



community
education

Everyone Connects!

PAiIR



WINTER
2016

NON-PROFIT
U.S. POSTAGE
PAID
Permit No. 1000
Rochester, MN

Rochester Public School
Northrop Community Ed
201 8th Street Northwest
Rochester, MN 55901



directory

| | |
|----------------------------------|-----------------|
| PAIIR | |
| | 328.4020 |
| Early Childhood Screening | |
| | 328.4004 |
| Preschool Enrichment | |
| | 328.4005 |

| | |
|-------------------------------------|-----------------|
| Youth Enrichment | |
| | 328.4052 |
| Middle School After School | |
| | 328.4053 |
| (SACC) School Age Child Care | |
| | 328.4040 |

| | |
|--|-----------------|
| Adult Enrichment | |
| | 328.4000 |
| Adults with Exceptional Abilities | |
| | 328.4063 |
| Hawthorne Adult Literacy | |
| | 328.4440 |

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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 18.

PAIIR on KTTC
See PAIIR on KTTC during News Center at Noon on:
January 14, February 11,
and March 10



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. 17 (PAIIR Information page)

Community Needs Assessment – We Heard You!

This past spring PAIR conducted a community needs assessment to help identify the strengths and resources available in our community to meet the needs of young children and their families. One aspect of this needs assessment was the completion of a survey to identify underserved populations and determine the parenting education needs in our community. I would like to thank all of the 226 parents and professionals who responded to this survey. Your thoughtful responses are guiding our future programming priorities.

Parents told us that the following types of parent and early education supports and resources would help them in their parenting roles: early childhood education and learning activities for young children, parenting classes offered in a variety of ways, and stress management information. Overall, the narrative we received from parents indicated that they really value the opportunity to receive parenting information and support in a variety of methods and modalities.

We at PAIR have heard what you said and are providing opportunities for parenting and early childhood education in a variety of learning formats. Check out our online classes (pg. 5) - Lunch and Learn, Promoting Healthy Sleep and PAIR's Online Parenting Series, along with our many day, evening, and Saturday classes. We have also heard parents request PAIR classes for school age children, so this winter we will offer Making the Most of Kindergarten for parents of kindergarten age students at Riverside and Gage Elementary Schools (pg.14). We have also recently hired a community outreach parent educator who has been meeting with a number of community groups in an effort to better serve parents at off-site locations.

Again, we thank you for your input on our community needs survey and we look forward to connecting with you to assist with your parenting and early education needs.

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 PAIR/ECFE?

Early Childhood Family Education (ECFE/PAIR) 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

PAIR First Draw is at noon on November 18. (pg.17)

Rochester Public Schools Early Childhood Family Services

Northrop Education Center
201 8th St NW
Rochester, MN 55901
507-328-4020
www.rochesterce.org/pair

Regular Office Hours

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

Peggy O'Toole-Martin
Program Manager

Amy Ward
Coordinator

Madeline Pingry
Outreach Specialist

Sara Lent
Laura Johnson
Clerical Staff



community
education
Everyone Counts!

**early childhood
family services**

How do I register my family for PAIR classes?

Register online...
rochesterce.org/register

Register by mail...
by completing a registration form (pg. 19). 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!
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
PAIR classrooms on 3rd floor.

Hawthorne Education Center

700 4th Ave SE

Hoover Elementary

369 Elton Hills Dr NW

Longfellow Elementary

1615 Marion RD 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 St SW
Rochester, MN 55902
(507) 328-4200
Fax (507) 328-4208
Office Hours
M - F 7:30 AM-4:45 PM



www.parent-institute.com

Are you putting the power of routines to work?



Routines make life easier for families. They also help children develop habits that lead to school success. Answer

yes or no to the following questions to see if you're putting the power of routines to work:

- ___ 1. Have you set regular sleep and wake-up times that ensure your child gets enough rest?
- ___ 2. Do you read with your child every day? Research shows this is one of the best ways to prepare her for school.
- ___ 3. Do you eat at least one meal as a family each day? Conversation around the table is one of the best ways to boost your child's vocabulary!
- ___ 4. Do you exercise regularly? Find activities you and your child like, such as playing tag or taking walks.
- ___ 5. Do you visit the library at least once a week and check out books?

