

# Early Childhood Family Education and School Readiness Newsletter

Programs of the Clearbrook-Gonvick School District

## Fall 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 new fun fall 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.

### Frenzy of FALL Fun!



Join us for an evening of activities that highlight our fall season! If the weather cooperates we will enjoy some of our time outdoors! Otherwise meet us in the early childhood classroom (room 223)!

Early Childhood Room 223  
No Fee

Mon. Oct. 15<sup>th</sup>  
6:00 - 7:30 pm

### Holiday Fun Night!

Ho! Ho! Ho! Get into the holiday spirit as we make ornaments, holiday decorations, and ginger-bread houses! Every child leaves with their homemade crafts and a gift.



Early Childhood Rooms  
Fee: \$5 per family

Mon. Dec. 10<sup>th</sup>  
6:00-7:30 pm

### Turkey Time ~ Thankful Time



Grab your special someone(s) to create special memories together! Activities will focus on thankfulness and the Thanksgiving season!

Clbk-Gon ECFE Rooms  
No Fee

Mon. Nov. 12<sup>th</sup>  
6:00 - 7:30 pm



Play, Learn & Grow Together!

# Welcome to



# **E**arly **C**hildhood **F**amily **E**ducation!

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## 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 the licensed Early Childhood Teacher, 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. 223 for more information.

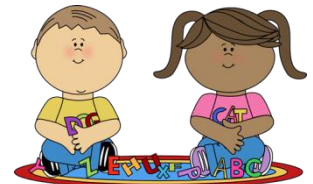
## Parent Resource Library

*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



# ECFE Parent-Child Classes



Registration will be **BEFORE** Classes Begin

*Class size will be limited so register early! Register by calling and leaving your name, number, children's names and birthdates 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.*

## Mixed Age Classes

(Birth to Kindergarten Enrollment)

### Wednesday Morning Class

9:30 – 11:30 AM

Oct. 3 - Dec. 5

*No Class Oct 17<sup>th</sup> or Nov. 21<sup>st</sup>*



### Thursday Morning Class

9:30 – 11:30 AM

Oct. 4 - Dec. 6

*No Class Oct 18<sup>th</sup> or Nov. 22<sup>nd</sup>*



### Monday Night Class

6:00 – 7:30 PM

Oct. 29 - Dec. 3

*No Class Nov. 12<sup>th</sup> (Spec. Event)*

## 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 want help preparing for your driver's permit/CDL test?

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	\$10
\$25,000-\$46,999	\$15
\$47,000-\$69,999	\$20
\$70,000 + Over	\$25



# Fall Family Time!



## **Printmaking!**

Introduce *printmaking* by dipping apples in paint and “printing” them on paper!



### **Do it together recipe:**

Crock pot applesauce:

Take ten large apples, peeled, cored and cut into chunks. Put them in a crock pot along with ½ cup water, ½ teaspoon cinnamon, and ¾ cup sugar. Cover and cook on high for 3-4 hours or low for 8-10 hours. Take a potato masher and mash. This can be eaten warm or cold. Refrigerate the remaining sauce.

## **Math time!**

Go on a nature walk and collect items that interest your child (rocks, pinecones, leaves, feathers...) Count how many items there are. Ask, “ How many pinecones do you have?” or “How many orange leaves did you find?” Another idea... find out which group has more or less items.



## **Fine Motor Activity!**

*Strength Training for Little Fingers*

Tear up pieces of different leaves and glue on paper to “decorate” a fall picture!

## **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)



### **Just for Baby!**

#### **Elevator**

(Lift baby slightly higher with each floor; then go down at end.)  
Going for a ride on an elevator.  
Going for a ride on an elevator.  
First floor. Second floor.  
Third floor. Fourth floor.  
Fifth floor.  
Down, down, down, down, down we go!

### **Snack Time!**

*Here’s a snack you can eat together.*

Buy a red apple, green apple and a yellow apple. Ask which apple your child likes best. Ask questions about the apples... “Which apple is the sweetest or softest?”

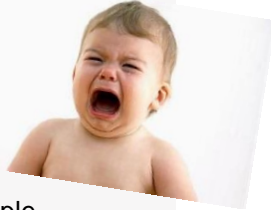


# WHAT?! Crying, defiance and clingy behavior are MILESTONES?!?!

YES, as crazy as it sounds...they are social-emotional milestones. Here are other milestones to watch for and celebrate.

## 2 – 3 MONTHS

- Shows feelings by crying or smiling.
- Begins to smile at parent.
- Follows parent with eyes.
- Enjoys being hugged and cuddled



## 4 MONTHS

- Smiles spontaneously, especially at people.
- Shows excitement by waving arms and legs.
- Calms and stops crying when comforted (most of the time).
- Enjoys playing with people and imitating smiles and frowns.

## 6 MONTHS

- Knows familiar faces and begins to know if someone is a stranger.
- Enjoys playing with others, especially family (such as “peek-a-boo”).
- Likes to look at self in mirror.
- Responds to other people’s emotions and often seems happy.
- Makes sounds to express happiness or displeasure.

## 9 MONTHS

- Shows feelings by smiling, crying and pointing.
- Prefers certain toys.
- Clings to familiar adults.
- Cries when parent leaves and is shy around strangers.
- Responds to own name.



## 12 MONTHS

- Prefers certain people and toys.
- Imitates sounds, gestures or actions to get Parent's attention.
- Cries when parent leaves and is shy around strangers.
- Puts arm or leg out to help with dressing
- Enjoys playing games like “peek-a-boo” and “pat-a-cake.”

