

Spring 2020

# Early Childhood Family Education **ECFE**

Register for the lottery  
by March 10!

Wide Open Spaces

*page 7*

Conscious Discipline

*page 8*

Parent Night Out  
April 24

Technology and  
Your Family

*page 9*

ECFE 2.0:  
The Next Adventure  
in Parenting

*page 10*



DISTRICT 196

**COMMUNITY EDUCATION**

One District. Infinite Possibilities.

 [www.district196.org/ecfe](http://www.district196.org/ecfe)

# Welcome

ECFE offers a variety of classes, all designed to help strengthen families through interactive play and relevant, research-based parent education.

**Classes for infants through two-year-olds** focus on growth and development. As children progress from non-separating to separating classes, they learn through interaction with their environment.

**Topic classes** are for parents and their children from birth through prekindergarten. Some evening and Saturday classes include children up to seven years old. These classes encourage parents to discuss subjects of interest while children learn during guided play and express themselves through creative activities.

**ECFE extended age group classes** focus on the next adventure in parenting for parents with children up to seven years old.

Combining learning and play, ECFE provides families with an opportunity to meet other parents and their young children.

Register now for a day or evening class this quarter!



## Parent Night Out

### Down and Dirty Tips and Tricks for Not Losing Your Cool

Presented by Maureen Campion

**Friday, April 24, 2020 • 6:00-9:00 p.m.**

Free event for adults • Childcare will not be provided  
Black Hawk Middle School • 1540 Deerwood Drive, Eagan



Do you get frustrated with yourself when you lose it with the kids? Do you have visions of being serene and calm but instead end up grumpy or frustrated every day? Do you feel your kids don't listen to you until you yell? Does your partner keep giving you 'the look' because you overreacted? Many of us are committed to positive parenting in theory but find the practice of it is more challenging than we imagined. Join us for an evening of learning to navigate the roller coaster ride of raising children. We guarantee you will come away with parenting gems and a fresh perspective. Arrive at 6:00 p.m. to meet Maureen, enjoy refreshments from PLate on Main, shop local vendors and participate in a silent auction. Donations accepted: All proceeds will support the Foundation for ECFS.

**For more information, visit**  
[www.district196.org/ecfe](http://www.district196.org/ecfe) or call 952-388-1953

*Sponsored by the ECFS Advisory Council.  
Proceeds benefit the Foundation for ECFS.*

# ECFE is for you!

## Early Childhood Family Education (ECFE) Weekly Classes

- **Parent-child time:** Deepen your relationship with your children in our rich learning environment.
- **Parent discussion group:** Meet with other parents and a licensed parent educator to share and learn about relevant parenting topics, get support and ask questions.
- **Children's program:** Children will learn through playing with others in our well-staffed early childhood classroom. The early childhood teacher and assistants provide music activities, circle and story times, art projects and group social play.



## ECFE Playtimes: Play With Me!

- Come and play with your child in our early childhood classrooms. Let us provide the activities and clean up the mess!
- No registration is needed. Families are welcomed on a first-come, first-served basis until room capacity is reached.
- Admission is \$5 per child. No charge for babies 12 months and younger.
- Discounted punch cards are available.
- See back cover for details.

## Special Events

A variety of special events are offered throughout the year where parents can interact with their children in a fun setting. See the Bulletin Board on page 15 for event details.

**For more information about weekly classes, playtimes and special events, call 952-388-1953 or visit [www.district196.org/ecfe](http://www.district196.org/ecfe).**

## Visit Our Website!

The Early Childhood Family Education website is a great way to stay connected and to find parenting ideas. Visit our mobile-friendly website at [www.district196.org/ecfe](http://www.district196.org/ecfe) for the following resources and much more:

- ECFE registration
- Upcoming events
- Preschool application form
- New baby census form
- Advisory Council updates
- Parenting resources
- Family School information

District 196 does not discriminate in employment or in any of its programs and activities, including vocational opportunities, on the basis of sex, race, religion, color, creed, national origin, marital status, disability, status with regard to public assistance or sexual orientation. District 196 provides equal access to designated youth groups. The Director of Human Resources, Tom Pederstuen (651-423-7859 – [tom.pederstuen@district196.org](mailto:tom.pederstuen@district196.org)) has been designated to respond to employment-related inquiries regarding the non-discrimination policies including Title IX. The Director of Elementary Education, Sally Soliday (651-423-7782 – [sally.soliday@district196.org](mailto:sally.soliday@district196.org)) and the Director of Secondary Education, Michael Bolsoni (651-423-7712 – [michael.bolsoni@district196.org](mailto:michael.bolsoni@district196.org)) have been designated to respond to student-related inquiries regarding the non-discrimination policies including Title IX. The Director of Special Education, Janet Fimmen (651-423-7629 – [janet.fimmen@district196.org](mailto:janet.fimmen@district196.org)) has been designated to respond to inquiries concerning the rights of a student with a disability. The mailing address for all directors is 3455 153rd Street W, Rosemount, MN 55068.

## Inside

Conscious Discipline	4
Babies	5
Toddlers	6
Ages 2-5	7
Ages Birth-5	8
Extended Age Groups	10
Classes at a Glance	11
<b>Registration</b>	<b>12</b>
Locations	13
Bulletin Board	14
Family School	14
More Enrichment	16
Spring Activities	19
Playtimes	Back Cover



# Conscious Discipline™

Conscious Discipline is a parenting approach that empowers adults to use their problem-solving skills to connect with children and cultivate willingness.

"Discipline is not something you do to children, it's something you develop within them."

-Dr. Becky Bailey

The "conscious" part of Conscious Discipline is based on mindfulness research. It consists of seven powers for Conscious Adults.

- Perception
- Unity
- Attention
- Acceptance
- Free Will
- Love
- Intention

Seven skills emerge from the foundation of the Seven Powers for Conscious Adults

- Composure
- Encouragement
- Assertiveness
- Choices
- Empathy
- Positive Intent
- Consequences.



Brain research tells us that all parts of our brains must be integrated and work together in order to relate to others in a safe and loving way. When we are governed by fear and mind/body dysregulation, our stress response kicks in. We say and do things out of habit rather than intention. Conscious discipline uses the brain state model to help us reflect and be aware of our thoughts, feelings and actions.

When we or our children are in a **survival state**, we ask ourselves: "**Am I safe?**" The only way to soothe a brain in survival state is to provide **safety**. When triggered, PAUSE, take a breath and repeat:

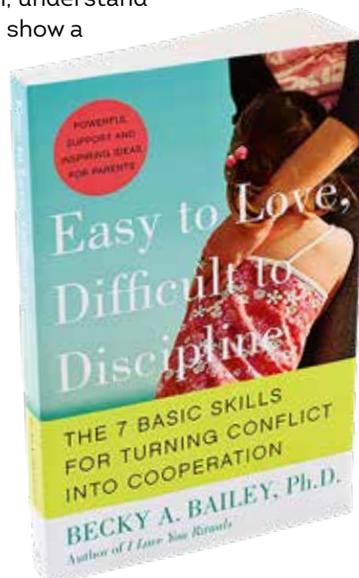
"I'm safe, keep breathing, I can handle this." Followed by three deep belly breaths.

"Breathe with me."

"It's your job to help me keep it safe. It's your job to help keep yourself safe."

Keep routines and rituals as predictable as possible. This helps your child's brain relax, pay attention, understand your requests and feel safe. Provide pictures to show a successful routine whenever possible.

