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PAiir



FALL
2015

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PAiR on KTTC

See PAiR on KTTC during News Center at Noon on: September 10, October 18, November 12, December 12



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The PAiR/ECFE/CE Preschool Enrichment newsletter is published fall, winter and spring by Rochester Public Schools Early Childhood Family Services.

Parents and Stress

We all experience stress. It is a normal part of our daily lives. But what about the additional stress that comes with parenting? Running late, dirty diaper, children whining, and lost shoes.....sound familiar? We recognize that there are many physical and emotional demands of meeting the daily needs of caring for young children. In a recent PAIIR survey, stress management was identified by parents of young children as one of their top three parenting challenges.

We realize that every parent deals with stress differently, and some parents are more vulnerable to the negative impact of stress based on complicating factors. At PAIIR we support parents by providing information on parenting stress, compounding factors, coping behaviors and stress reactions. We want to make sure that the accumulation of stress does not negatively impact the parent and child relationship, and that parents are able to employ positive coping strategies and balance the needs of their child with their own needs.

Stress affects the entire family. How we cope with parenting stress matters. What is your stress reaction? Do you yell, avoid, blame yourself, count to 10, take a deep breath, or use positive self-talk? What is it that your children see and experience in the way in which you manage your stress? Are you a good role-model for how to manage stress in a healthy manner? Join us this fall and learn about healthy parenting practices and positive coping strategies that will reduce your parenting stress.

As always, we have kept our program full of your favorite classes and also added some new classes for you and/or your child to enjoy. Some of our new classes include: Got Stress? (online pg. 5), Parents and Stress (pg. 11), Welcome to Rochester (pg.11), No Drama Discipline (pg. 11), and an exciting new online Parenting Q & A (pg. 5). We hope to see you at PAIIR this fall and may your stress be motivating and manageable!

Peggy

Peggy O'Toole-Martin

Early Childhood & Family Services Manager



The ECFE Class Experience

1. PACT (Parent and child time)

Class begins with parent and child interaction time, circle time with books and song as well as activities, all designed to enhance your child's learning. You will also get great ideas to take home with you to enjoy with the whole family.

2. Parent Time

Parents participate in a discussion led by a licensed parent educator. The parent discussion covers information on developmental, age-related concerns and allows time to connect with other parents.

3. Children's Time

While the parents are in the discussion, children are learning through songs, reading, play and activities designed to enhance their creativity and imagination. A licensed early childhood teacher leads the children in these activities.

What is PAIIR/ECFE?

Early Childhood Family Education (ECFE/PAIIR) offers high-quality parent and early education programming. Sign up now!

- Parenting information and resources to help strengthen your parenting skills.
- Purposeful, age appropriate, research-based early childhood education covering all areas of your child's development
- Fun learning activities for both you and your child

“Strengthening families with young children through education and support”



Rochester Public Schools Early Childhood Family Services

Northrop Education Center
201 8th St. NW
Rochester, MN 55901

507-328-4020

www.rochesterce.org/paiir

Regular Office Hours

Monday - Friday
8:00 AM - 4:00 PM

Peggy O'Toole-Martin
Program Manager

Amy Ward
Coordinator

Sara Lent
Laura Johnson
Clerical Staff

How do I register my family for PAIR classes?

Register online...
rochesterce.org/register

Register by mail...

by completing a registration form (pg. 17). Tell us about your family and the PAIR classes you want to take, and mail it in!

By drop box...

our 24 hour dropbox is located in front of the Northrop building.

By phone...

Call the friendly staff at PAIR!

In person...

Visit us in room 301, 3rd floor,
Northrop
201 8th Street NW
Rochester, MN 55901

LOCATIONS

Northrop

201 8th Street NW
PAIR classrooms on 3rd floor.

Hawthorne Education Center

700 4th Ave SE

Hoover Elementary

369 Elton Hills Drive NW

Longfellow Elementary

1615 Marion Road SE
PAIR classrooms on lower level.



IS YOUR CHILD ON THE ROCHESTER PUBLIC SCHOOLS CENSUS?

Contact

Rochester Public Schools Registration & Records if:

Your child was not born in Rochester and:

1. You have NOT participated in Early Childhood Screening.

Your child was born in Rochester and you have:

1. Moved since your child's birth.

2. Have a child who is OVER 3 years, 2 months old and have NOT received a letter from Rochester Public Schools about Early Childhood Screening.

3. Moved since your child participated in Early Childhood Screening.

Registration & Records

Edison Building
615 Seventh Street SW
Rochester, MN 55902

(507) 328-4200

Fax (507) 328-4208

Office Hours

M - F 7:30 am - 4:45 PM



Are you building your preschooler's love of reading?

Helping preschoolers enjoy books prepares them to enjoy reading. Answer yes or no to the questions below to see if you're making reading fun for your preschooler:

___ 1. Do you let your child help pick which books to read, even if he requests certain favorites over and over?

___ 2. Do you take frequent trips to the library and give your child plenty of time to browse and attend kids' activities there?

___ 3. Do you find books about your child's interests – whether it's dinosaurs, trucks or princesses?

___ 4. Do you create pleasant reading routines, including relaxing with books before nap time or bedtime?

___ 5. Do you read with enthusiasm to make books "come alive" for your child?

How well are you doing? More yes answers mean you're helping your child develop a love of reading. For each no answer, try that idea from the quiz.

