

Welcome to:
 Crookston Public School's
 Community Education and Early Childhood Family Education –**ECFE**
 January thru May 2010 Class Listings

Community Education Classes begin in January

Call 218-281-5078 to register.

Community Education Mission Statement:

Crookston Community Education extends life long learning opportunities to residents of all ages and abilities. It seeks to improve the quality of life in our school district by identifying community needs and developing relationships between school and community to meet these needs.

Early Childhood classes are held at Washington School

724 University Ave.

Phone 218-281-5078 to register for classes.

Registration begins January 5, 2010

**New
Location!!!**

What is ECFE: Early Childhood Family Education, a program of Crookston Community Education, offers classes and activities for parents and their children ages birth thru 5 at Washington School, in rooms designed to enhance early learning. Parents and children can take classes and participate in special family events. Call now to register and join us for a time of building skills and meeting new friends!

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Through ECFE many families create lifetime friendships. Pictured above are mothers who met in ECFE and have remained friends long after their children graduated from the ECFE birth thru 5 year old classes.

EARLY CHILDHOOD SPECIAL EVENTS

Early Childhood Special Events are free to all families with children birth—five years.
Please Call 218-281-5078 to register.

Build a Bird House – Monday, January 25, 2010 at the Community Family Center, 6:30—7:30 p.m.

Wanted young Carpenters! Bring a screwdriver and parent or special friend to the Community Family Center to build a bird house. Be sure to Call 281-5078 to register for this event so we know how many to plan for. A \$5.00 donation is suggested to cover the cost of materials. No one will be turned away for inability to pay.

March Musical– Monday, March 15, 2010 at Highland Elementary School Cafeteria 6:30—7:30 p.m.

You may register by calling 218-281-5078 Fee: Free

Come and enjoy music, music, music! Musicians will entertain you and your children. Your child will have the opportunity to experience the sights and sounds of many musical instruments and enjoy hands-on exploration. Children can join in a sing-a-long or move to the music. We will make musical instruments to take home. Come and enjoy the wonderful sound of music! Join us at Highland Elementary School!

April 2010 Month of The Young child - Fee: Free

The 8th Annual Month of the Young Child will be April, 2010. Once again, collaborating agencies will sponsor this exciting celebration and provide educational opportunities and entertaining events for young children and their families. More clues about the events and activities will be revealed at a later date. You can be sure that April will be packed with fun and exciting adventures for families in Crookston.

End of the Year **PICNIC**

Monday, May 17, 5:00— 6:30 p.m.

You may register by calling 218-281-5078 Fee: Free

The ECFE /Head Start Appreciation Picnic will be held at the Community Family Service Center. We will celebrate all families and volunteers who have participated in ECFE, Head Start and School Readiness for the 2009-2010 school year. There will be entertainment, great food and fun for the family. Please join us by registering for this event early. Bring a blanket to sit on. In the event of rainy weather we will be in the gym.

Early Childhood Screening - Crookston Public Schools' Early Childhood Screening will be held February 16, 17 & 18, 2010 at Washington Elementary School. Children born between March 1, 2006 and February 28, 2007, or older who have not been screened will be screened.

In January, parents of children born in this time frame will receive information regarding setting an appointment for screening. If you have a child born in this time frame and do not receive a letter or call, please contact us at 281-5078 so a screening for your child can be arranged.

Are you on the Census? Parents with children birth—5 yrs. You are never too young or too new to be on our census. Once added, you will receive information on upcoming preschool events, preschool screening, and other important school information. Please call 281-5078 if you do not think you are on our school census. Don't let your child be left behind!

ECFE WEEKLY CLASSES

Winter classes will begin January 11th at Washington School, 724 University Ave.

Books Alive (Birth—5 yrs) Instructor — Mary Jo Halos

Thursdays, 6:00—7:30 p.m. or Fridays, 9:15—10:45 a.m.

You must call 281-5078 to register! Maximum registration is 14 children.

Come expecting a book adventure as we explore books and make them “come alive” for you and your child. We will expand the book’s theme by cooking, sciencing, creating art or construction projects, acting out the book’s dramatically by dancing and/or singing. And of course, we will always have free play time for parents and children to create their own adventures.



Mixed Age Magic (Birth—5yrs) Instructors — Brigette Burzette, Mary Jo Halos, & Francine Olson

Tuesdays, 9:30—11:00 a.m., or 4:30—6:00 p.m., and Wednesdays, 9:30—11:00 a.m.