In the **emotional brain state**, our limbic system is hijacked. We, or our children, ask the essential question: "**Am I loved?**" The only way to soothe a brain in the emotional state is to provide **connection**. Eye contact, touch, presence and a playful situation help us connect. Playing simple social games involving these four elements help us regulate our child's brain state. You can use the songs and fingerplays you learn at ECFE during circle time! Connecting over a diaper change, a meal or a book are all tried-and-true strategies. Check out the video '**I Love You Rituals**' for inspiration.



Encouragement and noticing give our kids usable information. Try this language:

"You\_\_\_\_\_. That was helpful!"

"You moved your body over so your brother could sit with us."

Our **executive state** is our prefrontal lobe in action. Children's prefrontal lobe is under construction. Adults loan ours to them when we coach them to understand "**What can I learn?**"

This allows us to understand mistakes, **learn new skills** and access our brilliance!

District 196 Early Childhood classrooms are learning and implementing Conscious Discipline as our social-emotional program. When children feel safe, psychologically as well as physically, and feel a sense of love and belonging, they are able to learn about themselves, others and the world around them. You and your children form our school family.

We welcome you and invite you to participate in a community of learners who support each other.

Learn More About Conscious Discipline

[www.consciousdiscipline.com](http://www.consciousdiscipline.com)

Follow Conscious Discipline on Youtube, Facebook, Twitter or Instagram.

See Pages 8 and 10 for ECFE Conscious Discipline classes at the Dakota Valley Learning Center



## Babies: Birth Through 6 Months

### Non-Separating, Babies Only

Having a baby can mean major adjustments in every area of your life. Many questions arise about how to meet your growing baby's needs for sleep, feeding and bonding. Parents in this class will have the opportunity to weigh their babies and track their child's development weekly over the course of the quarter. Questions regarding growth, feeding, development and new parent experiences are welcome. This class allows you to slow down, enjoy your infant and extend your community of support.

Mon | Mar 30-Jun 1 | 3:45-5:15 p.m. | FREE\*  
Room 216 | skip May 25 | 101-216A  
Lisa E.

Mon | Mar 30-Jun 1 | 5:30-7:00 p.m. | FREE\*  
Room 216 | skip May 25 | 101-216B **EVE**  
Lisa E.

## Play With Me!

### Playtimes With Babies Birth Through 12 Months

This is a time for babies and parents to play in our infant environment. Come and explore new toys, sing songs or enjoy other fun activities led by an ECFE teacher. There will also be time to meet other parents and their babies!

**No preregistration needed. Baby playtime is free of charge. Participation is limited to this age group only.**

Wed | Apr 1-Jun 3 | 1:30-3:15 p.m. | FREE |  
Room 216

## Babies: 7 Through 12 Months

### Non-Separating, Babies Only

Here is a chance to let your baby experience new sights and sounds during this one-on-one time with you. You will meet other parents, sharing questions on sleep, schedules and feeding. This fun class will nurture your relationship with your baby.

Thu | Apr 2-Jun 4 | 3:15-4:45 p.m. | FREE\*  
Room 216 | 102-216A  
Heather and Laurie

Thu | Apr 2-Jun 4 | 5:15-6:45 p.m. | FREE\*  
Room 216 | 102-216B **EVE**  
Heather and Laurie



\*Baby classes are free to School District 196 families. Out-of-district families use Fee B.



# Toddlers



ECFE has done wonders for separation and independence. We can leave my daughter with family or in our class and she understands we will return shortly.

- ECFE parent

## Parents and Toddlers

18-24 Months

Gradually Separating, Siblings Welcome

Toddlers are wonderful sources of boundless determination, enthusiasm and energy. As they rapidly grow and try new things, establishing routines and consistency is very important. Your children will be able to experience separation from you as the class progresses and they build trust in our staff. We will work to meet the individual needs of each child as the parents move to a separate room for discussion. These are classes in which the group chooses topics.

**Please register ALL children, including siblings, who will be attending class.**

Tue | Mar 31-Jun 2 | 8:45-10:15 a.m. | Fee B  
Room 216 | 217-216A

Laura, Caren, Lisa L. and Mandi

Wed | Apr 1-Jun 3 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 216 | 217-216C

Lisa E., Caren, Lisa L. and Mandi

Thu | Apr 2-Jun 4 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 216 | 217-216D

Susan, Caren, Lisa L. and Mandi

## Parents and Toddlers

18-24 Months

Separating, Siblings Welcome

If your toddler is ready for a little more time apart from you, try our separating class. This class allows parents to separate from their toddlers earlier in the quarter. We will work to meet the individual needs of each child as the parents move to a separate room for discussion.

**Please register ALL children, including siblings, who will be attending class.**

Wed | Apr 1-Jun 3 | 8:45-10:15 a.m. | Fee B  
Room 216 | 217-216B

Lisa E., Caren, Lisa L. and Mandi

## Parents and Ones

13-24 Months

Non-Separating, Toddlers Only

Looking for a fun class for your one-year-old? Join other parents and toddlers for a morning, afternoon or an evening class. Toddlers love to take off and explore if their parents are close by. The parent discussion will take place in the children's room, where toddlers can check in with their parents if they need to.

Tue | Mar 31-Jun 2 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 216 | 220-216A

Laura, Caren, Lisa L. and Mandi

Wed | Apr 1-Jun 3 | 3:45-5:15 p.m. | Fee B  
Room 216 | 220-216B

Susan, Caren, Melissa and Stacy

Wed | Apr 1-Jun 3 | 5:45-7:15 p.m. | Fee B  
Room 216 | 220-216C

EVE

Susan, Caren, Melissa and Stacy

Thu | Apr 2-Jun 4 | 8:45-10:15 a.m. | Fee B  
Room 216 | 220-216D

Susan, Caren, Lisa L. and Mandi



## Parents and Twos

24-35 Months

Separating, Siblings Welcome

Twos are growing at high speed, so they require guidance and limits as they set out to try everything in sight. Make a date with your two-year-old and learn delightful ways to enjoy time together. You will value a parent group where you can learn about and share this super stage in your child's development. **Please register ALL children, including siblings, who will be attending class.**

Mon | Mar 30-Jun 1 | 8:45-10:15 a.m. | Fee B  
Room 216 | skip May 25 | 255-216A  
Heather, Caren, Lisa L. and Mandi

Mon | Mar 30-Jun 1 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 216 | skip May 25 | 255-216B  
Heather, Caren, Lisa L. and Mandi

Mon | Mar 30-Jun 1 | 5:30-7:00 p.m. | Fee B  
Room 215 | skip May 25 | 255-215 EVE  
Shelly, Toni, Laurie and Lisa L.

