

Thief River Falls Public Schools



Spring Session 2020-2021

Early Childhood Family Education



Opportunities for You and Your Child to Learn and Grow Together

Classes, Activities and Services for You and Your Infant to Preschool-Age Child

Discover what's available at www.trfcommunityed.com or 218-681-8670



Follow us on Facebook/Thief River Falls ECFE

Most classes and activities are held at Challenger Elementary & Preschool

The Scissors Song

(sung to "London Bridge")



Keep your thumbs up
When you cut, when you cut,
when you cut.

Keep your thumbs up when
you cut and squeeze the
blades together!

Great Reasons to take an ECFE class

- ❖ It's a wonderful place to spend time with your child
- ❖ You and your child will learn, play, and discover together
- ❖ You will get information and support
- ❖ Classes are affordable and fun
- ❖ Your child will make new friends and you will too

Welcome to Early Childhood & Family Education

Classes and Activities for You and Your Child

Our ECFE classes have parents and children learning together through a mix of activities guaranteed to be fun and educational for children birth to five years of age. Parents also are provided with information and support to help you be the best FIRST teacher of your child. All classes include time where parents and children work together on educational activities designed for early learning success.

Classes include a story, rhymes, music, and parent & child hands-on learning activities followed by a time when parents can share and learn about child development, parenting styles and techniques, parenting dilemmas and more. During the parent discussion time, your child's teacher will continue to encourage learning through music, stories, games, and social experiences.

Winter Sessions dates: March 1-May 21.

Raise a reader with the "Big Five"

Research shows that parents have more influence than anyone else on the literacy of their children. The early years are critical, so don't let your child miss out. Offer plenty of the "Big Five" –the top five things researchers say parents can do to raise good readers. They are:

- Let your child see you reading, but don't stop there. Talk about how you learn from reading. Say, "would you like to read, too?" Then give him/her a favorite picture book.
- Expect your child to be a reader. "Someday you'll be in kindergarten and you'll be learning to read! That will be exciting!"
- Keep reading and writing tools nearby. Visit the library at least once a week and let your child choose several books at a time. Have paper and crayons handy, too.
- Read to your child every day-for as long as it's enjoyable. Choose books he'll/she'll enjoy.
- Talk to your child about all kinds of things-your day, his/her toys, the weather. This builds vocabulary skills. It also builds a strong, close parent-child relationship.

Parent-Child Classes



Playland Playtime Class

Get up and go play at school in our movement based learning time class. We will explore Playland, use the parachute, play games, and use music for movement during this class. This is a non-separating class with activities for 2-5 year olds in mind. Parent discussion time will be in the room with the kids.

Due to COVID-19 restrictions, one adult per family will be invited to participate in class.

**Thursday evenings: SEC107
(11 weeks) 6:30-7:30 p.m.
No Class on April 1**

Fee: Sliding Fee Scale on last page.

Tiny Tots

(Ages 9-18 Months)

These FREE classes will give parents and their little ones the opportunity to explore and learn together. Enjoy this time to celebrate and nurture the relationship with your child. Connect with other parents about the joys and concerns of parenting.

Due to COVID-19 restrictions, one adult per family will be invited to participate in class.

**Mondays: 11:00 a.m.-12:00p.m.
Class: SEC101 (10 Weeks)
No Class on March 29 & April 5
Fee: FREE Class**

Email lisa.hinrichs@myprowler.org with any questions.

Busy Buddies

(Ages 1 year old-Kindergarten enrollment age)

(Infants may accompany parents with siblings)
Stories, songs, puzzles, creative projects, sensory, movement activities and other learning opportunities will be available for the variety of ages in these classes. Parents will separate from the children to share joys and challenges, and learn helpful tips for parenting during part of the class (infants stay with the parents).

Due to COVID-19 restrictions, one adult per family will be invited to participate in class.

CLASS OPTIONS

**Wednesday Class: SEC103
(12 weeks) 9:30-11:00 a.m.**

**Thursday Class: SEC104-FULL
(11 weeks) 9:30-11:30 a.m.**

**Thursday PM Class: SEC106
(11 weeks) 4:30-6:00 p.m.**

**Friday Class: SEC105-FULL
(11 weeks) 9:30-11:30 a.m.**

Fee: Sliding Fee Scale on last page.

