

# September

Dear families,

Welcome to Preschool only Tuesdays and Thursdays! I am so excited to be your teacher! I have so many fun things planned this year and I hope to build a strong relationship with you and your child. Please read the parent board for school and class updates. Here are a few reminders, please call or email me if you have any questions.

## Themes of September:

- All about me
- Classroom Rules
- Community Helpers
- Farm



## Important information and Dates:

- Meet and Greet, First Day of School is Thursday, **September 1st** from 9:45am-12pm
- Country Dawn is closed Monday, **September 5th** in observance of Labor Day
- All Preschool Classes Curriculum Night via Zoom **September 20th** (Time, to be determined)
- No Saturday night care in September.
- Please call or email me if your student will not be coming to Country Dawn on any given day.**

## September Birthdays:

- Jadiza 11th
- Saoirse 13th
- Graham 18th



## New school year reminders:

- Have a change of clothes in backpack in case of emergencies
- Please pack a home lunch every day of class. School provided lunches are \$5. Country Dawn will provide morning snack.



Ms. Marie

T-TH Preschool Only  
425-334-5412

countrydawnmarie@gmail.com

# September Menu

## 2022



### MONDAY

29

#### Country Dawn Lunches

All Week - Sovnuit & .Jam  
M - Grilled Cheese

T - Tuna

W - English Muffin Pizzas

Th - Turkey & Cheese

F - Quesadillas

05

#### Country Dawn

#### Closed for

#### Labor Day

12

Breakfast: Assorted cereals & bananas

AM: Goldfish crackers with bell peppers, zucchini

PM: Carrots and cheese cubes (\* sliced cheese & cucumbers)

19

Breakfast: Assorted cereals & pears

AM: Green beans with Saltine crackers

PM: Soy butter and jam sandwiches & milk

26

Breakfast: Assorted cereals & grapes (\* pineapple)

AM: Graham crackers with mandarin oranges

PM: Rice cakes with yogurt

### TUESDAY

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

06

Breakfast: Scrambled eggs with ham and cheese & bananas

AM: String cheese with goldfish crackers

PM: Pineapple with graham crackers

13

Breakfast: French toast & peaches

AM: Celery, broccoli (\* roasted), hummus, pita bread

PM: Vanilla yogurt with mixed berries

20

Breakfast: English muffins with strawberry jam or soy butter & mandarin oranges

AM: Fig newtons with grapes (\* pineapple)

PM: Pretzels, carrots, celery (\* cucumbers)

27

Breakfast: Oatmeal & blueberries

AM: Turkey cubes with Ritz crackers

PM: Apple slices, cheese cubes (\* grated cheese)

### WEDNESDAY

31

07

Breakfast: Pancakes & orange slices

AM: Pretzels with green beans

PM: Boiled eggs with Triscuit crackers

14

Breakfast: Oatmeal & apple slices

AM: Rice cakes with pears

PM: Bean and cheese tortillas with olives

21

Breakfast: Bagels with cream cheese & apple slices

AM: Roasted cauliflower with Better Cheddar crackers

PM: Boiled eggs with peas

28

Breakfast: Biscuits with sausage gravy & pears

AM: Cauliflower, broccoli (\* roasted) with ranch, bread sticks

PM: Pita bread with hummus, snap peas

### THURSDAY

01

Breakfast: Waffles with strawberries & whip cream

AM: Cinnamon tortillas with applesauce

PM: Popcorn with grapes (\* crackers with pears)

08

Breakfast: Croissants with strawberry jam & cantaloupe

AM: Ritz crackers with roasted broccoli

PM: Teddy grahams with mandarin oranges

15

Breakfast: Cinnamon toast & mixed berries

AM: Breadsticks with cauliflower, tomato slices, ranch

PM: Orange slices with popcorn (\* crackers)

22

Breakfast: Breakfast burritos with ham, cheese, salsa & pineapple

AM: Goldfish crackers with cucumbers, bell peppers

PM: Ginger Snaps with cantaloupe

29

Breakfast: Waffles with strawberries & whip cream

AM: Cinnamon tortillas with applesauce

PM: Popcorn with grapes (\* crackers with pears)

### FRIDAY

02

Breakfast: Assorted cereals & bananas

AM: Tomato slices, zucchini with Saltine crackers

PM: Tuna sandwiches with pickles

09

Breakfast: Assorted cereals & strawberries

AM: Vanilla wafers with bananas

PM: Ham and cream cheese roll ups with snap peas

16

Breakfast: Assorted cereals & kiwi

AM: String cheese with roasted potatoes

PM: Vanilla pudding with bananas

23

Breakfast: Assorted cereals & applesauce

AM: Mini bagels with cream cheese, bananas

PM: Wheat Thin crackers with carrots (\* bell peppers),

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



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

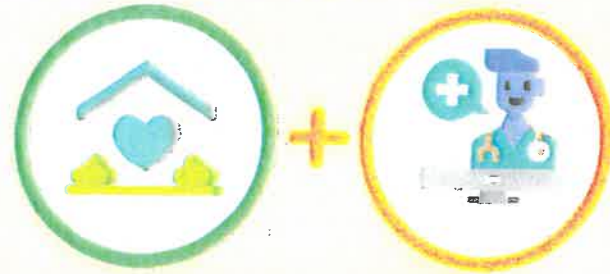
# What to do if a Person is Symptomatic



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.

