



CDCC Parent Newsletter March 2017

Important Dates to Remember

March 7 – Parents' Workshop 5:30-7:30

Teaching our Children Optimism and resilience.

March 18 – CDCC fundraiser

March 27- 31 – CDCC is Open for Spring Break

Save the date: April 13-Picture day

May 25th – Pre-K Graduation at 12:00 noon

Summer Camp is coming! – June 9th until school starts.

Policy Reminders

- Children must be picked up by 5:30 PM. Late fees of \$5 for every 15 minutes or portions thereof will be charged for late pick ups.
- CDCC must be notified **no later than 1 hour prior to school release** if child will not be attending Cliff Drive on their scheduled day. If Cliff Drive is not notified in a timely manner, a Failure to call fee of \$5 per day will be assessed.

Parents' Workshop: March 7th

Teaching our Children Optimism and Resilience

Dr. Mary Patterson is a Licensed Educational Psychologist (LEP) who works with children and parents in her private practice in Santa Barbara. She received her graduate education at UCSB in counseling/clinical/school psychology and worked as a school psychologist in Santa Barbara County for 6 years before opening a private practice. It is her joy to work collaboratively with parents to provide counseling and assessment services to help children thrive.

We know our children will encounter adversity in their lives...how can we equip them with the skills to not only "weather the storm" but also flourish amidst the range of challenges they will face? Teaching optimism and healthy thinking patterns can build resilience in a myriad of ways and is associated with positive outcomes such as improved physical health and life longevity, positive self-esteem, academic achievement, problem-solving skills, occupational success, and prevention of depression.

This workshop will discuss the concepts of optimism and resilience, how we can model these important concepts for our children, and how to teach our children

to be optimistic and resilient. Participants will learn specific skills to help teach their children to be optimistic from infancy through adolescence.

This event will include dinner and childcare at no cost, please RSVP to cara@fmcsb.org By Friday March 3rd to reserve your spot.

CDCC Fundraiser: March 18th

On March 18th, we will gather at the Carriage Museum for “**Day of the Dip: Salsa & Guacamole Showdown**” to raise money for Cliff Drive Care Center. The event will include a salsa and guacamole competition/tasting, a live and silent auction, and an opportunity drawing, along with dinner and live music.

How can you be involved?

- Do you have a fabulous salsa or guacamole recipe to try among the competitors?
- Are you interested in attending the fundraiser? Tickets are \$75 per person and go on sale February 5th.

Speak with Jenny or Danielle about purchasing them.

CDCC is open all week for Spring Break

If your elementary school-age child will be attending CDCC during spring break March 27-31, please sign up on the clip board, so that we can correctly staff our program.

Dance Class with Miss Alyson

CDCC is offering Miss Alyson's dance classes as enrichment classes every 1st and 3rd Wednesday of the month.

Around CDCC:

Our school themes this March are Baby Animals, Spring, and Bugs. We will celebrate St. Patrick's Day on March 17th. Our pre-kindergarten classes are focusing on the letters Q, R, S, and T. Your children will have fun sharing what they are discovering about these themes!

Wish List:

- We are already thinking ahead to Fiesta. Start saving your eggshells (white or brown) for our cascarones! You can drop them off with Miss Jenny in the office.

Sincerely,

Jenny Yznaga, Director