





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-4:30 PM

Peggy O'Toole-Martin Program Manager

> Amy Ward Coordinator

Madeline Pingry Outreach Specialist

Sara Lent Laura Johnson Clerical Staff



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

PAIIR offers a sliding fee scale based on income AND additional financial assistance as needed. Learn more on page 22.

PAIIR on KTTC

See PAIIR on KTTC during **News Center at Noon on:** September 8, October 13,

November 10, and December 8



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PAIIR First Draw Is at noon on August 10th See page 21

The PAIIR/ECFE/CE Preschool Enrichment newsletter is published fall, winter and spring by

CLASS FEES For a full list of class fees See page 22

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Early Childhood Family Education (ECFE)

NEW CLASSES

Creating Creativity 2-5 Years

Dress for mess and creative success! Your child will be free to explore a range of creative outlets in this class, including visual art, cooking, and music. Many of the day's projects will be about the process, not the end product. Parents will learn about the many forms that creativity can be expressed, the benefits of allowing children the time and space for creative outlets, and how to support their child's creative self-expression. Join us for a creative good time!

0922.120

Tu 9/13-9/27

6-7:30 PM

3 Sessions

Northrop Rm-303, 307A

Parents and Pets 0-5 Years

You love your child and you love your pets - and would like to keep both happily and safely interacting! Discover what you need to know to keep both free from harm and promote positive interactions between your pet and your child.

0924.120

Th 9/15

6-7:30 PM

1 Session

Northrop Rm-305, 307

10 Steps to Positive Discipline 0-5 Years

10 steps to Positive Discipline provides parents with a deeper understanding of how children develop in order to foster self-control and self-esteem (both yours and theirs). In this class you will learn how to teach your child to manage their behavior through positive discipline rather than punishment. You will learn how to speak clearly and assertively to your child and how to seek respectful and mutual solutions. 10 steps to Positive Discipline can help you communicate with intention of love, not fear.

0933.120

W 10/12-12/21

6-7:30 PM

10 Sessions
No Class-11/23

Northrop-Rm 302, 307

Grandparents Parenting Again 0-5 Years

Explore the rewards and challenges of caring for your children's children. Learn methods to increase success while parenting young children again and in a whole new way. Problem-solve new obstacles together and develop a support network with other grandparents who understand how amazing, unique, and difficult this journey can be.

0925.120

Th 11/10-12/22

6-7:30 PM

6 Sessions

Northrop-Rm 305, 307

No Class-11/24

Early Childhood Family Education (ECFE/PAIIR) is a public school program for families with children ages birth to kindergarten enrollment. Both parents and children participate in ECFE/PAIIR. The program recognizes that parents are a child's first and most important teacher and offers high-quality parent and early education. The mission of PAIIR is to strengthen families with young children through education and support.



The ECFE/PAIIR Class Experience

1. PACT (Parent and Child Time)

Class includes a parent and child interaction time, circle time with books, songs and activities all designed to enhance a child's learning. Parents also get great ideas to take home to enjoy with the whole family.



2. Parent Time

Parents participate in a discussion led by a licensed parent educator. The parent discussion focuses on research-based topics related to both child and parent learning, and also allows time to connect with other parents of young children.



3. Children's Time

While the parents are in the discussion, children are learning through play, activities, songs and literature designed to enhance development, creativity and imagination. A licensed early childhood teacher facilitates the children's classroom experience.

Early Childhood Family Education (ECFE)

How do I register my family for PAIIR classes?

Register online... rochesterce.org/register

Register by mail...

By completing a registration form (pg. 23). Tell us about your family and the PAIIR 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 PAIIR! 507.328.4020

In person...

Visit us on the 3rd floor. **Northrop** 201 8th St NW Rochester, MN 55901

LOCATIONS

Northrop

201 8th St NW

PAIIR classrooms on 3rd floor.

Hawthorne Education Center 700 4th Ave SE

Hoover Elementary 369 Elton Hills Dr NW

1615 Marion RD SE

Longfellow Elementary

PAIIR classrooms on lower level.

Rochester

IS YOUR CHILD ON THE ROCHESTER PUBLIC SCHOOLS **CENSUS?**

Contact **Registration & Records** at Rochester Public Schools if:

Your child was not born in Rochester and:

I. You have NOT participated in Early Childhood Screening.

Your child was born in Rochester and you have:

- I. 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 St SW Rochester, MN 55902 (507) 328-4200 Fax (507) 328-4208 Office Hours M - F 7:30 AM-4:45 PM

HIRING

COMMUNITY EDUCATION PRESCHOOL ACTIVITIES

-Teaching Assistants

Employment opportunities are available within Rochester Public Schools. Early childhood classroom experience is desired.

PAIIR/ECFE

-Substitute Teachers -Parent Educators -Teaching Assistants

Please contact Amy Ward at 328-4030 or email at amward@rochester.k12.mn.us

Early Childhood Family Education (ECFE)

