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ECFE GAZETTE

THE OFFICIAL NEWSLETTER OF ROCKFORD ECFE



ECFE SEPARATING CLASSES

What happens in an ECFE class anyway?

At Rockford, we have three different types of ECFE class: separating, non separating, and Almost Ready for Preschool class.

In our separating classes, caregivers and children spend the first part of the class in our Early Childhood classroom. This is a special time dedicated to playing, exploring, and learning together. We then gather for a circle time filled with stories and songs before we separate. The caregivers go with the Parent Educator to a different room for conversation, support, and learning about ourselves and our children. This is adult time with coffee, tea and sometimes a snack included!

These classes are great opportunities for children to practice separating and social skills and for caregivers looking to connect with other adults experiencing many of the same joys and challenges of caregiving. Many life-long friendships have been formed in ECFE.



GET TO KNOW A TEACHER

Hello! My name is Lori Vigesaa and I am an ECFE teacher, and part time Early Childhood Special Education teacher here at Rockford Elementary. This is my 4th year here and I love it!

My husband Erik and I live in Rogers and have 3 boys ages 19, 16 and 13. My 19 yr old is a sophomore at UMD-Duluth. When my kids were little, I was a stay at home mom and took as many ECFE classes as I could with them. I loved meeting other moms and looked forward to parent education time. Even as a 'seasoned' early childhood teacher, I had a lot to learn about parenting. The info I learned in the parent education time definitely made me a better mom! This is primarily what got me interested in becoming an ECFE teacher myself, after years in special education.

When I'm not teaching, I like playing tennis with my son, walking with my dog Leo, reading, and occasionally playing golf (if the weather is nice:)

WHAT'S HAPPENING IN PARENT DISCUSSION

By: Jessica Koch (Ms. Jessica)

We covered a lot in October! Topics are determined by the needs of the class so we don't always cover the same topic in each class. Topics included;

- alignment of our children's development with our own expectations
- 5 common ways adults react or respond to challenging behavior in children and reflection on the effectiveness of those responses in different situations
- parenting styles-what they are, how they develop, and what style(s) best fits our parenting goals
- what our parenting values are and how they align to our actions
- self compassion-what does it mean and look like to have self compassion, when do we need to fall back on self compassion, and why it's important for our children to see us practice self compassion
- temperament (both ours and our children's) and temper tantrums
- screens and the role they play in our lives including the good, the bad, and the ugly

WHAT'S HAPPENING IN THE CLASSROOM

By: Lori Vigesaa (Ms. Lori)

In October we did lots of painting. We painted leaves on trees using tinfoil, we painted pumpkins, and we painted whatever we wanted. Painting is great for fine motor development and pre-writing skills, and a fun way to see what happens when we mix colors (science). Speaking of pumpkins, we really enjoyed our pumpkin pie smelling playdough and pounding golf tees into a real pumpkin. We also practiced sharing and have really started to get used to, and count on, the routines in the classroom.

November we will be doing fun 'farm' related activities including finger painting 'muddy' pigs, gluing cotton ball 'wool' on sheep and painting spots on cows! We'll learn a new 'farm' song at circle time and read fun farm related books.





FUNNIES & FACTS

Joke:
What's a kittens favorite color?
purrrrrr-ple.
Fact:
A child's brain produces more than a million neural connections each second. (Zero to Three)

CHILDRENS BOOK RECOMMENDATIONS

FROM KIM JOHNSON (MS. KIM)

ALL THE PLACES WE CALL HOME BY PATRICE GOPO IS A SWEET STORY ABOUT A GIRL LEARNING ABOUT HER FAMILY'S HISTORY AROUND THE WORLD. A PERFECT WAY TO INTRODUCE LITTLE ONES TO OTHER CULTURES AND A SPRINGBOARD FOR TALKING ABOUT YOUR OWN FAMILY HISTORY.





DINO-HALLOWEEN BY LISA WHEELER IS PART OF A SERIES THAT STARTED WITH DINOSAURS PLAYING SPORTS. IT'S FULL OF FUN, SILLY PICTURES THAT KIDS LOVE AND THE RHYMING SENTENCES ARE FUN TO READ ALOUD, BUT YOU DO NEED TO PRACTICE YOUR DINOSAUR PRONUNCIATIONS.





COMMUNITY/SCHOOL EVENTS

L'il Punkin' Fall Party - OCT 31
Come and join us for games, face painting, crafts and snacks at our ECFE L'il Punkin' Fall Party! Our open house festivities begin at 9:30 am and end at 11:00 am for children ages 0-5 years. Children must be accompanied by an adult the entire time. Costumes are optional. Food donations for our local Riverworks Food Shelf welcome! Specific needs include: Pastas, cereal, canned tuna, canned vegetables, Holiday meal essentials, hearty soups, cooking soups and baby wipes.
Register Here: L'il Punkin Fall Party!

Mark you Calendars-Preschool Parent-Child Night & Book Fair on Thursday, November 21 (more details coming soon)

RESOURCES & REMINDERS

Books:
The 8 seasons of Parenthood by Barbara C. Unell & Jerry L. Wyckoff, Ph.D.
Raising Your Spirited Child by Mary Sheedy Kurcinka

Websites:
Rockford Public Schools
Rockford Community Ed Registration
Rockford Education Foundation

Wellspring Lactation
Zero to Three
Spark & Stitch Institute
Help Me Connect

Little Red Wagon Song:
(Sing the 1st verse while bouncing your child up and down on your legs)
Bump'n up and down in my little red wagon.
Bump'n up and down in my little red wagon.
Bump'n up and down in my little red wagon.
won't you be my darlin'

(When you sing "one wheel's off" collapse both or one of your legs)
One wheel's off and the axel's broken.
One wheel's off and the axel's broken.
One wheel's off and the axel's broken.
Won't you be my darnlin.

Homemade Playdough:
1 TBSP cream of tartar
1 cup flour
¼ cup salt
2 TBSP vegetable oil
1 cup water
1 package of kool aid or flavored pudding mix OR
½ tsp apple pie spice for apple playdough OR ½ tsp pumpkin pie spice, nutmeg and allspice for pumpkin playdough

"Parenting is not a perfect journey, but a perfect opportunity to love and guide your child." — Peter Krause

