



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

## PRE-PRESCHOOL PROGRAM



**Teacher: Sarah**

## Class Information



Proudly Participating in Early Achievers



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Dear Pre-Preschool families,

I'm Sarah, and I have been part of the Country Dawn Preschool & Childcare team since October 2023. I really enjoy my job here. I get to hang out with the coolest children, wonderful families, and amazing staff!

I love working with children and seeing their faces light up when they learn something new. I'm excited about creating a safe, supportive place where every child can do their best.

When I'm not shaping young minds, I live in Lake Stevens with my partner Travis and our 2 daughters and two sons, along with my mom.

I have my 30 hours Washington State STARS training and am up to date on my CPR and first aid as well.

I look forward to getting to know your little ones. Please feel free to message me through ProCare or email me at [countrydawnsarahd@gmail.com](mailto:countrydawnsarahd@gmail.com) with any questions or concerns you may have.

Sincerely,

Sarah  
Pre-Preschool teacher



## Pre-Preschool Program Daily Schedule

5:30 AM – 6:30 AM – BREAKFAST AND **FREE CHOICE** in Toddler Room  
6:30 AM – 7:30 AM – BREAKFAST AND **FREE CHOICE (ALL CENTERS)** in Pre-Preschool Room. Breakfast available until 7:30 AM.  
7:30 AM – 8:30 AM – **FREE CHOICE (ALL CENTERS)** in Big Room  
7:45 AM – 8:00 AM – BATHROOM AND DIAPER CHANGE TIME AND **FREE CHOICE (ALL CENTERS)**  
8:30 AM – 9:00 AM – **OUTSIDE RECESS (WEATHER PERMITTING)** or **FREE CHOICE (ALL CENTERS)** in Big Room  
9:00 AM – 9:30 AM – WASH HANDS AND SNACK in Pre-Preschool Room  
9:30 AM – 9:45 AM – LIBRARY BOOKS and BATHROOM AND DIAPER CHANGE TIME in Pre-Preschool Room  
9:45 AM – 10:00 AM – CIRCLE TIME in Pre-Preschool Room  
10:00 AM – 10:30 AM – ART AND **FREE CHOICE (ALL CENTERS)** in Big Room  
10:30 AM – 11:00 AM – **OUTSIDE RECESS (WEATHER PERMITTING)** or **FREE CHOICE (ALL CENTERS)** in Big Room  
11:00 AM – 11:30 AM -- WASH HANDS AND LUNCH in Pre-Preschool Room  
11:30 AM – 12:00 PM – BATHROOM AND DIAPER CHANGE TIME AND BOOK TIME in Pre-Preschool Room  
12:00 PM – 12:30 PM – **OUTSIDE RECESS (WEATHER PERMITTING)** or **FREE CHOICE (ALL CENTERS)** in Pre-Preschool Room  
12:30 PM – 3:00 PM – REST TIME AND/OR QUIET ACTIVITIES in Big Room and Pre-Preschool Room  
3:00 PM – 3:30 PM -- WASH HANDS AND SNACK in Pre-Preschool Room  
3:30 PM – 3:45 PM – BATHROOM AND DIAPER CHANGE TIME AND BOOK TIME in Pre-Preschool Room  
3:45 PM – 4:00 PM -- **FREE CHOICE (ALL CENTERS)** AND BOOK TIME in Pre-Preschool Room  
4:00 PM – 4:30 PM -- **OUTSIDE RECESS (WEATHER PERMITTING)** or **FREE CHOICE (ALL CENTERS)** in Big Room  
4:30 PM – 6:00 PM – **FREE CHOICE (ALL CENTERS)** in Big Room  
5:00 PM – 5:15 PM -- BATHROOM AND DIAPER CHANGE TIME  
6:00 PM ---- COUNTRY DAWN CLOSED FOR THE DAY

**Free Choice activities include:** Fine motor toys, Art materials, Music Instruments, Blocks, Dramatic Play, Nature, Science, Sensory and Books.

**Outside play activities include:** Climbing Structure, Slides, Play Boat, Play Houses, Push Toys (Trucks, Buses & Cars), Blocks, Water Buckets, Paint Brushes, Balls, Bubbles and Balance Beams.