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ONLINE

PARENTS ONLY

You've got parenting questions? We have information and support.

New! Online Parenting Q & A

Do you beg and plead while your child refuses to do as you request? Learn about common barriers to getting your child to cooperate and get strategies and tools to increase success when making requests. This class is for parents of children ages birth up to kindergarten enrollment.

0976.120 **T 10/20 & 12/8**
8:30-9:30 PM **2 Sessions**
Online-Class

Got Stress?

Discover practical methods to reduce stress, foster joy, and increase success both personally and professionally. Learn how to train your brain to stress less and enjoy more!

0969.120 **T 11/10-11/17**
8:30-9:30 PM **2 Sessions**
Online-Class

Reasons we love

PAIIR/ECFE:

It gives me a new look at parenting challenges and ways to deal with them or resources to use. Also, it's nice to have other parents that have the same challenges as my children.



Positive Parenting of Preschoolers

Parenting young children is not easy. Throughout this online series, you will explore typical challenges of parenting children 0-5 years-old, explore different parenting styles, and learn easy to apply positive guidance and communication techniques that really work. You will apply a process for figuring out how to address specific challenges and share ideas in the discussion forum during the week. Join us to find strategies that will really work well with young children!

0942.120 **T 10/6-10/13**
12:00-12:30 PM **2 Sessions**
Online-Class

Children Misbehaving?

Explore the discipline techniques that encourage children to listen and follow your direction, while preserving their independent spirit and "can do" attitude!

0965.120 **T 9/22-9/29**
8:30-9:30 PM **2 Sessions**
Online-Class



ONLINE CLASS FEES*	
INCOME	FEE
\$75,000 +	\$5
\$50,000-\$74,000	\$4
\$30,000-\$49,000	\$3
\$20,000-\$29,000	\$2
\$0-\$19,999	\$1

*This fee scale applies to online classes only.

PARENTS & BABIES (BIRTH TO 12 MONTHS)

Baby & Me 0-12 months

Babies learn best by interacting with the people and objects in their environment. Learn about the importance of these early years and what you can do to promote healthy development. This class will include parent and baby activity time, parent discussion and time to connect with other parents. Parents and babies remain together for the entire class.

0012.120 Th 9/17-12/17
9:30-11:00 AM 12 Sessions
Northrop-Rm 305
No Class: 10/15,11/26

0012.121 Th 10/29-12/17
5:45-7:15 PM 7 Sessions
Northrop-Rm 305
No Class: 11/26

Extraordinary Newborn 0-6 Months

Come to our Extraordinary Newborn drop in class the 3rd Wednesday of each month and meet other parents of newborns, check your baby's weight, discuss feeding, car seat safety and get your baby's growth and health questions answered. This class is co-taught with a Public Health nurse and a parent educator. Registration is not required. [No Fee](#)

0902.121 W 9/16
1-2:30 PM 1 Session
Northrop-Rm 305

0902.122 W 10/21
1-2:30 PM 1 Session
Northrop-Rm 305

0902.123 W 11/18
1-2:30 PM 1 Session
Northrop-Rm 305

0902.124 W 12/16
1-2:30 PM 1 Session
Northrop-Rm 305

Infant Massage 0-18 Months

Come learn a way to connect with and calm your baby. Infant massage can help build on your relationship, stimulate your baby's brain, help your baby sleep longer and help with a tender tummy among many other benefits. Instruction is individualized for you and your baby.

0087.120 F 10/9
1-2:30 PM 1 Session
Northrop-Rm 305

ATTENTION NEW PARENTS!

Are you a new parent? PAIR wants to congratulate you and your new family. Please stop in our office for a FREE gift today!



PARENTS & TODDLERS 1 TO 2 YEARS

Toddler Encore 1 Year Olds

Encore classes provide you the opportunity to make new friends and build a long term relationship throughout the year. Class includes parent-child interaction time and separate parent discussion. Registration, payment and dates are for fall session. Priority registration for winter and spring will be given to families enrolled in fall. Late registrations accepted.

0111.120 F 9/18-12/18
9:30-11:15 AM 11 Sessions
Hoover-Rm 118, 119
No Class: 10/16, 11/13, 11/27
[Sibling Care Available](#)

Infant/Toddler Storytime 0-24 Months

Fun, stories and songs just for infants and toddlers! Half of the class will be story and song time. The other half will be time to meet other parents of infants/toddlers. Explore the joys and benefits of early reading with your child while making valuable parent to parent connections!

0084.120 Sa 12/12
10:00-11:00 AM 1 Session
Northrop-Rm 302



**Fun Ones 10-23 Months
(Non-Separating)**

Enjoy time playing with your toddler, including planned activities and songs. The parents will sit nearby for discussion group while the early childhood teachers engage the toddlers in play. The parent discussion includes information on developmental, age-related concerns and allows time to connect with other parents. Parents and children remain together for the entire class.

0110.12 **W 9/16-12/16**
9:30-11:00 AM **13 Sessions**
Northrop-Rm 305
No Class: 11/25
Sibling Care Available



PARENTS & YOUNG CHILDREN 1 TO 3 YEARS

Toddler/Twos 18-30 Months

Your toddler's road to independence has begun and you are both ready to spend some time apart. This class provides the children and parents gradual separation over a period of weeks. Once separated, children learn with the early childhood staff while parents attend a discussion group with a parent educator. The parent group includes information on developmental, age-related concerns and allows time to get to know other parents.

