



2012-2013

alumni newsletter

Community Continues

by Nancy Rahimi, Director & 3AM Teacher

It may be a few years since you left CPNS or decades, but connections made and lessons learned will be in your hearts forever. Being a part of CPNS means being a part of a larger community; a movement towards a better future; a force for change that does not fade away.

As the leaves began to color around the soccer field near my house, I saw many familiar CPNS faces guiding children in healthy lifestyles while encouraging good sportsmanship on and off the playing field. This past fall, I also saw several CPNS alums working a bake sale while their children entertained supporters of Carlmont High School Performing Arts. CPNS alums hold many of the leading PTA positions as well as a few local government positions in our area.

And just the other week I ran into a couple of CPNS moms who were having lunch together, nearly 40 years after their kids graduated from our school. I shudder to think what our world would be like without the likes of you.

I am thankful that you chose to share some of your time with our school and that you continue to use your energies and talents for the good of our world. If you wish to continue your parent education, I recommend reading Ellen Galinsky's *Mind the Making: The Seven Life Skills Every Child Needs*. This book will validate what you have been doing, clarify why you are doing what you are doing now, and help you gain a deeper understanding of the children around you.

Times have changed, challenges are plentiful, but the current CPNS staff (Leslie Marx, Conny Shyvers and myself), with the help of a dedicated group of volunteers, are committed to continuing the work that you have begun by educating adults, guiding children, training volunteers, and helping to grow healthy bodies, brains and spirits. Thank you for being a part of our creative, cooperative, caring community!



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Dear Alumni,

Shakespeare hit it on the nose when he coined the phrase, “parting is such sweet sorrow.” This idea speaks to me as my son, Nihal, and I trek through our last year at CPNS. The 2012-2013 year marks my fourth and final year with the school. I will miss our inspiring community of parents and teachers, our priceless parent education nights (my get away, bonding and learning time), and the awesome play space where our children have the opportunity to choose their own play, based on their individual needs. I will miss it all, yet I look forward to our journey knowing I have been well prepared and my parenting skills are off to a great start. Likewise, Nihal has been gaining the social skills and self-confidence that will benefit him for years to come. He eagerly hustles to

get ready on school days, counting the minutes before he can play trains, bikes or just be with his very best, super-duper amazing, hilarious, almost-like-a-brother friend. This is the first time he has bonded so closely with someone outside of our family, and it is so heartwarming to experience this in my final year.

Although I will officially be joining the ranks of alumni in the spring, I already received a taste of what the future holds since my older son, Roshun, graduated a year and a half ago. All alumni have gone through this same transition, as their children embark into elementary school. When I asked Roshun what he missed most about CPNS, he said, “At Carlmont, I got to choose and play all day.” I thought more about this idea of choosing, and what impact it might have on a child. To take the lead in one’s own development and learning through his or her own choice seems crucial to fostering a child’s self-confidence and self-esteem. He also talked about the snack room, which didn’t surprise me one bit. I will miss parent snack myself!

When I think about what benefited Roshun the most at CPNS, I am reminded of a conversation his kindergarten teacher and I had last year. She asked where he went to preschool and commented on how comfortable he was resolving conflict. I mentioned he had lots of practice with great coaching. I was thrilled to see that after leaving CPNS, Roshun was able to remember those negotiation and self-expression skills he practiced daily under the guidance of teachers and parents. It is exactly what I had hoped for him. CPNS has given our family so much.

CPNS is what it is today because of the thousands of alumni families that dedicated their time and energy into making it a great place.

Families gain so much from the CPNS experience; and on the other hand, give so much back to the school. CPNS is what it is today because of the thousands of alumni families that since 1961, dedicated their time and energy into making it a great place. My job as CPNS board president (for the second year now) has allowed me to also feel the significance of my contributions to our amazing school.

