



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

## FULL DAY PRESCHOOL #1



**Teacher: Roni Garifullina**

## CLASS INFORMATION



Proudly Participating in Early Achievers



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Dear families,

Welcome to Preschool #1 Program at Country Dawn! My name is Roni Garifullina and I moved to Lake Stevens in 2011. I graduated from Snohomish High School and Everett Community College in 2023 with my diploma and Associates Degree in Early Childhood Education. My goal is to pursue my education in the near future and get my Bachelors Degree.

I have worked at Country Dawn since 2023. Aside from work, I have a small business that I have started in 2021 called Nikas Crochet. In my free time, I enjoy spending time outdoors, playing the flute, and spend time with my family and friends.

I am looking forward to the school year to get to know the children and watch them grow in all the different ways! If you have any questions or concerns, feel free to ask, email me at [countrydawnPS1@gmail.com](mailto:countrydawnPS1@gmail.com) or message me through ProCare.

Sincerely,

Roni Garifullina  
Preschool #1 Teacher



Welcome to Preschool! I thought some helpful tips would help us all get started on the right foot.

Before we begin:

- Please make sure you are all set with our sign in/out at the front desk. Guests will need to present ID when picking up your child and be on an approved list.
- Download the Kid Reports app (iPhone/Android). This is my main form of communication where we can direct message each other and I can send pictures and updates.

Daily:

- Each child will have a cubby for personal items (backpack on hooks, blanket in cubby, lunch on top) please make sure all items fit in the cubbies for hygiene purposes.
- Each month you will be emailed my newsletter and calendar. Please check our parent board frequently, as well as the whiteboard. I will write important daily information there.
- For paperwork and artwork, your child will have a file in our cart. Please check this DAILY!
- Our class time starts at 9:00, lunch at 12:00 and nap 1:00-3:00.

Coming Prepared:

- We will do recess even if it is raining. Please make sure your child has the appropriate attire to play outside and have as much fun as possible! (jackets/clothing/shoes)
- We ask that you pack your child's backpack (or bag) with additional clothing (a full outfit including undergarments and shoes). Accidents happen, and we like to be prepared!
- Lunches:
  - Our lunch lasts 45 minutes.
  - We are mandated to make sure lunches are healthy. Please make sure you are including a fruit, vegetable, grain, protein source and dairy option. If your child has specific dietary needs please send any substitutes for snacks. Please make sure you are not sending anything containing peanuts or something that has "may contain peanuts" on the label.

Additional information:

- We will do a fire and earthquake drill every month. Our log is located under the whiteboard.
- I will send home a CDC and questionnaire at the beginning of the year and one at the time of your child's birthday. Please return these to me ASAP.
- We will do conferences in November and March. I will do evaluations and discuss them with you at this time. They cover social/emotional and cognitive skills as well as large and small muscle coordination.
- Any parties and field trips we have will be posted leading up to them. At the beginning of the year we will go to the pumpkin patch and have a Halloween party! If you would like to bring treats for birthdays and parties, they must be peanut free and store bought.



## **FULL DAY PRESCHOOL #1**

### **Class DAILY Schedule**

5:30 – 7:30 Breakfast in Big Room and **Free Choice**

6:30 – 8:30 **Free Choice** in Preschool #1 Classroom

8:30 – 8:55 **Recess (weather permitting)** or **Free Choice** in Preschool #1 Classroom

8:55–9:05 Bathroom Break and Wash Hands

9:05 – 9:30 Snack in Preschool #1

9:30 – 10:00 Circle Time (Roll Call, Calendar, Weather, & Helpers) in Preschool #1 Classroom

10:00 – 11:00 Small Group and **Free Choice** Art/Activity in Preschool #1 Classroom

11:00 – 11:30 **Recess (weather permitting)** or **Free Choice** in Preschool #1 Classroom

11:30 – 11:40 Wash hands and prepare for lunch

11:40 – 12:15 Lunch in Preschool #1 Classroom

12:15 – 12:30 Bathroom Break to prepare for Rest Time

12:30 – 12:45 Story time in Preschool #1 Classroom

12:45 – 2:40 Rest Time in Preschool #1 Classroom

2:40 – 2:50 Bathroom Break and wash hands

2:50 – 3:30 Snack in Preschool #1 Classroom

3:30–3:55 **Recess (weather permitting)** or **Free Choice** in Preschool #1 Classroom

3:55–4:05 Wash Hands

4:05 – 6:00 **Free Choice** in Preschool #1 Classroom or Big room.