0120.120 **M 9/14-12/14**
9:30-11:00 AM **14 Sessions**
Northrop-Rm 305, 304
Sibling Care Available

1-3 Year Olds

Share the joys and challenges of the toddler years! Class starts with parent-child activity time. For the remaining time, children learn with the early childhood staff while parents meet with a parent educator. The parent discussion covers information on developmental, age-related concerns and allows time to connect with other parents.

0613.120 **T 9/15-12/15**
9:30-11:15 AM **14 Sessions**
Hoover-Rm 119
Sibling Care Available



**Is Your Child
THREE?**

**It's Time For Early
Childhood Screening!**

Did you know? The State of Minnesota requires all children to complete a developmental screening before entering public kindergarten programs. Rochester Public Schools provides a free comprehensive developmental screening for any child 3 years old to kindergarten enrollment.

**Schedule Your Child's
Screening Now!
507-328-4004**



**Rochester Public Schools
Early Childhood Screening**

Northrop Education Center
 201 8th St. NW
 Rochester, MN 55901
 507-328-4004

www.rochesterce.org/ecscreening

CLASS FEES

Full list of class fees on page 16.

PAIRR First Draw

is at noon on August 19. (pg.15)

PARENTS & YOUNG CHILDREN 1 TO 3 YEARS

2-3 Encore

Encore classes provide you the opportunity to make new friends and build a long term relationship through the year. Class includes parent-child interaction time and separate parent discussion. Registration, payment and dates are for fall session. Priority registration for winter and spring will be given to families enrolled in fall.

0251.120 **W 9/16-12/16**
9:30-11:15 AM **13 Sessions**
Hoover-Rm 118, 119
No Class: 11/25
Sibling Care Available



2-3 Year Olds

Share the many joys and challenges of the early years. Class starts with parent-child activity time. For the remaining time, children learn with the early childhood staff while parents meet with a parent educator. The parent discussion covers information on developmental, age-related concerns and allows time to connect with other parents.

0201.120 **Th 9/17-12/17**
9:30-11:15 AM **12 Sessions**
Hoover-Rm 119, 118
No Class: 10/15, 11/26
Sibling Care Available

Sibling Care:

Sibling care is child care for children age nine months to kindergarten enrollment while their parent is in class with their other child/children. More information on sibling care on pg. 15.

PARENTS & YOUNG CHILDREN 2 TO 5 YEARS

Play & Learn 2-5 Years

Stories, songs and fun activities for you and your young child to enjoy together. Parents and children remain together for the entire class.

0663.120 **M 9/14-11/2**
9:30-11:00 AM **8 Sessions**
Hoover-Rm 119

0663.121 **M 11/9-12/14**
9:30-11:00 AM **6 Sessions**
Hoover-Rm 119

2-4 Year Olds

Share the many joys and challenges of the preschool years! Class starts with parent-child activity time. For the remaining time, children learn with the early childhood staff while parents meet with a parent educator. The parent discussion covers information on developmental, age-related concerns and allows time to connect with other parents.

0600.120 **T 9/15-12/15**
9:30-11:15 AM **14 Sessions**
Northrop-Rm 302, 307
Sibling Care Available

Parenting a Child with Spirited or Challenging Behaviors 2-5 Years

This class will help you understand your young child's behavior and temperament and find positive behavior management and parenting strategies. Class enrollment is based on need. Parents will complete a simple questionnaire to identify need before registration is complete. Referrals are welcome. Class begins with a brief parent and child activity followed by parent discussion. **No Fee**

0651.120 **M 9/28-12/14**
5:45-7:45 PM **11 Sessions**
Northrop-Rm 302, 307
Sibling Care Available

CLASS FEES

Full list of class fees on page 16.

PAIIR First Draw
is at noon on August 19. (pg.15)

Shapes, Colors & Numbers 2-5 Years

Get ready to sort, pattern and sequence! Working with your child on colors, shapes and numbers is a great start for getting ready for school. Counting becomes a fun adventure in this class. Parents and children remain together for the entire class. **No Fee**

0739.120 F 10/2-10/9
9:30-11:00 AM 2 Sessions
Longfellow-Rm 003



Hanging Loose with Dr. Seuss 2-5 Years

Have a great time learning to rhyme with the magic of Dr. Seuss. Parents and children remain together for the entire class. **No Fee**

0765.320 F 10/23-10/30
9:30-11:00 AM 2 Sessions
Longfellow-Rm 003

Young Scientists 2-5 Years

Calling all young scientists! Join us as we explore chemical reactions and experiment with color mixing, volcanoes, goop and more. Dress to have messy fun. Parents and children remain together for the entire class. **No Fee**

0747.121 F 11/6-11/20
9:30 AM-11:00 AM 3 Sessions
Longfellow-Rm 003

Young Mathematicians 2-5 Years

Math is more than 1 plus 1. Discover how you and your child can have fun with numbers in your every day activities. Join us and explore shapes, patterns, measurement and numbers. Parents and children remain together for the entire class. **No Fee**

0742.120 F 12/4-12/18
9:30-11:00 AM 3 Sessions
Longfellow-Rm 003



Fall Fun 2-5 Years

Pumpkins, leaves and apples... Explore ways to enjoy this wonderful season with fun fall activities. Parents and children remain together for the entire class.