Tue | Mar 31-Jun 2 | 8:30-10:00 a.m. | Fee B  
Room 215 | 255-215A  
Shelly, Katie, Julie M. and Laurie

Tue | Mar 31-Jun 2 | 10:30 a.m.-noon | Fee B  
Room 215 | 255-215B  
Shelly, Katie, Julie M. and Laurie

Thu | Apr 2-Jun 4 | 8:30-10:00 a.m. | Fee B  
Room 215 | 255-215C  
Shelly, Katie, Julie M. and Laurie

Thu | Apr 2-Jun 4 | 10:30 a.m.-noon | Fee B  
Room 215 | 255-215D  
Shelly, Katie, Julie M. and Laurie

Fri | Apr 3-Jun 5 | 8:45-10:15 a.m. | Fee B  
Room 118 | skip Apr 24 | 255-118A  
Karen, Jocelyn, Cindy and Melissa

Fri | Apr 3-Jun 5 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 118 | skip Apr 24 | 255-118B  
Karen, Jocelyn, Cindy and Melissa

## Parents and Threes

Separating, Siblings Welcome

Three-year-olds are bursting with energy and enthusiasm for learning. It is a time of physical, emotional and intellectual change. Connect with other parents of threes to discuss their curious questions, power struggles, emotions and bursts of language. Friendships are a focus for this age, and they'll have plenty of time to practice social skills under the guidance of our early childhood staff. **Please register ALL children, including siblings, who will be attending class.**

Wed | Apr 1-Jun 3 | 9:15-11:15 a.m. | Fee A  
Room 215 | 275-215  
Shelly, Katie, Akiko and Julie M.

## Parents and Preschoolers

Ages 3, 4 and 5

Separating, Siblings Welcome

This class, specially focused on ages three, four and five, covers a variety of parenting topics to offer you and your children a super time together. The parent group will decide which topics to discuss, such as self-esteem, discipline and power struggles. Preschoolers will enjoy doing new things and meeting new friends. **Please register ALL children, including siblings, who will be attending class.**

Tue | Mar 31-Jun 2 | 1:00-3:00 p.m. | Fee A  
Room 118 | 315-118  
Karen, Jocelyn, Melissa and Patricia

## Wide Open Spaces

Ages 3, 4 and 5

Separating, Siblings Welcome

In this class we will discuss ways children can interact with the natural environment and all the benefits of appreciating the great outdoors. Research reveals the necessity of contact with nature for healthy child and adult development. A growing body of research links our mental, physical and spiritual health directly to our association with nature. Come and find out why we are becoming a "de-natured" society. This class will include two local field trips to discover our community's natural spaces as well as many nature activities for the children. **Please register ALL children, including siblings, who will be attending class.**

Thu | Apr 2-Jun 4 | 1:15-3:15 p.m. | Fee A  
Room 204 | 318-204  
Shelly, Susan, Gail and Jodi



# Ages Birth-5

## Conscious Discipline

### Separating

Children's brains are changing every day and it can be hard to keep up with all the new behaviors that can push our buttons. You'll learn how brain state affects how we as parents approach our children's behavior. Conflict can be an opportunity to teach and learn. This class will explore the two parts of discipline: the health of the relationship and the skill set involved. You'll walk away with new insights about your child and yourself as well as a set of strategies to try immediately.

Tue | Mar 31-Jun 2 | 9:30-11:30 a.m. | Fee A  
Room 204 | 463-204  
Karen, Becca H., Gail and Julene

## Family Strengths and Skills

### Separating

Every family is unique, as is every person. We all have different skills and strengths. This class is a fine opportunity to focus on all the positive features of your family and learn ways to grow stronger. In today's fast-changing world, it is more important than ever to recognize and strengthen the one thing that remains constant in our lives: our family. Join us to get great ideas for solving problems, communicating and working together to reinforce the traditions and rituals that build family connections. Your children will have opportunities to practice skills for success.

Thu | Apr 2-Jun 4 | 9:30-11:30 a.m. | Fee A  
Room 204 | 503-204  
Lisa, Becca H., Gail and Julene



## Surviving and THRIVING With Twins and Triplets

### Separating

When you are parenting multiples, life is a grand adventure with joys and challenges that can make you feel like you are just surviving day to day. This ECFE experience is designed with your family in mind. You'll thrive when you have time with other parents to discuss topics related to bringing up multiples with confidence. Your children will explore, discover and meet friends in an environment with experienced teachers to help.

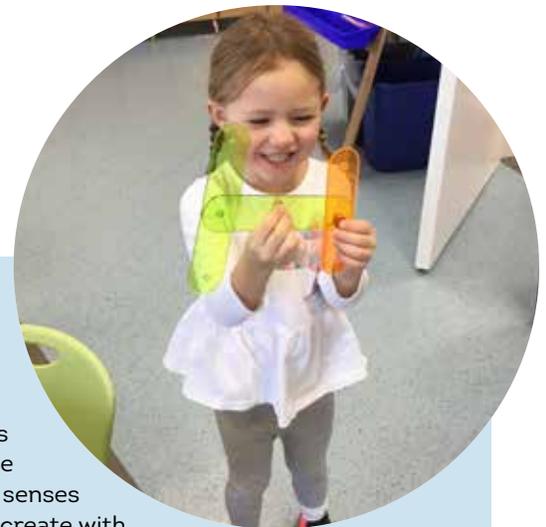
Mon | Mar 30-Jun 1 | 9:30-11:30 a.m. | Fee A  
Room 204 | skip May 25 | 624-204  
Laura, Beth, Gail, Julene and Stacy

## Emotions: Yours, Mine and Ours

### Separating

Parents and children who are emotionally intelligent are more likely to soothe themselves when upset, more adept at focusing their attention and better at relating to other people. Learn the five steps of emotion coaching based on the books *The Heart of Parenting* by John Gottman, Ph.D., and *Emotional Intelligence* by Daniel Goleman so you can raise the emotional IQ of your child.

Wed | Apr 1-Jun 3 | 9:30-11:30 a.m. | Fee A  
Room 204 | 640-204  
Laura, Beth, Gail and Julene



## Play With Me!

### Family Playtimes: Birth Through Kindergarten

Pop in to play with your little ones and our ECFE staff. Dress up in dramatic play. Explore the wonders of math, science and senses while you squish, squeeze and create with play dough. Dump, pour, mash and mix in the sensory table. Become a little artist at the easel. Run, jump, climb and learn through movement in our gym. Expand language skills at story and circle time. No preregistration needed. **The fee is only \$5 per child and punch cards for discounted fees are available for purchase. No charge for babies through 12 months.**

Fri | Apr 3-Jun 5 | 1:00-3:30 p.m. | \$5 per child | DVLC Room 116 | skip Apr 24

# Ages Birth-5

## What's Love Got to Do With It? NEW

### Separating

Love has EVERYTHING to do with it! All aspects of a child's development require a foundation of love. Children operate from a higher brain state when they feel genuinely loved and cared for. This class will focus on meeting the emotional needs children have for love by helping them feel safe, seen, soothed and secure. By meeting these needs, parents build the capacity within their children to learn how to love others, maintain healthy relationships and pass these skills on to future generations.

Fri | Apr 3-Jun 5 | 9:30-11:30 a.m. | Fee A  
**CVLC** | skip Apr 24 | 644-300  
Susan, Kate, Carlyn and Rehana

## Technology and Your Family

### Separating

Technology is evolving at a rapid pace, and along with it comes a bombardment of advice for parents. What role should mobile devices, computers, apps, games and other technology play in your child's growth and development? Join this class to discuss ways to achieve balance as you navigate the digital world. This class will focus on recent research regarding the effects of screen media on young children and families.

Fri | Apr 3-Jun 5 | 9:30-11:30 a.m. | Fee A  
Room 204 | skip Apr 24 | 646-204  
Laura, Becca, Gail and Julene

## Learning, Knowing, Growing

### Separating

Each of us has a distinct personality, temperament and learning style. This class will help you appreciate and understand your child's personality type and temperament, and you will discover how you can learn together. Children will experience social interaction with their peers.

