



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

FULL DAY PRESCHOOL #1



Teacher: Jessica Daily

PARENT INFORMATION



Proudly Participating in Early Achievers



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Dear Parents,

My name is Jessica Daily and I am pleased to be the lead teacher in our full day Preschool program. I look forward to being apart of your child's developmental growth.

Here is a little about myself; I have a husband Kris and two beautiful children Sadie and John, both attend Country Dawn. I was born and raised in Washington State. I enjoy spending time with my family and being out in the great Pacific Northwest. I started working at Country Dawn in 2015 in various classrooms ranging from Pre-Toddler to Preschool. My starting position was a closer and I worked my way to teacher's assistant then to lead teacher. I have been a lead teacher since 2017, first in Pre-Preschool and then in Preschool. I dedicate myself to understanding my students and to knowing what they need to be successful. I enjoy getting to know what makes them who they are and learning how to help them grow socially, emotionally, mentally and physically.

Since I started working at Country Dawn I have completed 30 hours of the Washington STARS training program, learning child health, growth, development and guidance. I plan on continuing with my STARS classes and I have completed my Child Development Associate (CDA) program, at the Bellingham Technical College. I am also CPR and First Aid certified.

I look forward to this year in Preschool, getting to know you and your child better.

Sincerely,

A handwritten signature in black ink, appearing to read "Jessica Daily", written in a cursive style.

Jessica Daily
Preschool Program



Welcome to Preschool! I thought some helpful tips would help us all get started on the right foot.

Before we begin:

- Please make sure you are all set with our sign in/out at the front desk. Guests will need to present ID when picking up your child and be on an approved list.
- Download the Kid Reports app (iPhone/Android). This is my main form of communication where we can direct message each other and I can send pictures and updates.

Daily:

- Each child will have a cubby for personal items (backpack on hooks, blanket in cubby, lunch on top) please make sure all items fit in the cubbies for hygiene purposes.
- Each month you will be emailed my newsletter and calendar. Please check our parent board frequently, as well as the whiteboard. I will write important daily information there.
- For paperwork and artwork, your child will have a file in our cart. Please check this DAILY!
- Our class time starts at 9:00, lunch at 12:00 and nap 1:00-3:00.

Coming Prepared:

- We will do recess even if it is raining. Please make sure your child has the appropriate attire to play outside and have as much fun as possible! (jackets/clothing/shoes)
- We ask that you pack your child's backpack (or bag) with additional clothing (a full outfit including undergarments and shoes). Accidents happen, and we like to be prepared!
- Lunches:
 - Our lunch lasts 45 minutes.
 - We are mandated to make sure lunches are healthy. Please make sure you are including a fruit, vegetable, grain, protein source and dairy option. If your child has specific dietary needs please send any substitutes for snacks. Please make sure you are not sending anything containing peanuts or something that has "may contain peanuts" on the label.

Additional information:

- We will do a fire and earthquake drill every month. Our log is located under the whiteboard.
- I will send home a CDC and questionnaire at the beginning of the year and one at the time of your child's birthday. Please return these to me ASAP.
- We will do conferences in November and March. I will do evaluations and discuss them with you at this time. They cover social/emotional and cognitive skills as well as large and small muscle coordination.
- Any parties and field trips we have will be posted leading up to them. At the beginning of the year we will go to the pumpkin patch and have a Halloween party! If you would like to bring treats for birthdays and parties, they must be peanut free and store bought.