0724.120 Sa 9/26
9:30-11:00 AM 1 Session
Northrop-Rm 302

Move It 2-5 Years

Healthy habits and fitness start early and can be fun. Fitness helps the brain and body! Come to this class to spend some fun time moving and grooving. Activities, circle time and a healthy snack are included. Parents and children remain together for the entire class.

0796.120 Sa 11/21
9:30-11:00 AM 1 Session
Northrop-Rm 302

Reasons we love PAiR/ECFE:

This is a wonderful program that has been beneficial to both my child and me. I cannot give enough praise to all the teachers for their knowledge and pleasant interactions with my child!

**Parent Engagement Matters!
 PAiR/School Readiness
 Advisory Council**

The PAiR and School Readiness Advisory Council is made up of program participants, community professionals and program staff.

The Advisory Council:

- Advises the staff on programming and policies
- Promotes the program through outreach events
- Advocates for quality Early Childhood Family Education and School Readiness programs

The PAiR and School Readiness Advisory Council meets one Wednesday evening per month, September-May

For more information, contact Sara Lent at 507.328.4020



PARENTS & YOUNG CHILDREN 3 TO 5 YEARS

3-5 Year Olds

Experience the preschool classroom; work together on taking turns, sharing with friends, literacy and math skills, all while having fun. Class starts with parent-child activity time. For the remaining time, children learn with the early childhood staff while parents meet with a parent educator. The parent discussion covers information on development and age-related concerns as well as time to connect with other parents.

0604.120 **M 9/14-12/14**
9:15-11:15 AM **14 Sessions**
Northrop-Rm 302, 307
[Sibling Care Available](#)



STEM 3-5 Years (Science, Technology, Engineering and Math)

Calling all future scientists and engineers! This class provides parents and preschoolers an opportunity to investigate, build and problem solve together. Children will learn and discover through a STEM lens to build 21st Century skills. Parents will learn about the tools and language of STEM to use at home. Class starts with circle time, vocabulary and a challenge, followed by a parent discussion.

0111.121 **Th 9/17-12/17**
9:15-11:15 AM **12 Sessions**
Northrop-Rm 302, 307
No Class: 10/15, 11/26
[Sibling Care Available](#)

PARENTS & YOUNG CHILDREN BIRTH TO K

Parenting a Child with Special Needs Birth-Grade 5

The Parenting a Child with Special Needs group is for parents with children who have a delay, disability or illness, ages birth through grade 5. Topics are chosen by parents and discussion is led by a licensed parent educator. Parents can relax in the parent group, knowing that their children are in a safe, fun environment with experienced teachers. This class meets one Monday per month. Limited child care is available. Registration is required. [No Fee](#)

0720.120
M 9/14, 10/12, 11/9, 12/14
6:00-7:45 PM **4 Sessions**
Hawthorne-Rm 112, 117, 119

Reasons we love

PAIR/ECFE:

Thanks to the discussions with other parents and the parent educator's valuable input and guidance, I gathered a lot of new ideas and strategies to try out when it comes to discipline. This PAIR class has been priceless!

0-5 Year Old Storytime

Fun, stories and songs just for young children. Explore the joys and benefits of early reading with your child while making valuable parent to parent connections. [No Fee](#)

0615.121 **T 9/22**
9:30-10:30 AM **1 Session**
Longfellow-Rm 003

0615.122 **T 10/13**
9:30-10:30 AM **1 Session**
Longfellow-Rm 003

0615.123 **T 10/27**
9:30-10:30 AM **1 Session**
Longfellow-Rm 003

0615.124 **T 11/10**
9:30-10:30 AM **1 Session**
Longfellow-Rm 003

0615.125 **T 11/24**
9:30-10:30 AM **1 Session**
Longfellow-Rm 003

0615.126 **T 12/8**
9:30-10:30 AM **1 Session**
Longfellow-Rm 003



PAIR Movie Night!
December 7th, 2015
6:00-7:30 PM
Hoover Gym
FREE ADMISSION!

Positive Discipline with Young Children 0-5 Years

No matter how hard parents try, one year olds often throw food on the floor, two year olds experience tantrums, and three year olds continue to question everything! Learn discipline techniques that work well with young children. Class starts with parent-child activity time. For the remaining time, children learn with the early childhood staff while parents meet with a parent educator. The parent discussion covers information on developmental, age-related concerns and allows time to connect with other parents.

0803.120 T 9/15-11/3
1:15-2:45 PM 8 Sessions
Northrop-Rm 305, 307

Parents and Stress 0-5 Years

Discover practical methods to reduce stress, foster joy, and increase success for yourself and those you love. You can train your brain to decrease stress no matter your current life situation! Join us to learn how. Class starts with parent-child activity time. For the remaining time, children learn with the early childhood staff while parents meet with a parent educator. The parent discussion covers information on developmental, age-related concerns and allows time to connect with other parents.

0803.121 T 11/10-12/1
1:15-2:45 PM 4 Sessions
Northrop-Rm 305, 307

CLASS FEES

Full list of class fees on page 16.