One important improvement is a member’s only website being rolled out this year. It will allow members to easily access information pertaining to job teams, as well as relevant class information (and much, much more). This site will be used as a central hub for useful information pertaining to enrolled families. From a business and financial standpoint, CPNS is faced with challenges. Although funding from Sequoia Adult School was cut from our program last year, we responded by finding a way to successfully balance the budget to keep CPNS in operation. However, in this volatile economy, the latest challenge is lower than anticipated enrollment.

I want to take this opportunity to reach out to CPNS alumni and ask for your help in promoting your alma mater. The majority of our members enroll due to word of mouth advertising. As alumni, your experiences hold so much weight and influence. So let’s all get out there and let our communities know about CPNS. Encourage parents to tour the school. We need to help bring in more families to ensure CPNS continues to be such a great service to the community.

Thank you,

Harpreet Mc Dermott

CPNS President and Soon-to-Be-Alumni

alumni return

Generation to Generation

By Eleanor Enfield

This is my daughter's second year at CPNS and we continue to have an incredible experience at the school. I attended CPNS as a child, and I love that she is experiencing some of the same things I did back in the late 70s. It's a joy to see her ride around on the same retro bikes I used; and the block, art and music rooms haven't changed one bit.



Eleanor and daughter Grace

In addition to the fun things CPNS offers, I am finding that my favorite aspect (as a parent) is the community support of the school. Our family believes in the benefits of a school run by a community of parents and loved ones. It warms our hearts that we know parents by first name when we cross paths in the parking lot at drop-off or pick-up. It is comforting to know we can call anyone in our school and ask for a favor, a pick-up, etc. and that I would happily help a fellow parent in need too. We have met some incredible families at CPNS and I see us continuing to be friends well after our time at the school is finished.

We are so happy to be a part of the CPNS community. Maybe my daughter will love it so much that she will send her child 30 years from now too!

I attended CPNS as a child, and I love that my daughter is experiencing some of the same things that I did back in the late 70s.



Evan (age 13), Grace (age 8) and Jackson (age 3)

Yesterday and Today

We have enjoyed watching our children grow at CPNS. Our family strongly believes in the idea that learning best occurs through play, and our older children have had the benefit of that experience from their time at this school. In addition, we have now had the privilege to support the many benefits of a cooperative learning environment while we have remained at CPNS (in some capacity or another) for the past 10 years. Since our youngest son, Jackson, is currently enrolled in the 3AM Class, we look forward to a few more years here!

Officially returning to school in September brought back many positive memories for all of us in our family, and we are so fortunate, and happy, that Jackson will also get to enjoy many of those same CPNS traditions other graduates, including our own children, experienced.

The picture here is from the 2012 Spooky Social, and just like at this same event 10 years ago, our youngest son dug for treasure in the "Mummy Dig" like his older brother Evan had; then he took a ride on the tire swing in costume just like his older sister Grace had; and as parents we watched as all of our children decorated cookies, made crafts and walked the book walk together—all able to have fun at CPNS. Our older children have worked at this Halloween event for years as helpers. I was originally on the Events Team way back then, and I was happy to see that the "Spooky Touch" game, which I originally introduced to the event, is still giving kids the opportunity to have fun while learning at school.

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alumni return



Alumni at the Spooky Social

Thank you to the alumni who helped make the 2012 Spooky Social so special!

Corey Alger ('11)
Sadiue Boyton
Jesse Gerola ('11)
Jack Greenfield ('12)
Ekam Madra ('11)
Jenna Marx ('93)
Alex Ratskin ('12)
Elisa Pareenja
Maile Siefert
Evan Snodgrass
Grace Snodgrass
Henry
Camille & Bridget

Keep in Touch!

Please help our community stay connected! Alumni list details were lost in years past, and we would love to have your most current information. Any updates sent to secretary@carlmount-parents.org would be greatly appreciated. Thank you!

Yesterday and Today cont.

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The block room continues to offer so much fun, in so many different ways each and every day. Jackson recently wore the same fire coat and boots that Evan did when he was a student here; and the many dresses, beads, hats and shoes are still worn today by little girls just like when Grace wore them. I still smile when I think back to those days when Grace was swinging on that tire swing in a dress-up outfit and her biggest concern was whether or not her dress-up shoes would stay on or fall off as the tire went around and around. She was happy, and this experience became a regular routine while she was a CPNS student.

