



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

# Pre-Kindergarten Full Day #1



**Teacher: Vikki Cook**

## CLASS INFORMATION



Proudly Participating In Early Achievers



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

Dear Pre-K families,

Welcome to the Pre-Kindergarten program at Country Dawn. My name is Vikki Cook and I am looking forward to being your child's Pre-K teacher this year. I am excited to teach your child and make it an amazing year!

Let me tell you about myself. I am married to my husband Scott and we have 2 wonderful teenagers, Katie and Carter. We have lived in Lake Stevens since 2005. I enjoy reading, baking, hiking, and spending quality time with my family relaxing at the ocean.

I started my working career in healthcare. I attended Edmonds College in the Medical Assisting program. I also have a certification in Phlebotomy and Medical Billing. I worked in healthcare for 10 years, until my daughter was 18 months old, when I decided to stay home full time. While my children were in Elementary school at Skyline Elementary, I was a classroom volunteer, PTA member, managed the student store, and was a classroom Art Docent. Spending so much time working with the children at Skyline, I realized I really wanted to change careers to education. I became a substitute para educator with the Lake Stevens school district for a year, then was offered a position as a Pre-K teacher's assistant in my church's preschool program. I worked there for 4 years before coming to Country Dawn. I worked as an assistant Pre-K teacher at Country Dawn starting in 2021, before becoming a lead teacher in 2023. I love working with 4- and 5-year-olds. I have completed 30+ hours of Stars Training, and am certified in CPR, AED, and First Aid.

I look forward to a fantastic school year with your children.

Sincerely,  
Vikki Cook



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

## WHAT YOU NEED TO KNOW

### Pre-Kindergarten Full-Day #1

Welcome to Pre-Kindergarten. I thought it might be helpful to highlight some important information to help you out. I am more than happy to meet with you at any time (either in person or by phone) if you have any concerns.

In our classroom each child will have a cubby where they can hang their coat, store backpacks, blankets and lunches. Our classroom refrigerators are not large enough to properly keep a lunch cooled, always use a lunch ice block if your child's lunch needs refrigerating.

Class time begins promptly at 8:30 a.m., lunch is at 11:30 a.m. and rest time is from 1:00 p.m. - 2:45 p.m. We provide covered mats for each child; you are welcome to send a small blanket and a stuffed animal to help them feel more comfortable.

Your child is encouraged to bring a back pack with a change of clothing. We will also have recess throughout the year, weather permitting. Please dress your child properly. An extra sweater or sweatshirt can be left in the classroom for cool days.

Birthdays are an exciting time for children. You are welcome to bring treats to share. All treats must be peanut free, and store bought.

A newsletter will be sent home each month highlighting what theme, letter or number we may be learning about, as well as any important information regarding field trips. I also use a bulletin board located by the front door for a quick reference. Parents, Grandparents or other Guardians are always welcome to come along for field trips. If you think you may be interested stop by the front desk for a form to fill out for a background check.

Social and Emotional are the most important concepts that children are learning in the early years of life and school. We will be focusing on working together and on their problem solving skills with each other.

Children learn through play, touching and feeling as well as visual stimulation. Our classroom is set up with many centers to promote this type of learning. I change the centers periodically to follow the current theme and keep your child's continued curiosity.

Each week a new letter and number will be introduced. Throughout the week it will be reinforced with special activities including, writing, arts and crafts, and music. If you have any questions or concerns about your child please contact me anytime at (425)334-3885.

# PRE-KINDERGARTEN #1

## DAILY SCHEDULE

### Before class begins...

5:30 AM – 7:30 AM	Breakfast / <b>Free Choice</b> in Enrichment room
7:00 AM – 8:00 AM	Move to classrooms for <b>Free Choice</b> activities
8:00 AM – 8:30 AM	<b>Recess (weather permitting)</b> or <b>Free Choice</b> inside

### Class begins...

8:30 AM – 8:45 AM	Hand Washing / Puzzles / Books
8:45 AM – 9:00 AM	Circle Time (Flag Salute, Calendar, Weather & Jobs)
9:00 AM – 9:30 AM	Snack
9:30 AM – 10:00 AM	<b>Recess (weather permitting)</b> or <b>Free Choice</b> inside
10:00 AM – 10:10 AM	Hand Washing
10:10 AM – 10:30 AM	Letter/Number Activity / Large Group Time
10:30 AM – 11:30 AM	Small Group Time – <b>Free Choice</b> – Art / Crafts
11:30 AM – 12:15 PM	Lunch
12:15 PM – 12:45 PM	<b>Recess (weather permitting)</b> or <b>Free Choice</b> inside
12:45 PM – 1:00 PM	Prepare for Rest Time
1:00 PM – 2:45 PM	Rest Time
2:45 PM – 3:00 PM	Wake Up – Prepare for Recess
3:00 PM – 3:30 PM	<b>Recess (weather permitting)</b> or <b>Free Choice</b> inside
3:30 PM – 4:00 PM	Afternoon Snack

### After class...

4:00 PM – 5:00 PM	<b>Free Choice</b> Activities in Classroom
5:00 PM – 6:00 PM	Combined Activities with Pre-K #2 and <b>Free Choice</b>
6:00 PM	Country Dawn closed for the day.

**Free Choice Activities include:** Dramatic Play, Literacy Area, Manipulative Area, Doll House, Building Area, Puzzles, Puppets, Math/Science Area, Games and Art Area.

**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).

# Pre-Kindergarten

## Themes

### September

- Welcome to School
- Manners
- All about me
- Apples

### October

- Fall
- On the Farm
- Pumpkin Patch
- Halloween

### November

- 5 Senses
- Hibernation
- Thanksgiving

### December

- The Mitten
- Holidays around the World
- Winter

### January

- Welcome to the New Year
- Snowmen
- Polar Bears and Penguins

### February

- Healthy Bodies
- Groundhog Day
- Valentines Day
- Feelings and Emotions

### March

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

### April

- Water Cycle
- Frogs
- Gardening
- Our Earth

### May

- Insects and Bugs
- Mother's Day
- Look what's blooming

### June

- Father's Day
- Graduation
- Summer

### July

- Under the Sea

### August

- Outer Space
- Dinosaurs

# 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 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 Pre-K 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 Pre-K 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 receive new hardback books for our classrooms monthly. 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. 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 breath 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 that reads "Julie Bliven". The signature is written in a cursive style.

Julie Bliven  
Director