



## September Newsletter

As the new school year begins here at Country Dawn, I want to welcome all of our new babies to our Infant Program! We are excited to get to know you and your little ones. September is a busy month around here as we are getting to know each and every one of you. If you have any questions or concerns about your child's care, please let us know so we can meet your child's needs.

Country Dawn will be closed Monday, September 5th in observance of Labor Day

The first day of school will be Wednesday, August 31<sup>st</sup>

### New school year reminders:

## WELCOME!

- Please always provide several **changes of clothes**, in their diaper bag, in case your child needs to be changed
- Please provide a bag for your child's used bottles for us to send home
- Please provide enough **clean bottles** for the day and **label your child's bottles and bottle lids** with their names and date that they are brought in each day
- Please bring your child's lunch in a lunch box with an adequate ice pack
- We can do heat up lunches that take **60 seconds** or less to microwave
- Feel free to write out your child's schedule so that we don't miss anything. We know drop off for the first time can be a little difficult
- Breakfast ends at 7:30am
- Teacher email and Procure are checked daily
- Please let us know any time your child will be absent

We cannot wait to meet you and your child and begin to build a relationship. Again, if you have any questions or concerns, please don't hesitate to ask us.

Teacher Email: [countrydawnlisa@gmail.com](mailto:countrydawnlisa@gmail.com)

Country Dawn Phone Number: 425-334-3885

With love,  
Lisa, Donah, Vita



# September Menu

## 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> <b>Country Dawn Lunches</b> All Week - Sovnut & .Jam M - Grilled Cheese T - Tuna W - English Muffin Pizzas Th - Turkey & Cheese F - Quesadillas	<b>30</b> All breakfasts are served with water and milk. Cheerios are also served as a breakfast option each day. Water is served with all snacks, unless posted otherwise. * 30 months and under	<b>31</b> Breakfast: Pancakes & orange slices AM: Pretzels with green beans PM: Boiled eggs with Triscuit crackers	<b>01</b> Breakfast: Waffles with strawberries & whip cream AM: Cinnamon tortillas with applesauce PM: Popcorn with grapes (* crackers with pears)	<b>02</b> Breakfast: Assorted cereals & bananas AM: Tomato slices, zucchini with Saltine crackers PM: Tuna sandwiches with pickles
<b>05</b> <b>Country Dawn</b> <b>Closed for</b> <b>Labor Day</b>	<b>06</b> Breakfast: Scrambled eggs with ham and cheese & bananas AM: String cheese with goldfish crackers PM: Pineapple with graham crackers	<b>07</b> Breakfast: Oatmeal & apple slices AM: Rice cakes with pears PM: Bean and cheese tortillas with olives	<b>08</b> Breakfast: Croissants with strawberry jam & cantaloupe AM: Ritz crackers with roasted broccoli PM: Teddy grahams with mandarin oranges	<b>09</b> Breakfast: Assorted cereals & strawberries AM: Vanilla wafers with bananas PM: Ham and cream cheese rolls with snap peas
<b>12</b> Breakfast: Assorted cereals & bananas AM: Goldfish crackers with bell peppers, zucchini PM: Carrots and cheese cubes (* sliced cheese & cucumbers)	<b>13</b> Breakfast: French toast & peaches AM: Celery, broccoli (* roasted), hummus, pita bread PM: Vanilla yogurt with mixed berries	<b>14</b> Breakfast: Oatmeal & apple slices AM: Rice cakes with pears PM: Bean and cheese tortillas with olives	<b>15</b> Breakfast: Cinnamon toast & mixed berries AM: Breadsticks with cauliflower, tomato slices, ranch PM: Orange slices with popcorn (* crackers)	<b>16</b> Breakfast: Assorted cereals & kiwi AM: String cheese with roasted potatoes PM: Vanilla pudding with bananas
<b>19</b> Breakfast: Assorted cereals & pears AM: Green beans with Saltine crackers PM: Soy butter and jam sandwiches & milk	<b>20</b> Breakfast: English muffins with strawberry jam or soy butter & mandarin oranges AM: Fig newtons with grapes (* pineapple) PM: Pretzels, carrots, celery (* cucumbers)	<b>21</b> Breakfast: Bagels with cream cheese & apple slices AM: Roasted cauliflower with Better Cheddar crackers PM: Boiled eggs with peas	<b>22</b> Breakfast: Breakfast burritos with ham, cheese, salsa & pineapple AM: Goldfish crackers with cucumbers, bell peppers PM: Ginger Snaps with cantaloupe	<b>23</b> Breakfast: Assorted cereals & applesauce AM: Mini bagels with cream cheese, bananas PM: Wheat Thin crackers with carrots (* bell peppers),
<b>26</b> Breakfast: Assorted cereals & grapes (* pineapple) AM: Graham crackers with mandarin oranges PM: Rice cakes with yogurt	<b>27</b> Breakfast: Oatmeal & blueberries AM: Turkey cubes with Ritz crackers PM: Apple slices, cheese cubes (* grated cheese)	<b>28</b> Breakfast: Biscuits with sausage gravy & pears AM: Cauliflower, broccoli (* roasted) with ranch, bread sticks PM: Pita bread with hummus, snap peas	<b>29</b> Breakfast: Waffles with strawberries & whip cream AM: Cinnamon tortillas with applesauce PM: Popcorn with grapes (* crackers with pears)	<b>30</b> Breakfast: Assorted cereals & bananas AM: Tomato slices, zucchini with Saltine crackers PM: Tuna sandwiches with pickles