The school has so much to offer that remains unchanged. The art room. The music room. The snack room. Creation station. The hallway. The playground sand. The playground sand with water. The bikes. The list goes on and on. The school has always maintained a great opportunity for kids to play and learn.

In life even more than at school, things do change, but that change can also be good. We have watched our kids grow over the years, and yet continue to see how much of what they learned while at CPNS is still relevant and important; plus, they still remember, appreciate and share their positive experiences at CPNS with their younger brother.

Although the most obvious change that we see when we enter the gates here at CPNS has been on the playground itself, this has ultimately improved the opportunity for children to play and learn in a safer environment. The two climbing rocks in the center of the playground, one sheltered by our giant old, yet beautiful and strong, tree; and the other artificial rock in front of the rainbow cabinet surrounded by a safer playing surface, demonstrate to us on a daily basis just how wonderful CPNS is at merging the old with the new. The spirit of fun and learning at CPNS is still alive and well. We are thankful for CPNS and all that the school offers to so many, many children.

We are the proud parents of yet another CPNS student and look forward, with joy, to our third “graduation” in front of that same rock in the future.



Jackson and a friend strum guitars while others explore books

With appreciation,

The Snodgrass Family

Aileen and Doug, on behalf of Evan , Grace & Jackson

upcoming events



Save the Date!

Please join us at one of our CPNS Family Events.
All alumni are welcome!

February 7

Family Dinner @ Chevy's in Foster City, 5:00 to 8:00 p.m.
events@carlmontparents.org

March TBA

Family Movie Night at CPNS
events@carlmontparents.org

April TBA

Family Saturday Play Date
events@carlmontparents.org

May 11

Community Garage Sale
fundraising@carlmontparents.org

May 18

San Carlos Hometown Days Parade
events@carlmontparents.org

May 23

CPNS Graduation
events@carlmontparents.org

July 17-21

Annual Friends of CPNS Camping Trip
daksfo@earthlink.net

upcoming events



22nd Annual Friends of CPNS Camping Trip

Mark your calendars for the annual Friends of CPNS Camping Trip set for July 17 to 21, 2013 at Memorial Park in Pescadero. The trip is open to all alumni and current CPNS families.

At that first camping trip almost 22 years ago—and at every trip thereafter—families and friends of CPNS have pitched their tents together and enjoyed the beauty and adventure that surrounds them at this wonderful county park. Campers often enjoy the many hiking trails and several creeks that offer the unique opportunity to climb,

hike, play or swim while inside Memorial Park at our own, somewhat private campground. While there, we have the chance to play more and work less (the result of more parents and children together at the same campground, which ultimately means the possibilities for fun are endless!). Each evening campers can enjoy a delicious BBQ and potluck dinner and dessert, as well as unlimited s'mores and even some good ole' singing by the campfire under the tall trees and bright stars.

Although some things do change as time goes on, there are so many CPNS traditions, both at school and at the campground, that still remain the same. This is the beauty, wonder and love that still surrounds CPNS.

Nancy Rahimi, Director

The Snodgrass Family has generously continued to organize this special school tradition (even when Aileen was officially an alumni with no children enrolled at CPNS!), attending it for the last 10 years. Aileen originally volunteered to be the camping trip coordinator in order to maintain the tradition when their daughter, Grace (who is now 8 years old), was in the 4PM Class with Teacher Leslie. Since that original camping trip, Aileen and her husband have watched their older son and daughter, who are both graduates of CPNS, spend many wonderful summers with CPNS friends; and now they, and their little brother Jackson (who camped there while in utero and every summer since, and is now in the 3AM Class), are looking forward to even more camping fun ahead, hoping the trip will continue to grow and evolve as more members and friends of CPNS begin their own camping traditions at Memorial Park with them.