Fri | Apr 3-Jun 5 | 9:30-11:30 a.m. | Fee A  
Room 215 | skip Apr 24 | 670-215  
Heather, Katie H., Julie M. and Akiko

## A Little Bit of Everything

### Separating

Parents will choose the discussion topics for this class. Everything you want to know and were afraid to ask, including common and unique questions about being a parent. Some topics may include language and communication, parenting as a team, siblings, social skills and conflict and life balance. The class will be built by participants, designed around the group's interests and children's needs. The early childhood room is arranged for children to play, explore and try out new skills.

Mon | Mar 30-Jun 1 | 9:30-11:30 a.m. | Fee A  
Room 215 | skip May 25 | 704-215  
Shelly, Katie H., Akiko and Laurie

## Parenting Children With Special Needs

### Separating

All parents and children who are served by School District 196 Early Childhood Special Education programs are invited to a class planned just for you. Meet and connect with other parents of children with unique needs and who share similar experiences of parenthood. Children are free to play in a relaxed environment while you enjoy learning and discussing in a group setting led by a licensed parent educator and trained special education staff. This class is offered at no cost to families. Programming is funded through a collaboration between ECSE and ECFE. **Registration for this class will be processed through ECSE.**

Wed | Apr 1-Jun 3 | 5:45-7:45 p.m. | FREE  
Room 116 | 820-116  
Laura, Becca, Cindy, Rachelle and Julie



**My relationship with my children has improved since I now understand helpful ways to communicate with them in stressful situations.**

**- ECFE parent**



# Extended Age Groups

## ECFE 2.0 : The Next Adventure in Parenting

**Kindergarten-Third Grade**

**Separating, Siblings Welcome**

Are you the parent of a child in grades kindergarten through third grade who would like the education and support of an ECFE class? Parenting a school-aged child brings new joys and challenges. You may notice developmental changes in independence, social skills and responsibility. This class will explore shifting family dynamics as you welcome the school experience. Children under kindergarten age can attend with you and enjoy an early childhood experience. You may also attend without children and participate in the parent discussion only from 1:45-3:15 p.m. End time is flexible if you need to pick up children from school.

Thu | Apr 2-Jun 4 | 1:15-3:15 p.m. | Fee A  
Room 118 | 314-118  
Susan, Caren, Cindy and Patricia

## Conscious Discipline

**Ages Birth-7 Years**

**Separating**

Children's brains are changing every day and it can be hard to keep up with all the new behaviors that can push our buttons. You'll learn how brain state affects how we as parents approach our children's behavior. Conflict can be an opportunity to teach and learn. This class will explore the two parts of discipline: the health of the relationship and the skill set involved. You'll walk away with new insights about your child and yourself as well as a set of strategies to try immediately.

Mon | Mar 30-Jun 1 | 5:45-7:45 p.m. | Fee A  
Room 116 | skip May 25 | 463-116 **EVE**  
Kristi, Susan, Cindy and Luann



This class taught us research-based concrete strategies to use with our children to give them the life skills we want. - ECFE parent

## A Little Bit of Everything

**Ages Birth-7 Years**

**Separating**

Parents will choose the discussion topics for this class. Everything you want to know and were afraid to ask, including common and unique questions about being a parent. Some topics may include language and communication, parenting as a team, siblings, social skills and conflict and life balance. The class will be built by participants, designed around the group's interests and children's needs. The early childhood room is arranged for children to play, explore and try out new skills.

Wed | Apr 1-Jun 3 | 5:45-7:45 p.m. | Fee A  
Room 204 | 704-204 **EVE**  
Shelly, Kate, Julene and Rehana

## Dad and Me: What a Difference a Dad Makes

**Ages Birth-7 Years**

**Separating**

Dads, come and find out you are not the only one with concerns about balancing work and family life. Trade tips with other dads about these topics and other parenting issues you choose. Class starts with unstructured playtime before dads leave for their adult-sized chairs and great conversation. The evening ends with dads joining their kids for family circle time.

Thu | Apr 2-Jun 4 | 5:45-7:45 p.m. | Fee A  
Room 118 | 910-118 **EVE**  
Karen, Jocelyn, Akiko and Julene



# Classes at a Glance

Dakota Valley Learning Center  
4679 144th Street West, Apple Valley

## CLASSES FOR BABIES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
#101-216A <b>Babies: Birth-6 Months</b> 3:45-5:15 <hr/> #101-216B <b>Babies: Birth-6 Months</b> 5:30-7:00		<b>Baby Playtime</b> 1:30-3:15	#102-216A <b>Babies: 7-12 Months</b> 3:15-4:45 <hr/> #102-216B <b>Babies: 7-12 Months</b> 5:15-6:45		

## CLASSES FOR TODDLERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	#217-216A <b>Toddlers</b> 8:45-10:15 <hr/> #220-216A <b>Parents and Ones</b> 10:45-12:15	#217-216B & 216C <b>Toddlers</b> 8:45-10:15 10:45-12:15 <hr/> #220-216B & 216C <b>Parents and Ones</b> 3:45-5:15 5:45-7:15	#220-216D <b>Parents and Ones</b> 8:45-10:15 <hr/> #217-216D <b>Toddlers</b> 10:45-12:15		

## CLASSES FOR AGES 2-5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
#255-216A & 216B <b>Parents and Twos</b> 8:45-10:15 10:45-12:15 <hr/> #255-215 <b>Parents and Twos</b> 5:30-7:00	#255-215A & 215B <b>Parents and Twos</b> 8:30-10:00 10:30-noon <hr/> #315-118 <b>Parents and Preschoolers</b> 1:00-3:00	#275-215 <b>Parents and Threes</b> 9:15-11:15	#255-215C & 215D <b>Parents and Twos</b> 8:30-10:00 10:30-noon	#255-118A & 118B <b>Parents and Twos</b> 8:45-10:15 10:45-12:15	

## CLASSES FOR AGES BIRTH-5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
#624-204 <b>Twins and Triplets</b> 9:30-11:30 <hr/> #704-215 <b>A Little Bit of Everything</b> 9:30-11:30	#463-204 <b>Conscious Discipline</b> 9:30-11:30	#640-204 <b>Emotions: Yours, Mine and Ours</b> 9:30-11:30 <hr/> #820-116 <b>Parenting Special Needs</b> 5:45-7:45	#503-204 <b>Family Strengths and Skills</b> 9:30-11:30 <hr/> #318-204 <b>Wide Open Spaces</b> 1:15-3:15	<b>Play With Me!</b> 1:00-3:30 <hr/> #646-204 <b>Technology and Your Family</b> 9:30-11:30 <hr/> #670-215 <b>Learning, Knowing and Growing</b> 9:30-11:30 <hr/> #644-300 <b>What's Love Got To Do With It at CVLC*</b> 9:30-11:30	

## EXTENDED AGE GROUPS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
#463-116 <b>Conscious Discipline</b> 5:45-7:45		#704-204 <b>A Little Bit of Everything</b> 5:45-7:45	#314-118 <b>ECFE 2.0</b> 1:15-3:15 <hr/> #910-118 <b>Dad and Me</b> 5:45-7:45		

\*This class is at Cedar Valley Learning Center, 14420 Glenda Drive, Apple Valley



# Register now!

Classes fill quickly. Your best chance of being placed in your first class choice is to register for the lottery by March 10.