Classes at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Classes	AM Classes	AM Classes	AM Classes	AM Classes
Northrop	Northrop	Northrop	Northrop	Northrop
• 2-4 Year Olds	 STEM 3-5 Year Olds 	• Dad & Me	• 3-5 Year Olds	• TGIF
 Fun Ones 10-23 mo 	• 1-3 Year Olds	 Toddler Two's 18-30 mo 	• 2-3 Year Olds	 Toddler Encore 1 Year Olds
 Baby & Me 0-12 mo 		• 2-3 Encore	No Drama Discipline	 Hanging Loose with Dr.
	PM Classes	Longfellow	• 1-3 Year Olds	Seuss 2-5 Year Olds
EVE Classes	Northrop	SEEDS of Early Learning		Shapes, Colors &
Hawthorne	Terrific Tuesdays		EVE Classes	Numbers 2-5 Year Olds
 Parenting a Child with 		PM Classes	Northrop	 Young Scientists
Special Needs	EVE Classes	Northrop	Parents and Pets	2 -5 Year Olds
Northrop	Northrop	Extraordinary Newborn	Welcome to Rochester	0-5 Storytime
Productive Potty	 Encouraging your Child's 	0-6 mo	Read for the Record	 Young Mathemeticians
Training Practices	Creativity 2-5 Year Olds		Grandparents	2-5 Year Olds
2-5 Year Olds	 Family Night 	EVE Classes	Parenting Again	
 Parenting a Child with 	Infant & Toddlers 0-24 mo	Northrop	Hawthorne	SATURDAY
Spirited or Challenging		 10 Steps to Positive 	Intro to Single Parent	AM Classes
Behaviors 2-5 Year Olds		Discipline	Support Group	Northrop
Online			Single Parent Support	Fall Fun 2-5 Year Olds
Positive Discipline			Group	STEM 3-5 Year Olds
Temper Tantrums				 Shapes, Colors & Numbers
 Making the Most of 				2-5 Year Olds
Mealtime				Breakfast & Books



PARENT ENGAGEMENT MATTERS!

The Parents Are Important in Rochester and School Readiness Advisory Council is made up of PAIIR and School Readiness participants, community professionals and staff.

The PAIIR/SR Advisory
Council meets
one Wednesday evening per
month during the school year,
September-May.

For more information contact Sara Lent at 507-328-4020

Rochester Family Literacy is:

- -Parent Education
- -Adult Education
- -Early Childhood Education
- -Parent and Child Time (PACT)





To qualify for Rochester Family Literacy you must:

- -Have a child under kindergarten age
- -Have an income that would qualify your family for the free and reduced lunch program
- -Have English as a second language; wish to complete the GED, high school diploma, or college/job training.





Early Childhood Family Education (ECFE)

Drop In

Made to fit your schedule! Each class offers the ECFE class experience including PACT* followed by children's learning and play time and a parent discussion. Parents will move to a separate room for a parent discussion. Attend one class or all of the classes with our flexible "week by week" registration.

* PACT = Parent And Child Time **Terrific Tuesdays 0-5 Years**

Registration is required! Registration for Terrific Tuesdays opens one week before the class at 3:00 PM

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0931.120	Tu 9/13	12:30-2:30 PM	1 Session
0931.121	Tu 9/20	12:30-2:30 PM	1 Session
0931.122	Tu 9/27	12:30-2:30 PM	1 Session
0931.123	Tu 10/4	12:30-2:30 PM	1 Session
0931.124	Tu 10/11	12:30-2:30 PM	1 Session
0931.125	Tu 10/18	12:30-2:30 PM	1 Session
0931.126	Tu 10/25	12:30-2:30 PM	1 Session
0931.127	Tu 11/1	12:30-2:30 PM	1 Session
0931.128	Tu 11/8	12:30-2:30 PM	1 Session
0931.129	Tu 11/15	12:30-2:30 PM	1 Session
0931.130	Tu 11/22	12:30-2:30 PM	1 Session
0931.131	Tu 11/29	12:30-2:30 PM	1 Session
0931.132	Tu 12/6	12:30-2:30 PM	1 Session
0931.133	Tu 12/13	12:30-2:30 PM	1 Session
0931.134	Tu 12/20	12:30-2:30 PM	1 Session
Northrop-Rm 30	5, 307		

CLASS FEES For a full list of class fees See page 22

> **PAIIR First Draw** Is at noon on August 10th See page 21

TGIF (Those Great Informational Fridays) 0-5 Years

Registration is required! Registration for TGIF opens Monday at 8:00 AM the week of the class.

		CON OI LITO CIACO.	
0711.120A	F 9/16	9:15-11:15 AM	1 Session
0711.121A	F 9/23	9:15-11:15 AM	1 Session
0711.122A	F 9/30	9:15-11:15 AM	1 Session
0711.123A	F 10/07	9:15-11:15 AM	1 Session
0711.124A	F 10/14	9:15-11:15 AM	1 Session
0711.125A	F 10/28	9:15-11:15 AM	1 Session
0711.126A	F 11/04	9:15-11:15 AM	1 Session
0711.128A	F 11/18	9:15-11:15 AM	1 Session
0711.129A	F 12/02	9:15-11:15 AM	1 Session
0711.130A	F 12/09	9:15-11:15 AM	1 Session
0711.131A	F 12/16	9:15-11:15 AM	1 Session
Northrop-Rm	302, 307		

Extraordinary Newborn 0-6 Months

As you adjust to your new role as a parent, come with your newborn to visit with a Public Health Nurse and licensed Parent Educator, along with other parents of young babies. Discuss feeding, car seat safety, and learn about what you can do to support your baby's development. *Registration* is NOT required No Fee

13 NOT TEQUIT	eu. No i ee			
0902.120	W 9/21	1-2:30 PM	1 Session	
0902.121	W 10/19	1-2:30 PM	1 Session	
0902.122	W 11/9	1-2:30 PM	1 Session	
0902.123	W 12/21	1-2:30 PM	1 Session	

Northrop-Rm 304



Early Childhood Family Education (ECFE)



<u>Online</u>

You've got parenting questions? We have information and support. Take our online classes from any device that can connect to the internet. All classes are readily available through Adobe Connect. Registration is required.

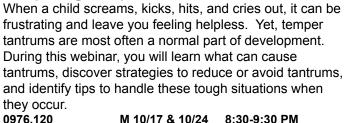
Positive Discipline 0-5 Years 🌂



Parenting young children is not easy. No matter how hard parents try, one year olds often still throw food on the floor, two year olds still have tantrums, and three year olds continue to question everything! During this webinar, you will learn how to build a strong connection with your child and identify tools that will get your child to listen, cooperate, and behave well.

