

Early Childhood Family Education and School Readiness Newsletter

Programs of the Clearbrook-Gonvick School District

Fall 2020



Stacie Petterson and Andrea Millar

Early Childhood Family Educators

Classes held in the Early Childhood addition
at the Clearbrook-Gonvick School

776-3112, ext. 230 or 225



Join us in one or all of our early childhood programs and events! ONE Parent, grandparent, or guardian who plays an important part in the growth and development of a child is invited to participate in any early childhood program and/or activity. All adults are required to wear a mask or face shield. Early childhood students are not required to wear masks in class but are encouraged to in public areas like halls, commons, etc.



Look for more programming options in this newsletter! 😊

Family TAKE & MAKE Events

These packets are for children Birth to Kindergarten enrollment. You don't have to be enrolled in an early childhood class to pick up your GRAB 'N GO packet! Please just call 218-776-3112 ext. 230 at least one day in advance to reserve your packet of fun!

Fall Frenzy!



This packet will highlight our fall season! Build stronger fine motor skills and enhance your child's inner creativity while making these special treasures!

Call no later than Monday, Oct 26th to order
Pick up or curbside delivery: TUES. OCT 27th
5:00 - 6:30 pm

Gobbling Gratitude!



This is a packet to help you celebrate the changing season, harvest, turkeys, thanksgiving and the blessings all around you! Everything is brighter with an attitude of gratitude! Help your child see the sunny side of life by working together on this packet!

Call no later than Monday, Nov. 16th to order
Pick up or curbside delivery: TUES. NOV. 17th
5:00 - 6:30 pm

Happy Holiday Happenings!

Ho! Ho! Ho! Get into the holiday spirit with this packet! It will include delightful December decorations and ornaments for a tree. Plus...Enjoy the special gift Santa asked us to give to your child!

Call no later than Monday, Dec. 7th to order
Pick up or curbside delivery: TUES. DEC. 8th
5:00 - 6:30 pm



Welcome to



Early **C**hildhood **F**amily **E**ducation!

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 licensed early childhood teachers.

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 Early Childhood staff, and then have time to play, learn and interact with each other.



Cozy Connections

ECFE offers home visits 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.230 for more information.

Parent Resource Library

Available for checkout

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

Toy, Book and Video 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!

WIC Clinics at C-G

The WIC program provides free healthy foods and nutrition information to eligible individuals.

WIC is the special supplemental nutrition program for Women, Infants and Children.

The program serves:

- Pregnant women
- Breastfeeding or postpartum women
- Infants
- Children up to the age of 5

Many working families are eligible for the program. To find out more information call *Clearwater County Nursing Service*: 1-218-694-6581

**DUE TO
COVID-19
CLASS SIZE IS
LIMITED!!**

ECFE Parent-Child Classes

Registration will be BEFORE Classes Begin

Register early to ensure a spot! Call 776-3112 EXT 230 and leave your name, phone number, child(ren)'s names and birthdates. We will call you if the class you registered for is full, otherwise assume you and your child(ren) are in.



Mixed Age Classes

(Birth to Kindergarten Enrollment)

Tuesday Morning Class

9:30 – 11:30 AM

Oct. 20 - Dec. 8

Thursday Morning Class

9:30 – 11:30 AM

Oct. 8 - Dec. 10

No Class Oct 15th or Nov. 26th

Tuesday Night Class

6:00 – 7:30 PM

Nov. 3rd - Dec. 1st



GED/ Adult Basic Education

- Would you like to earn your GED or Adult Diploma?
- Do you want to improve your reading, writing, or math skills?
- Do you need your ServSafe certification or food manager certification?

If you do, GED/Adult Basic Education is for you.

Local site and class offerings are:

Clear Waters Life Center, Clearbrook

Tuesdays 6:00-8:00 pm

Wednesdays 12:30-3:00 pm

For more information or to express interest, please call Sherry Hjelle at the Clear Waters Life Center 776-2789.

Immunization Records

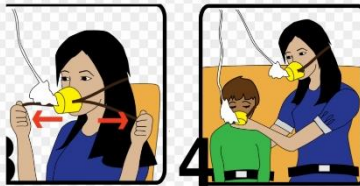
Please bring your child(ren)'s current immunization record(s) to the first day of class. **THANK YOU!**

Sliding Fee Scale

Our ECCE session 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	\$15
\$25,000-\$46,999	\$20
\$47,000-\$69,999	\$25
\$70,000 + Over	\$30

Tips for Parenting in a Pandemic



1) **Put your oxygen mask on first:** For many parents, putting their children's needs and desires come first. In many cases, this may be necessary; however, it is crucial to remember what they tell us on airplanes, "If you are traveling with a child, please make sure to place your oxygen mask on first." The message is profound—you must take care of yourself first before you take care of others. To some, this may sound selfish but it is just the opposite. It is the way in which you will ultimately be able to

better take care of others. Find out what brings you joy, gives you energy, enlivens your soul—and do it. Strive for at least 30 minutes of daily "you" time.