2020-2021 ECFE Advisory Board Members

Amanda Asp
Kendra Hunt
Sarah Kelly
Danielle MacDonald

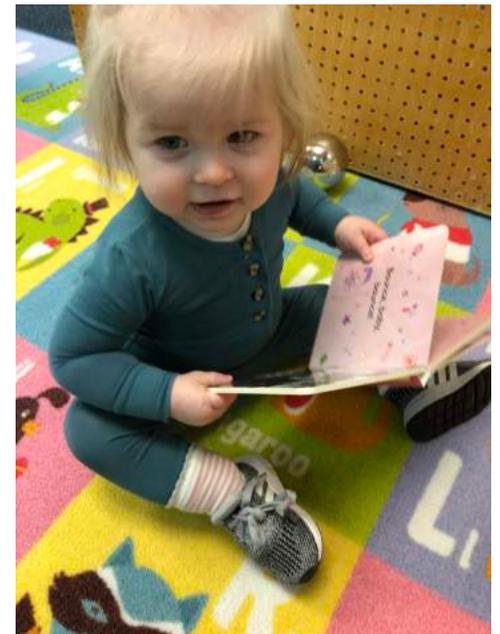
Megan Eickman
Jenny Johnson
Jenni Lane
Carisa Novak

Misty Hempel, TRF School Board Member
Meg Kolden, TRF Community Ed. Director
Lisa Hinrichs, ECCE Educator & Coordinator



The ECCE Advisory Board is a group of parents and community members that contribute recommendations for our program, give ideas for classes and events, and help promote our program. They also help organize the "Children's Stuff" garage sales we have as a fundraiser for our program.

We appreciate the feedback, ideas and work the Advisory Board members put into making our program the best it can be. Thank you!



Online Resources for Parents

AhaParenting.com

Parenting advice through all ages and stages.

CommonSenseMedia.org

Reviews for what your kids want to watch & play on screens.

TheEllynSatterInstitute.org

Eat and Feed with Joy

HelpMeGrowMN.org

What do you need to know to help a young child develop, learn and grow? Resources for development.

HealthyChildren.org

American Academy of Pediatrics

Pacer.org

Pacer Center-Champions for children with disabilities.

PBS.org/parents/

Parent resources, tips and advice to help you raise kind, curious and resilient children.

PositiveDiscipline.org

Resources for parents about many topics

ZeroToThree.org

Resources to help ensure that babies and toddlers benefit from the early connections that are critical to their well-being and development.

Covid-19 Guidelines

We are planning for fun, educational and engaging family classes to support you in your journey of parenting young children in our ECFE classes.

Classes will be limited to a lower number of total children.

- We are asking families to do a self-health check each morning for signs of illness and if sick, please do not come to school.
- All staff and parent participants will wear face coverings during class.
- Classes will allow only one adult per family.
- Parents will be asked to practice social distancing.
- Families will wash/sanitize hands upon entering and exiting classrooms.
- If the Thief River Falls School District changes to Hybrid Learning model, ECFE will continue to meet as normal.
- If the Thief River Falls School District changes to Distant Learning model, ECFE will follow that model and offer online Zoom meetings and recorded circle times, etc. for families.

ECFE Options

Coffee and Conversation on Zoom

Meet with other parents to talk about life as a parent. We can discuss current situations and share ideas with each other. You can be at home sipping your coffee and chatting with friends online through ECFE. Life is easier with support.

Mondays from 9:00-10:00 a.m. on Zoom
Fee: FREE Class

Email Lisa.hinrichs@myprowler.org for the Zoom link to join in.

Play Park Dates

Bundle up for the weather and meet us outside for playtime at the park.

Watch our Facebook page each week to see where we will meet on Tuesdays from 10:30-11:30 a.m.

Join us whenever you can.



Parents of Babies Zoom class

Having a baby can mean major adjustments in every area of your life. Many questions arise about how to meet your growing baby's needs for sleep, feeding and bonding. We will talk about how to engage your baby's brain and support their development. This class will also give you a chance to share new parent experiences and talk about the joys and concerns of parenting an infant.

Mondays: 1:30-2:30 p.m. on Zoom
Fee: FREE Class

Email Lisa.hinrichs@myprowler.org for the Zoom link to join in.