0803.120 M 9/26-10/10 8:30-9:30 PM 3 Sessions Online

Tempering Temper Tantrums 0-5 Years 🧼



M 10/17 & 10/24 8:30-9:30 PM 2 Sessions Online

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." -PAIIR Parent



Making the Most of Mealtime 0-5 Years

Many parents' attempts to establish rewarding meal times are thwarted when young children have difficulty sitting, refuse to eat certain foods, interrupt important conversations, or play with their food. Join us for this webinar series to learn what you can expect of children at different ages, parenting tricks that work to engage children in a pleasant mealtime environment, and to discover tips that encourage healthy eating.

0918.120 M 11/7 & 11/14 8:30-9:30 PM 2 Sessions Online

ONLINE CLASS F	EES*		
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.			

Early Childhood Family Education (ECFE)

Non-Separating Classes

Classes listed below are non-separating. You and your child will remain together for the entire class time. These classes will include a parent discussion in the same room as your child. Registration is required. Sibling care is available where listed.

* PACT = Parent And Child Time

Baby & Me 0-12 Months

Your child will experience new sights and sounds while interacting and engaging with new people and objects. Parents will discuss the importance of early learning with songs and activities to do at home.

0012.120

M 9/12-12/19 15 Sessions 10-11:30 AM Northrop-Rm 305

Fun Ones 10-23 Months

Enjoy time with your growing toddler with play, planned activities, and song. After PACT* a parent discussion occurs nearby while your toddler begins to explore independence. Parent discussion will include topics such as healthy development, new behaviors, language development, and topics chosen by the group.

0110.120

M 9/12-12/19 15 Sessions 9:30-11 AM Northrop-Rm 303

Infants and Toddlers 0-24 Months



Magic milestones come weekly during these everchanging first two years! Rolling, scooting, crawling, walking, your little one is on the move! This class includes fun parent/child activity time followed by an informal parent discussion in the same room.

0115.120

Tu 11/15-12/20 6 Sessions

5:45-7:15 PM

Northrop-Rm 303, 307A

No Class-11/8

Do you have a new baby?

Congratulations! PAIIR/ECFS would like to tell you about all of the great opportunities in the community and fun classes we have to offer. Stop by our office and pick up your free gift, and show off your beautiful child. We look forward to meeting you and your new family.

Gradual Separation Classes

During the first few meetings of class, a parent discussion will be in the same room as your child. As the session progresses and the group is ready to separate, you will move into a separate room for the parent discussion. Registration is required. Sibling care is available where listed.

Toddler/Two's 18-30 Months

Your toddler's road to independence has begun and you are both ready to spend some time apart. Your child will be able to explore their new found independence as they learn to trust others and begin to test limits and boundaries as we gradually progress to separation.

0120.120

W 9/14-12/21 14 Sessions 9:30-11 AM Northrop-Rm 303, 307A

No Class-11/23

Sibling Care Available-Rm 304



Early Childhood Family Education (ECFE)

Age Group Classes

The age of the children in these classes must fall within the guidelines. (See PAIIR's Attendance Policy on page 21). Each class offers the ECFE class experience including PACT* followed by children's learning and play time and a parent discussion. Parents will move to a separate room for a parent discussion. Registration is required. Sibling care is available where listed.

* PACT = Parent And Child Time

1-3 Year Olds (12-42 months)

Your energetic little one is growing and trying new things, so establishing routines and being consistent is very important. As your child learns through play and social interactions, you will discuss parenting techniques that help you appreciate the "little things" in your life.

0613.120 Tu 9/13-12/20 9:30-11:15 AM 15 Sessions Northrop-Rm 305, 307A

0613.121 Th 10/27-12/22 9:30-11:15 AM

> 8 Sessions Northrop-Rm 303, 306

No Class 11/24

Sibling Care Available-Rm 304

2-3 Year Olds

Playing, learning, and discovering are the current priorities as your toddler transitions to a preschooler. Explore a variety of skills that can help you nurture and guide your child through these early years. 0201.120 Th 9/15-12/22 9:30-11:15 AM

13 Sessions Northrop-Rm 305, 307A

No Class-10/20, 11/24

Sibling Care Available-Rm 304

2-4 Year Olds

What strengthens a bond between a parent and child more than playing and learning together? Come and gain knowledge of child growth and development, temperament styles, and discipline techniques. Learn ways to strengthen your relationship with your child to make learning fun and discipline easier.

0600.120 M 9/12-12/19 9:30-11:15 AM

15 Sessions Northrop-Rm 302, 307

Sibling Care Available-Rm 305



3-5 Year Olds

Your preschooler will be able to practice preschool learning habits and activities such as taking turns, sharing, literacy, and math skills while the parent discussion topics focus on helping children prepare for preschool and kindergarten.

0604.120 Th 9/15-12/22 9:15-11:15 AM 13 Sessions Northrop-Rm 302, 307

No Class-10/20, 11/24

Sibling Care Available-Rm 304

STEM 3-5 Year Olds (Science, Technology, Engineering and Mathematics)

Your preschooler will be encouraged to explore, plan, and create with help from you and our staff. We will tap into your child's imagination and understanding of how things work. Parents will discuss the different vocabulary and systems that STEM uses and help problem solve with their children using everyday objects.

9:30-11:30 AM 0111.121 Tu 9/13-12/20 Northrop-Rm 302, 307 15 Sessions

Sibling Care Available-Rm 304

Creating Creativity 2-5 Years

Dress for mess and creative success! Your child will be free to explore a range of creative outlets in this class, including visual art, cooking, and music. Many of the day's projects will be about the process, not the end product. Parents will learn about the many forms that creativity can be expressed, the benefits of allowing children the time and space for creative outlets, and how to support their child's creative self-expression. Join us for a creative

aood time!