2) **Focus on your blessings:** It is very easy to get caught up in negativity and fear. With so much information available to us 24/7, we can easily be sucked into the pandemonium of this pandemic. Instead of feeling like you have to be on top of the latest news, stop scrolling and reading every article that comes your way and instead focus on what you do have and what is working in your life. Perhaps you can count your blessings with your children by creating a "Blessings Wall" with post-it notes or write in a gratitude journal at bedtime. Each family member can write the date on the top of a post-it note and what their blessing of the day is, then stick it to the wall or jot down everyone's blessings in the journal



3) **Reach out to a friend:** Humans were not made to be socially isolated. We are social creatures and we need one another. Being stuck at home is incredibly challenging. To the best of your ability, carve out time to connect with your friends either through phone calls or FaceTime. The same is true for your kids. Maybe plan some time each day for "Social-Connect Time" where adults and kids alike sit around the table writing to respective friends or drawing pictures that can be texted or snail-mailed to your social circles.



4) **Create healthy boundaries:** Now that everyone is sharing the same space, creating boundaries is even more important. Taking "alone time" is crucial—for every family member. What can you do to help your child occupy themselves?



5) **Understand that your words matter. Pause and think before you speak:** All of us are under stress, enormous stress. When we go into stress mode, we often become short-tempered and our words become uncensored. When you feel yourself in that "I'm about to explode" mode, take a deep breath, count to twenty; then, look deep into your child's eyes and try to speak from a place of compassion. We're all going a bit stir-crazy.



These times are unprecedented and they will eventually pass — but what will remain are the memories that we are now creating with our families. So, let's all do our best to become solution-oriented parents who are able to pivot.



Fall Family Fun!



Leaf Art



Save dry, brittle leaves for this art activity. Have your children glue on leaf-shaped paper. Then let them crush the dry leaves and sprinkle the pieces all over the glue.

Music and Singing Time!

I'm a Nut!

I'm a little acorn brown.
Lying on the cold, cold ground.
Everybody steps on me,
That is why I'm cracked you see.
I'm a nut (clap, clap)
I'm a nut (clap, clap)
I'm a nut (clap, clap)



Fine Motor Activity!

Strength Training for Little Fingers

Tongs and ladles are great household items to work on fine motor skills. Gather up a few items from outside in the fall and make a sensory box. With your child, scoop and pick up pine cones, leaves, and acorns!



Snack Time!

Apple Banana Frosty

1 Golden Apple
1 Peeled, Sliced Banana
1/4 cup Milk
3 Ice Cubes



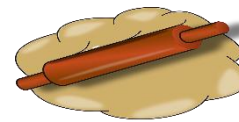
Blend all ingredients in a blender.
Serves 4 children.

Math time!

Matching and sorting are early stages of math development

Sorting leaves!

Use leaves left over from your child's fall turkey to sort by color! Have your child sort the leaves into red, orange, yellow, green and brown piles

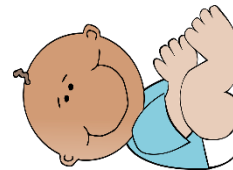


Make together!

Playdough

1 c. flour	1 tbsp. oil
½ c. salt	1 c. cold water
2 tsp. cream of tartar or alum	food coloring

Mix all ingredients in a saucepan. Cook over medium heat, stirring until it forms a ball around the spoon and consistency of mashed potatoes. Dump onto counter and knead the dough until it is no longer sticky. Store in an airtight container.



Just for Baby!

Two Little Eyes

Two little eyes that open and close
Two little ears and one little nose
Two little cheeks and one little chin
Two little lips with teeth locked in!

SCHOOL READINESS:



If your child is eligible to attend Kindergarten in the 2021-2022 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. Fees are based on a sliding fee scale. Scholarships are available to cover the cost of this program for those who qualify.

Fall/Winter SR Classes

October 5th – December 18, 2020

Monday, Wednesday and every other Friday

8:20 am – 3:13 pm

OR

Tuesday, Thursday and every other Friday

8:20 am – 3:13 pm

Call for more information:

218-776-3112



3'S PROGRAM:



If your child is age 3, he/she may be able to participate in this class. Limited spots available. The 3's program 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. There are possible options to assist in transportation from class if your child attends daycare in the area or you live within so many miles of the school. Fees are based on a sliding fee scale. Scholarships are available to cover the cost of this program for those who qualify.