## 18 MONTHS

- Imitates your behavior Tries new things with familiar adults nearby.
- Hands things to others as part of play.
- Shows feelings, for example, temper tantrums, fear of strangers, affection with familiar people or clinging to a familiar adult in new situations.
- Points to show things to others.

## 2 YEARS

- Plays briefly beside other children, and gets excited when with other children.
- Imitates others, especially adults and older children.
- Shows more and more independence.
- Shows defiance, such as doing what he/she was told not to do.
- Begins to play with other children, as in chasing one another.

## 3 YEARS

- Shows concern and affection for others without prompting.
- Copies adults and friends (for example, runs when other children run).
- Takes turns in games.
- Separates easily from parents.
- Shows a wide range of feelings.
- Enjoys routines and may get upset with a major change.
- Dresses and undresses self.
- Enjoys helping with simple household tasks.
- Verbalizes toilet needs and may be toilet trained during the day.

## 4 YEARS

- Plays cooperatively with other children.
- Negotiates solutions to conflicts.
- Prefers playing with other children than playing alone.
- Enjoys doing new things.
- Becomes more creative in make-believe play.
- Confuses what’s real and what’s make-believe.
- Expresses likes and dislikes.
- Seeks new experiences.



# School Readiness Classes

*If your child is eligible to attend Kindergarten in the 2019-2020 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.*

## **Fall/Winter Classes**

September 17 – December 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

## **Have fun Comparing!**

Math is important in daily life and in school. *Who is taller? How much paper do we need to wrap this present? Is this container big enough?* To answer these questions, we think about size and compare.



## **Big and Little!**

Math is more than numbers and counting. Children learn important math skills by doing simple hands-on activities, like sorting objects by size and comparing them. You can help your child learn math as you play and talk together.

Enjoy these games with your child. Don't worry about the right answer. Young children learn math skills over time. As they grow older, they are able to understand things in a more adult way.

- On walks, look for big and little leaves, trees, buildings, rocks, and flowers.
- Compare shoes, your child's and your own. Ask: *Whose shoe is bigger? How can you tell? With older children, add another person's show. Whose is biggest? Smallest? In the middle?*
- Say to your child: Walk around the room. *Can you find something that is as tall as you are? Taller? Shorter? How can you tell?*
- Let your child help sort and match objects by size or color: clean socks, toys, shells, etc.

## Clearbrook-Gonvick ECFE/School Readiness 2018-2019 FALL Calendar

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Sept 17</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Sept 18</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Sept 19</b>	<b>Sept 20</b>	<b>Sept 21</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
<b>Sept 24</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Sept 25</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Sept 26</b>	<b>Sept 27</b> WIC	<b>Sept 28</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
<b>Oct 1</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Oct 2</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Oct 3</b> ECFE 9:30-11:30	<b>Oct 4</b> ECFE 9:30-11:30	<b>Oct 5</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
<b>Oct 8</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Oct 9</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Oct 10</b> ECFE 9:30-11:30	<b>Oct 11</b> ECFE 9:30-11:30	<b>Oct 12</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
<b>Oct 15</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 <b>ECFE Special Event 6 – 7:30 pm</b>	<b>Oct 16</b> PM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Oct 17</b> <b>NO ECFE</b>	<b>Oct 18</b> <b>NO SCHOOL</b> <i>Ed MN Conference</i>	<b>Oct 19</b> <b>NO SCHOOL</b> <i>Ed MN Conference</i>
<b>Oct 22</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Oct 23</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Oct 24</b> ECFE 9:30-11:30	<b>Oct 25</b> ECFE 9:30-11:30  WIC	<b>Oct 26</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
<b>Oct 29</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	<b>Oct 30</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Oct 31</b> ECFE 9:30-11:30	<b>Nov 1</b> ECFE 9:30-11:30	<b>Nov 2</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
<b>Nov 5</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	<b>Nov 6</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Nov 7</b> ECFE 9:30-11:30	<b>Nov 8</b> ECFE 9:30-11:30	<b>Nov 9</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
<b>Nov 12</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 <b>ECFE Special Event 6-7:30</b>	<b>Nov 13</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Nov 14</b> ECFE 9:30-11:30	<b>Nov 15</b> ECFE 9:30-11:30	<b>Nov 16</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
<b>Nov 19</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	<b>Nov 20</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Nov 21</b> <b>NO ECFE</b>	<b>Nov 22</b> <b>NO SCHOOL</b> <i>Thanksgiving Break</i>	<b>Nov 23</b> <b>NO SCHOOL</b> <i>Thanksgiving Break</i>
<b>Nov 26</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	<b>Nov 27</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Nov 28</b> ECFE 9:30-11:30	<b>Nov 29</b> ECFE 9:30-11:30 WIC	<b>Nov 30</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
<b>Dec 3</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 ECFE 6-7:30	<b>Dec 4</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Dec 5</b> ECFE 9:30-11:30	<b>Dec 6</b> ECFE 9:30-11:30	<b>Dec 7</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
<b>Dec 10</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3 <b>ECFE Holiday Fun Night! 6-7:30</b>	<b>Dec 11</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Dec 12</b> <b>NO ECFE</b>	<b>Dec 13</b> <b>NO ECFE</b>	<b>Dec 14</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3
<b>Dec 17</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Dec 18</b> AM Sch Readiness 8:00-11 PM Sch Readiness Noon-3	<b>Dec 19</b> <b>NO ECFE</b>	<b>Dec 20</b> <b>NO ECFE</b> WIC	<b>Dec 21</b> <b>NO SCHOOL</b> <b>READINESS</b>



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