You must call 281-5078 to register! Maximum registration is 14 children.

Children will enjoy play in an early childhood classroom that offers stories, songs, games, puzzles, Creative projects and more. Parents will meet in a separate room during the second half of the class to discuss topics such as: stress management, father’s influence on parenting, super nanny video, positive discipline, challenging behaviors, communication and down time - does your child get enough?

Play Dates (Birth-5 yrs) Instructor — Karen Brekken

Fridays, 10:45 a.m.—12:45 p.m.

You must call 281-5078 to register! Maximum registration is 10 families.

My house? Your house? Let’s play at the school house!!!! Bring your child and your lunch to school. We will have a “play date” in the ECCE classroom. Children and parents will have the opportunity to play and learn together.



Baby, I Love You (For parents and Infants birth to 12 months only) - Instructor—Francine Olson

Thursdays, 9:00 a.m. - 10:00 a.m. beginning Thursday, March 25 thru May 13th

You must call 281-5078 to register!

Fall in love with your baby and join other parents and their babies as you explore, learn and have fun together. Enjoy activities in the areas of movement, sensory experience, music and exercise. This is a time for parents to discuss and share the joys and concerns of parenting an infant. Parents and infants do not separate in this class.

NEW!

Music’n Play and Time Away (Birth - 5 yrs) - Instructor—Mary Jo Halos and Francine Olson - Mondays 10:00 a.m.—11:30 p.m.

Maximum enrollment: 14 students You must call 281-5078 to register!

Mix it up on Mondays and enroll in the new ECCE class offered to parents and children birth to age 5. This class offers a mixture of activities from playtime with your child as well as time away with other parents. Classes will begin with parents and children exploring the classroom activities and learning centers together, plus parents will have a full hour to discuss topics, do a book study, watch parenting videos, or special projects together. While parents are busy, the children will engage in nursery rhyme activities, singing, dancing, role playing, games and art activities in the ECCE room. Mix up your Mondays and register for this new exciting class.

School Readiness (4 & 5 Year Olds) Instructors — Brigette Burzette & Gayle Nelson

School Readiness is held 2 days a week September thru May at Washington School.

For more information Call 281-5078.

School Readiness is a preschool program for four-year olds prior to attending kindergarten. School Readiness offers children two preschool sessions a week, guided by a professional early childhood educator.

Children have the opportunity to become comfortable with going to school and it makes the transition to kindergarten an easier one! The goals of the School Readiness program are to help children develop physically, socially, intellectually and in their use of language, which lays the foundation for later academic success.

Teen Parenting (Birth—2 yrs) Instructor — Francine Olson

Tuesdays, 1:45—3:15 p.m. at Washington School.

For more information Call Francine Olson at 281- 5078

The Teen Parent Program offers a weekly teen parenting class to discuss parenting topics and provides parent/child activities. Teen parents can earn 1 credit towards graduation by attending this class. Classes are held at Washington School.

ECFE MONTHLY CLASSES

Pop in and Play (Birth—5 yrs) Instructors — Mary Jo Halos

Every Second Saturday of Each Month — 10:00—11:30 a.m. at Washington School

January 9, February 13, March 13, April 10 & May 8

You must call 281-5078 to register!

Pop in and play every second Saturday. Come spend time in the ECCE room exploring with your child and getting tips on how to engage children in playful activities. The last part of class will be spent in the gym where parents and children can participate in games and play with the large motor equipment. Come expecting to have fun with music, art, science, dramatic play and children's literature.



Reading Milestones

Birth to 18 months

Birth to 6 Months: Newborns are calmed by the rhythmic sounds of lullabies and nursery rhymes.

6 -12 months: Babies become more interested in stories

12-18 months: Babies delight in reading together with adults.

Steps to Encourage Your Baby:

Recite nursery rhymes and sing songs to your newborn.

You can introduce books to your baby at around 4 months.

When you read, point out the pictures.

Around your baby's first birthday, establish a regular reading routine.

Toddlers: 18—36 months

Toddlers learn about reading through everyday experiences.

Toddlers who have been read to will invite others to read to them.

Toddlers learn that books are special.

Show clear preferences and will ask to have a book read over and over.