Fall/Winter 3's Classes

October 12th – December 16th, 2020

Monday Class

8:20 am – 10:50 am

OR

Wednesday Class

8:20 am – 10:50 am

Call for more information:

218-776-3112



2020-2021 Fall C-G ECFE/School Readiness(SR)/3's class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 5 SR A group: 8:20-3:00	Oct 6 SR B group: 8:20-3:00	Oct 7 SR A group: 8:20-3:00	Oct 8 SR B group: 8:20-3:00 ECFE 9:30-11:30	Oct 9 SR B group: 8:20-2:28
Oct 12 SR A group: 8:20-3:00 3's class A 8:20-11:00	Oct 13 SR B group: 8:20-3:00	Oct 14 SR A group: 8:20-3:00 3's class B 8:20-11:00	Oct 15 <i>NO SCHOOL</i> <i>Ed MN Conference</i>	Oct 16 <i>NO SCHOOL</i> <i>Ed MN Conference</i>
Oct 19 SR A group: 8:20-3:00 3's class A 8:20-11:00	Oct 20 SR B group: 8:20-3:00 ECFE 9:30-11:30	Oct 21 SR A group: 8:20-3:00 3's class B 8:20-11:00	Oct 22 SR B group: 8:20-3:00 ECFE 9:30-11:30	Oct 23 SR A group: 8:20-2:28
Oct 26 SR A group: 8:20-3:00 3's class A 8:20-11:00	Oct 27 SR B group: 8:20-3:00 ECFE 9:30-11:30 TAKE AND MAKE 5-6:30	Oct 28 SR A group: 8:20-3:00 3's class B 8:20-11:00	Oct 29 SR B group: 8:20-3:00 ECFE 9:30-11:30	Oct 30 SR B group: 8:20-2:28
Nov 2 SR A group: 8:20-3:00 3's class A 8:20-11:00	Nov 3 SR B group: 8:20-3:00 ECFE 9:30-11:30 ECFE 6-7:30	Nov 4 SR A group: 8:20-3:00 3's class B 8:20-11:00	Nov 5 SR B group: 8:20-3:00 ECFE 9:30-11:30	Nov 6 SR A group: 8:20-2:28
Nov 9 SR A group: 8:20-3:00 3's class A 8:20-11:00	Nov 10 SR B group: 8:20-3:00 ECFE 9:30-11:30 ECFE 6-7:30	Nov 11 SR A group: 8:20-3:00 3's class B 8:20-11:00	Nov 12 SR B group: 8:20-3:00 ECFE 9:30-11:30	Nov 13 NO School Readiness
Nov 16 SR A group: 8:20-3:00 3's class A 8:20-11:00	Nov 17 SR B group: 8:20-3:00 ECFE 9:30-11:30 ECFE 6-7:30 TAKE AND MAKE 5-6:30	Nov 18 SR A group: 8:20-3:00 3'ss class B 8:20-11:00	Nov 19 SR B group: 8:20-3:00 ECFE 9:30-11:30	Nov 20 SR B group: 8:20-2:28
Nov 23 SR A group: 8:20-3:00 3's class A 8:20-11:00	Nov 24 SR B group: 8:20-3:00 ECFE 9:30-11:30 ECFE 6-7:30	Nov 25 SR A group: 8:20-3:00 3's class B 8:20-11:00	Nov 26 <i>NO SCHOOL</i> <i>Thanksgiving Break</i>	Nov 27 <i>NO SCHOOL</i> <i>Thanksgiving Break</i>
Nov 30 SR A group: 8:20-3:00 3's class A 8:20-11:00	Dec 1 SR B group: 8:20-3:00 ECFE 9:30-11:30 ECFE 6-7:30	Dec 2 SR A group: 8:20-3:00 3's class B 8:20-11:00	Dec 3 SR B group: 8:20-3:00 ECFE 9:30-11:30	Dec 4 SR A group: 8:20-2:28
Dec 7 SR A group: 8:20-3:00 3's class A 8:20-11:00	Dec 8 SR B group: 8:20-3:00 ECFE 9:30-11:30 TAKE AND MAKE 5-6:30	Dec 9 SR A group: 8:20-3:00 3's class B 8:20-11:00	Dec 10 SR B group: 8:20-3:00 ECFE 9:30-11:30	Dec 11 SR B group: 8:20-2:28
Dec 14 SR A group: 8:20-3:00 3's class A 8:20-11:00	Dec 15 SR B group: 8:20-3:00	Dec 16 SR A group: 8:20-3:00 3's class B 8:20-11:00	Dec 17 SR B group: 8:20-3:00	Dec 18 SR B group: 8:20-2:28



Where children:

- Learn and practice social skills
- Build foundations for kindergarten readiness
- Make friends
- Get familiar with school
- Gain confidence in their abilities
- Are encouraged to be the best version of themselves

Return Service Requested

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