## How to Register for Weekly Classes

**Online** at [www.district196.org/ecfe](http://www.district196.org/ecfe)

Click on ECFE Registration. If you have an existing Eleyo account, click on Log In. If you are new to Eleyo, click on Sign Up. After you log in or your new account is created, add an ECFE class to your cart and click on Checkout to complete your registration.

**Mail or Drop Off** your registration form and payment (either by check or with credit card information) weekdays, 7:30 a.m. to 4:00 p.m.

ECFE at Dakota Valley Learning Center  
4679 144th St. W., Apple Valley, MN 55124

**Fax** your registration form with complete credit card information to 952-388-1948. Please call 952-388-1953 to confirm.

## Important Registration Information

ECFE classes are open to all families, including adults and children with disabilities. Our sites are accessible and sign language interpreters are available for our classes. If you need assistance to register, please call 952-388-1953.

- Please register for one ECFE class per family for the lottery. Our classes are popular and we try to accommodate as many families as possible.
- After the lottery, beginning March 14, you are welcome to register for additional classes.
- Class confirmations are emailed, if an email address is provided.
- When registering online for ECFE classes, in-district residents will automatically receive an email from Community Education confirming registration in the lottery.
- **If you do not receive an email, or do not have the chance to enter payment information, please call 952-388-1953 right away.**
- Any change to an existing registration needs to be done by our office staff. Feel free to call to check on your registration. When registering for an ECFE class, remember to check your inbox and spam folders for an email from Community Education.

## Spring Registration Time Line

- Registration deadline for the lottery is March 10, 2020.
- Lottery (computer generated) will be March 12, 2020.
- Following the lottery, class availability can be checked online. Registration is on a first-come, first-served basis.
- Registration for children attending with a nanny begins March 23.
- Families living outside School District 196 may register one week prior to the start of class.



## Photograph and Video Permission

Enrollment in District 196 Community Education classes or activities constitutes permission for District 196 to take and use photographs, video, and other likenesses of you and your enrolled minor child in District 196's promotional materials and publications. If you do not want any image and likeness of you or your minor child to be used in this manner, contact [ecfe@district196.org](mailto:ecfe@district196.org) or call 952-388-1953.

# Register now!

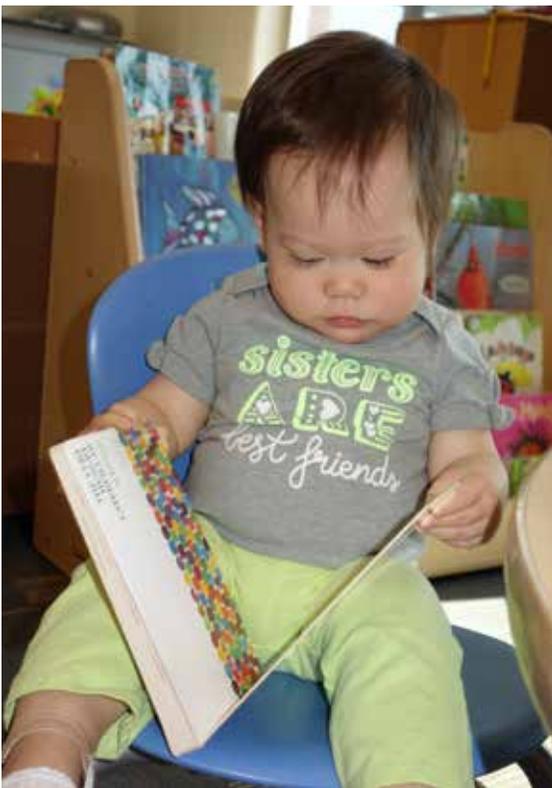
## Locations

CVLC | Cedar Valley Learning Center  
14420 Glenda Dr., Apple Valley

DVLC | Dakota Valley Learning Center  
4679 144th St. W., Apple Valley

## Payments and Refunds

- If registering online, credit card payment (Visa®, MasterCard® or Discover®) is required at the time of registration. Your credit card will be charged when you are placed in a class.
- If you are mailing or dropping off a registration, payment (check, cash or credit card) is due at the time of submission. Your payment will be processed when you are placed in a class.
- Babies nine weeks or younger are not counted as a second child when determining class fee.
- Cancellations prior to the start of class will receive a full refund. Cancellations during the first two weeks of class will receive a refund minus a \$25 processing fee. All registrations are considered final after the second class meeting and are not eligible for a refund.
- All School District 196 families are encouraged to attend, regardless of their ability to pay. Consider the sliding fee scale as a guide to determine what your family can afford.
- Please call 952-388-1953 if you have questions regarding registration or payment.



You can register online at [www.district196.org/ecfe](http://www.district196.org/ecfe) or complete this form and drop off, mail or fax.

Parent(s) attending 1 \_\_\_\_\_  
2 \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_

Phones H \_\_\_\_\_

Cell \_\_\_\_\_

W \_\_\_\_\_

Email address for class confirmation:

\_\_\_\_\_

Children and infants attending

1 \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_

2 \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_

3 \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_

1st Choice

\_\_\_\_\_ Class Number \_\_\_\_\_ Class Title \_\_\_\_\_ Day/Time \_\_\_\_\_

2nd Choice

\_\_\_\_\_ Class Number \_\_\_\_\_ Class Title \_\_\_\_\_ Day/Time \_\_\_\_\_

First-choice ECFE class fee \$ \_\_\_\_\_

Total amount of payment \$ \_\_\_\_\_

Check (payable to School District 196 ECFE)

Check number # \_\_\_\_\_

Charge my

Visa®  MasterCard®  Discover®

# \_\_\_\_\_

Name on card \_\_\_\_\_

Signature \_\_\_\_\_

Exp Date \_\_\_\_\_ CSV Code \_\_\_\_\_

Sliding Fee Scale	Fee A		Fee B	
	1 child	2 or more	1 child	2 or more
0 - \$19,999	\$29	\$44	\$21	\$32
\$20,000 - \$39,999	\$49	\$64	\$36	\$46
\$40,000 - \$59,999	\$69	\$89	\$50	\$65
\$60,000 - \$79,999	\$89	\$109	\$65	\$79
\$80,000 - \$99,999	\$119	\$138	\$86	\$101
\$100,000 - \$119,999	\$149	\$173	\$108	\$126
\$120,000 and up	\$179	\$203	\$130	\$148

Class fees are based on your family annual income and determined by a sliding fee scale. **District 196 residents are encouraged to attend regardless of their ability to pay.**

# Bulletin Board



## Family School

Do you want to learn English? Do you have young children at home during the day? Family School, a literacy program for English language learners, has four important parts: a preschool program for children ages three to five, time for parents and children to play and learn together, parent education and adult education. Family School meets Monday through Thursday, from 9:00 a.m. to noon. Please call 952-388-1980 for more information. Family School is sponsored

by Adult Basic Education and Early Childhood Family Education in School District 196.

## Early Childhood Screening

The screening staff looks forward to welcoming you at the District Service Center in Apple Valley! If your child is three and a half years old and you currently receive school district mailings, you will automatically be sent a letter inviting you and your child to an early childhood screening.

Call Early Childhood Screening if

- you are new to the district,
- your child is almost four years old and has NOT been screened,
- you have concerns about a preschool child,
- you need more information about the screening process, or
- your child is entering kindergarten in the fall of 2020 and has not been screened.

