



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

PRE-PRESCHOOL PROGRAM



Teacher: Ms. Sarah

Class Information





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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 two 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 with any questions or concerns you may have.

Sincerely,

Ms. Sarah

Pre-Preschool teacher



What To Bring

- *A small bag or backpack.
- *A package of disposable diapers and we will let you know when they are running low. Country Dawn supplies diaper wipes.
- *If your child needs diaper cream, please bring it in and we will have you fill out a consent form so we can apply it.
- *A change of clothes to leave in your child's cubby in case they need to be changed throughout the day.
- *A coat, sweatshirt or raincoat daily. We go outside, unless it's really wet.
- *Sunscreen and we will have you fill out a consent form, so we can apply it.
- *Please send a lunch box with an ice pack for your child's lunch.
- *You are welcome to bring heat up options for your child's lunch; we just ask that we can do so in the microwave in less than one minute.
- *A blanket for nap time. They can also have a pillow, stuffed animals or a pacifier if needed. We will send these items home at the end of each week so they can be washed. We will provide a mat for your child to use.
- *Shoes are required to be worn at all times.
- *A family photo that can be displayed in the classroom.



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 is 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 – 9:15 AM – CIRCLE TIME in Pre-Preschool Room
9:15 AM – 9:45 AM – WASH HANDS AND SNACK in Pre-Preschool Room
9:45 AM – 10:00 AM – LIBRARY BOOKS, BATHROOM AND DIAPER CHANGE TIME in Pre-Preschool Room
10:00 AM – 10:30 AM – ART AND **FREE CHOICE (ALL CENTERS)** in Big Room
10:30 AM – 11:15 AM – **OUTSIDE RECESS (WEATHER PERMITTING)** or **FREE CHOICE (ALL CENTERS)** in Big Room
11:15 AM – 12:00 PM – WASH HANDS AND LUNCH in Pre-Preschool Room
12:00 PM – 12:30 PM – LIBRARY BOOKS, BATHROOM AND DIAPER CHANGE TIME 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

- **4th of July**
- **Camping**
- **Ocean and Beach**

August

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



Pre-Preschool Program

OBJECTIVES & GOALS

Social / Emotional

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

Cognitive

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

Large muscle Coordination

1. Can throw a ball.
2. Can kick a ball.
3. Walks up and down stairs without help
4. Stops a rolled ball, and rolls it forward
5. Jumps with two feet

Small Muscle Coordination

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

Country Dawn uses a self-planned curriculum that is aligned with the Early Learning Outcomes Framework, Washington State Early Learning and Development Guidelines (www.dei.wa.gov) and using some of the basic tools from Creative Curriculum. Through play and teacher observations, lesson plans are created weekly with a weekly theme and goals that vary according to each child's development domain levels and their needs.

Country Dawn partners with The Sno-Isle Library and receives books for our classroom monthly. Country Dawn offers HappyFeet (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.



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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.

