

Early Childhood Family Education and School Readiness Newsletter

Programs of the Clearbrook-Gonvick School District

Winter/Spring 2018

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Early Childhood Family Educators

Classes held in room 223 of the Clearbrook-Gonvick School

776-3112, ext. 223



WELCOME!! Join us in our Special Events! Parents, grandparents, any adult, or other relative who plays an important part in the growth and development of a child is invited to participate in any program activity. Services are offered at *minimal or no cost*.

Special Family Events

These events are for everyone. You don't have to be enrolled in other classes to attend these events.

'Paw'some



Join us for an evening full of activities based on the rescue crew characters! Just like Marshall, Chase, Rubble, Skye, Rocky and Zuma *your* action pup will be on a mission tackling the activities of the night!

Early Childhood Rooms

No Fee

Mon. Jan. 22

6:00-7:30 pm

Night!

Preschool Olympics



Bring your little gold medalist and join us for an evening full of Olympic-style movement! Instead of cruising the slopes, we will “sled”, “curl” and “score” in the warmth of the small gym!

Early Childhood Rooms

Clbk-Gon. Elem. Gym

No Fee

Mon. Feb. 26th

6:00-7:30pm

Wiggles, Wealth & Wills/ Run and Read Night!



Like a typical Run & Read night, your child can run, jump, throw balls and be active in the gym with Andrea, Stacie & high school volunteers while parents/adults meet in the commons to learn about how to prepare your child for college. YES, starting even now! **MEAL PROVIDED from 5:45-6:05!**

Clbk-Gon. Elem. Gym/

Commons

Mon. Mar. 26

5:45-7:15 pm



Hungry Caterpillar Commotion!

Eric Carle The Very Hungry Caterpillar



Venture through our classroom cocoon to make a memorable evening of caterpillar fun! The night is based on the classic book by Eric Carle.

Early Childhood Rooms

No Fee

Mon. April 23

6:00-7:30 pm

Welcome to ECFE!

Questions and Answers about ECFE Parent/Child Classes

What is ECFE?

Early Childhood Family Education offers education and support for families with young children, through parent/child classes, special events, Family Resource Library, WIC clinic support, and a wide range of referral resources.

What does a typical ECFE class include?

Most ECFE classes meet once a week and include:

Parent-Child Activity Time:

Families explore the classroom, play and do learning activities planned by a licensed Early Childhood teacher.

Parent Discussion Time:

Parents and the parent facilitator meet and share information, ideas and experiences about child development, parenting and current issues.

Children's Activity Time:

When parents have their discussion time, the children have a snack with the licensed Early Childhood Teacher, and then have time to play, learn and interact with each other.



Toy, Book and Video Lending Library

Any family attending at least two ECFE sessions may borrow from the ECFE collection of children's books, toys, and videos. This is a fun and free way to have something new at your house every week! Our Parent Resource Library is also filled with many books and videos for you to check out.

Parent Resource Library

Available for checkout

- Books on parenting and child development
- Video and audio tapes
- Brochures on many parenting topics

Community Ed Sponsored Toddler Open Gym

Do your little ones need a place to use up some energy this winter? We have just the place! Starting Sunday January 14th and running every Sunday until March 11th, come to the Elementary Gym for **Toddler Open Gym**!! This is a special time for our **0-5 year olds and their parents** to come and run, jump and play during the cold winter months when it is often difficult to do so. We will have equipment and activities just for little ones. Come any time from 2:30-4. Stay as long as you like. To help maintain the program, a free-will donation will be accepted.

Clbk-Gon Elem Gym Sun., Jan. 14 – Mar. 11
Donation Encouraged 2:30-4:00 pm

Cozy Connections

ECFE offers a school to home opportunity for families with children ages birth to kindergarten enrollment. Visits are planned to meet families' specific needs. Information on child development, parenting, at-home activities and community resources can be shared. Call 776-3112, ext. 223 for more information.