## School Calendar Fall 2022 –2023

August 31st	————- <b>First Day Of School</b>
September 5th	————- <b>Country Dawn Closed</b> —In observance of Labor Day
September 20th	————- <b>All Preschool classes Curriculum Night Zoom Meetings</b>
September 22nd	————- <b>All Pre-Kindergarten classes Curriculum Night Zoom Meetings</b>
Dates to be determined - <b>School Pictures</b>	
October 10th	————- <b>No School for Ms. Jenna’s &amp; Ms. Thalia’s Pre-Kindergarten classes</b>
November 11th	————- <b>Veteran’s Day — No School for Ms. Jenna’s &amp; Ms. Thalia’s Pre-Kindergarten classes</b>
November 14th-18th-	<b>Parent Teacher Conferences</b> — All Preschool and Pre-Kindergarten Classes will be sending home Evaluation packets with phone or Zoom conferences upon request
November 24th-25th-	<b>Country Dawn Closed</b> — In observance of the Thanksgiving Holiday
December 9th	————- <b>Holiday Program for Ms. Jenna’s Pre-Kindergarten class</b>
December 10th	————- <b>Holiday Programs for Ms. Becky’s, Ms. Erika’s &amp; Ms. Thalia’s Pre-Kindergarten classes</b>
December 19th-January 2nd	————- <b>Winter Break</b> —No School for Ms. Marie’s Preschool and Ms. Jenna’s & Ms. Thalia’s Pre-Kindergarten classes
December 26th	————- <b>Country Dawn Closed</b> —In observance of Christmas Day
January 2nd	————- <b>Country Dawn Closed</b> —In observance of New Year’s Day
January 3rd	————- <b>Ms. Marie’s Preschool class Resumes</b>
January 4th	————- <b>Ms. Jenna’s &amp; Ms. Thalia’s Pre-Kindergarten Classes Resume</b>
January 16th	————- <b>Martin Luther King Jr. Day</b> —No School for Ms. Jenna’s & Ms. Thalia’s Pre-Kindergarten classes
January 30th	————- <b>No School for Ms. Jenna’s &amp; Ms. Thalia’s Pre-Kindergarten classes</b>
February 17th & 20th	————- <b>President’s Day Weekend</b> —No School for Ms. Jenna’s & Ms. Thalia’s Pre-Kindergarten classes
February 20th	————- <b>Country Dawn Closed</b> —Staff In-Service Day (This is new this year)
March 6th—10th	————- <b>Parent Teacher Conferences</b> — All Preschool and Pre-Kindergarten Classes will be sending home Evaluation packets with phone or Zoom conferences upon request
March 13th	————- <b>No School for Ms. Jenna’s &amp; Ms. Thalia’s Pre-Kindergarten classes</b>
March 13th—17th	————- <b>Current Family Registration for Summer 2023 and Fall 2023—2024</b>
April 3rd—7th	————- <b>Spring Break</b> —No School for Ms. Marie’s Preschool and Ms. Jenna’s & Ms. Thalia’s Pre-Kindergarten classes
April 10th—14th	————- <b>Open Registration for Summer 2023 and Fall 2023—2024</b>
To be determined	————- <b>Moms and Muffins for all Preschool and Pre-Kindergarten classes</b>
May 29th	————- <b>Country Dawn Closed</b> —In observance of Memorial Day
To be determined	————- <b>Dads and Donuts for all Preschool and Pre-Kindergarten classes</b>
June 9th	————- <b>Graduation for Ms. Jenna’s Pre-Kindergarten class</b>
June 10th	————- <b>Graduation for Ms. Becky’s, Ms. Erika’s &amp; Ms. Thalia’s Pre-Kindergarten classes</b>
June 15th	————- <b>Last Day of School</b>
June 16th	————- <b>Summer Fun Begins</b>



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# HEALTH CARE POLICY

**Children with any of the following symptoms should stay home or may be sent home.**

1. Diarrhea - 3 or more watery stools in a 24-hour period.
2. Vomiting - vomiting 2 or more times within the past 24 hours.

