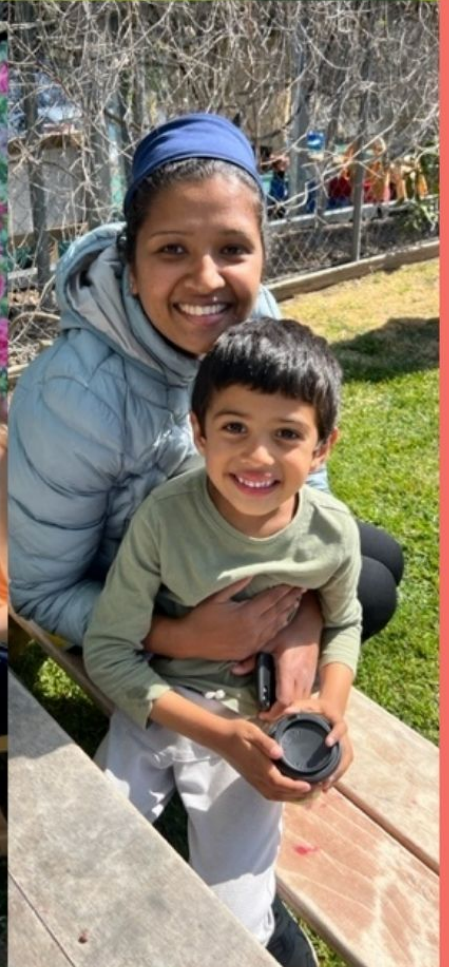
Cyrus A, 6B



Ms. Michele, 12A



Mother's Day Tea



HAPPY BIRTHDAY

Xavier, Blakely, Lacey, Mia R, Saylor,
Liana, Kylene, Morgan, Jonathan, Anton,
Riaan, Kai, Jordan, Elle T, Nora, Ella C,
Nicolas, Kelvin, River, Eva, Isabella,
Zachary, Luca, Micah, Oliver, Brodie, Lane

Staff Birthdays

Ms. Shruti, 6/16
Ms. Amanda, 6/21

Conscious Discipline

The Power of Free Will

With children, focus on **connection** instead of coercion. Change your job description to: My job is to keep you **safe**.

1/7



Conscious Discipline®

When we focus on **safety** instead of judgment, we can calm the lower centers of the brain, make connections and exercise **free will**.

2/7



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Next, instead of asking, "How can I **get** children to stay on task?" or, "How can I **make** children listen?" ask, "How can I **help** children successfully _____?"

3/7



Conscious Discipline®

When you change the question, you ask your brain to come up with a **different** set of answers. The first question looks for coercion and **manipulation**.

4/7



Conscious Discipline®

Conscious Discipline

The second question looks for **helpful** solutions. These new answers will result in developmentally appropriate discipline strategies that honor each child's needs and allow you to **teach** vital skills.

5/7



Conscious Discipline®

Finally, to help children access their Power of Free Will, provide **two positive choices** instead of one positive and one negative.

Asking a child, "Do you want to help clean up or do you want to go to time-out?" is **not** really a choice.

6/7



Conscious Discipline®

Instead, ask, "Do you want to pick up the dolls first or the blocks?" This shifts from manipulating children to **helping** children practice making choices and using their **Power of Free Will**.

7/7



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Snake Wrangler



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Looking Ahead To July

July 3-4: CMP Closed, Independence Day

July 13: Family Yoga, 4:30-5:00

July 31: Super Hero Day