PAIRR First Draw

is at noon on August 19. (pg.15)

New! Welcome to Rochester 0-5 Years

New to Rochester or just new to PAIRR? Connect with other parents of preschoolers, while learning about our community's many resources for families with young children. Class starts with a parent/child activity time, followed by a parent discussion. **No Fee**

0001.120 T 9/15-9/29
6:00-7:30 PM 3 Session
Northrop-Rm 303, 304

Couples as Parents 0-5 Years

Parenting together may increase the connection with your partner but it can also strain even the strongest relationships. Couples will explore common difficulties experienced adjusting to parenting roles and identify methods to successfully parent as a couple. Lastly, you will learn strategies to protect your friendship and keep your couple relationship strong! Class begins with a brief parent/child activity time, followed by a parent discussion.

0632.120 T 10/6-10/27
6:00-7:30 PM 4 Session
Northrop-Rm 303, 304

No Drama Discipline 0-5 Years

Explore the ultimate child-raising challenge: discipline. No-Drama Discipline provides an effective, compassionate road map for dealing with tantrums, tensions, and tears—without causing a scene. Learn how to connect with your child while setting clear and consistent limits. This class is based on the book *No Drama Discipline* by, Tina Payne Bryson PH.D. and Daniel J. Siegel M.D.

0754.120 T 11/10-12/15
6:00-7:30 PM 6 Sessions
Northrop-Rm 303, 304

NEW TO ROCHESTER?

PAIRR wants to introduce ourselves and welcome you to Rochester. Stop in to the PAIRR office to get your FREE gift today!



Dad & Me Encore 0-5 Years

Children who spend time with their Dads do better socially and academically... being a Dad is important! Encore classes provide you the opportunity to make new friends and build a long term relationship through the year. Class includes parent-child interaction time and separate parent discussion. Registration, payment and dates are for fall session. Priority registration for winter and spring will be given to families enrolled in fall.

0649.120 W 9/16-12/16
9:30-11:15 AM 13 Sessions
Northrop-Rm 302, 307
No Class: 11/25

Bedtime Stories 0-5 Years

Mix up your bedtime routine! Come in your pajamas, snuggle and enjoy bedtime stories, songs and activities. We will also make a yummy bedtime snack. What a great way to end the day! Parents and children remain together for the entire class.

0620.121 W 9/30, 10/28, 12/2
6:00-7:15 PM 3 Sessions
Northrop-Rm 303

PARENTS & YOUNG CHILDREN BIRTH TO KINDERGARTEN

Seeds of Early Learning 0-5 Years

Learn how to encourage language, literacy and math at home. Discover fun ways to help your children become aware of letters, letter sounds, words, writing and numbers. See the difference you can make now to help your child succeed in school. Class starts with a parent/child activity time, followed by a parent discussion. **No Fee**

0520.120 **W 9/30-12/16**
9:30-11:00 AM **11 Sessions**
Longfellow-Rm 003, 001
No Class: 11/25



Intro to Single Parent Support Group 0-5 Years

Intro to Single Parent Support Group gives newcomers an introduction covering issues and dilemmas faced by custodial single parents provide an opportunity to meet each other and bond as a group. Child care for preschoolers is included. Parents in this class must have a child age birth to kindergarten enrollment.

No Fee
0617.120 **Th 9/17**
5:30-7:30 PM **1 Session**
Hawthorne-Rm 117, 119, 112

Single Parent Support Group 0-5 Years

Meet with other single parents to share feelings, gain appreciation and encouragement, and learn techniques for creative survival as a custodial parent. Child care for preschoolers is included. Parents in this class must have a child age birth to kindergarten enrollment.

No Fee
0616.120 **Th 9/24-12/17**
5:30-7:30 PM **10 Sessions**
Hawthorne-Rm 117, 119, 112
No Class: 10/15, 11/12, 11/26

Family Fun 0-5 Years

Fun themed learning activities for parents and children to do together! Class will include Games, Pajama Party, Fitness Fun, Art and Camp nights. Best of all, PAIR does the planning and cleans up the mess! Parents and children remain together for the entire class.

No Fee
0654.120 **Th 9/17-10/1**
6:00-7:30 PM **3 Sessions**
Northrop-Rm 305

Read for the Record 0-5 Years

Join us for Read for the Record! This story time will feature the 2015 Read for the Record book, *Not Norman; A Goldfish Story*. by Kelly Bennett. Registration is required and books will be provided. Learn more about the National Read for the Record event at www.jstart.org.

No Fee
0950.120 **Th 10/22**
6:00-7:30 PM **1 Session**
Northrop-Rm 303

Dad & Me 0-5 years

Being a Dad is important! Spend a Saturday morning with your young children doing fun activities, circle time and more. What a great way to start your day! Parents and children remain together for entire class.

0650.120 **Sa 10/24**
9:30-11:00 AM **1 Session**
Northrop-Rm 302

Those Great Informational Fridays (TGIF) 0-5 Years

Are you unable to commit to a weekly PAIR class right now? Then TGIF is for you! Join PAIR every Friday for themed activity time with your child, followed by a separate parent discussion. Attend one or all the classes...flexible registration is week by week. Registration opens Monday morning for class that week. Registrations are taken until 8 AM on Friday morning, or until the class fills. (Please note that infants under 9 months old will remain with you for the entire class.) Activities and discussion topics will vary from week to week.

0711.120A **F 9/18-12/18**
9:15-11:15 AM **1 Session**
Northrop-Rm 302, 307

0711.120P **F 9/18-12/18**
12:30-2:30 PM **1 Session**
Northrop-Rm 302, 307

CLASS FEES

Full list of class fees on page 16.