How well are you doing?

More *yes* answers mean you're encouraging positive routines. For each *no* answer, try that idea from the quiz.

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

Intro to "PAIR Online"

Interested in PAIR's online class, but never tried it? If you are intimidated by technology or nervous about trying a new format, this class is for you. We will experiment with the online classroom, test audio and chat options, and look at some online parenting sites. You CAN do online, give it a try!

0695.220 **T 1/26-2/2**
8:30-9:30 PM **2 Sessions**
Online

Online Lunch and Learn Positive Discipline

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. The parent discussion covers information on developmental, age-related concerns and allows time to connect with other parents.

0803.220 **W 2/3-2/10**
12:00-12:30 PM **2 Sessions**
Online

Promote Healthy Sleep

It's estimated that 69% of America children need more sleep, and yet are too wired to get it. The impact is significant and includes increased behavior problems and reduced impulse control. In addition, lack of sleep is related to diminished reasoning skills, health issues and decreased performance in school and sports. During the session you will: Learn why adequate sleep is critical for maximizing your child's health, development and performance.

- Identify the culprits that may be undermining your child's sleep
- Identify practical strategies to decrease nighttime battles and increase your child's sleep.

You can help your child get the sleep you both need and deserve!

0976.220 **T 3/22-3/29**
8:30-9:30 PM **2 Sessions**
Online

Join PAIR's Online Parenting Series

Parenting is full of highs and lows, questions and answers, conflicting advice, and personal discoveries as you learn about each individual child and what actually works in your world. Join our "Parenting Think Tank" and you will

- Share your joys and challenges of parenting
- Choose the topics you want to learn more about over the course of the series
- Consider information available on the topic from other adults in the online group
- Problem solve common challenges with other adults and Raelene Ostberg, PAIR Licensed Parent Educator

For this 5 session series, you can drop-in and attend the class of your choosing. Or, join us every week.

0942.221 **T 2/9-3/15**
8:30-9:30 PM **6 Sessions**
Online

| 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.

0012.220 Th 1/14-3/31
9:30-11:00 AM 12 Sessions
Northrop-Rm 305

0012.221 Th 2/18-3/31
5:45-7:15 PM 7 Sessions
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!

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**

0902.221 W 1/20
1-2:30 PM 1 Session
Northrop-Rm 305

0902.222 W 2/17
1-2:30 PM 1 Session
Northrop-Rm 305

0902.223 W 3/16
1-2:30 PM 1 Session
Northrop-Rm 305



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

PAIR/ECFE

Substitute Teachers

Parent Educators

Teaching Assistants

Community Education Preschool Activities

Teaching Assistants

Early childhood classroom
experience desired.

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



CLASS FEES
Full list of class fees on
page 18.

PAIR First Draw
is at noon on November 18.
(pg.17)

PARENTS & TODDLERS (1 TO 2 YEARS)

Toddler/Twos 18-30 Months (Gradual-Separation)

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 a 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.

0120.220 M 1/11-3/28
9:30-11:00 AM 10 Sessions
Northrop-Rm 305, 304
No Class: 1/18, 2/15
Sibling Care Available

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.

0110.220 W 1/13-3/30
9:30-11:00 AM 12 Sessions
Northrop-Rm 305
Sibling Care Available

NEW TO ROCHESTER?

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



PARENTS & TODDLERS (1 TO 3 YEARS)

1-3's

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.

0613.220 T 1/12-3/29
9:30-11:15 AM 12 Sessions
Northrop-RM 303, 304
Sibling Care Available

2-3's

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.

0201.220 Th 1/14-3/31
9:30-11:15 AM 12 Sessions
Hoover-Rm 113, 119
Sibling Care Available

Reasons we love PAIR/ECFE:

I would recommend PAIR classes to anyone. I love the time with other adults, the encouragement and ideas I have gained through the classes, and the special one on one time I have with my child. The parenting tips I have received over the years have been used over and over and I feel I am a better mom with stronger relationships with my children now.

PARENTS & YOUNG CHILDREN (2 TO 5 YEARS)

2-4's

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.