Steps to Encourage Your Toddler:

Read a variety of books

Talk to your toddler as you read a book.

Build reading into everyday routines.

Enjoy alphabet books together to introduce letters.

Draw attention to printed words and letters.

Preschool: 3-4 years

Young children begin to recognize familiar words.

Children learn that stories have structure.

Young children may "pretend" to read.

Children become aware that the world is filled with letters.

Steps to encourage Your Preschooler:

Read and reread your child's favorite books everyday.

Read books with a variety of characters.

Enjoy rhyming books together.

As you read, point to each word with your finger.

Use stories to introduce your child to new words.

The Crookston Early Childhood Initiative is at work!

The Crookston Early Childhood Initiative

The Crookston Early Childhood Initiative supports parents of children birth through five in the crucial role they have in preparing children for success in school, the workplace and life. The following resources have been designed to help parents: A Directory of Crookston Early Childhood Opportunities can be obtained at any of the Crookston Public Schools, City Hall, and the Crookston Library. It is a listing of available resources including family childcare, center-based childcare, preschool education, parenting education, and community services throughout Crookston. For more information visit www.crookston.k12.mn.us or www.crookstonearlychildhood.org.

We are asking for community support to fund our latest project, "Play It Forward", which will add playground equipment specifically designed for children, birth through five years of age, to each of five neighborhood parks in Crookston: 2008 Wildwood Park, 2009 Evergreen Estates Park, 2010 Washington School Playground, 2011 Crookston Arena (indoor playground), 2012 To be determined.

The Crookston ECI is here to help children and all those who parent, care for, and educate young children. If you see a need in our community, or would like to support the work of the ECI, please contact: Gayle Nelson, Local Coordinator @ 281-1213, or email gaylenelson@hotmail.com.

The Crookston Early Childhood Initiative is sponsored by the Northwest Minnesota Foundation and is part of the statewide Minnesota Early Childhood Initiative.

ECFE/SCHOOL READINESS STAFF

Denice Oliver	-Coordinator
Suzanne St. Michel	-Admin. Assistant
Francine Olson	-Teen Parenting Instructor & ECFE
Gayle Nelson	-School Readiness & ECFE
Brigitte Burzette	-School Readiness & ECFE
Karen Brekken	-ECFE
Mary Jo Halos	-ECFE
EIva Bissonette	-ECFE

CLASS FEES

Full pay: \$20, Reduced: \$8, Free: No fee
(the above fee is for each class you register for.)

To register for an ECFE class, please call Suzanne at 281-5078. No one is turned away for inability to pay.

ADVISORY BOARD

The Early Childhood Family Education Advisory Board, a committee of parents and community members meets to set policies and guide program direction. If you are interested in serving on the Early Childhood Family Education Advisory Board, contact Denice Oliver at 281-5078.

Board meeting dates are: Tuesdays, October 6, December 1st, March 2nd, and May 4th from 4:00—5:00p.m. at Washington School

Crookston Public School District #593
Community Education Winter Classes 2010 Registration
724 University Ave
218-281-5078 www.crookston.k12.mn.us

Name: _____ Home Phone: _____ Work Phone: _____

Please pre-register early for the courses that you wish to enroll in:

_____ \$ _____
_____ \$ _____

Payment: Please include payment with your registration. **Cancellations:** Classes without the minimum enrollment of 5 will be cancelled. You will be notified if a class is cancelled. If you have to cancel, we can give a full refund if you notify the Community Education Office at least 48 hours prior to the first class meeting.



Community Education Online Classes! *choose from over 200 classes.*

Our instructor – facilitated online courses are informative, fun, convenient, and highly interactive.

The instructors create warm and supportive communities of learners.

All courses run for six weeks (with a two-week grace period at the end) Courses are project-oriented and include lessons, quizzes, hands on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time, day or night.

How to Get Started: To see all the courses we offer, visit our online Instruction Center at www.ed2go.com/crookston. Call or mail your registration to Community Education.

Requirements: All courses require Internet access, e-mail, and Netscape Navigator or Microsoft Internet Explorer. Some courses may have additional requirements. Please visit our Online Instruction Center for access to complete course descriptions, student evaluation, instructor biographies, requirements

ARTIST CORNER

Decorative Painting - Instructor: Ruth Bach, 6:00—9:30 p.m. at CHS Art Room

Landscape Painting: Winter Landscape—Monday, February 8th or Spring Landscape—Monday, March 1st . Fee \$20 + supply fee \$9+(\$18 if you do not have your own brushes).

