

# September Newsletter

## Before and After School Program



### Back to School!

Hello families! My name is Ms. Erin and I will be joining your children this school year. I have worked at the main Country Dawn Building since March 2024. And I'm happy to say, welcome to the before and after school program! We hope you had an amazing summer and are ready for the new school year. Our program will include homework support, outdoor play, creative projects, and lots of games. Our goal is to make sure your child enjoys their time with us while supporting their academic and social needs. As the children get off school earlier on Fridays, we will use that day as a movie or cooking day. If you have any questions or concerns please feel free to call 425-334-3886 or email me at [countrydawnk5@gmail.com](mailto:countrydawnk5@gmail.com)

Ms. Erin



### A little about me:

I'm currently studying to become an Elementary Teacher! I have worked with kids for the past 4 years. I even got a great opportunity to have a 2 year internship going to elementary schools within Lake Stevens to learn from different teachers from K-5th. I also have 3 dogs, 2 cats, and love to go on hikes!

### Birthdays:

- Jayden 9/2
- Travis 9/6
- Joesph 9/11
- Sophia 9/13
- McKenna 9/20



### Important Reminders:



- Bus times and bus number information will be sent out soon
- Country Dawn Closed 9/2 in observance of Labor Day
- Country Dawn Closed 9/3 for staff in-service day
- First day of school is September 4th for 1st-5th
- Kindergarten will start on September 9th
- Please call if your child will be absent
- Call before 8:00am if your child will not be riding Country Dawn Bus to school. If your child rides the Country Dawn Bus back, please call before 2:00pm at 425-334-5412
- Saturday Night care will be available on September 14th

# 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 pears

### 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

