



Dear Parents,

Welcome to an exciting year for your children. We are very excited to get the school year started and I am so happy to have you and your child in our room this year. Pre-k is an important year for your little ones; I am excited for the opportunity to be able to work together as working at home with them is also important for their education.

Some important information:

- First day of school will be Wednesday, August 31st.
- Please have your child here by 8:30 as our class begins at this time, but please let us know if your child is going to be in later than that as our cut off time is at 11:00am. When a child is showing up later it makes it hard for the child to adjust and our priority is to help them have the best day possible.
- Your child may bring a small blanket for nap time, please remember that our class cubbies and space is very limited so please just a blanket for nap. Also, please no toys from home, as they can become a distraction for the other children in our room, and can get lost. (Small stuffed animals for nap are ok)!
- We will not be having Show and Tell in Pre-K.
- September is a big month for our Pre-k class. Themes and curriculum/learning for this month are Welcome to School, Manners, All About Me and Apples. There will be no letter/number of the week for the first month of school as we will be focusing on getting acquainted to life in Pre-k.
- When September is over, we will be jumping into our academics and our social and emotional development.
- We will also have a family section in our classroom so your



children can share their pride in their own family. **Please feel free to send a picture of your family.** Please make sure it is a picture you do not need back as our little hands are learning to be able to take care of things.

- Country Dawn will be closed Monday, September 5th in Observance of Labor Day.
- Our Elevate Music Day will be on Mondays, our time is still to be decided.
- Curriculum Night will be Thursday, September 22nd via Zoom at 6:30pm, and we will send you the link. This is a great opportunity to hear about what we will be doing throughout the year, and to answer any questions you may have.
- Breakfast is served every day until 7:30. If you arrive after 7:30 please make sure your child eats at home. Also, please no food from home in replacement of our breakfast. If any question, please feel free to ask the front desk.
- Please call if your child is going to be gone for the day as it will help the front desk in scheduling.
- Please make sure your child has an extra change of clothes at school just in case of an accident or they get something on themselves and need to be changed.
- It will start to get cold as the season changes into fall so please send a coat/sweatshirt with a hood everyday as we go outside unless it is pouring down rain. The children need to get outside and run off some energy.
- Since we don't have a big refrigerator in the classroom, we ask that you put an ice pack in your child's lunch. We do have a microwave for any heats up, but we ask that they are up to 60 seconds, since we likely have around eight to ten heat ups.
- You can order a Country Dawn lunch until 10:00 am the day of and the cost is \$5, entrée only cost is \$2.50.
- Please remember we are a **peanut free center**. Always remember to check packages if you are bringing treats for the class and/ or if you are sending something in your child's lunch. This is for the safety of children with severe allergies.

- Please make sure that sunscreen forms are filled out for new families. (We will be applying sunscreen even on partly cloudy days, through the weather change).
- Feel free to reach out with any questions to my teacher email countrydawnerika@gmail.com or through our ProCare app.
- I am so excited to share with you that this year we will be doing our Pumpkin patch fieldtrip. All the details will be sent to you as soon as we have them.
- No Saturday Night Care for the month of September due to Covid, October is to be decided.

Teacher's schedules this year...

Ms. Erika 8:30am – 2:45

Ms. Saima 7:30- 4:30

Ms. Vikki 2:45- 6:00

I want to share with you one of my favorite Early Education quotes...

"The first five years have so much to do with how the next 80 will turn out." ~Bill Gates

Sincerely,

Mrs. Erika

September Menu

2022



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



School Calendar Fall 2022 –2023

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



10315 20th 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 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: _____

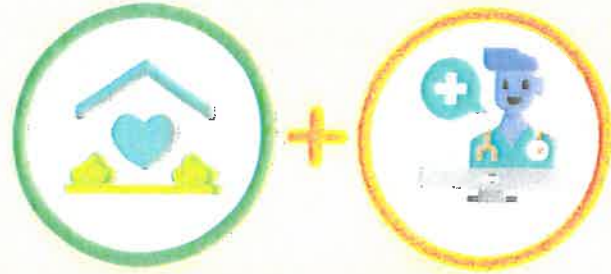
What to do if a Person is Symptomatic



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

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.