**Free Choice and Open Centers include:** farm animals, puzzles, table toys, doll house, Legos, blocks, horses, sea creatures, Dinosaurs, trains, housekeeping, books, writing center, sensory and science center.

**Outside Activities include:** climbing structures, slides, teeter tooter, monkey bars, percussion instruments, spinning seat, balls, jump ropes, parachute play, chalk, bubbles and sensory tables (weather permitting). If weather doesn't permit going outside, we use the Big Room that is across the hall from Preschool #2 Classroom.

# Preschool

## Themes

### September

- Welcome to School
- Manners
- All about me
- Apples
- Feelings and Emotions

### October

- Fall
- Pumpkin Patch
- Halloween

### November

- 5 Senses
- Hibernation
- Thanksgiving
- Nutrition

### December

- Holidays around the World
- Winter
- Christmas

### January

- Welcome to the New Year
- Snowmen
- Polar Animals

### February

- Groundhog Day
- Valentines Day
- Transportation

### March

- Spring
- St. Patrick's Day
- Weather
- Dr. Seuss
- Easter

### April

- Frogs
- Gardening
- Our Earth

### May

- Insects and Bugs
- Mother's Day

### June

- Father's Day
- Summer Safety

### July

- Under the Sea
- Independence Day

### August

- Outer Space
- Dinosaurs

# PRESCHOOL OBJECTIVES AND GOALS

## SOCIAL / EMOTIONAL

Participates in class discussions.  
Able to share with others.  
Respects others.  
Uses “please” and “thank-you”.  
Helps to pick up classroom after activity.  
Able to play cooperatively with 1 or 2 other children  
Speaks in full sentences.  
Is understood by most people.  
Able to be attentive to an activity 15 to 20 minutes long.  
Uses bathroom when needed.

## COGNITIVE

Uses “I” rather than “me” in sentences.  
Follows 2 oral directions in correct order.  
Can sequence 4 story pictures.  
Recognize primary colors.  
Able to recite own full name.  
Able to recite own age.  
Able to recite name of own sex.  
Recognize own printed first name.  
Able to count 1 through 10.  
Able to recognize basic shapes.

## LARGE MUSCLE COORDINATION

Can catch a ball.  
Can jump over a 3-inch object  
Can hop on 1 foot across room.  
Can gallop  
Walks using alternating steps with a heel to toe gait.  
Can kick a rolling ball.  
Can put on own coat.  
Can throw a ball.

## SMALL MUSCLE COORDINATION

Able to hold a pencil or crayon with pincer grip.  
Can color with control.  
Uses glue with control.  
Can stack 10 blocks.  
Able to string large beads.  
Able to put together puzzles.  
Can draw a person.  
Able to cut with scissors with control.  
Can pour water from a small pitcher.  
Can trace patterns.

Country Dawn uses Creative 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))

Once a week our Preschool classes have a Spanish lesson, where they are introduced to basic Spanish words and phrases; greetings, numbers, colors and theme based words for example. Country Dawn offers HappyFeet ([www.seattlehappyfeet.com](http://www.seattlehappyfeet.com)), a weekly extra-curricular soccer fitness program to our Preschool classes. 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. Country Dawn partners with The Sno-Isle Library and we receives new hardback books for our classrooms monthly; in addition every other month the librarian is a circle time guest and she sings songs, performs with puppets, and has felt board and other activities. CDC Assessments are provided to families each fall and spring. We offer Preschool families conferences and progress reports each year in the fall and spring. 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