



## M-W-F Pre-K February Newsletter

I'm excited to be a part of the M-W-F Pre-K class! Let me tell you a little bit about myself. I live in Lake Stevens and have two wonderful sons, Ethan (24) and Chris (15). I love watching them grow and change. I also have a dog named Lucy. I enjoy gardening, playing card & board games and spending time outside with my family and friends. Let me tell you a little about my background. I have an associate's degree in arts and science from Everett Community College. I completed the Washington STARS training program, and I take more early learning classes annually. I have taught Pre-K for over 20 years and have been the teacher for the School Only Pre-K in the past. I look forward to teaching your kiddos and getting to know your child and family.

This month, we will continue practicing cutting skills and working on recognizing the letters of their names. As a class, we will also focus on understanding our emotions and learning how to use words to express them. Additionally, I will be testing in preparation for the upcoming Spring conferences.

Our **Valentine's party** will be on **Wednesday 12<sup>th</sup>**. We will be celebrating by playing games and passing out Valentine cards. Please have your child wear red, pink, purple or hearts. Please have your child bring Valentine cards for the other children in our class. We have **20 kids**. Have your child sign the cards and leave who they are to blank.

**Themes:** Ground Hog's Day, Valentine's Day, Our Feelings & Emotions and Healthy Bodies.

**Birthdays:** 2/12 – Apollo and 2/27 - Noah

**Reminders:**

- 2/2: Groundhogs Day
- 2/8: Saturday Night Care. Please sign up at the office 425-334-3885
- 2/12: Class Valentine's Party
- 2/14: **No school**
- 2/15: Saturday Night Care. Please sign up at the office 425-334-3885
- 2/17: **Closed**. Presidents Day & Teacher in-service
- 2/22: Family Music Day. More information to come.

**Looking ahead**

- 3/10- 3/14: Spring Conferences, we will send home your child's evaluation and if you would like we can set up a time to meet.
- 3/20: Picture retakes please let us know if your child will need a retake.



**Happy February!**  
Ms. Becky  
425-334-5412 or 425-334-3885  
[countrydawnbecky@gmail.com](mailto:countrydawnbecky@gmail.com)



# 2025

## February Menu



### MONDAY

03

Breakfast: Assorted cereals & pears

AM: Green beans with Saltine crackers

PM: Soy butter and jam sandwiches with pears

10

Breakfast: Assorted cereals & bananas

AM: Fig Newtons with mandarin oranges

PM: Tuna sandwiches with pickles

17

### Country Dawn

Closed for

### In-service Day

24

Breakfast: Assorted cereals & peaches

AM: Rice cakes with pears

PM: Bean and cheese tortillas with olives

03

### Country Dawn Lunches

All Week - Soynut & Jam

M - Grilled Cheese

T - Tuna

W - English Muffin Pizzas

Th - Turkey & Cheese

F - Quesadillas

### TUESDAY

04

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

AM: Mini bagels with cream cheese, bananas

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

11

Breakfast: Oatmeal & blueberries

AM: Turkey cubes with Ritz crackers

PM: Apple slices, string cheese

18

Breakfast: Scrambled eggs with ham and cheese & bananas

AM: Wheat Thin crackers with cucumbers (\*crackers)

PM: Pineapple with graham crackers

25

Breakfast: French toast & bananas

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

PM: Vanilla yogurt with mixed berries

04

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

### WEDNESDAY

05

Breakfast: Bagels with cream cheese & apple slices

AM: Roasted cauliflower with Ritz crackers

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

12

Breakfast: Biscuits with sausage gravy & pears

AM: Tomato slices, zucchini with Saltine crackers

PM: Peas, hummus, pita bread

19

Breakfast: Pancakes & orange slices

AM: Vanilla wafers with bananas

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

26

Breakfast: Oatmeal & apple slices

AM: Goldfish crackers with bell peppers, zucchini

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

### THURSDAY

06

Breakfast: Scrambled eggs with ham, cheese & pineapple

AM: Goldfish crackers with cucumbers, bell peppers

PM: Vanilla wafers with cantaloupe

13

Breakfast: Waffles & strawberries

AM: Cinnamon tortillas with applesauce

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

20

Breakfast: Croissants with jam & cantaloupe

AM: Ritz crackers with roasted broccoli

PM: Teddy grahams with mandarin oranges

27

Breakfast: Cinnamon toast & mixed berries

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

PM: Orange slices with popcorn (\* crackers)

### FRIDAY

07

Breakfast: Assorted cereals & applesauce

AM: Graham crackers with grapes (\* pineapple)

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

14

Breakfast: Assorted cereals & pineapple

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

PM: Rice cakes with yogurt

21

Breakfast: Assorted cereals & strawberries

AM: Pretzels with green beans (\*crackers)

PM: Peas, hummus, pita bread

28

Breakfast: Assorted cereals & fruit

AM: String cheese with roasted potatoes

PM: Fig Newtons with applesauce

# Saturday Night Care

**February 8th & 15th**

**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 when you pick up**

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