Online Parenting Group

Join a ECFE parent group to meet with other parents and Lisa, licensed Family Educator, to talk about a variety of parenting topics, get support and ask questions. The group will decide topics based on interest.

Take one hour a week for yourself to join other parents and share joys and concerns about parenting, which is the toughest job you will ever LOVE, but it's so worth it!

Tuesdays from 8:00-9:00 p.m. on Zoom
Fee: FREE Class

Email Lisa.hinrichs@myprowler.org for the Zoom link to join in.



Thief River Falls ECFE

Registration Information

**Spring session begins the week of March 1
and ends the week of May 17.**

Registration begins on February 20.
Registration is first come, first serve and is ongoing until all classes fill.

3 Easy ways to register for ECFE Classes:

1. Sign up online at www.trfcommunityed.com beginning February 20.
2. Mail your completed registration form & payment to: Challenger Preschool, 601 County Rd #61, Thief River Falls, MN, 56701.
3. Register by phone at (218) 681-8670.

Fee Policy: No family who resides in the Thief River Falls School District will be turned away from participating in ECFE because of the inability to pay. Call Lisa Hinrichs at (218) 681-8670 for more information.

Self-Health Screening: Before you or your child come to class, check each morning for signs of illness. If you or your child has a temperature of 100.4 degrees or higher, please do not come to school. *Make sure no one has a sore throat or other signs of illness, like a cough, diarrhea, severe headache, vomiting, or body aches.

Weather/Emergency Closing Announcements for ECFE

Wondering if you have class? There will be no classes when the Thief River Falls Public Schools are closed. There will be no morning classes if there is a late start. There will be no evening classes if school closes early. Information on closings will be available on our Facebook page @ ThiefRiverFallsECFE and local radio station 1230 AM.



**EARLY CHILDHOOD
FAMILY EDUCATION**

Spring 2020-2021 ECFE Sliding Fees

Busy Buddies Classes

- SEC103-Wednesdays (12 weeks)**
9:30-11:30 a.m.
- SEC104-Thursdays (11 weeks)**
9:30-11:30 a.m.
- SEC106-Thursdays (11 weeks)**
4:30-6:00 p.m.
- SEC105-Fridays (11 weeks)**
9:30-11:30 a.m.

SEC103, SEC104, SEC105, SEC106

- Income Level of \$51,000 +*
\$8.00 per class
- Income Level of \$26,000-\$50,000*
\$7.00 per class
- Income Level of \$16,000-\$25,000*
\$6.00 per class
- Income Level below \$16,000*
No Fee

Playland Playtime Class

- SEC107 (11 weeks)**
6:30-7:30 p.m.
- Income Level of \$51,000 +*
\$6.00 per class
- Income Level of \$26,000-\$50,000*
\$5.00 per class
- Income Level of \$16,000-\$25,000*
\$4.00 per class
- Income Level below \$16,000*
No Fee

REGISTRATION FORM

Mail to: ECFE, Challenger Elementary and Preschool, 601 County Rd #61, Thief River Falls, MN 56701

Parent's Name: _____ Home Phone: _____

Address: _____ Work Phone: _____

Email Address: _____

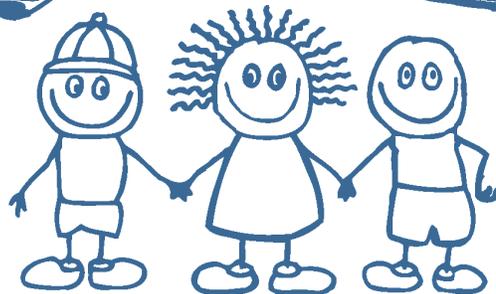
Child's Name	DOB	Class Name	Day & Time
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total fee enclosed: \$ _____ First time for my family _____ Unable to pay at this time _____

The ECFE program is committed to providing reasonable accommodations and accessibility for all residents. If you have any specific needs for participation, please contact Lisa Simenson at (218) 681-8670 before the first day of class.

Thief River Falls Public Schools
Challenger Preschool
230 LaBree Ave S
Thief River Falls, MN 56701

Non-Profit Org
U.S. Postage Paid
Permit No. 146
Thief River Falls, MN 56701



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Thief River Falls ECFE
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