0922.120 Tu 9/13-9/27 6-7:30 PM

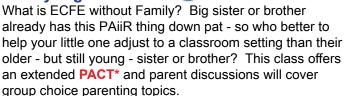
Northrop Rm-303, 307A 3 Sessions

Early Childhood Family Education (ECFE)

Topic Classes

Each class offers the ECFE class experience including PACT* followed by children's learning and play time and a parent discussion. Parents will move to a separate room for a parent discussion. Children's class accommodates participants ages 0-5 so all siblings must be registered, no sibling care is available. Children under 9 months will remain with parent(s) during discussions as a lap baby.

* PACT = Parent And Child Time



0923.120

Tu 10/4-11/1 5 Sessions

6-7:30 PM

Northrop-Rm 303,307

Seeds of Early Learning 0-5 Years

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 language, literacy and math in school. Class starts with a parent/child activity time, followed by a parent discussion. No Fee

0520.120

W 10/5-12/21 11 Sessions

9:30-11AM

Longfellow-Rm 001, 003

No Class-11/23



Dad and Me 0-5 Years

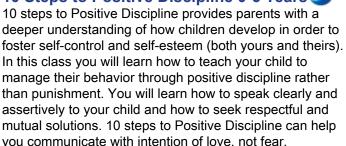
Being a parent is the most rewarding, and at times, the most challenging job you will ever have. Strengthen your relationship with your child through learning and play and meet other dads to discuss the importance of fatherhood. 0650.120 W 9/14-12/21

14 Sessions

9:30-11:15 AM Northrop-Rm 302, 307

No Class-11/23

10 Steps to Positive Discipline 0-5 Years 🛂



0933.120

W 10/12-12/21 10 Sessions

6-7:30 PM

Northrop-Rm 302, 307

No Class-11/23

Read for the Record 0-5 Years 4



Read for the Record! This Storytime will feature the 2016 Read for the Record book, "The Bear Ate Your Sandwich", by Julia Sarcone Roach. Registration is required, and books will be provided. Learn more about the National Read for the Record event at www.istart.org. 0950.120 Th 10/27

1 Session

6:00-7:30 PM Northrop-Rm 305

Reasons we love PAIIR/ECFE:

It has improved the quality time that I spend with my child, I have learned activities and ways to coach my child when he is trying to recognize his feelings and also it has helped me to understand and be there for my child if he is upset to help him calm himself without me getting frustrated.

-PAIIR Parent

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

PAIIR offers a sliding fee scale based on income AND additional financial assistance as needed. Learn more on page 22.

Early Childhood Family Education (ECFE)

Parents and Pets 0-5 Years



You love your child and you love your pets - and would like to keep both happily and safely interacting! Discover what you need to know to keep both free from harm and promote positive interactions between your pet and your child.

0924.120

Th 9/15

6-7:30 PM

1 Session Northrop Rm-305, 307

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



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

0651.120

M 9/26-12/19

5:45-7:45 PM

12 Sessions

No Class-10/31 Sibling Care Available-Rm 304

Northrop-Rm 302, 307



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. 21 (PAIIR Information page)

Productive Potty Training Practices 2-5 Years

Parents play a critical support role in ensuring a smooth toilet-training progression. With effective methods and tools, you can promote a process that is relaxing and even enjoyable for your family. Learn tips to identify readiness signs, build toilet learning skills, and avoid battles in order to ensure a peaceful and rewarding process.

0927.120

M 9/12 & 9/19

6-7:30 PM

2 Sessions

Northrop-Rm 302, 307

No Drama Discipline 0-5 Years

This class is based on the book "No Drama Discipline" by Tina Payne Bryson and Daniel J. Seigel. 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.

0754.120

Th 9/15-10/13

9:30-11 AM

5 Sessions

Northrop Rm-303, 306

NEW TO ROCHESTER?

Let us introduce ourselves and welcome you to Rochester. Stop in to the PAIIR office to get your FREE gift today!

Welcome to Rochester 0-5 Years



Whether you are new to town or just beginning to see Rochester through the eyes of a parent, let us help you learn what Rochester has to offer for families with young children. We will have resources to help you feel comfortable in your new city and help you start building new connections. No Fee

0001.120

Th 9/22-10/13 4 Sessions

6-7:30 PM Northrop-Rm 305

Grandparents Parenting Again 0-5 Years 💐



Explore the rewards and challenges of caring for your children's children. Learn methods to increase success while parenting young children again and in a whole new way. Problem-solve new obstacles together and develop a support network with other grandparents who understand how amazing, unique, and difficult this journey can be.

0925.120

Th 11/10-12/22

6-7:30 PM

6 Sessions

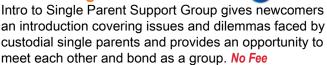
Northrop-Rm 305, 307

No Class-11/24

Early Childhood Family Education (ECFE)



Intro to Single Parents 0-5 Years 🛂



0617.120 Th 9/29 5:30-7:30 PM Hawthorne Rm-117,119,112 1 Session

Single Parent Support Group 0-5 Years

Raising a child has its challenges. Raising a child on your own may have even more. As much as we all want to be perfect parents, we need to give ourselves a break and know that it is okay not to be perfect. Support is one of the best ways to keep yourself going when times may be difficult. Sharing your stories and hearing others reinforces that you are not alone. No Fee

0616.120 Th 10/6-11/17 5:30-7:30 PM

> 6 Sessions Hawthorne-Rm 117, 119, 112

No Class-10/20

Parenting a Child with Special Needs 0-Grade 5

This support group is for parents with children who have a delay, disability, or illness, ages birth through grade 5. Discussion topics are chosen by the parents and are specifically focused on the families in the group. Parents can relax knowing that their child is in a safe, fun environment with experienced teachers. This class meets one Monday per month. Child care is available. No Fee

one Monday	per monur.	Cilliu cale is av	aliable. No ree	
0720.120	M 9/12	5:45-7:30 PM	1 Sessions	
0720.121	M 10/10	5:45-7:30 PM	1 Sessions	
0720.122	M 11/14	5:45-7:30 PM	1 Sessions	
0720.123	M 12/12	5:45-7:30 PM	1 Sessions	

Hawthorne-Rm 117,119, 112



Preschool Openings!