**Note: Children must be free of vomiting and diarrhea for a 24 hour period before returning to Country Dawn.**

3. Rashes - any draining rash, or body rash that persists with no apparent cause, and especially if accompanied by fever or itching. **Note: Children with Thrush (Moniliasis) must be on antibiotics 24 hours before returning.**
4. Eye discharge - thick mucus or pus draining from the eye, or "pink eye". **In addition Children with "Pink Eye" must be on antibiotics at least 24 hours before returning for care & be goop free.**
5. Appearance & Behavior - unusually tired, pale, lack of appetite, these symptoms provide sufficient reasons for keeping a child from attending child care .
6. Sore throat - especially if it is accompanied by fever and / or swelling of glands in the neck. **In addition Children with Strep Throat must be on antibiotics 24 hours before returning for care.**
7. Lice & Scabies - ( insect infestations) children who have lice must not return to child care until they are free of lice and nits (eggs). Children with scabies, caused by a burrowing itch mite, can be admitted for child care after treatment.
8. Fever - if the child's temperature is 101° Fahrenheit or higher.

**Note: Children must be fever free for a 24 hour period without the use of fever reducing medication before returning to Country Dawn.**

9. Nose discharge - Children with chronic colored heavy discharge from nose should be evaluated by their health care provider.
10. Chronic cough - severe chronic cough should be evaluated by the child's health care provider.
11. Apparent respiratory problems - when a child experiences any unexplained difficulty in breathing they should be seen immediately by a health care provider.

**Children with the following symptoms may attend child care provided they DO NOT exhibit any of the symptoms listed in items one through eleven above and are able to participate in normal activities of their group or class.**

1. Ear infections - children with ear infections who are receiving medical treatment and follow up, and DO NOT have any of the above symptoms; do not need to be excluded from childcare.
2. Mild cold symptoms - children with occasional clear discharge from the nose, and occasional cough do not need to be excluded from childcare.
3. Minor rashes with known causes - such as minor diaper rashes, heat rashes, or minor rashes due to allergic reactions which are not dangerous or contagious, and of no apparent discomfort to the child, do not need to exclude a child from child care.
  - If children are too sick to attend public school they are also too sick to be at Country Dawn.
  - If your child should get sick while at Country Dawn he or she will be removed from their group and made as comfortable as possible, and you will be contacted to pick up your child. If we cannot reach you we will contact whom ever you listed on the Health / Emergency Data Card as authorized to pick up your child. Make sure the people you authorize to pick up your child are available when you are not. If we feel the illness is serious we will seek emergency help immediately.

**If your child has Covid symptoms (fever, chills, cough, loss of sense of taste and/or smell, shortness of breath, fatigue, headache, muscle or body aches, sore throat, congestion or runny nose, nausea or vomiting and/or diarrhea) and/or if they have had a known exposure, please test your child. If they test positive please let us know and they will need to quarantine (please see attached Covid information). If they are negative they may attend.**

**Child's Name:** \_\_\_\_\_

**Parent / Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent / Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