You can contact the Early Childhood Screening office, Monday through Friday, 8:30 a.m.-3:30 p.m. at 651-423-7899 or [ecscreening@district196.org](mailto:ecscreening@district196.org).

## Weather/Emergency Closing Announcements for ECFE and Family School

Wondering if you have class?

- There will be no classes when the Rosemount-Apple Valley-Eagan Public Schools are closed.
- There will be no morning or afternoon classes if there is a late start. Evening classes will be determined by 3:00 p.m.
- There will be no evening classes if school closes early.

Information on closings will be available on our Facebook page (District 196 ECFE), local television and radio stations and at [www.district196.org/ecfe](http://www.district196.org/ecfe).

## Is Your Child Immunized?

Minnesota law requires children enrolled in early education programs to be immunized against certain diseases or file a legal medical or conscientious exemption. An early childhood immunization form must be on file before a child attends any early childhood program and updated once per school year. Updates to immunization records are accepted any time.

## Parent Coaching

ECFE provides an opportunity for you to meet one-on-one with a parent coach to discuss your goals, challenges and strengths. We'll work with you to understand your child, connect with resources and learn some

activities to support your child's growth and development. Coaching is available at Dakota Valley Learning Center, your home or by phone or email. For more information or to schedule coaching, call 952-388-1953 or email [parenteducation@district196.org](mailto:parenteducation@district196.org)



**Karen Zimmerman,**  
Parent Educator

## Resource Visits

ECFE can come to you. Schedule some time with a parent educator to come to your home. Explore resources available to you in our community and get your parenting questions answered. For more information, call 952-388-1953 or email [parenteducation@district196.org](mailto:parenteducation@district196.org)

## Important Phone Numbers

ECFE Registration	952-388-1953
Connections Preschool	952-388-1960
Family School	952-388-1980
Early Childhood Special Education	952-388-1900
Early Childhood Screening	651-423-7899
District 196 Community Education	651-423-7920
District 196 Office	651-423-7700
MN Communities Caring for Children	651-523-0099
360 Communities	952-985-5300
Public Health	952-891-7500
Child Care Resources	952-985-4045
CAP Agency/Head Start	651-322-3500
Burnsville ECFE (191)	952-707-4150
Farmington ECFE (192)	651-460-3200
Hastings ECFE (200)	651-480-7678
IGH ECFE (199)	651-306-7868
Lakeville ECFE (194)	952-232-2150
Mendota/W. St. Paul ECFE (197)	651-403-8353
Prior Lake/Savage ECFE (719)	952-226-0950

# Bulletin Board

## Save the Date! Bridge to School

**Monday through Thursday • August 17-20, 2020**  
**3.5 hours per day, mornings only • Tuition: \$80 per child**

**KINDERGARTEN IS COMING!** You and your child are invited to participate in our summer Bridge to School program. Children who are enrolled to begin kindergarten in District 196 this September are welcome. This program is designed to ease the transition into kindergarten. Students will become familiar with their new school environment, teaching staff, classmates, routines of the day and riding the bus. Parents will have the opportunity to join their child for a portion of the first day, August 17.

Space is limited.

Watch for registration materials being mailed to homes this spring.



## ECFE Advisory Council

Do you like connecting with other parents? Are you interested in giving back to your community? **WE WANT YOU!** The Advisory Council is looking for new people with fresh ideas. Our parent volunteers offer ideas for class planning and content, help organize amazing community events, and advocate for early childhood education. Best of all, we have a lot of FUN! Join us during our monthly meetings to find out more. Meeting dates and council applications can be found online at <http://bit.do/ecfeadvisory>. We hope to see you there!

A special thank-you by the current Advisory Council to parents who supported ECCE programs participating in the Square One Art fundraiser. The \$1,400 raised will be used to help create new curriculum and continue the development of quality early childhood programming.

## ECCE Summer Classes Offered in July

Our ECCE summer program provides a sample of the classes available throughout the year, including age-specific and topic classes. Family playtimes for parents and their children from birth through prekindergarten also will be offered. Look for your brochure and registration information in the mail at the beginning of May. Join us for summer fun with your little one!



## Welcome to Preschool Discovery for Three-Year-Olds

Preschool Discovery for 3-Year-Olds is a nine-month program that focuses on the transition to preschool for both parent and child. It combines an ECCE class with a preschool experience. Children attend both Monday and Wednesday, and parents attend every Monday with their children. Children experience a preschool program led by a licensed early childhood teacher. In addition to attending preschool alongside their children, parents meet with a licensed parent educator for a portion of the class to discuss topics such as self-esteem, discipline and development. This unique preschool program provides an intentional transition that allows children who may need additional time to prepare for a traditional preschool program.

Preschool Discovery is open to children who are three years old by September 1, 2020.

Preschool Discovery Sibling Care is available for children 9 weeks through prekindergarten on Mondays only. Space is limited. There is a separate fee for Sibling Care.

There is a monthly fee for Preschool Discovery. Tuition assistance is based on annual yearly income and determined by a sliding fee scale.

**Register online at**  
**[ce.district196.org/preschool](http://ce.district196.org/preschool) or**  
**call 952-388-1960 for more information.**

## Macaroni Kid

The Macaroni Kid staff are excited to announce they are combining Eagan-Rosemount-Burnsville and Farmington-Lakeville-Apple Valley websites to become one comprehensive resource for family fun! There will be one calendar of local events and experiences, spotlights on local businesses, seasonal guides, and creative content for parents and caregivers. Macaroni Kid is a free weekly e-newsletter and website designed to save you time when searching for experiences to share with your family so you can spend more time enjoying them. Visit <https://southmetro.macaronikid.com>.

# More Enrichment

## Enjoy learning with your child!

Enrich your child's early learning experiences. Activities and athletic programs provide young children with additional opportunities to learn and grow. Visit [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920 for more information.

## Celebrate Spring Art Camp (parents and children ages 2-5)

Paint and collage a colorful spring bunny picture on canvas, sculpt birdies and a bird nest, plus read stories and much more!  
*Abakadoodle instructor*

Sat | Apr 25 | 9:30-11:30 a.m.  
\$19 | AVCC | YABCS-S1

## Easter Craft Party (parents and children ages 18 mos-6 yrs)

"Here comes Peter Cottontail, hoppin' down the bunny trail." Hop on over and create an Easter bunny art project. Spring has sprung, so our bunny will be surrounded by springtime flowers.  
*Kidcreate instructor*

Thu | Apr 9 | 9:30-10:30 a.m.  
\$19 | AVCC | YKCEC-S1



## Preschool Creative Dance (ages 3-5)

Use your imaginations and express yourself while exploring the art of dance and music. Focus on coordination, musicality, rhythm and interpreting different styles of music through basic ballet movements. Wear dance attire or comfortable clothing and shoes. (Dance shoes are optional.) Children must be toilet trained.  
*Ellen L Schulte*

Thu | Apr 16-May 14 | 10:00-10:45 a.m.  
5 sessions | \$65 | Eagan Artworks | YESPCD-S1

Thu | Apr 16-May 14 | 11:00-11:45 a.m.  
5 sessions | \$65 | Eagan Artworks | YESPCD-S2



## Tales of Peter Rabbit and Benjamin Bunny (ages 3-5)

Discover the mischievous adventures of Peter Rabbit and Benjamin Bunny while acting out their charming stories. Experience warm-up games, theatre exercises and movement.  
*Homeward Bound Theatre Company instructor*