Beginners Decorative Painting Monday, March 15 and 22 Fee of \$30 + a supply fee of \$25, payable to the instructor. Additional items will also be available for purchase. Join us in learning a unique way of painting decorative items that may be used for your personal use or to give as gifts.

FOOD

Thai Food: Instructor Meena Kapiety, Thursday, March 18, Crookston High School, 6:00—8:30 p.m., fee \$15 Supply fee \$7.00

Are you ready to try something new? Be ready to try food with sensational flavor. Meena will teach us how to prepare Thai spring rolls from scratch. You will have the opportunity to make some yourself and sample them with dipping sauce.

CRAFTS:

Mosaic Glass on Glass Window Hanging Instructor: Jo McFarlin, Tuesday, January 19, 6:00—8:30 p.m., CHS Art Room, Fee \$15 + supply fee \$5. Winter getting you down, come join us to create a fun cheerful glass on glass mosaic window hanging.

Felting: Instructor: Joanne Anderson, Tuesday, Jan 26th and Thursday, Feb. 4th 6:00 –9:00 p.m., CHS Rm 108, Fee \$25. In the first class you will learn the process of felting, our instructor will explain what products to look for and show you how to make a simple project. Before the second class, you will be given the opportunity to purchase your materials, do your felting. Bring your felted material to class to create a pair of mittens.

Pottery : Instructor: Jen Steinbrink, April 6, 8, 13 and 20, CHS– Art Room, Max enrollment: 4, Fee \$45 plus supply fee \$45, 5:30—8:30 p.m. This class will introduce you to wheel thrown pottery. You will learn to create simple forms such as cups or bowls on the wheel using clay.

Design and Create a Quilt: Instructor: Gale Melby, Thurs., Feb. 9, 16 & 23rd, 6:30—8:30 p.m., CHS, Rm D108 Fee: \$30 Max. enrollment—10. Strip quilting is a technique that uses long strips of fabric sewn together in assembly line fashion, then cut apart and reassembled into different pieces or blocks. This fun and easy method is a great way to get started quilting. Please ask for a supply list when you register.

T-Shirt Quilts: (beginner to intermediate) Instructor: Patty Olson, CHS., Rm: D108, Sat. March 6 and March 20. 9:00 a.m.—4:00 p.m. Fee \$20 + supplies (will be determined the first day, depending on quilt size). Gather up those T-shirts and pack a lunch and join us in making a lasting treasure that would make a perfect graduation gift! You will learn the technique of making a Memorabilia Quilt. Patty will walk you thru the step by step process and proper techniques in creating this treasure. Basic rotary cutting and quilting knowledge is helpful but not required.

Twine-ing Rugs: Instructor: Sandy Drury, Tuesday, April 27, 6:00—8:30, Crookston High School, Room D108, Fee \$18 plus you must purchase a frame, prices range from \$6 to \$45 depending on the size of the project you choose to do. Twine-ing rugs look like they are braided, but are not. Use your scrap fabrics to create a beautiful rug or mat. In this class you will create a mat using the frame you purchased.

Silverware Beading: Instructor: Shirley Iverson from the Norske Barn, Thursday, March 4, 6:30—8:30 p.m., CHS Art Room, Fee \$15 + Supply fee of \$3.

This project will become the perfect gift – especially when you learn how to package them for giving. Bring smallish beads in colors you enjoy – they can be from a broken necklace or a new or unused piece of jewelry. There will be vintage beads to purchase if you run short (.25 -.50 each) as well as utensils, but feel free to bring your own (the utensils need to have flat handles). (Don't forget to make one for yourself!)

SPECIAL EVENTS:

Childcare Clinic - Place: Washington School Cafeteria, Date: To be announced, 10:00 a.m.– 1:00 p.m. Fee: \$17.00 includes a book, handout & pizza lunch. Are you between the ages of 11 and 13 and want to be certified as a babysitter? Learn how to care for young children from child care experts, a kindergarten teacher, a nurse, a fireman and Mary Ann Odland and the CHS Leo club. Lunch will be included.