0600.220 T 1/12-3/29
9:30-11:15 AM 12 Sessions
Northrop-Rm 302, 307

Sibling Care Available

Parenting a Child with Spirited or Challenging Behaviors 2-5

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**

0651.220 M 1/11-3/28
5:45-7:45 PM 10 Sessions
Northrop-Rm 302, 307
No Class: 1/18, 2/15

Sibling Care Available

CLASS FEES

Full list of class fees on page 18.

PAIR First Draw is at noon on November 18. (pg.17)

Play & Learn 2-5 (Non-Separating)

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

0663.220 M 1/11-2/22
9:30-11:00 AM 5 Sessions
Hoover-Rm 119

0663.221 M 2/29-3/28
9:30-11:00 AM 5 Sessions
Hoover-Rm 119
No Class: 1/18, 2/15

Art Music and Movement 2-5 (Non-Separating)

Discover the excitement of art, while encouraging your young artist. Working together we will explore our creativity, from finger plays to movement activities with all our favorite songs we can encourage your child's natural enthusiasm for music. Parent and children remain together for the entire class.

0650.220 S 2/27
9:30-11:00 AM 1 Session
Northrop Rm 302



Space Shapes 2-5

Preschool students will be introduced to the planetarium environment that discusses different round shapes in space. Is this planet round like a pancake or round like a ball? A look at the current night sky and a tour around the solar system will complete the visit to the Mayo High School Planetarium. Adult/child class. Please register each person attending. Please enter Mayo High School through door #6.

SPACE.220 Th 3/17
5-5:45 PM 1 Session
Mayo HS-Rm1-226 Planetarium

SPACE.221 Th 3/17
6-6:45 PM 1 Session
Mayo HS-Rm 1-226 Planetarium



FRIDAY FUN! (NON-SEPARATING)

***REGISTRATION REQUIRED**

Shapes, Colors & Numbers 2-5

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**

0724.220 F 1/15-1/22
9:30-11:00 AM 2 Sessions
Longfellow-Rm 003



Hanging Loose with Dr. Seuss 2-5

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

0747.220 F 2/5-2/12
9:30-11:00 AM 2 Sessions
Longfellow-Rm 003

Young Scientists 2-5

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
0747.221 F 2/19-3/4
9:30-11:00 AM 3 Sessions
Longfellow-Rm 003

Young Mathematicians 2-5

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. Parents and children remain together for the entire class. **No Fee**

0742.220 F 3/11-3/25
9:30-11:00 AM 3 Sessions
Longfellow-Rm 003

Reasons we love PAIR/ECFE:

My parenting improves with each class I take because I get to hear new information and learn new techniques to deal with everyday parenting struggles.

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's

Experience our 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.

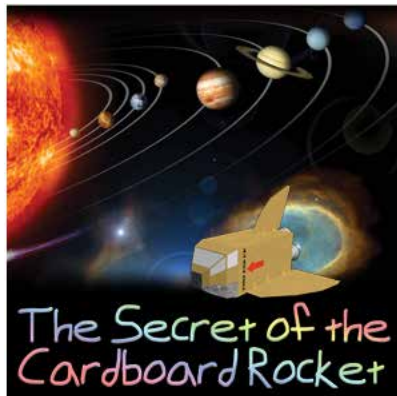
0604.220 M 1/11-3/28
9:15-11:15 AM 10 Sessions
Northrop-Rm 302, 307
No class: 1/28, 2/15
Sibling Care Available



STEM 3-5 (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. This will be a repeat of the fall class with 1-2 new activities.

0111.220 Th 1/14-3/31
9:15-11:15 AM 12 Sessions
Northrop-Rm 302, 307
Sibling Care Available



Secrets of the Cardboard Rocket 3-5

Students 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! Adult/child class. Please register each person attending. Please enter through door #6.

ROCK.220 Th 3/10
5-5:45 PM 1 Session
Mayo HS-Rm 1-226 Planetarium

ROCK.221 Th 3/10
6-5:45 PM 1 Session
Mayo HS-Rm 1-226 Planetarium



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](http://www.rochesterce.org/ecscreening)

TUESDAY TOPICS

Welcome to Rochester 0-5

New to Rochester or just new to PAIRR? Bring your young children and 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. PAIRR will also provide a welcome bag, full of resources and a gift.