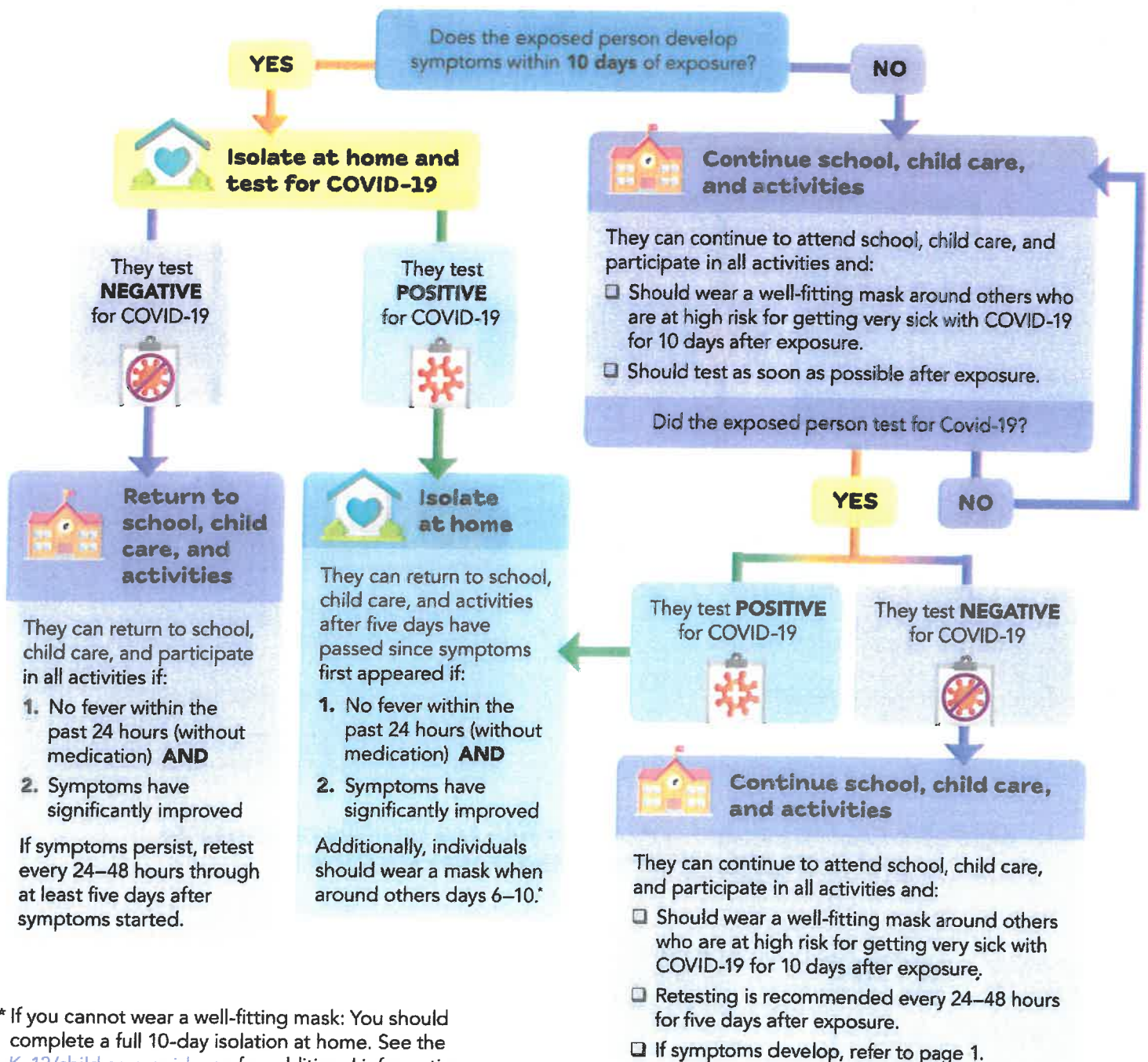
# What to do if you receive an exposure notification or think you have been exposed to COVID-19



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.