Re-Engineering Retirement—Presenter: Dennis A. Koch, CFP™, Thursday, March 11, at Crookston High School from 7:00—8:00 p.m., Fee—registration fee of \$5

"Re-Engineering Retirement" is designed to simplify complex retirement choices. It can help you align (or realign) the way you think about the transition to retirement, define (or redefine) the importance and value of having a good retirement income strategy and engineer (or reengineer) income sources to help meet retirement needs and goals.

"Free workbook".

AARP 55+ Driver's Safety Program -Instructor: Ernie Taus, Tuesdays, March 23 and 30 5:30—9:30 p.m., Highland Elementary School, Fee \$18. You can expect to learn current rules of the road, how to operate your vehicle more safely in today's increasingly challenging driving environment, and some adjustments to common age-related changes in vision, hearing and reaction time and get an insurance discount.

Men's Basketball - Instructor: Brian Schumacher, Highland Gym, Wednesdays, beginning Sept. 9, 7:00—9:00 p.m.
Fee: \$15.00 Need to work off surplus energy? Join other men at the Highland Gym for an evening of hoops. There are no benchwarmers in this group! Everyone gets a workout.

Svaroopa Yoga - Instructor: Lynnae Larson, Washington School, Tuesday, March 16 thru April 27, 4:30 – 6:00 p.m., Fee: \$65. The Tailbone is the “tipping point” of the body. Explore special yoga poses that unravel tension at the base of the spine and then carry this opening up into your neck and shoulders. Be sure to wear comfortable clothes.

Zumba Dancing - Instructor: Jodi Dragseth, Washington School Gym, Tuesday, March 16, 7:00— 8:00 p.m., Fee: \$10 Join us for a fun and upbeat Latin based fitness class. This class is for all ages and for all levels and is a great way to jump start any fitness program.

Let's Dance: Instructor: Bill and Barb Fahey, American Legion, 7:00 - 9:30 p.m., Thursday, March 11, 18, 25 & April 1st Fee: \$35/couple, Min. - 10 couples. Do you want to dance or do you want to learn dance steps like the swing, western swing, the waltz, polka, slow dance and more? Join us in a smoke free setting to enjoy dancing as a couple or to learn the how to's of dance steps.

Photo class I: Instructor: Rand Hughes, CHS Ind. Arts Room, Monday, May 3, & Tuesday, May 4, 5:30 – 9:00 p.m. Fee: \$40, Max. enrollment: 15. For novice photographers, or people wanting to widen their photographic horizons. Learn to operate your camera better, faster, and get better results. Learn about the other side of photography using a computer to make your photos better. Capturing, uploading, printing and emailing photos are all in this course. For the point and shoot camera or if you have a D-SLR and are new with it.

Photo class II: Instructor: Rand Hughes, CHS Ind. Arts Room, Monday, May 10 & Tuesday, May 11, 5:30 – 9:00 p.m. Fee: \$40, Max. enrollment: 15. For the intermediate photographer with a digital SLR or film SLR only. Want to get the most out of your equipment? Want to learn the secrets of professional photography? Learn to capture better photos, how to use a photo manipulation program and print like a pro. Not for point and shoot cameras.



Crookston Community Pool located at 320 E. 5th St. offers classes in swimming for all ages, diving, open swim time, aqua exercise and the Crocodile Swim Team. For more information on additional classes offered and times call 281-1180 or visit their website www.crookstonpool.com

CROOKSTON PUBLIC LIBRARY CLASSES - Call 281-4522 to register

Classes are free, but we do ask that you register by calling the Crookston Library 281-4522

This event is free and open to the public. Registration is helpful, but not required.

Call the Library 281-4522 to make an appointment that fits your schedule for individualized instruction in the following classes:

Introduction to Microsoft Word – 2 sessions

Session One will be offered Monday, Jan. 11, from 6:30-7:30 p.m. and it will be repeated on Saturday, Jan. 16 - 10:30-11:30 a.m.

Session Two will be offered on Monday, Jan. 18 – 6:30-7:30 p.m. and it will be repeated on Saturday, Jan. 23 – 10:30-11:30 a.m.

The class will be offered on Monday and repeated on the following Saturday. Participants may “mix and match” the sessions, for example they may take session one on Saturday and session two on Monday.

Get to Know Your Computer Learn the basics – perfect for beginners!

Basic E-mail Set up a free email account and learn how to compose, send and reply to messages.

Internet Searching Learn the basics of searching the internet.