- * 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.

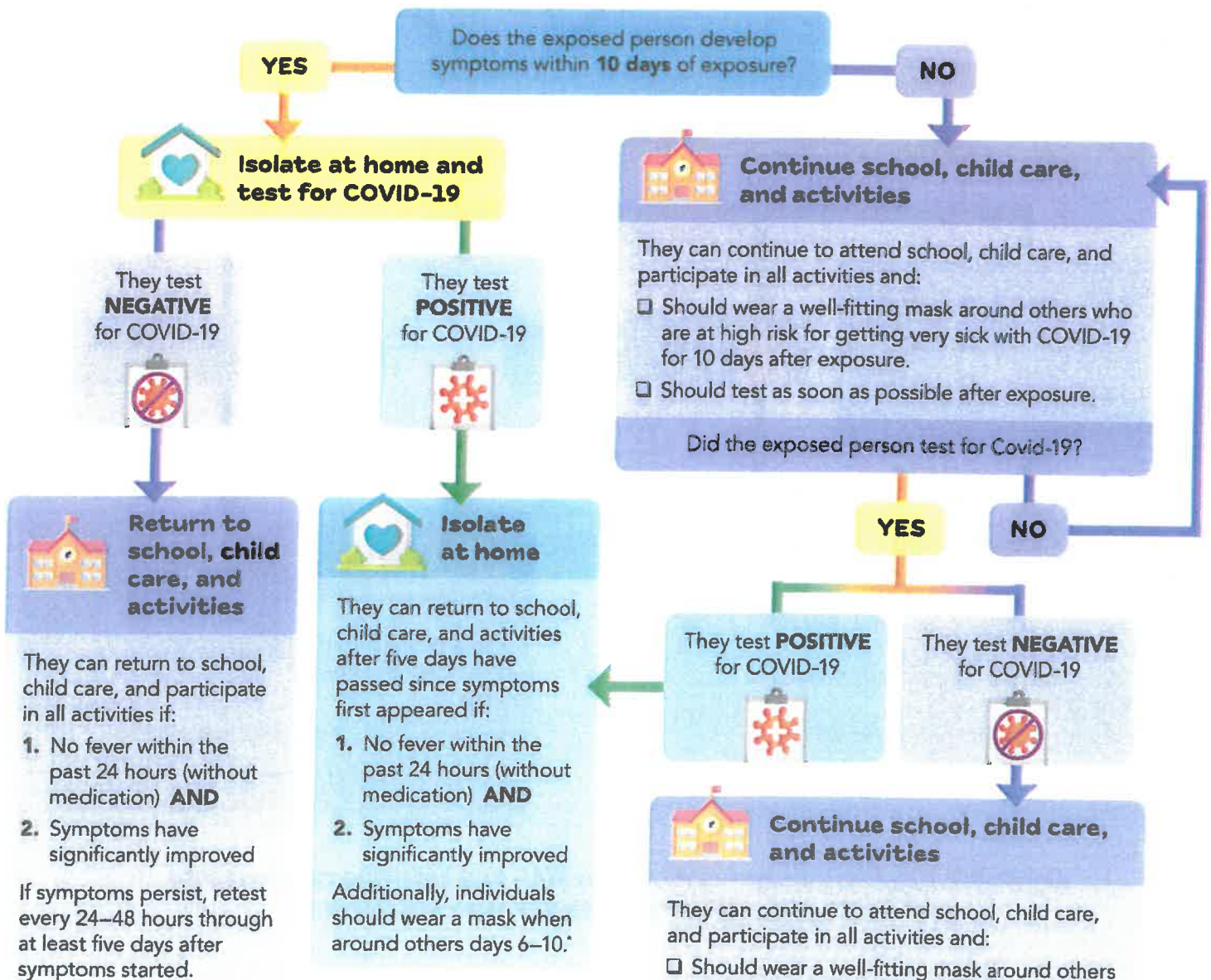
What to do if you receive an exposure notification or think you have been exposed to COVID-19



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.



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