Adventurers Evening Preschool

No time for day preschool? Join us for evening preschool! PAIIR Readiness Preschool (PReP) offers quality preschool for your child and a parent education day for you. Each Tuesday, 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.

Adventurers Evening Preschool 3.5-5 Years Old Tu/Th 2 evening program, 5 hours/week 5:15-7:45 PM Parent Education Day-Tuesday



Children must be at least 3.5 years old on or before 9/1/2016 (born on or before 3/2/2013). Each parent day will include a light family meal. Sibling care is available on the parent day.

Call 507.328-4020 for additional preschool openings.

www.parentawareratings.org Register now for the 2016-2017 program. Visit PReP at www.rochesterce.org/paiir or the PAIIR office at Northrop for more information.

Reasons we love PAIIR/ECFE:

The most beneficial thing for me has been to get out of the house and be around other parents instead of isolating. It's good to know you're not alone in parenting struggles. -PAIIR Parent

Early Childhood Family Education (ECFE)

Encore Classes

Open registration begins in the fall followed by priority registration for our winter and spring sessions, allowing the group participants to remain together for the entire school year. Parents and children will separate. New participants are welcome to register if space is available. Please call the office to check for availability. Sibling care is available where listed.

2-3 Encore

0251.120

Playing, learning, and discovering are the current priorities as your toddler transitions to a preschooler. Explore a variety of skills that can help you nurture and guide your child through these early years.

W 9/14-12/21

14 Sessions
No Class-11/23

Sibling Care Available-Rm 304

Toddler Encore 1-2 Year Olds

Your toddler's road to independence has begun and you are both ready to spend some time apart. Your toddler will be able to explore their new found independence, as they learn to trust others and begin to test limits and boundaries with this gradual progression to separation.

O111.120

F 9/16-12/16

9:30-11 AM

11 Sessions Northrop-Rm 303, 307A

9:30-11:15 AM

Northrop-Rm 305, 306

No Class-10/21, 11/11, 11/25

Sibling Care Available-Rm 304



Check out these Planetarium classes offered by Preschool Enrichment! Registration is done through the Enrichment Office at 328-4000.

Kepler Star Wheel and Rochester at Night-Planetarium (3 Years-Gr.3/Adult)

Families participate in a simple, hands-on project to construct a Kepler Star Wheel. This take home tool will help you find visible stars in the night sky, that have planets orbiting them, including planets outside our solar system! After construction, we will use the star wheel while



taking a tour of the current night sky above Rochester. An adult must accompany and participate with child. Class is held at **Mayo High School**, **1420 11th Ave SE**, **Rochester**. Please enter through door #6.

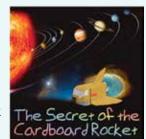
 1606.111
 Tu 10/25
 6:30-7:30 PM

 Mayo High School 1 Session
 \$15 Per/Family

 Rm 1-226 Planetarium

Secrets of the Cardboard Rocket (3 Years-Gr.3/Adult)

Families will be entertained and educated as they embark on a visually rich 3-D animation tour of the solar system at the planetarium. We will travel along with two children, their spaceship navigator, and an astronomy book on an out-of-this-world adventure! An adult must accompany and



participate with child. Class is held at **Mayo High School**, **1420 11th Ave SE**, **Rochester**. Please enter through door #6.

 1605.111
 Tu 9/27
 6:30-7:30 PM

 Mayo High School 1 Session
 \$15 Per/Family

Rm 1-226 Planetarium

Early Childhood Family Education (ECFE)

Reasons we love PAIIR/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! -PAIIR Parent

Friday Funday

Classes are non-separating. For these activity classes you and your child will remain together for the entire class time. There is no separate parent discussion. Registration is required. Sibling care is available where listed.

Hanging Loose with Dr. Seuss 2-5 Years

"The more that you read, the more things you will know. The more that you learn, the more places you'll go"- Dr. Seuss. Read, learn, and grow with fun rhyming activities and games. No Fee

0765.120

F 9/16-9/30

9:30-11 AM

3 Sessions

Longfellow-Rm 003

Shapes, Colors & Numbers 2-5 Years

Your child will have fun learning shapes, colors, and numbers as they sort, build patterns, and start to sequence. When counting becomes a game and patterns become an adventure, learning becomes fun! No Fee

0739.120

F 10/7-10/14

9:30-11 AM

2 Sessions

Longfellow-Rm 003

CLASS FEES For a full list of class fees See page 22

> **PAIIR First Draw** is at noon on August 10 See page 21



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. No Fee

0747.121

F 10/28-11/4 2 Sessions

9:30-11 AM Longfellow-Rm 003

0-5 Storytime

Come celebrate early literacy with your child in this series of songs and stories that will engage parents and children of all ages. No Fee

0615.121

F 11/18

9:30-11 AM

1 Session

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 everyday activities. Join us and explore shapes, patterns, measurement, and numbers. No Fee

0742.120

F 12/2-12/16 9:30-11 AM

3 Sessions

Longfellow-Rm 003

Early Childhood Family Education (ECFE)

Saturday Classes

Classes listed below are non-separating. For these activity classes, you and your child will remain together for the entire class time. There is no separate parent discussion. Registration is required.

Fall Fun 2-5 Years

Pumpkins, leaves, and apples...explore ways to enjoy this wonderful season with fun fall activities.

S 9/24 0724.120

9:30-11 AM Northrop-Rm 302

1 Session



STEM Saturday 3-5 Years

Your preschooler will be encouraged to explore, plan, and create with help from you and our staff. We will tap into your child's imagination to explore how things work and start using STEM vocabulary.