WIC Clinics

4th THURSDAY
of every MONTH

Clearbrook-Gonvick School
12:30- 4:00 pm

WIC is a supplemental nutrition program for:

- Women – pregnant, postpartum or nursing
- Infants
- Children up to age 5

Many working families are eligible for the program. Call 218-694-6581 for information or appointments.

ECFE Parent-Child Classes



☺ Registration **REQUIRED** 1 week before Classes Begin ☺
A MINIMUM of 4 registered families needed to hold class!

Registrations are taken on a first call, first served basis and will continue as long as there are openings. You may register by calling and leaving a message at 776-3112, ext. 223. We will call you if the class you registered for is full, otherwise assume you and your child(ren) are in.

Winter

Mixed Age Classes

(Birth to Kindergarten Enrollment)

Wednesday Morning Class

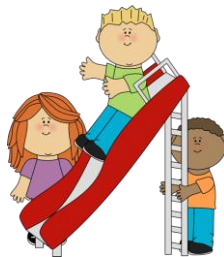
Jan. 10th – Feb. 28th
9:30 – 11:30 am

Thursday Morning Class

Jan. 11th – March 1st
9:30 – 11:30 am

Monday Evening Class

Jan. 29th – March 5th
No class Feb 19th (Presidents' Day)
No class Feb 26th (Special Event)
6:00 – 7:30 pm



Spring

Mixed Age Classes

(Birth to Kindergarten Enrollment)

Wednesday Morning Class

March 21st – May 2nd
9:30 – 11:30 am
No Class April 11

Thursday Morning Class

March 22nd – May 3rd
9:30 – 11:30 am
No Class April 12th

Monday Evening Class

March 19th – April 30th
No Class March 26th (Special Event)
No Class April 2nd (Spring Break)
No Class April 23rd (Special Event)
6:00 – 7:30 pm



Weather Cancellations

- Please keep in mind that ECFE and School Readiness will be cancelled for the day if our district school is closed.
- If school starts two hours late, morning classes will be cancelled.
- If school dismisses early due to weather, evening classes will be cancelled.

GED/Adult Basic Education

If you are interested please call Sherry at (218) 776-2789.

Immunization Records

Please bring your child(ren's) immunization record on the first day of class.

Suggested Fee Scale

Our ECFE class fees are based on the following sliding-fee scale. Please bring your payment to the first day of class if possible. Please note: No one will be denied participation due to inability to pay.

<u>Yearly Gross Family Income</u>	<u>Fee/qtr</u>
\$24,999 or less	\$10
\$25,000-\$46,999	\$15
\$47,000-\$69,999	\$20
\$70,000 + Over	\$25

Family Fun Activities

Winter Picnic

Put a tablecloth or sheet on the floor- have picnic foods indoors (without the bugs!).

Fine Motor Activity!

Strength Training for Little Fingers

Snow Painting

Fill two or three spray bottles with water. Add a different color of food coloring to each bottle. Let your child spray the colored water on the snow to create snowy art or to add details to a family of snowpals or a special snow fort!



Large Motor Activity!

Snowball Toss

Hang a hula hoop from a tree. You and your children can try to throw snowballs through it!

Do it together recipe:

Homemade Ice Cream in a Ziplock Bag

½ cup milk

½ teaspoon vanilla

1 ½ tablespoons sugar (or to taste)

6 tablespoons salt

Put milk, vanilla and sugar into a pint or quart-sized freezer bag. Seal well.

Fill a large, gallon-sized freezer bag with ice.

Add salt. (rock salt works well)

Put the smaller bag into the larger bag and seal.

Shake and mix until the ice cream thickens, about 10 minutes.

You can also let the kids gently throw the bag back and forth to help mix the ice cream.

Makes 1 serving



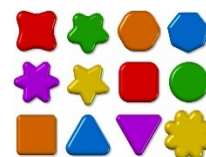
Music and Singing Time

Snowkey Pokey

Tune: Hokey Pokey



You put your mitten in,
You put your mitten out,
You put your mitten in
and you shake it all about
You do the snowkey pokey
And turn yourself about
That's what it's all about



Math Time

Sorting basic shapes

At as early as the thirty-month mark, your toddler will be able to separate circles, triangles, and squares, clearly understanding that they are three distinct shapes.