No Fee

0654.221 T 1/12-1/26
6:00-7:30 PM 3 Sessions
Northrop-Rm 303, 304

Five Love Languages 0-5

We must express our love in ways they understand. Speaking in your child's love language helps your child feel loved, secure, and more willing to interact with you and your family. What are these five languages? Come to our class to find out!

0632.220 T 2/2-2/23
6:00-7:30PM 4 Sessions
Northrop-Rm 303, 304

Cabin Fever Fun 0-5 (Non-Separating)

Even when the winter wind blows, there is still lots of fun to be had at PAIRR. Explore creative and fun ideas to not only survive winter with your children but to enjoy it! Parents and children remain together for the entire class.

0803.222 T 1/12-1/19
1:15-2:45 PM 2 Sessions
Northrop-Rm 305, 307

Winning the Food Fight 0-5

Many attempts to establish healthy eating habits and rewarding meal times are foiled when young children have difficulty sitting, refuse to eat, complain or play with their food! During this training, you will

- Identify tricks to engage children in positive mealtime behaviors
- Discover tips to encourage healthy eating (even for picky eaters!) and reduce battles
- Learn ways to build in positive connection routines around mealtime

Through a few easy steps, you can reduce food battles, decrease stress, and increase healthy eating habits for life!

0803.221 T 1/26-2/9
1:15-2:45 PM 2 Sessions
Northrop-Rm 305, 307

Seeds of Early Learning 0-5

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.

0520.220 T 2/16-3/29
1:15-2:45 PM 7 Sessions
Northrop-Rm 305, 307



Weatherline
507.328.4010



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. Registration is required. **No Fee**

0720.220 M 1/11, 2/8, 3/14
6:00-7:45 PM 3 Sessions
Hawthorne-Rm 112, 117, 119

Childcare Available

Bedtime Stories 0-5

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.

0620.221 W 1/27, 2/24, 3/30
6:00-7:15 PM 3 Sessions
Northrop-Rm 303

Storytime 0-5 (Non-Separating)

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**

0615.221 T 1/12
9:30-10:30 AM 1 Session
Longfellow-Rm 003

0615.222 T 1/26
9:30-10:30 AM 1 Session
Longfellow-Rm 003

0615.223 T 2/9
9:30-10:30 AM 1 Session
Longfellow-Rm 003

0615.224 T 2/23
9:30-10:30 AM 1 Session
Longfellow-Rm 003

0615.225 T 3/8
9:30-10:30 AM 1 Session
Longfellow-Rm 003

0615.226 T 3/22
9:30-10:30 AM 1 Session
Longfellow-Rm 003

Single Parent Support Group 0-5

Meet with other single parents to share feelings, gain appreciation and encouragement, and learn creative parenting techniques as a single parent. Child care for preschoolers is included. Parents in this class must have a child age birth to kindergarten enrollment. **No Fee**

0616.220 Th 1/14-3/31
5:30-7:30 PM 12 Sessions
Hawthorne-Rm 117, 119, 112

Family Fun 0-5

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**

0654.220 Th 1/14-2/11
6:00-7:30 PM 5 Sessions
Northrop-Rm 305, 304



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



PARENTS & YOUNG CHILDREN (BIRTH TO K)

Parenting Partnerships 0-5

Each parent provides care differently based on his or her experience, values, and goals. What do you do when you and those helping to parent disagree and you run into conflicts? How do you decide how to address a child's challenging behaviors and maintain a unified consistent message when you differ in approaches? During this class, you will

- Identify the underlying values each is trying to teach
- Explore conflict resolution strategies
- Label and understand numerous solutions to common difficulties of partnership parenting.

You are welcome to attend this class on your own or with any other who is caring for the child spouse, partner, grandparent, or child care provider). One parent must be in attendance with child.

0754.220 T 3/8-3/29
6:00-7:30PM 5 Sessions
Northrop-Rm 303, 304

Dad & Me 0-5

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.

0796.220 S 3/26
9:30-11:00 AM 1 Session
Northrop-Rm 302



Parents as Teachers 0-5

It is often said, "parents are a child's first and best teacher." This class will help parents with ideas for fun activities to enhance children's skills in all areas of development. Learning activities and strategies, games and homemade activities to help prepare a child for school success will be discussed.