0803.122

S 10/29 9:30-11 AM

1 Session Northrop-Rm 302

Shapes, Colors and Numbers 0-5 Years

Get ready to sort, pattern, and sequence! Working with your child on colors, shapes, and number is a great start to get ready for school. Counting becomes a fun adventure in this class.

0739.121

S 11/19

9:30-11 AM

1 Session

Northrop-Rm 302

Breakfast and Books 0-5 Years

What's better than Saturday morning cartoons? Saturday morning books! Begin your Saturday exploring early literacy with a breakfast treat, a classic story time, putting together a book to take home and some one-on-one time between you, your little one and a book. Parents and children remain together for the entire class.

0926.120

S 12/10

9:30-11 AM

1 Sessions

Northrop-Rm 302

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

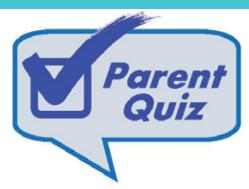
Families are placed in this class based on need. Referrals are welcome!

Class will meet at Hawthorne Education Center on Friday Mornings on the following dates:

- October 7
- November 4
- **December 9**

For more information visit www.rochesterce.org/register or call 507.328.4020





Are you teaching your child to think scientifically?

In our increasingly technological world, it's important to help children think scientifically. It's also fun!

Answer yes or no to the questions below to see if you're encouraging scientific thinking:

- 1. Do you take time to observe the world? "Look at that bug. How many legs does it have?"
- 2. Do you sort things with your child, such as socks, toys, leaves and rocks? Notice colors, shapes, sizes and more.
- 3. Do you ask your child to make predictions, such as, "How much cake do you think will be left after your party?"
- 4. Do you conduct experiments together? Ask a librarian to help you find a book of kids' science projects.
- 5. Do you draw conclusions from your scientific thinking? Making charts can help with this.

How well are you doing?

Each yes answer means you and your child are thinking like scientists. For each no answer, try that idea from the quiz.

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Kindergarten 2016-17

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, 2016 and you did not receive a kindergarten packet, contact:

Registration & Records Edison Building 615 7th St. SW Rochester, MN 55902 507.328.4201



KICK OFF TO KINDERGARTEN **OPEN HOUSE**

Thursday, November 3, 2016 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 2017-2018 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.

PAIIR (ECFE) News

NOW HIRING

COMMUNITY EDUCATION PRESCHOOL ACTIVITIES

-Teaching Assistants

Employment opportunities are available within Rochester Public Schools. Early childhood classroom experience is desired.

PAIIR/ECFE

-Substitute Teachers -Parent Educators -Teaching Assistants

Please contact Amy Ward at 328-4030 or email at amward@rochester.k12.mn.us

PAIIR Storytime

at the Rochester Public Library

Puppets, stories, songs and rhymes to give your 3-5 year old sweet dreams. Early childhood staff will be on site to help answer any questions you have! September 27, October 4, 11, 18, 25, and November 1

No Registration is required!





When children enter school ready to learn and parents are involved in their children's education, we all benefit! The School Readiness program is a continuum of services that allows children 3 years old to kindergarten enrollment to participate in early childhood programs and services that enable them to enter school with the skills and behavior needed for them to progress and flourish.

Some of the services available include:

- Preschool Scholarships
- Early Childhood learning experiences
- Parent education and support
- Health and community service referrals
- Family events & Partners In Education (PIE) Groups
- · Kindergarten information

Who qualifies for School Readiness?

- Children must be 3 or 4 years old on or before September 1 of the school year
- Families must be income eligible and live in Olmsted County

Preschool placement considerations include child and family needs, available community openings, and parent choice. Children and families with the greatest need have the highest priority for enrollment. Applications are accepted all year long.

School Readiness has a 4 Star Rating from Parent Aware.



For more information or if you have question please call 507-287-2020 or toll free 1-800-462-1660 and ask for School Readiness.

PAIIR (ECFE) News



PAIIR/ECFS

PAIIR (ECFS) **Early Childhood Screening**328.4004 **Preschool Enrichment**328.4000

Youth Programs

Youth Enrichment

......328.4052 Middle School After School328.4053 (SACC) School Age Child Care328.4040 **Adult Progams Adult Enrichment**328.4000

Adults with Exceptional Abilities328.4063 Adult Literacy at Hawthorne328.4440

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. 21 (PAIIR Information page)



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.

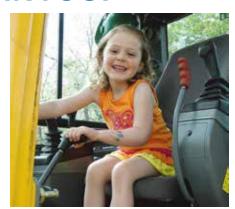
> Schedule Your Child's **Screening Now!** 507-328-4004



Northrop Education Center 201 8th St. NW Rochester, MN 55901 www.rochesterce.org/ecscreening

TRANSPORTATION FAIR **THANK YOU!**

Thank you to all the businesses and the PAIIR/School Readiness **Advisory Council for your** participation and support of the 2016 Transportation Fair. We had a great turn out and heard many positive comments. Approximately 1,000 children and 800 adults attended the event this year!



Thank you for participating and providing our preschool children and families with a fun morning of vehicles, games, good weather and community. -The PAIIR Staff

SAVETHE DATE for next years' big event on May 20, 2017

PAIIR (ECFE) News

Important Fall Dates

August

10 First Draw for Fall Classes

September

12 Fall Session Begins

October

- 5 No Afternoon Classes
- 20-21 Education MN-No Classes
 - 31 No Evening Classes

November

- 3 Kick Off to Kindergarten (evening)
- 4 Winter Catalog Mails
- 8 Election Day-No Evening Classes
- 11 No Classes
- 16 No Afternoon Classes
- 16 First Draw for Winter Classes
- 23-25 Fall Break-No Classes

December

22 Fall Session Ends

23-Jan 2 Winter Break-No classes

PAIIR Parent Education Consultation

Have a parenting question? Want to talk with someone about a parenting concern or challenge? Parenting young children can be a very rewarding, yet challenging job and we are not given detailed parenting manuals and instructions.