Challenge your toddler to do this by giving him three boxes to put away his toys--one box for each shape. Watch to see if he can do it, and encourage him to keep trying if he makes a mistake.

Just for Baby!

Back and Forth

*Stand in front of the baby with another person and take turns talking to him/her

*Let your baby look back and forth between the two of you to learn to differentiate who is speaking

*Continue talking for a short time if the baby is enjoying this experience. If he/she looks away or does not seem interested, stop and try again another time.





Halt the Hitting

When frustrated, many children just can't help the urge to touch someone – HARD – especially if their language skills are still developing. So what can be done about it?

1 *Remain calm yourself*

Watching your child lash out at others may make your own blood boil, but never answer violence with violence – even a slap on the hand or a swat on the butt. Kids learn from imitation so that only makes her more apt to be physical in the future.

2 *Comfort the victim, together*

Attention should be given to the victim first so your child isn't inadvertently rewarded with negative attention. To a child, attention is attention whether it is positive or negative. Give the attention to the victim by verbally saying something like, "Ouch! That must have hurt!", then ask your child to help address the injury by getting an ice pack, band-aid or toy to make the friend feel better.

3 *Follow up*

A stern "We don't hit." will help reinforce the fact that hands are not for hitting. When your child is calm, you can talk about how she'd feel if she was hit by a friend. Empathy is important for children to learn. This is an opportunity to teach it!

4 *Role play*

Help your child express herself in appropriate ways. Give your child the words s/he may not have yet by practicing. Brainstorm ideas together so your child has options:

- "I'm angry."
- "It's my turn now."
- "Can I play with the doll when you are done?"
- Walk away
- Pound a pillow or couch cushion



5 *Be proactive*

Time play dates when kids are rested and not hungry.

Put special toys away before the "He Can't Touch That" fight starts.

Play outdoors so your child doesn't feel territorial about his play area.

Knock out violent cartoons and games – your child may be influenced by them more than you think.

School Readiness

If your child is eligible to attend Kindergarten in the 2018-2019 school year, you may enroll him/her in this class.

School Readiness is a great opportunity for your child to spend time in a semi-structured classroom with daily routines while working on academic and social skills. Parental involvement is important and required for your child to participate in this class. We have a variety of options for you to consider for involvement. We also have some possible options to assist in transportation to or from classes. No family will be excluded because of an inability to pay.



Winter/Spring Classes

January 8 – May 18, 2018

Morning Class

Monday, Tuesday & Friday

8:00-11:00 am

Afternoon Class

Monday, Tuesday & Friday

Noon – 3:00 pm

Fees are based on a sliding fee scale that ranges from \$4 per class to \$1 per class

Call for more information & to register:

218-776-3112, ext. 223



10 REASONS YOUR CHILD SHOULD ATTEND PRESCHOOL

1. Preschool is an opportunity for growth
2. Preschool prepares children for kindergarten
3. Preschool promotes social and emotional development
4. The preschool environment is structured, although it may not appear that way
5. Children get to make choices
6. Children learn to take care of themselves and others
7. Preschool promotes language and cognitive skills
8. Preschool teachers nurture a child's curiosity
9. Preschool activities boost pre-math and literacy skills
10. Preschool helps develop motor skills

2017-2018 C-G ECFE/School Readiness WINTER-SPRING Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 8 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Jan 9 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Jan 10 ECFE 9:30-11:30	Jan 11 ECFE 9:30-11:30	Jan 12 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
Jan 15 <i>NO SCHOOL</i>	Jan 16 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Jan 17 ECFE 9:30-11:30	Jan 18 ECFE 9:30-11:30	Jan 19 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
Jan 22 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE FAMILY EVENT! 6-7:30	Jan 23 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Jan 24 ECFE 9:30-11:30	Jan 25 ECFE 9:30-11:30	Jan 26 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3