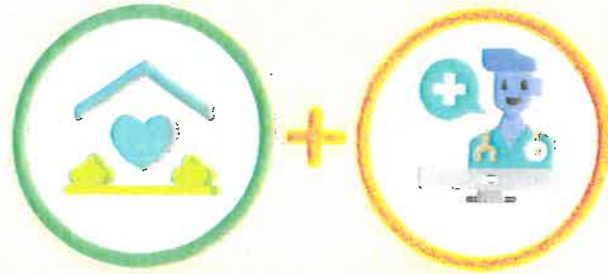
# What to do if a Person is Symptomatic



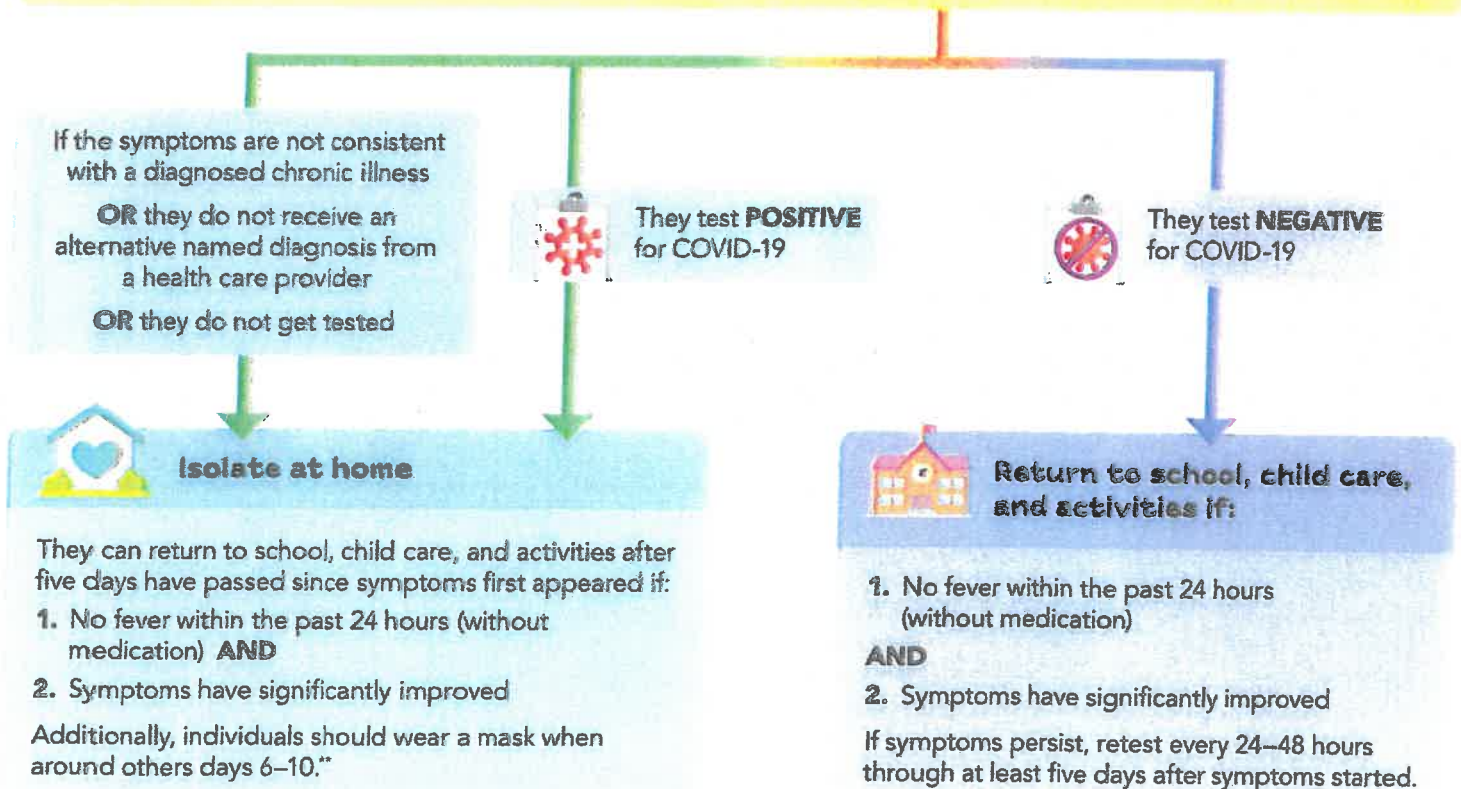
This flowchart is for K-12 schools, child care, and connected extracurricular activities.

## If a person has one or more of these symptoms:

- Fever ( $\geq 100.4^{\circ}\text{F}$ ) or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Cough (new, changed, or worsening)
- Nausea, vomiting, or diarrhea
- Fatigue
- Sore throat
- Congestion or runny nose\*



### Isolate at home and test for Covid-19



**Child care providers should review their WAC and licensing requirements and follow any additional measures that are required.**



DOH 820-229 August 16, 2022 To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

- \* If the child is under the age of two and ONLY has congestion/runny nose with no other symptoms, testing and isolation is not required. If the child's symptoms worsen or persist longer than five days, follow the flowchart for children over two and it is highly recommended to contact a healthcare provider.
- \*\* If you cannot wear a well-fitting mask: You should complete a full 10-day isolation at home. See the [K-12/child care guidance](#) for additional information.

