



## **NEWSLETTER**

Dear Families,

Welcome to School Only Preschool, Tuesdays and Thursdays. I am so excited to be your teacher. I have so many fun things planned this year to keep your child engaged and looking forward to coming to school! Building a strong relationship with both you and your child is important to me and I am looking forward to getting to know your family.

### **SEPTEMBER THEMES**

All about me

Feelings

On the Farm

### **SEPTEMBER BIRTHDAYS**

2nd - Madeline

6th - Luna

21st - Harrison

### **DATES TO REMEMBER**

- Sept 2nd & Sept 3rd. Closed in observance of Labor Day and for an in-service day
- Sept 10th (Tuesday) First day of school for school-only preschool. This is our meet and greet from 9:45 am to 11:45am. No lunches are required on this day.
- Sept 14th - Saturday night care. 3:30-10pm. Sign up at the front desk with \$20 cash deposit
- Sept 19th - Curriculum night. 6:15pm.
- Sept 23-27th. Picture week. Date to be confirmed.

### **IMPORTANT INFORMATION FOR THE START OF PRESCHOOL**

#### **What to bring:**

- A backpack is not required for preschool. Your child will just need to bring lunch, a water bottle and a coat for outdoor play. We go out to recess every day so a warm coat is essential.
- Please pack your child's lunch with an icepack and water bottle. We have students with life threatening peanut allergies so please no peanuts or peanut butter. Other nut butters or soy nut butter is ok. We can heat up lunches in our microwave for no longer than 1 minute and lunch is available to purchase for \$5. The menu changes daily and the order must be placed by am.
- Please supply a change of clothes for your child in a zip lock bag with your child's name on it. I will keep the clothes in the classroom should it be needed.
- If you would like us to apply sunscreen on warm days, please bring a sunscreen with your child's name on it. No aerosols please. We have a sunscreen application authorization form for you to sign also.
- We have a wall dedicated to family photos. Please bring a pic or email one to me to print. Your kids love to show you off!

**What to know:**

- If your child is going to be absent, please send me a message through the Procure app. If you have not yet received the Procure link to install, please let me know.
- Our curriculum night is an evening when I will provide you with lots of information regarding the school year and an opportunity for you to ask questions. We encourage all new (and existing) families to attend!

**UPCOMING:**

- October 24th - Pumpkin Patch field trip
- Halloween

**EXAMPLE OF A LUNCH CARRIER:**



**Ms. Natalie**

Email me using Procure or [countrydawnnatalie@gmail.com](mailto:countrydawnnatalie@gmail.com)

Ph: 425-334-5412

# 2024

# September Menu



## MONDAY

02

### Country Dawn

Closed for

### Labor Day

09

Breakfast: Assorted cereals & peaches

AM: Rice cakes with pears

PM: Bean and cheese tortillas with olives

16

Breakfast: Assorted cereals & pears

AM: Green beans with Salatine crackers

PM: Soy butter and jam sandwiches with pears

23

Breakfast: Assorted cereals & pineapple

AM: Fig Newtons with mandarin oranges

PM: Tuna sandwiches with pickles

30

Breakfast: Assorted cereals & mandarin oranges

AM: String cheese with goldfish crackers

PM: Cheesy bread with peas

## TUESDAY

03

### Country Dawn

Closed for

### In-service Day

10

Breakfast: French toast & bananas

AM: Breadsticks with cauliflower, tomato slices, ranch (\* only tomato)

PM: Vanilla yogurt with mixed berries

17

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

AM: Graham crackers with grapes (\* pineapple)

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

24

Breakfast: Oatmeal & blueberries

AM: Turkey cubes with Ritz crackers

PM: Apple slices, string cheese

01

### Country Dawn Lunches

All Week - Sovnut & Jam

M - Grilled Cheese

T - Tuna

W - English Muffin Pizzas

Th - Turkey & Cheese

F - Quesadillas

## WEDNESDAY

04

Breakfast: Pancakes & orange slices

AM: Pretzels with green beans (\*crackers)

PM: Cheese cubes with Triscuit crackers (\* grated cheese and crackers)

11

Breakfast: Oatmeal & apple slices

AM: Goldfish crackers with bell peppers, zucchini

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

18

Breakfast: Bagels with cream cheese & apple slices

AM: Roasted cauliflower with Ritz crackers

PM: Peas with cheese cubes (\* grated cheese)

25

Breakfast: Biscuits with sausage gravy & pears

AM: Tomato slices, zucchini with Salatine crackers

PM: Peas, hummus, pita bread

All breakfasts are served with water and milk.

Assorted cereals are also served as a breakfast option each day. Water is served with all snacks. \* 30 months and under

## THURSDAY

05

Breakfast: Croissants with boysenberry jam & cantaloupe

AM: Ritz crackers with roasted broccoli

PM: Teddy grahams with mandarin oranges

12

Breakfast: Cinnamon toast & mixed berries

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

PM: Orange slices with popcorn (\* crackers)

19

Breakfast: Scrambled eggs with ham, cheese & pineapple

AM: Goldfish crackers with cucumbers, bell peppers

PM: Vanilla wafers with cantaloupe

26

Breakfast: Waffles with strawberries & whip cream

AM: Cinnamon tortillas with applesauce

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

## FRIDAY

06

Breakfast: Assorted cereals & strawberries

AM: Vanilla wafers with bananas

PM: Peas, hummus, pita bread

13

Breakfast: Assorted cereals & fruit

AM: String cheese with roasted potatoes

PM: Fig Newtons with bananas

20

Breakfast: Assorted cereals & applesauce

AM: Mini bagels with cream cheese, bananas

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

27

Breakfast: Assorted cereals & bananas

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

PM: Rice cakes with yogurt

# Saturday Night Care

September 14, 2023

3:30 – 10:00

Dinner is provided around 6:00pm

Bring PJ's if you'd like us to change them and a blanket for movie time

\$20 cash deposit required per family to sign up pay the balance in cash when you pick up at the end of the night

1 child - \$10.00 per hour - 2 children- \$15. 00 per hour - 3 children - \$20.00 per hour

