



Welcome to the new school year! We are so excited to begin this year by getting to know you and your child. To help the children feel more comfortable in their new classroom we suggest bringing in a current family picture they can look at throughout the day.

The themes for the month are Back to School, Fall, and All About Me. Throughout the year we will be working on counting to 20 in English and Spanish, number recognition, ABC's and letter recognition, shapes, colors in English and Spanish, manners, fine motor skills, and potty training among many other things.

Listed below are some helpful tips and reminders that will help us all to have a smooth transition when coming to school.

- First day in the new classes is Wednesday, August 31st.
- We are closed Monday the 5th in observance of Labor day.
- Breakfast is served until 7:30 am every day. Cheerios is a daily alternative option to what is listed on the breakfast menu. Please let us know if your child has any allergies or dietary restrictions.
- Please have an ice pack in your child's lunchbox as we are not able to store lunches in our small refrigerator.
- We can do lunch heat ups that take 60 seconds or less.
- Hot lunches are available for order at the front desk for \$5.
- We are a peanut-free facility so please be aware of ingredients.
- Our cut-off time for drop-off is 11:00 am. If you are dropping off close to 11:00 am please make sure your child will be ready for a nap. We start our nap at 12:30 pm. If you cannot make it here by 11:00 you can drop off after 3:00 pm. Please let us know when to expect you.
- The children's cubbies measure 10" x 8" top and 10" x 14" bottom so please be mindful of the size of their belongings that they are bringing. Make sure your child's name is on everything; oftentimes kids will have the same jacket or blanket. Part-time kids will be sharing a cubby so please take all your child's belongings home daily.
- Bring a full change of clothes, including shoes and socks, in case of accidents or spills. As we begin potty training and your child transitions into underwear, we recommend bringing 3 changes of clothes in case of accidents. In the event of three accidents in one day we will put them back in a diaper or pull-up and we will try again the next day. Accidents are just part of the process.
- It is starting to get a little chilly in the mornings so make sure your child has a coat, sweatshirt, or raincoat as we go outside 2-3 times a day, weather permitting.
- Summer weather may not be over yet so please make sure your child has sunscreen. Per WAC 110-300-0240-2d we are only allowed to use non-aerosol sunscreens.

- At naptime we allow a small blanket and a stuffed animal if they'd like one. Please keep in mind it must all fit inside the cubby.
- If your child uses a binky we will be encouraging them to be without it in order to prepare for Preschool.

There will be no Saturday Night Care this month due to Covid. October is still to be determined.

We will begin Elevate Music with Ms. Ashley for a half hour once a week starting mid September. The kids love her!

Happy 3rd birthday to Sylvia 9/20 and Karver 9/22!

Please let us know if your child will be absent anytime this month as this helps with staffing. If you have any questions, feel free to contact me through the Procure App or email me at [Countrydawnstefanie@gmail.com](mailto:Countrydawnstefanie@gmail.com)

Love,  
Ms. Stefanie and Ms. Sabrina



# 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>	<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: Pancakes & orange slices AM: Pretzels with green beans PM: Boiled eggs with Triscuit crackers	<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 (* grated cheese)	<b>27</b> Breakfast: Oatmeal & blueberries AM: Turkey cubes with Ritz crackers	<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



## 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>



10315 20<sup>th</sup> St. S.E. | LAKE STEVENS, WA 98258 | (425) 334-3885

# 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 poop 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:** \_\_\_\_\_

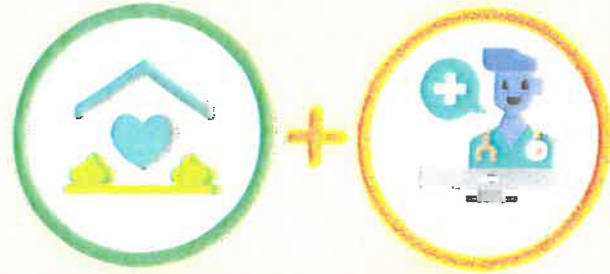
# What to do if a Person is Symptomatic



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

If the symptoms are not consistent with a diagnosed chronic illness

**OR** they do not receive an alternative named diagnosis from a health care provider

**OR** they do not get tested



They test **POSITIVE** for COVID-19



They test **NEGATIVE** for COVID-19



#### Isolate at home

They can return to school, child care, and activities after five days have passed since symptoms first appeared if:

1. No fever within the past 24 hours (without medication) **AND**
2. Symptoms have significantly improved

Additionally, individuals should wear a mask when around others days 6–10.\*\*



#### Return to school, child care, and activities if:

1. No fever within the past 24 hours (without medication)
- AND**
2. Symptoms have significantly improved

If symptoms persist, retest every 24–48 hours through at least five days after symptoms started.