0520.221 W 1/27-3/30
9:30-11:00 AM 10 Sessions
Longfellow-Rm 301, 303

Those Great Informational Fridays (TGIF) 0-5

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.

0711.220A F 1/15-3/25
9:15-11:15 AM 11 Sessions
Northrop-Rm 302, 307

0711.220P F 1/15-3/25
12:30-2:30 PM 7 Sessions
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. 17 (PAIR Information page)



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.

KINDERGARTEN

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 includes; Independence, problem-solving, social skills, and navigating a new school as well as tips, techniques and the keys to kindergarten success!

0620.220 W 2/10-2/24

6-7:30 PM 3 Sessions

Gage-Rm 106, 108

** Priority registration to Gage families*

0620.222 W 1/20-2/3

6-7:30 PM 3 Sessions

Riverside-Rm C112, C114, C101

** Priority registration to Riverside families*

Childcare Available



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
507-328-4200



Registration Packets for our 2016-2017 Preschool program will be available January 11th, 2016



PAiIR Readiness Preschool (PReP) is PAiIR's preschool program for young children ages 3-5 years old and their parents.

PReP Features:

- High quality early childhood education supporting all areas of development.
- Research based, age appropriate curricula and assessments.
- Weekly parent education day
- Ongoing parent/teacher communication including parent/teacher conferences
- Staff with MN License in:
 - Early Childhood Education
 - Early Childhood Special Education
 - Parent Education
- Quality learning environment — All preschool classroom have a 4 star rating from Parent Aware. www.parentawareratings.org

**Visit us at www.rochesterce.org/earlychildhood or the PAiIR office at Northrop Education Center
201 8th St NW, Rochester, MN 55901
For more information and to register**



All Aboard the Big Yellow School Bus

Classes will be offered in April/May as part of our Spring 2016 season. The Spring 2016 newsletter will mail on February 19, 2016.



22nd Annual Transportation Fair

Save the Date

Saturday, May 21 2016

10 AM-1 PM

Goose Egg Park
(Northrop) 201 8th St NW

** Event held rain or shine
Questions? Call PAIR at
507.328.4020*

*Sponsored by PAIR,
School Readiness and
Rochester Public Works*

Rochester

Public Schools

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.

CLASS FEES
Full list of class fees on page 18.

PAIR First Draw
is at noon on November 18.
(pg.17)

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. These 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.



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:

- January 8 & 22
- February 12 & 26
- March 11 & 25

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

PAIIR INFORMATION

WINTER 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 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 winter is November 18th 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?

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.

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 2015-16 PAIIR Handbook. Download your copy at rochesterce.org/pair. 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.

How does the PAIR Sliding Fee Scale Work?

PAIR/ECFE SLIDING FEE SCALE 2015-2016

Find your income range on the chart.

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.

| # of class sessions | income > \$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 | \$57 | \$27 | \$19 | \$13.50 | \$9 | \$0 |
| 10 | \$105 | \$60 | \$84 | \$45 | \$63 | \$30 | \$21 | \$15 | \$11 | \$0 |
| 11 | \$115.50 | \$66 | \$92 | \$49.50 | \$68 | \$33 | \$23 | \$16.50 | \$12 | \$0 |
| 12 | \$126 | \$72 | \$101 | \$54 | \$74 | \$36 | \$25 | \$18 | \$13 | \$0 |
| 13 | \$136.50 | \$78 | \$109 | \$58.50 | \$80 | \$39 | \$27 | \$19.50 | \$14 | \$0 |
| 14 | \$147 | \$84 | \$118 | \$63 | \$87 | \$42 | \$29 | \$21 | \$15 | \$0 |
| 15 | \$157.50 | \$90 | \$126 | \$67.50 | \$93 | \$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 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 |
| If parent is not attending , name of grandparent or other adult family member attending: Last, First | | Work phone: | E-mail address: |
| Emergency contact name: (Other than parent) | | Family relationship to child: | Phone for family member attending: Is this a cell phone? Y/N |
| | | 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 | | |
| Subtotals: | | | | | | | |
| TOTAL: | | | | | | | |

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 | Signature: |
| Credit Card #: | | | | Check#: _____ |
| | | | | 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