PAIR First Draw

is at noon on August 19. (pg.15)

KINDERGARTEN

New! Making the Most of Kindergarten

Are you the parent of a kindergartner? Join other kindergartner parents and a parent educator to discuss this important time of transitioning from preschool to kindergarten. Topics Include; Independence, problem-solving, social skills, and navigating a new school as well as tips, techniques and the keys to kindergarten success!

0620.120 **W 9/23-10/28**

6-7:30 PM **6 Sessions**

Northrop-Rm 302

Sibling Care Available



Kindergarten 2015-16

If you have not yet registered your child for kindergarten, you should do so as soon as possible.

If your child will be 5 years old by September 1, 2015 and you did not receive a kindergarten packet, contact:

Registration & Records

Edison Building
615 7th St. SW
Rochester, MN 55902
507-328-4200



Preschool Openings!

Adventures Evening Preschool

Tough schedule during the day? We have evening preschool! PAIR Readiness Preschool (PRP) offers quality preschool curricula and includes a parent education day. Parents attend class with their child for a parent and child activity and then separate for a parent discussion group led by a licensed parent educator each Tuesday. The Adventurers class is for children who will be at least 3.5 years old on or before 9/1/2015. (Born on or before 3/1/2012) Each parent day will include a light family meal.

Adventures Evening Preschool 3.5-5 Year Olds

T/Th 2 day program 5 hours/week
5:15-7:45 PM

Parent Education Day – Tuesday

Call 507.328.4020 for additional preschool openings.

www.parentawareratings.org

Register now for the 2015-16 program. Visit PreP at www.rochesterce.org/pair or the ECFS office at Northrop for more information.



KICK OFF TO KINDERGARTEN OPEN HOUSE

Thursday, November 12, 2015
4:30 - 7:00 PM

Mayo High School Cafeteria

Join us to learn about your Rochester Public Schools options for your child entering Kindergarten for the 2015-2016 school year. Adults and children are welcome to attend Kick Off to Kindergarten for information and activities.

Stay tuned for details and visit

www.rochesterce.org/OnMyWay2K

for more information.

PAIR NEWS



Rochester Family Literacy was selected to receive 75 books valued at \$1,275 because they provide outstanding early literacy opportunities for young children and their families. Rochester Family Literacy will incorporate the books into their program by teaching interactive reading skills to parents and children. "We believe that by assisting parents to be involved in their child's education early through reading, they will remain involved throughout their child's K-12 experience." For more information about Rochester Family Literacy, call 329-4450.

Transportation Fair

Thank You



Thank you to all the businesses and the PAIR/School Readiness Advisory Council for your participation and support of the 2015 Transportation Fair. We had many great comments about your vehicles, and welcoming staff.

Approximately 900 children and 775 adults attended the event this year!

Thank you again for taking time out of your busy schedule to let the kids and their families enjoy your vehicles, games, staff and giveaways.

The PAIR Staff

SAVE THE DATE for next years' big event on May 21st



Employment Opportunities with Rochester Public School Early Childhood Family Services Programs:

PAIR is looking for substitute teachers. Parent Education/Early Childhood experience desired. PAIR is looking for paraprofessionals/classroom assistants. Early Childhood experience desired. Community Education Preschool Activities is looking for paraprofessionals/classroom assistants. Early Childhood experience desired.

Call Amy at: 507-328-4030



Parenting Across Cultures (PAC)

This class is for families with young children ages birth to kindergarten enrollment where English is a second language. No Fee

Each Class will include:

- **Parent/child play and learning time**
 - **Parent time to talk about parenting young children**
 - **Early childhood play and learning time**
 - **A light snack**
 - **Home Visits**
 - **Transportation provided, if needed**
- Families are placed in this class based on need.
- Referrals are welcome!
- Class will meet at Hawthorne Education Center on Friday Mornings on the following dates:
- September 25
 - October 9 & 23
 - November 6 & 20
 - December 11

PAIIR FAQ's

FALL 2015

Who teaches PAIIR classes?

PAIIR classes are taught by MN State licensed parent and early childhood educators who work directly with parents and their young children.

Who can take a PAIIR class?

PAIIR is intended for ALL parents, relatives, or individuals who function in a primary parenting role and their children, age birth to kindergarten enrollment, and who live in the Rochester School District.

Does my child have to be the age indicated in the class description?

Yes. PAIIR classes are designed for specific age groups, so your child must be the appropriate age on or before the first class meeting.

What if I do not live in the Rochester School District?

Rochester School District families are registered first. If you do not live in the district, you are welcome to register beginning one week after First Draw. All out of district registrations will pay a \$5 out of district fee per class, per child. Out of district fees are not eligible to be waived.

What is First Draw?

First Draw is a lottery used with PAIIR/ECFE registration. All registrations received before First Draw are treated the same. At First Draw, we use the lottery to determine who gets into classes that are over-enrolled. Email confirmations will be sent out after draw. After First Draw is complete, registration is first come, first served. Payment is due with registration. **First Draw for fall is August 19th at noon.**

What does Parent/Guardian Participation Consist of ?

A parent/guardian may attend a PAIIR class without their child, but every child must be accompanied by their parent/guardian. A relative or foster parent who provides regular care for the child may attend if a

parent is unavailable. The relative must be registered and participate fully in all parts of the class. Other exceptions are on a case-by-case basis and must be pre-approved by the PAIIR office. 507-328-4020.