FULL DAY PRESCHOOL #1

Class Schedule

5:30 AM ----- Country Dawn opens
5:30 AM - 7:30 AM Breakfast and **Free choice** in the Big Room.
6:30 AM - 8:30 AM **Free choice** in Preschool #1 Room
8:30 AM - 9:00 AM **Recess (weather permitting)** or **Free Choice**
in Preschool #1 Room
9:00 AM - 9:20 AM Circle Time (Roll Call, Flag, Calendar,
Weather, Helpers) in Preschool #1 Room
9:20 AM - 9:40 AM Bathroom Break and Snack in Preschool #1
Room
9:40 AM - 10:00 AM Story & Show-N-Tell in Preschool #1 Room
10:00 AM - 10:30 AM Small Group and **Free choice** in Preschool
#1 Room
10:30 AM - 11:00 AM Art / Activity and **Free choice** in
Preschool #1 Room
11:00 AM - 11:30 AM **Recess (weather permitting)** or **Free Choice**
in Preschool #1 Room
11:30 AM - 11:45 AM Wash hands and prepare for lunch.
11:45 AM - 12:15 PM Lunch in Preschool #1 Room
12:15 PM - 12:30 PM Bathroom Break to Prepare for Rest Time
12:30 PM - 12:45 PM Teeth Brushing in Preschool #1 Room
12:30 PM - 1:00 PM Story Time in Preschool #1 Room
1:00 PM - 3:00 PM Rest Time in Preschool #1 Room
3:00 PM - 3:30 PM Bathroom Break and Snack in Preschool #1
Room
3:30 PM - 4:00 PM **Recess (weather permitting)** or **Free Choice**
in Preschool #1 Room
4:00 PM - 6:00 PM **Free choice** in Preschool #1 Room
6:00 PM ----- Country Dawn closes for the day.

Free Choice and Open Centers include: Art table, water tubs, sand tubs, rice tubs, puzzles, memory game, construction, blocks, farm, doll house, pet shop, tubes, stacking cups, lacing toys, magnets, foam shape magnets, pickets, science table, cars, housekeeping, etch a sketch, locking farm doors, listening center, reading center, play dough and counting sticks.

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).



FULL DAY PRESCHOOL THEMES

September

All About Me
Colors
Shapes

October

Safety
Halloween
Fall
Pumpkins

November

Farm Animals
Nutrition
Thanksgiving
My Body

December

My Five Senses
Christmas

January

Winter
Polar Regions
Space
My Family & Me

February

Health
Valentines Day
Feelings

March

Transportation
St. Patrick's Day
Rain & Snow

April

Spring
Easter
Caterpillars, Butterflies & Bugs

May

Plants & Flowers
Mother's Day
Frogs
Mom's & Muffins

June

Circus
Ocean Life
Dads & Donuts

PRESCHOOL OBJECTIVES AND GOALS

SOCIAL / EMOTIONAL

Participates in class discussions.
Able to share with others.
Respects others.
Uses “please” and “thank-you”.
Helps to pick up classroom after activity.
Able to play cooperatively with 1 or 2 other children
Speaks in full sentences.
Is understood by most people.
Able to be attentive to an activity 15 to 20 minutes long.
Uses bathroom when needed.

COGNITIVE

Uses “I” rather than “me” in sentences.
Follows 2 oral directions in correct order.
Can sequence 4 story pictures.
Recognize primary colors.
Able to recite own full name.
Able to recite own age.
Able to recite name of own sex.
Recognize own printed first name.
Able to count 1 through 10.
Able to recognize basic shapes.

LARGE MUSCLE COORDINATION

Can catch a ball.
Can jump over a 3-inch object
Can hop on 1 foot across room.
Can gallop
Walks using alternating steps with a heel to toe gait.
Can kick a rolling ball.
Can put on own coat.
Can throw a ball.

SMALL MUSCLE COORDINATION

Able to hold a pencil or crayon with pincer grip.
Can color with control.
Uses glue with control.
Can stack 10 blocks.
Able to string large beads.
Able to put together puzzles.
Can draw a person.
Able to cut with scissors with control.
Can pour water from a small pitcher.
Can trace patterns.

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)

Once a week our Preschool 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), a weekly extra-curricular soccer fitness program to our Preschool 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 receives new hardback books for our classrooms monthly; in addition every other month the librarian is a circle time guest and she sings songs, performs with puppets, and has felt board and other activities. CDC Assessments are provided to families each fall and spring. We offer Preschool 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