**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.

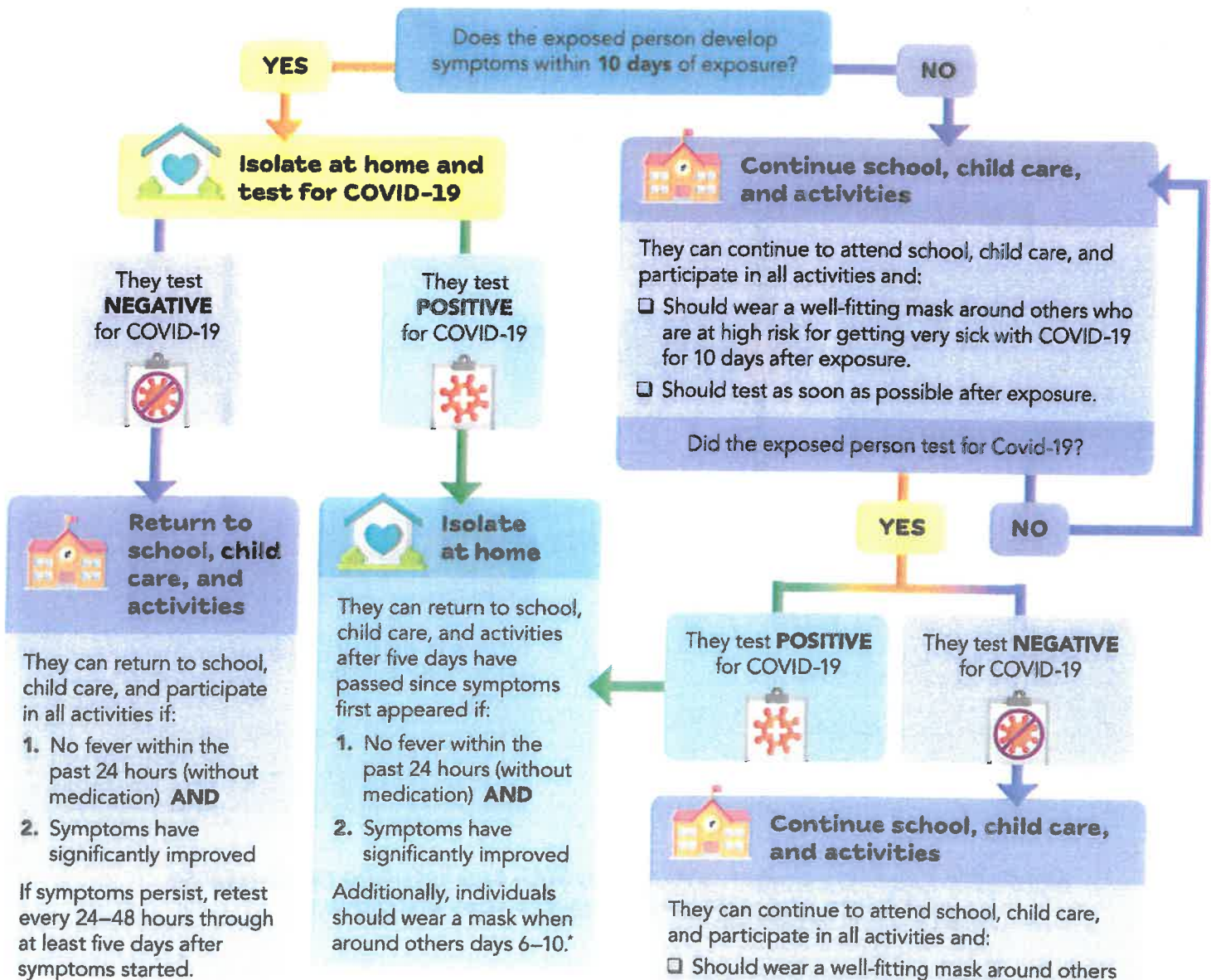
# What to do if you receive an exposure notification or think you have been exposed to COVID-19



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.