Is there Sibling Care for my other children?

Sibling care is child care for children age nine months to kindergarten enrollment while their parent is in class with their other child/children. Children under nine months may attend class with their parent as a lap baby.

You can register your lap baby for sibling care if the baby becomes eligible at any point during the class session. You will need to pay the sibling care fee for the entire session.

Encore families will need to pay for sibling care for the entire year (by session) to guarantee a spot at any time during the year.

You can choose not to reserve a spot in sibling care, but we cannot guarantee care when applicable. If no care is available, you will be responsible to find alternative care.

Can PAIIR accommodate my child's allergies/special needs?

It is important to note any and all allergies, special needs, health/developmental concerns, or any support services your child is receiving on your registration.

A school health form will need to be completed before class or sibling care begins for any child who has a health need, allergy, epi-pen or asthma plan.

Immunizations

All children attending PAIIR classes and sibling care need a current immunization record on file **each year**. Turn them in at the PAIIR office, Northrop-Room 301, have your health care provider fax them to PAIIR at 507-328-4015 or bring a copy to the first class meeting.

What is PAIIR's Refund Policy ?

If PAIIR cancels a class or sibling care, you will be notified and your fee will be refunded. PAIIR reserves the right to cancel any classes or sibling care that do not meet minimum enrollment.

If you drop a class of FOUR WEEKS OR LESS, you must do so 24 hours before the first class meeting to receive a refund, minus a \$5 processing fee.

*Refunds will not be processed on classes that meet only one session.

If you drop a class of FIVE OR MORE WEEKS, you must do so within 24 hours after the first class meeting to receive a refund, minus a \$5 processing fee.

Does PAIIR cancel classes due to bad weather?

Yes, if the Rochester Public Schools are canceled for the day, all PAIIR classes are cancelled.

If school begins late, morning PAIIR classes are canceled, but afternoon and evening PAIIR classes will be held.

If school dismisses early, all PAIIR classes are canceled for the rest of the day and evening.

You can call the Community Education Weather recording at 507-328-4010 or sign up for the RPS Skylert message system at www.rochester.k12.mn.us to be notified when school is closed.

PAIIR cannot make up class days closed due to weather.

Can PAIIR help me with transportation?

Transportation is available for one class at a time for families in need, at no cost. Call the PAIIR office at 507-328-4020 for assistance.

PAIIR Handbook

Find out more about PAIIR's policies in the 2015-16 PAIIR Handbook. Download your copy at rochesterce.org/pairr or pickup a copy from your classroom or the PAIIR office.

How does the PAIR Sliding Fee Scale Work?

PAIR/ECFE SLIDING FEE SCALE 2015-2016

Find your income range on the chart. →

# of class sessions	\$75,000 +		\$50,000 - \$74,999		\$30,000 - \$49,999		\$20,000 - \$29,999		\$0 - \$19,999	
	class:	sibling care	class:	sibling care	class:	sibling care	class:	sibling care	class:	sibling care
1	\$10.50	\$6	\$8	\$4.50	\$5	\$3	\$2	\$1.50	\$1	\$0
2	\$21	\$12	\$17	\$9	\$11	\$6	\$4	\$3	\$2	\$0
3	\$31.50	\$18	\$25	\$13.50	\$16	\$9	\$6	\$4.50	\$3	\$0
4	\$42	\$24	\$34	\$18	\$21	\$12	\$8	\$6	\$4	\$0
5	\$52.50	\$30	\$42	\$22.50	\$26	\$15	\$11	\$7.50	\$5	\$0
6	\$63	\$36	\$50	\$27	\$32	\$18	\$13	\$9	\$6	\$0
7	\$73.50	\$42	\$59	\$31.50	\$37	\$21	\$15	\$10.50	\$7	\$0
8	\$84	\$48	\$67	\$36	\$42	\$24	\$17	\$12	\$8	\$0
9	\$94.50	\$54	\$76	\$40.50	\$47	\$27	\$19	\$13.50	\$9	\$0
10	\$105	\$60	\$84	\$45	\$53	\$30	\$21	\$15	\$11	\$0
11	\$115.50	\$66	\$92	\$49.50	\$58	\$33	\$23	\$16.50	\$12	\$0
12	\$126	\$72	\$101	\$54	\$63	\$36	\$25	\$18	\$13	\$0
13	\$136.50	\$78	\$109	\$58.50	\$68	\$39	\$27	\$19.50	\$14	\$0
14	\$147	\$84	\$118	\$63	\$74	\$42	\$29	\$21	\$15	\$0
15	\$157.50	\$90	\$126	\$67.50	\$79	\$45	\$32	\$22.50	\$16	\$0

Find the # of sessions your class will meet.

Find the sliding fee for the class and sibling care. This is your **recommended** fee. For example: If your income is \$20,000 to \$30,000 and the class meets 6 times, the recommended class fee is \$12, sibling care is \$9.

Need additional assistance? Fees can be waived or reduced at any level if family circumstances would make payment a hardship. Register by phone at 507-328-4020, in person at the PAIR office or indicate what you can afford to pay on your registration.

No Rochester resident will be denied participation due to inability to pay.

Contact PAIR at 507-328-4020 or pair@rochester.k12.mn.us for more information.