Parents Are Important In Rochester can provides parenting support and information through a phone consultation, home or office visit from a licensed Parent Educator.

Call the PAIIR Office at 328.4020 for more information.



Strengthening Families with Young Children through Education and Support

Make letters stand out with a tape and paint project



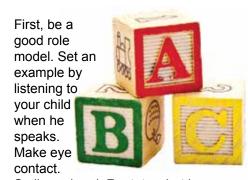
Children who know many letters when they start kindergarten tend to have an easier time learning to read. Your preschooler has probably practiced

making letters out of lots of different materials-yarn, clay, pasta, dough, glitter glue and more. What's left? Tape! To make tape letter art:

- 1. **Collect supplies**, including paper, paint, a paintbrush and tape that can be removed from paper. Try masking tape, drafting tape (from an office supply store) or transparent tape that pulls up easily.
- 2. Have your child use the tape to "spell" his name on paper. Help him cut or tear the right-sized pieces. The letter "A" will need two long pieces and one short one. Curvy letters, such as "S" and "P" may look boxy or pointy, but that's OK.

- 3. Let your child paint a design around the tape, keeping in mind that the tape will be removed. The more paint he puts on the page, the better! Then help him carefully lift the tape and watch his name stand out!
- 4. Think of other ways to use this technique. Your child could spell other words or use tape to make designs, such as a fence in front of a flower garden. When the tape is pulled up, the picture's background becomes the focus.

Parents often focus on helping children learn to speak. But children must also learn how to listen. To be successful in school, they must pay attention to what the teacher says, then act on what they hear. You can help your child develop good listening skills.



Smile and nod. Restate what he says to show you've heard and understood him. Talk to your child about the importance of listening respectfully. Explain why it's not acceptable to talk while others are talking. He also shouldn't make sounds or jump around.

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When Parents Know...Children Grow!

A child's early years often bring wonder and excitement for families! Children grow and change rapidly from birth to kindergarten entrance, and are learning every day.



Some babies and young children need extra help to learn and grow.

As parents watch their child grow and develop, they may notice when their child smiles, rolls over, sits up, walks, plays, coos, cries, and talks. While all young children grow and change at their own rate, some children experience delays in their development. Special health conditions may affect children's development, too. Because parents know their child the best, they may be the first to notice that their child is developing differently than other babies or young children.

Free help is available.

Minnesota children from birth to five-years-old, who are eligible for Help Me Grow, can receive services in their home, child care setting or school. These services are free to eligible families regardless of income or immigrant status.

Assistance from experts.

Early childhood specialists will work with eligible children and families to plan the services and supports they need. Theses may include: special instruction and other services, including speech, physical and occupational therapy; ways that a family can support their child's development at home; and connections to community services and programs. Early childhood specialists can help find other community resources and early childhood programs for those children not eligible for Help Me Grow.

Visit www.MNParentsKnow.info for more information on how young children develop plus ideas to help your child learn and grow.

Call 1-866-693 GROW (4769) if you have questions about your child's development or if you think your child might need extra help to learn.

If you have concerns about your child's development, please contact your local health care provider or the local Help Me Grow program at:

Birth to 3 years: (507) 328-4545

Age 3 to Kindergarten: (507) 328-4523

REFER A CHILD TO Help Me Grow. Infant and Toddler Intervention provides special services and supports for eligible children birth through age two and their families. Eligible children are those with developmental delays or with certain diagnosed physical or mental condition or disorder that may result in a delay.

CLASS FEES
For a full list of class fees See page 22

PAIIR First Draw is at noon on August 10th See page 21

PAIIR INFORMATION FALL 2016

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, 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 overenrolled. 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 10th at noon.

Parent/Guardian Participation

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.

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. 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?

Yes! Please follow the link in your confirmation emails to update your child's profile to share any information we may need to know to keep your child safe and to serve them to the best of our ability, including health concerns, allergies or special needs. Please call 328-4020 for assistance.

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.

PAIIR's Refund Policy

If PAIIR cancels a class or sibling care, you will be notified immediately 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.

PAIIR Handbook

Find out about PAIIR's policies in the 2016-17 PAIIR Handbook. Download your copy at rochesterce.org/paiir. You can also get a copy from your classroom or the PAIIR office.

Does PAIIR cancel classes due to bad weather?

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

If school begins late, morning PAIIR classes are cancelled, but afternoon and evening PAIIR classes will be held. If school dismisses early, all

PAIIR classes are cancelled for the rest of the day and evening.

PAIIR cannot make up class days closed due to weather.

You can call the Community
Education Weather recording at
507-328-4010. You can also sign up
for RPS Skylert message system
to be notified regarding weather
related announcements at http://www.
rochester.k12.mn.us/families, select
Skyward/Skylert Resources > Skylert
Community Sign Up.

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.

Financial Assistance SLIDING FEES

How does the PAIIR Sliding Fee Scale Work?

