



10315 20 TH ST. S.E. □ LAKE STEVENS, WA 98258 □ (425) 334-3885

School Only  
Monday - Wednesday - Friday  
Pre-Kindergarten



Teacher: Marie Mendiola

**CLASS INFORMATION**



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Dear Families,

Welcome to School Only M-W-F Pre-Kindergarten Program. My name is Marie Mendiola and I am so excited to be your child's teacher this year! I have been working at Country Dawn since 2020.

To start off, I would like to tell you a little bit about myself. I grew up in Hawaii and moved to Washington in 2008. My husband and I live in Granite Falls with our daughter. On our free time we love to go camping in the summer and snowboarding in the winter. From a young age, I really enjoyed tutoring and helping my peers with schoolwork. I started my Early Childhood education at Everett Community College in 2019 and hope to be an Elementary teacher in the future.

I am looking forward to meeting and working with you and your child this school year! If you have any questions or concerns, feel free to email me at [countrydawnmarie@gmail.com](mailto:countrydawnmarie@gmail.com) .

Sincerely,  
Marie Mendiola



## **MONDAY-WEDNESDAY-FRIDAY PRE-KINDERGARTEN DAILY SCHEDULE**

9:45 AM – 10:15 AM ... Welcome Circle Time  
10:15 AM – 10:45 AM ... Recess  
10:45 AM – 10:50 AM ... Wash Hands  
10:50 AM – 11:50 AM ... Group Time / Small  
Centers /Academics /Art  
11:50 AM – 12:00 PM ... Wash Hands for Lunch  
12:00 PM – 12:30 PM ... Lunch  
12:30 PM – 1:00 PM ... Goodbye Circle Time  
1:00 PM – 1:15 PM ... Pack up Backpacks and Goodbye  
Song  
1:15 PM ... Class Ends

Free Choice activities include: free art/drawing, dramatic play, Legos, magnets, house, animals, Lincoln logs and manipulatives.

## THEMES

### September

Learn About Me  
Community Helpers  
Farm

### February

Feelings  
Valentine's Day  
Family

### October

Fall / Autumn  
Germs  
Nocturnal Animals  
Halloween

### March

Dr. Suess  
St. Patrick's Day  
Springtime

### November

Five Senses  
Nutrition  
Thanksgiving

### April

Life Cycles  
Easter  
Our Earth

### December

Holidays Around the World  
Hibernation

### May

Gardening  
Insects & Bugs  
Moms and Muffins

### January

Polar Animals  
Healthy Habits (Tooth Brushing)  
Winter

### June

Oceans  
Dads and Donuts  
Graduation

# Pre-Kindergarten Objectives and Goals

## Social / Emotional

- Participates in class discussions.
- Uses appropriate manners.
- Respects classmates.
- Shows respect for teachers.
- Talks in full sentences.
- Cleans up space when leaving.
- Able to play alone, and with other children.
- Able to be attentive to an activity 15 to 20 minutes.
- Is more creative with make believe play.

## Large Muscle Coordination

- Walks with a heel to toe gait.
- Hops on one foot across room.
- Able to skip.
- Able to gallop.
- Able to throw and catch a ball.
- Able to balance on one foot.
- Able to kick a rolling ball.
- Able to somersault forward.
- Able to jump over a 3-inch object.

## Small Muscle Coordination

- Can hold a pencil using a pincer grip.
- Able to cut with scissors with control.
- Able to glue with control.
- Able to trace patterns.
- Pours water from a small pitcher.
- Can draw a person.
- Colors with control.
- Can zip or button own coat.
- Able to string 10 beads.
- Able to put together a puzzle.

## Cognitive

- Can repeat four lines of a simple song.
- Able to relate incidents, interpret pictures, and predict outcomes.
- Able to sequentially order four pictures.
- Able to follow three oral directions in correct order.
- Able to count 1 through 20.
- Able to recognize numbers 0 through 20.
- Able to match number of objects to numeral.
- Able to compare sets (more, less, larger, smaller).
- Recognizes shades of color.
- Detects a pattern.
- Able to sort/classify by (shapes, color, sizes, textures).
- Able to recognize shapes (triangle, circle, square, rectangle, oval, diamond).
- Able to recognize positions (first, last, before, after, next, between, over, under, above, below).
- Recognition of uppercase and lowercase letters of alphabet.
- Can recognize his/her own printed name.
- Can recognize his or own name when spelled orally.
- Speaks full name upon request.
- Able to relate age upon request.

Country Dawn uses a hands-on curriculum that includes small group activities, circle time, outside play, free choice play, theme-based arts and crafts, science, and baking activities. Basic academic skills: recognizing shapes, colors, letters, and numbers are incorporated throughout the day. Language and Social/Emotional development are practiced all day; expanding the children's vocabulary, their ability to communicate, play with peers, and follow the teacher's instruction. Country Dawn's curriculum follows the Early Learning Guidelines set by Washington State Department of Early Learning. ([www.del.wa.gov](http://www.del.wa.gov)) CDC Assessments are provided to families each fall and spring. We offer Pre-K families conferences and progress reports each year in the fall and spring.



PARENTAL ALERT  
SEVERE OR LIFE THREATENING FOOD ALLERGY

Dear Parents:

I am writing to inform you that several children who are currently enrolled at Country Dawn have a life-threatening allergy to peanuts. If these children are exposed to peanuts in any form (even trace amounts), the child may experience a type of shock called anaphylaxis. Anaphylaxis is a reaction that affects the entire body and can result in the child not being able to breathe and cardiac arrest. The reaction is so severe that once symptoms are recognized medication must be given immediately to prevent death, and emergency medical personnel (911) must be called for immediate help.

Strict avoidance is the only way to prevent this type of severe reaction. The safest environment is one where there are no peanuts or foods containing any peanut products or traces of peanuts in the classroom or any area where the child may be. To achieve this safe environment we will need everyone's help. A huge risk is posed by other children who may unwittingly bring foods to school that contain peanuts, or peanut products. Even vapors from the food containing peanuts or peanut products can cause a sensitive child to have a severe reaction. Please check the labels on foods, and do not send any foods containing peanuts or peanut products of any kind to school. If you bring in foods for a special event or class party, bring only commercially prepared food in the original packaging (no home-prepared food, please!). All foods must be monitored closely, all labels must be checked for indications of peanuts or peanut products, and should there be any question as to the safety of the ingredients the food may not be served, or even opened.

I realize this will be an inconvenience, and we appreciate your help and understanding as we attempt to create the safest possible environment for all our children.

If you have any questions please do not hesitate to talk with your child's teacher, supervisory staff at the front desk, or myself. I would like to thank you for your help and understanding in this matter.

Sincerely,

A handwritten signature in black ink, appearing to read "Julie Bliven".

Julie Bliven  
Director