PAIR Class Registration

This form is for PAIR classes only. Payment information must be included in order to accept your registration, but payments will not be processed until First Draw. Mail or drop off this form at: PAIR, 201 8th St NW, Rochester, MN 55901. Out of district registrations will be held until one week after First Draw and an out of district fee of \$5 per child, per class will apply. Call PAIR at 507-328-4020 if you need further assistance. All children attending PAIR classes and sibling care need a current immunization record on file each year. **You can submit it with your registration, have your health care provider fax it to PAIR at 507-328-4015, or bring it to the first class meeting.**

PARENT/GUARDIAN INFORMATION:

Parent/Guardian 1 Name: Last, First _____ Parent/Guardian 2 Name: Last, First _____

Home address: _____

Primary phone: Is this a cell phone? Y/N | 2nd phone: Is this a cell phone? Y/N | Work phone: _____ E-mail address: _____

If parent is not attending, name of grandparent or other adult family member attending: Last, First _____ Family relationship to child: _____ Is this a cell phone? Y/N _____

Emergency contact name: (Other than parent) _____ Emergency contact number: _____ Emergency contact relationship to child: _____

How did you hear about PAIR? (Check one.) ___ Early Childhood Screening ___ Child Care Programs ___ Early Childhood Special Ed./Early Intervention ___ Head Start ___ Adult Basic Ed ___ Other _____

CHILD INFORMATION: List all children attending class or sibling care, including lap babies (infants under 9 months). * List any allergies, special needs, health or developmental concerns, or any outside support services your child is receiving so we can better serve you and your child. Be specific. Thank you.

Child	Child's Name: Last/First	Gender	Date of Birth	List allergies, special needs and/or outside support services received. Be specific.
A		M F	/ /	
B		M F	/ /	
C		M F	/ /	

CLASS INFORMATION: Circle the letter of the child who is attending each class/sibling care from the child information above. Indicate role of adult family member attending below.

Choice #	Class Number	Class Title	Child in Class	Parent/Guardian/Family Member	Child in sib. care	Class Fee	Sib. Care Fee
			A B C	Mother Father Other _____	A B C		
			A B C	Mother Father Other _____	A B C		
			A B C	Mother Father Other _____	A B C		

Fees: List fee amount from class description or from the sliding fee scale table, pg. 14. Out of District Families, add \$5 per child, per class. For additional assistance, call PAIR at 507-328-4020. **Photos:** if you do not want images of your family used, submit an Media Exemption form to the PAIR office. (A link to this form is included with your registration confirmation. You may get a copy at your PAIR classroom or the PAIR office, Northrop Education Center, 201 8th St NW, Room 301.)

PAYMENT INFORMATION:

Credit Card: MC Visa Discover	Check#: _____	Signature: _____
Credit Card #:	Expiration Date: _____	

STUDENT INFORMATION

Name _____ DOB / / Gender M F
 School _____ Grade _____ Parent/Guardian Name _____
 Phone # _____ Phone # _____ Email _____

HEALTH HISTORY

Check all conditions your child currently has or has been treated for in the past

CONDITION	EXPLAIN
<input type="checkbox"/> Diabetes	
<input type="checkbox"/> Seizures	
<input type="checkbox"/> Allergies	
<input type="checkbox"/> Asthma	
<input type="checkbox"/> Lung/Respiratory Disease	
<input type="checkbox"/> Heart/Cardiovascular Conditions	
<input type="checkbox"/> Head Injury/Concussion	
<input type="checkbox"/> Behavioral or Emotional Difficulties	
<input type="checkbox"/> Neurological Disorders	
<input type="checkbox"/> Attention Disorders (ADD,ADHD)	
<input type="checkbox"/> Mental Health Conditions (e.g., anxiety, depression)	
<input type="checkbox"/> Fainting Spells and Dizziness	
<input type="checkbox"/> Kidney/Bladder Conditions	
<input type="checkbox"/> Ear/Eyes/Nose/Sinus Problems	
<input type="checkbox"/> Muscle or Bone Conditions	
<input type="checkbox"/> Abdominal/Stomach/Digestive Problems	
<input type="checkbox"/> Migraines or Severe Headaches	
<input type="checkbox"/> Food Restrictions/Special Diet	
<input type="checkbox"/> Skin Conditions	
<input type="checkbox"/> Mobility Problems or Activity Restrictions	
<input type="checkbox"/> Learning Problems	
<input type="checkbox"/> VISION CONCERNS	Glasses/Contacts <input type="checkbox"/> Yes <input type="checkbox"/> No For: _____ Last professional eye exam / / Results: _____
<input type="checkbox"/> HEARING CONCERNS	Hearing Device <input type="checkbox"/> Yes <input type="checkbox"/> No Type: _____ <input type="checkbox"/> Right <input type="checkbox"/> Left <input type="checkbox"/> Both ears
<input type="checkbox"/> List any other medical conditions:	

MEDICATIONS

List all prescription, over-the-counter, and medications taken as needed (e.g., EpiPen, inhalers, pain relievers)

Medication	Dose	Frequency	Reason

Would you like to schedule a conference with the licensed school nurse to discuss a particular health concern? Yes No
 Indicate your concern(s): _____

The information you provide will only be shared with school staff who require access to this information to meet your child's health and safety needs while at school. Not providing complete and accurate information may result in an incomplete health and safety plan for your child.

Parent/Guardian signature _____

Date / / _____