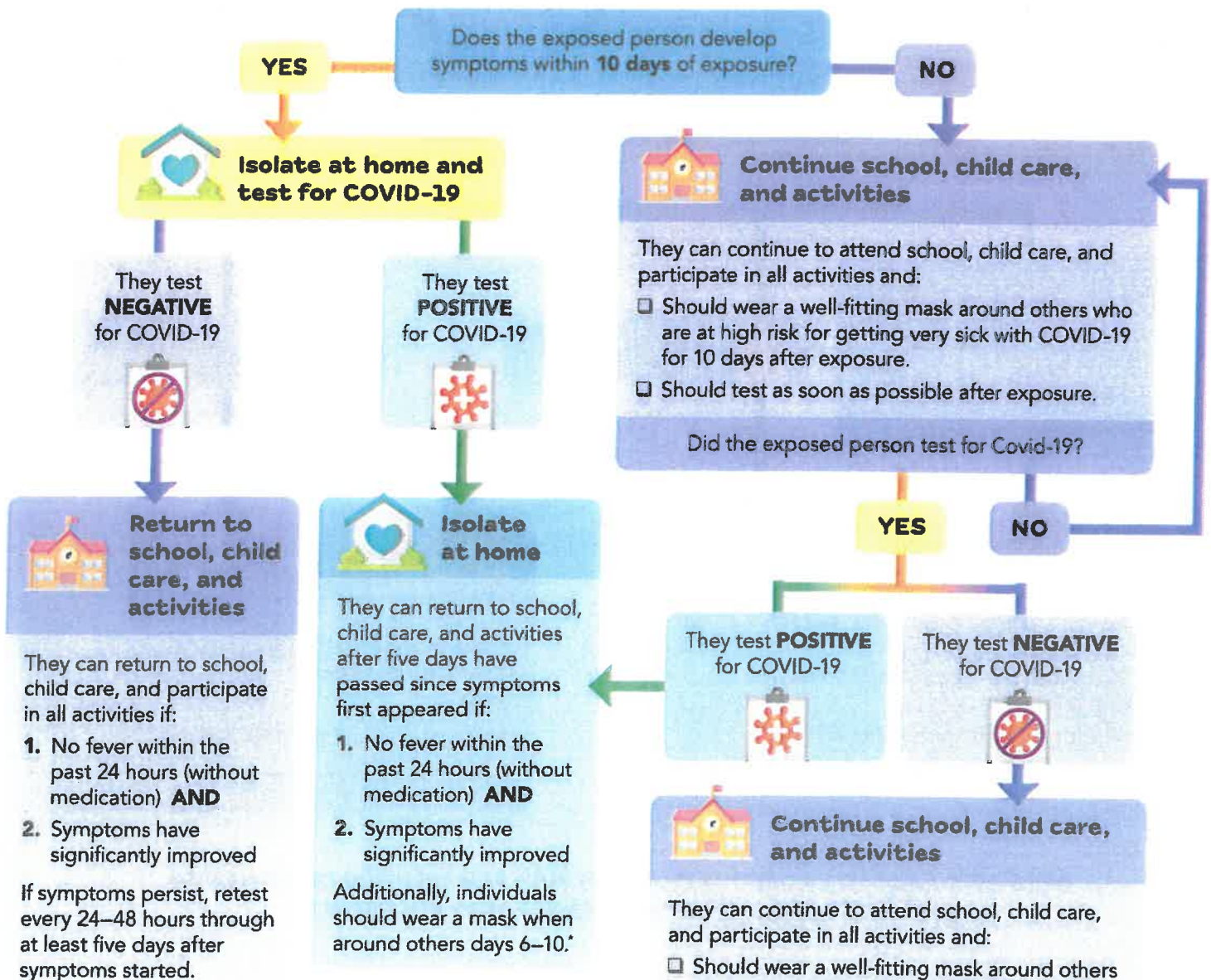
# What to do if you receive an exposure notification or think you have been exposed to COVID-19



This flowchart is for K-12 schools, child care, and connected extracurricular activities.

**Regardless of vaccination status, use the following guidelines:**

- Continue to attend school, child care, and activities.
- Monitor for symptoms for 10 days after exposure.
- Should test as soon as possible after exposure.
- Should wear a well-fitting mask for 10 days after exposure.



\* If you cannot wear a well-fitting mask: You should complete a full 10-day isolation at home. See the [K-12/child care guidance](#) for additional information.