Jan 29 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	Jan 30 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Jan 31 ECFE 9:30-11:30	Feb 1 ECFE 9:30-11:30	Feb 2 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
Feb 5 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	Feb 6 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Feb 7 ECFE 9:30-11:30	Feb 8 ECFE 9:30-11:30	Feb 9 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
Feb 12 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	Feb 13 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Feb 14 ECFE 9:30-11:30	Feb 15 ECFE 9:30-11:30	Feb 16 <i>NO SCHOOL</i>
Feb 19 <i>NO SCHOOL</i>	Feb 20 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 Family Day!	Feb 21 ECFE 9:30-11:30	Feb 22 ECFE 9:30-11:30	Feb 23 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
Feb 26 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE FAMILY EVENT! 6-7:30	Feb 27 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Feb 28 ECFE 9:30-11:30	Mar 1 ECFE 9:30-11:30	Mar 2 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
Mar 5 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	Mar 6 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Mar 7 NO ECFE	Mar 8 NO ECFE	Mar 9 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
Mar 12 <i>NO SCH READINESS OR ECFE</i>	Mar 13 PRESCHOOL SCREENING	Mar 14 PRESCHOOL SCREENING	Mar 15 NO SCHOOL	Mar 16 NO SCHOOL
Mar 19 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	Mar 20 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Mar 21 ECFE 9:30-11:30	Mar 22 ECFE 9:30-11:30	Mar 23 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
Mar 26 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE FAMILY EVENT! 6-7:30	Mar 27 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Mar 28 ECFE 9:30-11:30	Mar 29 ECFE 9:30-11:30	Mar 30 NO SCHOOL
Apr 2 NO SCHOOL	Apr 3 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Apr 4 ECFE 9:30-11:30	Apr 5 ECFE 9:30-11:30	Apr 6 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
Apr 9 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	Apr 10 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Apr 11 NO ECFE/ TEACHER TRAINING	Apr 12 NO ECFE / TEACHER TRAINING	Apr 13 NO SCH READINESS/ TEACHER TRAINING
Apr 16 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	Apr 17 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Apr 18 ECFE 9:30-11:30	Apr 19 ECFE 9:30-11:30	Apr 20 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
Apr 23 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE FAMILY EVENT! 6-7:30	Apr 24 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	Apr 25 ECFE 9:30-11:30	Apr 26 ECFE 9:30-11:30	Apr 27 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
April 30 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	May 1 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	May 2 ECFE 9:30-11:30	May 3 ECFE 9:30-11:30	May 4 <i>NO SCHOOL</i>
May 7 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	May 8 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	May 9	May 10	May 11 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
May 14 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	May 15 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	May 16	May 17	May 18 AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
May 21	May 22	May 23	May 24	May 25

Early Childhood Health & Developmental Screening

- For:**
- *Any Child 3 years old or older by Dec. 31, 2017
 - *Children new to the area not already screened
 - *Any child enrolling in future School Readiness Classes (REQUIRED)
 - *ALL children prior to Kindergarten entrance (REQUIRED)
 - *Future home-schooled children wanting a simple check of their development
- When:** Tuesday, March 13th & Wednesday, March 14th, 2018
- Where:** **Clearbrook-Gonvick School**
- Why:** To simply check how your child is growing and developing. It is REQUIRED for children to enter *School Readiness* and *Kindergarten*.
- Details:** More information will be mailed out mid-February. If you do not receive a letter by Feb. 23rd and feel you should, please contact the school at 776-3112 ext. 223.

Winter/Spring ECFE Class sizes will be limited!

Registrations are required before classes begin!

Class information is on page 3

Registration will be on a *first call* basis. Call early and leave your name, phone number, children's names and birthdates to ensure enrollment in the class you want!



RETURN SERVICE REQUESTED

Early Childhood Family Education
School Readiness
Clearbrook-Gonvick School
16770 Clearwater Lake Rd
Clearbrook, MN 56634