So please, plan to join us at the 2013 community camping trip, to once again camp under the stars with your fellow CPNSers. Look for more detailed information about how you can reserve your spot starting in late Spring 2013, or feel free to contact Aileen Snodgrass if you have any further questions about the camping trip.

22nd Annual Friends of CPNS Camping Trip

July 17-21, 2013

Cost is \$25/family/night

Questions or reservations, please contact:

Aileen Snodgrass at daksfo@earthlink.net

upcoming events

Party with CPNS!

As times are changing, so is the CPNS fundraising structure. In December, we held a ticketed "Grape and Grain Auction" event, complete with appetizers, desserts, dancing and lots of amazing auction items. We hope to make this an annual event, giving CPNS parents, alumni and their friends a chance to have a fun evening out, while supporting our school.

The Fundraising Team also held a week-long mini-auction in the fall, with another planned for March 18 to 25, 2013. Through these auctions, we hope to build a stronger community, with fun items and group classes (many led by CPNS parents) available for bidding.

To encourage participation in these events, the fundraising commitment to the school has also changed. Instead of requiring donated items (with a monetary minimum equivalent), we are asking families to commit three hours of their time. These hours can be accomplished by teaching a class (some popular ones have been Thai Cooking, Samosa Making and Photography), hosting a party or volunteering to help the fundraising team during the auctions or throughout the year.

There will also be a community garage sale on May 11, 2013 with all proceeds going to CPNS. More details, including the sale's location and how to donate items beforehand, will be sent to the alumni listserv closer to the date.

We would love for any or all of these events to provide alumni the chance to reconnect. So please, consider taking a cooking or crafting class together, or come and party with old friends and new at the 2013 big auction event!

Questions? Contact fundraising@carlmontparents.org. Thank you!



Hannah Heller and Lori Low at the samosa making auction party



Jason Alger and his future CPNSer at the Friends of CPNS Camping Trip



Andrea Gerola greets guests at the 2012 Spooky Social

Carlmont Parents Nursery School

STAFF

Nancy Rahimi
Director & 3AM Teacher

Leslie Marx
4PM Teacher

Conny Shyers
2AM & Pre-K Teacher

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Jenny McPherson
Fundraising Chair

CPNS

751 Alameda de las Pulgas
Belmont, CA 94002
www.carlmontparents.org

alumni updates & news

KATE EXLEY ('04) continues to enjoy gymnastics and she competes for San Mateo Gymnastics in Belmont as a Level 7 gymnast. She qualified to the Norcal L7 State Team by finishing in the top six at State Championships in April. She also qualified to represent Northern California at the National Judges Cup competition in Indianapolis last January. The Norcal Level 7 State Team took first place in the team competition there and Kate took first place on bars, floor and all-around in her competition session. Her favorite events are bars and floor. Kate's next competition season began in January and she is competing as a Level 8 gymnast. She is now in 8th grade at San Carlos Charter Learning Center and she is looking forward to high school next year.

LUCY EXLEY ('06) continues to love dance. Last year she joined the Production Team at Dance Mode Studio in San Carlos where she has been taking classes since she was at CPNS. She is currently on three production teams (Junior Tap, Teen Jazz and Teen Hip Hop). She enjoys taking dance workshops and performing. Lucy is in 6th grade at San Carlos Charter Learning Center.

JOHNNY EXLEY ('09) competes on the San Mateo Gymnastics Boys Team. Last year he was a Level 4 gymnast and this year he will compete on their Level 5 team. His competition season began in January and his favorite events are rings and floor. Johnny also enjoys soccer, tennis and reading comic books. He is in 3rd grade at San Carlos Charter Learning Center.

Sue Exley (8 years at CPNS)

My older son, **JULIEN LEVY**, now 14, caught the tree planting bug early, thanks to 4-H. Or maybe it was all that digging in the sand play area! Regardless, he chose to spend hundreds of hours on a tree planting project which took place on Earth Day last year. The goal? To replace the backyard trees lost to the PG&E fire in San Bruno. He wrote grant proposals, raised \$4,000 and gathered 200+ volunteers to plant 56 trees in 44 backyards. For that, and the work that Julien did as a youth board member of the 4-H Million Tree project to fund tree nurseries in Kenya, he won second place in JC Penny/IZOD/Now Music's national "What's Cool About Your After School" contest.