Thu | Apr 2-16 | 6:00-6:45 p.m. | 3 sessions | \$39 | FRMS | YHBTP-S1

## Creative Dramatics (ages 3-5)

Become a natural on stage using your vivid imagination and desire to perform. Learn the basics of acting, mime and movement on the stage.  
*Homeward Bound Theatre Company instructor*

Sat | Apr 4-18 | 9:00-9:45 a.m. | 3 sessions | \$39 | FRMS | YHBCD-S1

## Prop Bag (ages 3-5)

An unusual combination of household items becomes a world of fun for your imagination and a gateway to creativity and storytelling. A rope becomes a magic belt, a scary snake or an animal tale! Props, pictures, toys and sensory materials are essential tools for children to learn. Develop short skits from improvisation.  
*Homeward Bound Theatre Company instructor*

Sat | Apr 25-May 9 | 10:00-10:45 a.m. | 3 sessions | \$39 | BHMS | YHBPB-S1

## Parent Tot Swim Lessons (ages 6-36 mos with a parent) and Preschool 1 (ages 3-5 with a parent)

Have fun in the pool! Parents learn to help their children adjust to the water and develop safety awareness. Our caring and dedicated instructors are Red Cross trained to help you and/or your child gain confidence in the water. There are eight half-hour classes with 10 parent-child pairs per instructor. A great value for \$70. Visit [www.district196.org/swim](http://www.district196.org/swim) or call 952-431-8777 for convenient dates, times and locations.

Are you in our new video? Check it out at [www.district196.org/ce](http://www.district196.org/ce)!

## Skyhawks Mini-Hawks (ages 3-5)

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawks games and activities encourage kids to explore balance, movement, hand-eye coordination and skill development at their own pace. *Skyhawks Sports Academy instructor*

Thu | Apr 2-23 | 9:30-10:00 a.m.  
4 sessions | \$49 | AVCC | YSKMH-S1

Thu | Apr 2-23 | 10:15-10:45 a.m.  
4 sessions | \$49 | AVCC | YSKMH-S2

## Skyhawks T-Ball (ages 3-4)

Discover the basics of T-ball in a fun and safe environment with lots of encouragement. Learn balance, body movement, hand-eye coordination and skill development through a series of sport-specific games tailored to your attention span. Children must be toilet trained. *Skyhawks Sports Academy instructor*

Sat | Apr 4-25 | 9:00-9:30 a.m. | 4 sessions | \$49 | EL | YSKTB-S1

Sat | Apr 4-25 | 9:40-10:10 a.m. | 4 sessions | \$49 | EL | YSKTB-S2

Sat | Apr 4-25 | 10:20-10:50 a.m. | 4 sessions | \$49 | EL | YSKTB-S3

## Skyhawks Soccer

Develop the fundamental skills needed in the world's most popular sport. Emphasis is on your soccer skills, ball control and concept of the game. Most weeks conclude with a controlled, small-sided scrimmage. *Skyhawks Sports Academy instructor*

### Ages 3-4

Tue | Apr 7-May 5 | 5:30-6:00 p.m. | 4 sessions | \$49  
DR | skip Apr 21 | YSKSC1-S1

### Ages 4-6

Tue | Apr 7-May 5 | 6:15-7:15 p.m. | 4 sessions | \$69  
DR | skip Apr 21 | YSKSC1-S2

## Preschool Gymnastics (ages 3-5)

Express creativity while learning the basics of gymnastics. Learn tumbling, balance, safety and combination skills. Work on the balance beam, wedge, tumbling, bars, spring board and mini trampoline. Wear leotards or comfortable clothing. *Jason Passeri*

Locations: Community of Christ Church (CCC) or Rosemount High School (RHS)

Sat | Apr 4-May 16 | 12:15-1:00 p.m.  
6 sessions | \$69 | RHS | skip May 9 | YGYMNP-S5

Mon | Apr 6-May 18 | 10:00-10:45 a.m. | 7 sessions | \$79 | CCC | YGYMNP-S1

Mon | Apr 6-May 18 | 11:00-11:45 a.m. | 7 sessions | \$79 | CCC | YGYMNP-S2

Tue | Apr 7-May 19 | 10:00-10:45 a.m. | 7 sessions | \$79 | CCC | YGYMNP-S3

Tue | Apr 7-May 19 | 11:00-11:45 a.m. | 7 sessions | \$79 | CCC | YGYMNP-S4



## Beginner Little Ninjas (ages 3-5)

Follow instructions, learn to pay attention, cooperate, show respect for yourself and others, and practice self-control and self-discipline. Basic martial arts skills, as well as stranger-danger and limited self-defense appropriate for this age group will be covered. White Belt is included. *Phil Tobey*

Mon | Apr 6-Jun 8 | 5:15-5:45 p.m. | 7 sessions | \$63  
RMS | skip May 11, 18, 25 | YTAEN1-S1

Thu | Apr 9-Jun 4 | 5:15-5:45 p.m. | 6 sessions | \$54  
RMS | skip Apr 16, May 14, 28 | YTAEN1-S32

Sat | Apr 11-Jun 6 | noon-12:30 p.m. | 7 sessions | \$63  
RMS | skip Apr 18, May 25 | YTAEN1-S4

Tue | Apr 21-Jun 9 | 5:15-5:45 p.m. | 4 sessions | \$36  
RMS | skip Apr 28, May 5, 12, 19 | YTAEN1-S2



## Locations

AVCC | Apple Valley Community Center, 14603 Hayes Rd, Apple Valley

BHMS | Black Hawk Middle School, 1540 Deerwood Dr, Eagan

CCC | Community of Christ Church, 5990 134th St Ct, Apple Valley

DR | Dakota Ridge School, 4629 144th St W, Apple Valley

Eagan Artworks | 3795 Pilot Knob Rd

EL | East Lake Elementary School, 4715 162nd St W, Lakeville

FRMS | Falcon Ridge Middle School, 12900 Johnny Cake Ridge Rd., Apple Valley

RMS | Rosemount Middle School, 3135 143rd St W, Rosemount

RHS | Rosemount High School, 3335 142nd St W, Rosemount



# More Enrichment



## Musical Safari

Go on a *Musical Safari* and discover your love of music! Sing songs, read books, dance, do finger plays and play instruments. *Jennifer Ackland and Maddie Moen*

### Banana Babies (parents and children birth-18 mos)

Fri | Mar 13-Apr 24 | 8:30-9:00 a.m.  
6 sessions | \$60 | skip Mar 27 | AVCC | YMSBB-S1

Fri | May 1-29 | 8:30-9:00 a.m.  
5 sessions | \$50 | AVCC | YMSBB-S2

### Grandparent and Me (grandparent and children birth-age 3)

Fri | Mar 13-Apr 24 | 10:15-11:00 a.m.  
6 sessions | \$60 | skip Mar 27 | AVCC | YMSGM-S5

Fri | May 1-29 | 10:15-11:00 a.m.  
5 sessions | \$50 | AVCC | YMSGM-S6

### Twocans and Chimpanthrees (parents and children ages 2-3)

Fri | Mar 13-Apr 24 | 9:15-10:00 a.m.  
6 sessions | \$60 | skip Mar 27 | AVCC | YMSTC-S3