# Pre-Preschool Themes

## **September**

- **Back to School**
- **All about me**
- **Shapes and Colors**

## **October**

- **Fall**
- **Halloween**
- **Fire Safety**
- **Farm**

## **November**

- **Thanksgiving**
- **Veteran's Day**
- **Weather**

## **December**

- **Winter**
- **Christmas**
- **Holidays**
- **New Years**

## **January**

- **Arctic Animals**
- **Snow**
- **Clothing**

## **February**

- **Valentine's Day**
- **Feelings and Emotions**
- **Pets**

## **March**

- **Dr. Seuss**
- **St. Patrick's Day**
- **Rainbows**
- **Spring**

## **April**

- **Earth Day**
- **Easter**
- **Gardening**
- **Healthy Foods**

## **May**

- **Bugs**
- **Flowers**
- **Mother's Day**
- **Lake and Pond Life**

## **June**

- **Father's Day**
- **Summer Fun**
- **5 Senses**
- **Super Heros**

## **July**

- **4<sup>th</sup> of July**
- **Camping**
- **Ocean and Beach**

## **August**

- **Dinosaur**
- **Outer Space**
- **Ready to Move up!**



## Pre-Preschool Program OBJECTIVES & GOALS

### Social / Emotional

- Play besides, and with two other children
- Identify care givers by first name
- Joins in group activities
- Able to be attentive in a group eight to ten minutes
- Become toilet trained
- Can use "please" and "thank-you" when reminded.
- Helps care giver put toys away

### Cognitive

- Listen to and follow one simple oral instruction
- Able to match simple familiar shapes
- Can put together simple three or four piece puzzle
- Recognizes body parts, (eyes, ears, nose, teeth, arms, legs, feet)
- Uses three to four word sentences
- Repeats parts of songs, rhymes, and finger plays
- Knows names of animals
- Participate with care giver to dress and undress themself

### Large muscle Coordination

- Can throw a ball.
- Can kick a ball.
- Walks up and down stairs without help
- Stops a rolled ball, and rolls it forward
- Jumps with two feet

### Small Muscle Coordination

- Paints with a large brush
- Fills and empties out a container of sand or water
- Tears paper
- Colors with large crayons or pencils using long broad strokes on paper
- Rolls, pounds, squeezes, clay or play dough.
- Can stack five blocks into a tower
- Can string four large beads
- Can turn pages of a book

Country Dawn provides a hands-on curriculum that includes small group time, circle time, outside play, free choice play, theme-based arts and crafts 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))

Country Dawn partners with The Sno-Isle Library and receives books for our classroom monthly. Once a week our Older Toddler class has a Spanish lesson, where they are introduced to basic Spanish words and phrases; greetings, numbers, colors, and theme-based words. Country Dawn offers HappyFeet ([www.seattlehappyfeet.com](http://www.seattlehappyfeet.com)), a weekly extra-curricular soccer fitness program to our Older Toddler class. HappyFeet is a professionally developed child fitness soccer program based on 25 years of youth coaching experience. Country Dawn offers Elevate Music Together, which is an internationally recognized early childhood program providing music and movement for children. CDC Assessments are provided to families each fall and spring. Teacher Parent Conferences start in the Preschool classrooms however, a conference is provided to any of our families when requested. Country Dawn also participates in Early Achievers, which is Washington's Quality Rating and Improvement System.



**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



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## Pre-Preschool Questionnaire

*Please help us know your child better.*

Child's full Name:	Date of birth:
Child's Nick Name(s):	
Parent/Guardian Name:	
Parent/Guardian Name:	
Sibling's (Names, Nick names, and ages):	
Foods your child prefers:	
Foods, and / or beverages, you would prefer you child did NOT have:	
Allergies or sensitivities to food, insects, animals, medications, etc.:	
Your child's favorite toy or toys at home are;	
Please list any security objects such as blanket, stuffed animal or other security objects you child may have, and please indicate what your child calls these objects.	
Has your child started potty training?	
List any activities you especially enjoy with your child.	
Please describe your child's schedule when not at Country Dawn.	
If there is any additional information you would like to share with us that we did not specifically ask for please do. This may include any specific goals you may have for your child. You may use the back of this form if necessary.	





# Medication Consent Form

## Diaper Rash Ointments/Creams Only

Note: This form is to be used for ointments or creams (prescription or non-prescription) used for "diaper rash" only.

Child's Full Legal Name: \_\_\_\_\_ Date Initiated: \_\_\_\_\_

Name of ointment/cream: \_\_\_\_\_  
Note: Prescription and non-prescription ointments/creams (medications) may only be administered in accordance with instructions on the label.

How often is the ointment/cream to be administered? \_\_\_\_\_

How is the ointment/cream to be administered? \_\_\_\_\_

Remarks: \_\_\_\_\_

Parent/Guardian please initial the following statements:  
 I hereby authorize Country Dawn staff members to administer the ointment/cream(s) listed above.  
 I understand that this authorization is to remain in effect until rescinded by me.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Country Dawn staff use only.

Note: Read the label(s) before administering any medication.

#### Medication Record

Date	Time	Name of Ointment/Cream	Applied by (Staff name)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Note: Medication record continues on back of form

MEDICATION DISPOSITION:  
Check one of the following:  Ointment/Cream(s) completed and returned to parent.  
 Ointment/Cream(s) container empty and returned to parent/guardian.

Staff Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Country Dawn staff use only.