Linnaea Knisely

LIAM LORD ('04) earned a chair in the Region Honor Band and performed in concert in December. He plays trumpet and is in 8th grade at West Ridge Middle School in Austin, Texas.

Joanne Lord

My son, **CHRISTOPHER NOLAN ('12)**, who attended the 4PM Class with Teacher Leslie and Pre-K with Teacher Conny, had tons of fun at CPNS. He loved to play outdoors and ride the tricycles all the time, but he did not like arts and crafts. Now, he is going to Laurel Elementary School in San Mateo. The beginning was hard for him with all the changes (morning class, new friends, new teacher, etc.), but in a few days he made it!!! He loves every single day at school. Previously, he did not have patience for coloring, and now, every day I see progress. Christopher is also a big fan of trains, he will love them forever. So far this new experience (kindergarten) is bringing lots of good things into the family. He's becoming a big boy. In January, my little girl Kayla will attend the 2AM Class at CPNS. Can't wait!

Andrea Nolan

NOELLE PLASSE ('12) absolutely loves kindergarten, and while she's lucky to have the same wonderful teacher her sister did, she often mentions she misses Teachers Leslie, Conny and Nancy. She enjoyed soccer season with her Dad coaching her team, The Rainbow Girls, and she loves her new ballet class. I took on organizing parent education events at the elementary school—our first event was about how parents can help their kids be successful in their school and home responsibilities. Also, I'm setting up a Daisy Troop that begins in January.

Rachel Plasse

GREGORY THOMPSON ('07) earned his brown belt (last one before his black belt!) in Kung Fu at Tat Wong Academy in San Mateo. He's so close! He also enjoys Cub Scouts and will bridge to Boy Scouts end of this year with the highest award called "Arrow of Light."

*Amy Thompson
Mom to twins Gregory
& Michaela (age 11)*



continuing the legacy

Think of Us Fondly and Give Us Your Good Old Stuff

CPNS is in need of gently used dress-up costumes and shoes from kindergarten through second grade. Halloween costumes and accessories, sports cleats, tap shoes, roller skates and ballet slippers will find a loving home here. Thank you for continuing to think of CPNS when you are cleaning out your closets and garages. You are invited to contact Teacher Nancy (cpnsdirector@yahoo.com) if you have something to give away which you think we might be able to use.



Imaginative play with block room props and costumes (clockwise from top): playdough-pounding giraffe sighting; flower power princess on the run; Teacher Nancy with an oceanographer; firefighter to the rescue; a construction worker moves mountains



Join Us Online!

Sign up to join the Alumni Listserv
secretary@carlmontparents.org

Like us on Facebook
www.facebook.com/CarlmontParentsNurserySchool

Check us out on Yelp!
www.yelp.com/biz/carlmont-parents-nursery-school-belmont

continuing the legacy

Carlmont Parents Nursery School is a parent participation, co-operative, play-based developmental preschool. We are a community of children, parents and teachers working together with the common goal of stronger, healthier families; and we believe that the well being of children, their senses of self, their values and their perspectives on the world are all greatly shaped by those charged with their care.



Support CPNS with a Tax-Deductible Gift

CPNS was hit hard when funding from the Sequoia Adult School was cut due to California's fiscal crisis. This funding comprised almost 60% of the teachers' salaries and 25% of the school's income. It was a difficult blow, yet CPNS has managed to survive. Please help our school not only keep its doors open, but grow and thrive, and continue to provide the kind of education and experiences that were so special to you and your family.

I want to support Carlmont Parents Nursery School.

Please find a check enclosed, made out to CPNS for the following amount:

\$50 \$100 Other amount: _____

I will be using Paypal via the carlmontparents.org website to donate.

Name _____ State, Zip _____

Address _____ Phone _____

City _____ Email _____