Fri | May 1-29 | 9:15-10:00 a.m.  
5 sessions | \$50 | AVCC | YMSTC-S4

## Fun on the Farm (ages 3½-6)

Learn about life on the family farm with experiments, art projects and more! Discover how farmers grow our food and investigate the animals that traditionally make a farm their home. *Science Explorers instructor*

Mon | Mar 23 | 9:30-11:30 a.m.  
\$21 | AVCC | YSEFF-S1

## Free! Music Together Demonstration (parents and children birth-5 yrs)

Experience the joy of making music! Try a free demo Music Together class. Only one demo per family. Register your child only. *Clarice Wilson*

Sun | Mar 15 | 4:00-4:45 p.m. | Free! | AVCC | YMTD-S1

Tue | Mar 17 | 10:30-11:15 a.m. | Free! | AVCC | YMTD-S2

Wed | Mar 18 | 9:30-10:15 a.m. | Free! | AVCC | YMTD-S3

## Music Together (parents and children birth-5 yrs)

Award-winning music and movement classes for infants, toddlers, preschoolers and the grown-ups who love them. Experience delightful ways to interact musically with your child, all designed to support his or her overall development. The rich music environment in class, full of opportunities for experimentation and play, will help your child grow into a confident, lifelong music-maker while supporting their cognitive, social, emotional, physical and verbal development. Classes are 45 minutes of pure fun each week and are mixed-age so siblings can attend together. Receive a CD, a code to download the music, an illustrated songbook and parent education materials. For more information on the curriculum, go to [MusicTogetherClasses.org](http://MusicTogetherClasses.org) or call 651-439-4219. Infants under 8 months attend free with paid sibling. *Clarice Wilson*

Sun | Mar 29-Jun 7 | 4:00-4:45 p.m.  
10 sessions | \$189, \$104 add'l child | skip Apr 12 | AVCC | YMT-S1

Sun | Mar 29-Jun 7 | 5:00-5:45 p.m.  
10 sessions | \$189, \$104 add'l child | skip Apr 12 | AVCC | YMT-S2

Tue | Mar 31-Jun 2 | 9:30-10:15 a.m.  
10 sessions | \$189, \$104 add'l child | AVCC | YMT-S3

Tue | Mar 31-Jun 2 | 10:30-11:15 a.m.  
10 sessions | \$189, \$104 add'l child | AVCC | YMT-S4

Wed | Apr 1-Jun 3 | 9:30-10:15 a.m.  
10 sessions | \$189, \$104 add'l child | AVCC | YMT-S5

Wed | Apr 1-Jun 3 | 10:30-11:15 a.m.  
10 sessions | \$189, \$104 add'l child | AVCC | YMT-S6

## Check these out online!

### Skyhawks Basketball Camp (ages 4-6)

Thu | Apr 9-May 7 | 5:30-6:30 p.m.  
4 sessions | \$69 | DR  
skip Apr 23 | YSKBK1-S1

### Easter Candy Mosaic (ages 4-9)

Sat | Apr 11 | 9:00 a.m.-noon  
\$35 | FRMS | YKCCM-S1

### Unicorn Slime (ages 4-9)

Thu | Mar 26 | 9:00 a.m.-noon  
\$35 | AVCC | YKCUS-S1

Plan ahead ... we've prepared a variety of learning opportunities for our youngest learners and their families this summer!

The enrichment online spring/summer catalog opens February 19 and find your printed catalog in your mailbox after March 6.

# Spectacular Spring Activities

## Spring Flower Painting

### Materials

- Empty plastic beverage bottles
- Liquid tempera paint
- Paper
- Markers

Lay out paper on a flat surface and draw different types of stems and branches with markers as a base for the flowers. Pour several colors of tempera paint onto a plate and dip a variety of plastic beverage bottle ends into the paint. Carefully stamp the bottles onto the stems and branches to create a flower bouquet.

## Create a Play Garden

### Materials

- Semicircle patch of lawn
- Small roll of fencing
- Bag of compost
- Starter plants
- Child-sized garden tools
- Pebbles and miniature garden decorations

Create a small garden in your backyard with your child. Purchase low fencing on a roll, a bag of compost, a few plants and some child-sized tools. Turn over a little patch of lawn next to a fence or against your home and add some compost. Place the fencing around the area and leave a gap for getting in and out. Arrange flower or vegetable plants in the soil. Add a pile of pebbles to practice collecting and arranging. Use a pinwheel for a little windmill. Put some of the grass from the lawn that you dug up into a small bucket and tuck it at the back of the garden space for playing. Add plastic toy bugs, pebbles and a flowerpot to form a mini garden within a garden.



## Grow and Trim a Grass Cup

### Materials

- Artificial flowers
- Baskets, plastic vases
- Styrofoam
- Counter or play theater
- Gardening gloves
- Play money
- Paper, crayons, markers

Create a colorful flower shop sign with the paper, crayons and markers. Let your child put together his or her favorite arrangement in the baskets and vases. Pretend to sell the arrangements, or create one to give to someone special.



## Create Your Own Sidewalk Chalk

### Mix together

- 1 ½ cups cornstarch
- 1 ½ cups water

Divide the mixture evenly in a muffin tin. Add three drops of food coloring of your choice to each muffin cup and stir well. Allow a couple of days to harden, and then pop them out. If you want a handle, cover the muffin pan with aluminum foil and then insert a craft stick through the center of each cup before mixture is set.

Use the sidewalk chalk to create swirling, zigzagging, adventurous paths for children to follow on foot, on a tricycle or bicycle, or even as they are pulled in a wagon.

## Make an Edible Dirt Cup

### Ingredients

- 1 package chocolate instant pudding
- 2 cups cold milk
- 1 tub non-dairy whipped topping, thawed
- 15 chocolate sandwich cookies, finely crushed inside a plastic Ziploc bag
- Worm-shaped chewy fruit snacks

Help your child beat the pudding mix and milk in a large bowl with a whisk for 2 minutes. Stir in whipped topping and ½ cup cookie crumbs. Spoon into 10 paper or plastic cups; top with remaining cookie crumbs. Refrigerate one hour. Top with fruit snacks just before serving.



# DISTRICT 196 COMMUNITY EDUCATION

One District. Infinite Possibilities.

Independent School District 196  
3455 153rd St W • Rosemount MN 55068

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## Play With Me!

Parents, come and play with your children.  
No preregistration needed!

### Family Playtimes: Birth Through Kindergarten

Pop in to play with your little ones and our ECFE staff. Dress up for dramatic play. Explore the wonders of math, science and senses while you squish, squeeze and create with play dough. Dump, pour, mash and mix in the sensory table. Become a little artist at the easel. Run, jump, climb and learn through movement in our gym. Expand language skills at story and circle time. No preregistration needed. **The fee is only \$5 per child and punch cards for discounted fees are available for purchase. No charge for babies through 12 months.**



Fri | Apr 3-Jun 5 | 1:00-3:30 p.m. | \$5 per child  
DVLC Room 116 | skip Apr 24



### Playtimes With Babies: Birth Through 12 Months

This is a time for babies and parents to play in our infant environment. Come and explore new toys, sing songs or enjoy other fun activities led by an ECFE teacher. There will also be time to meet other parents and their babies! No preregistration needed. Baby playtime is free of charge. Participation is limited to this age group only.

Wed | Apr 1-Jun 3 | 1:30-3:15 p.m. | FREE | DVLC Room 216