Find your income	PAIIR/ECFE SLIDING FEE SCALE 2016-2017	E SLIDI	NG FEE	SCALE 2	016-2017						
range on the chart.	→ income >	\$75,0	\$75,000 +	\$50,000	\$50,000 - \$74,999	\$30,000	\$30,000 - \$49,999	\$20,000	\$20,000 - \$29,999	\$ - 0\$	\$0 - \$19,999
	# of class sessions	class:	sibling care	class:	sibling care	class:	sibling care	class:	sibling care	class:	sibling care
Find the # of sessions	-	\$10.50	\$6	88	\$4.50	\$2	S\$	\$2	\$1.50	\$1	\$0
your class will meet.	2	\$21	\$12	\$17	\$6	\$11	\$6	\$4	\$3	\$2	\$0
	က	\$31.50	\$18	\$25	\$13.50	\$16	\$6	\$6	\$4.50	જ	\$0
Find the sliding fee for	4	\$42	\$24	\$34	\$18	\$21	\$12	\$8	\$6	\$4	\$0
the class and sibling	ა	\$52.50	\$30	\$42	\$22.50	\$26	\$15	\$11	\$7.50	\$5	\$0
care. This is your	9	\$63	\$36	\$50	\$27	\$32	\$18	\$13	\$6	\$6	\$0
recommended fee.	7	\$73.50	\$42	\$59	\$31.50	\$37	\$21	\$15	\$10.50	22	\$0
For example: If your	80	\$84	\$48	\$67	\$36	\$42	\$24	\$17	\$12	88	\$0
income is \$20,000 to	o.	\$94.50	\$54	\$76	\$40.50	\$57	\$27	\$19	\$13.50	89	\$0
\$30,000 and the class	10	\$105	2€0	\$84	\$45	\$53	\$30	\$21	\$15	\$11	\$0
meets 6 times, the	7	\$115.50	\$66	\$92	\$49.50	\$58	\$33	\$23	\$16.50	\$12	\$0
recommended class fee	12	\$126	\$72	\$101	\$54	\$63	\$36	\$25	\$18	\$13	\$0
is \$12, sibling care is \$9.	13	\$136.50	\$78	\$109	\$58.50	89\$	\$39	\$27	\$19.50	\$14	\$0
	14	\$147	\$84	\$118	\$63	\$74	\$42	\$29	\$21	\$15	\$0
J	15	\$157.50	\$30	\$126	\$67.50	\$79	\$45	\$32	\$22.50	\$16	\$0

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 PAIIR 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 PAIIR at 507-328-4020 or paiir@rochester.k12.mn.us for more information.



PAIIR (ECFE) Registration

How do I register for classes?

Register online at:

Rochesterce.org/register

Register by mail:

By completing this registration form and mail it in!

By Drop Box:

Our 24 hour drop box is located in front of the Northrop building.

By phone:

Call (507) 328-4020

In person:

Visit us at Northrop on the 3rd floor.

Northrop Education Center 201 8th Street NW Rochester, MN 55901

NEW THIS FALL FOR REGISTRATION

Step 1 – Registration is complete with payment. (See fees chart on page 22, and "First Draw" on page 21) You will receive an e-mail confirming your registration. We will notify you if the class is full or canceled.

Step 2 – Please follow the link in your confirmation email to share any information we may need to know to keep your child safe and to serve them to the best of our ability, including health concerns, allergies, or special needs.

Step 3 – Immunization records are required for each child attending class, including sibling care. This is to be turned in by the 2nd class.

Please call 328-4020 for assistance.



Registration

Use for PAIIR registration only. Preschool activity registration form can be found on the Preschool Enrichment side of this brochure. One check per family per program. May we photograph your child/children and use the picture in our promotional materials? Υ Ν Signature: CHILD 1 REGISTRATION Child 1 Name Child 1 Date of Birth Gender: F Class Number Class Name Fee CHILD 2 REGISTRATION Child 2 Name Child 2 Date of Birth Gender: F Class Number Class Name Fee Parent/Guardian 1: Last Name: First Name: Relationship to Child(ren): Work: Phone Home: Cell: Home Address: City: State: Zip: Email Address: Parent/Guardian 2: Last Name: First Name: Relationship to Child(ren): Phone Numbers Cell: Work: Home: Home Address: State: City: Zip: Email Address: PAYMENT INFORMATION Checks payable to Community Education. Total: MCVISA Credit Card #: Exp Date: DISCOVER Signature:

Rochester school HEALTH INFORMATION FORM

Van	ne			DOB	/	1	Gender	M	
Sch	ool	Grade	Parent/Guar	dian Name					
ho	ne #	Phone #		Email					
13	ALTH HISTORY	Check all conditions	your child currently has or ha	s been treated fo	or in the pas	ŧ			
	CONDITION	Đ	(PLAIN						
]	Diabetes								
]	Seizures								
]	Allergies								
]	Asthma								
]	Lung/Respiratory Disea	ise							
1	Heart/Cardiovascular C	onditions							
1	Head Injury/Concussion	n							
ı	Behavioral or Emotiona	l Difficulties							
1	Neurological Disorders								
ı	Attention Disorders (AD	D,ADHD)							
ı	Mental Health Condition	ns (e.g., anxiety.							
ı	Fainting Spells and Diz	ziness							
i	Kidney/Bladder Condition								
iŤ	Ear/Eyes/Nose/Sinus P	roblems							
i	Muscle or Bone Conditi	ons							
i	Abdominal/Stomach/Dig	estive Problems							
Ī	Migraines or Severe He	adaches							
+	Food Restrictions/Spec								
Skin Conditions Mobility Problems or Activity Restrictions									
1	Mobility Problems or Acti	vity Restrictions							
it	Learning Problems								
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ı	VISION CONCERNS	La	st professional eye exam		Resu	ılts:			
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+	List any other medica		riigiit	JUI 5					
1	List any other medica	r conditions.							
Ē	DICATIONS	List all prescription	over-the-counter, and medical	ions taken as ne	eded (e.n.	EniPen inh	alers nain rel	evers)	
	cation	Dose	Frequency	Reason	ouou (o.g.,	_p., o.,	and of plant to	01010	
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ווכ	ıld vou like to schedule.	a conference with	the licensed school nurs	e to discuss a	particular	health co	ncern? \square	Yes	Г
	cate your concern(s):		and the second of the second o						_
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			h school staff who require a						
eo	s while at school. Not pro	oviding complete an	d accurate information may	result in an inc	ompiete he	eaith and s	arety plan for	your ch	IIIC
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re	nt/Guardian signature					Date			