



Rock Ridge Early Childhood

Fall 2026 Newsletter

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Look for us on Rock Ridge Public Schools website at
rrps.org/academics/programs/ecfe-school-readiness/



ECFE FALL EVENTS

- ECFE "Ready, Set, Grow!" Kick-Off
 - Sept. 24 Parkview Elementary 9:00-10:00
 - Sept. 25 Laurentian Elementary 9:00-10:00
- Sept. 29 ECFE classes begin
- Oct. 9 Simek's farm field trip
- Nov. 24-27 NO ECFE classes
- Dec. 10 Parkview Holiday Special 5:00-6:30

WELCOME

GIVE YOUR FAMILY A GREAT START WITH ROCK RIDGE EARLY CHILDHOOD FAMILY EDUCATION (ECFE)

We are excited to begin this wonderful journey with you and your child. Starting school for the first time is a very special milestone, and we are honored to be part of your families early learning experience.

For many families, this may be your child's very first school experience. We understand that starting school can bring many emotions — excitement, curiosity, and sometimes even a few worries. Our goal is to create a safe, caring, and joyful environment where every family feels welcomed, supported, and loved.

We believe that parents are an important part of a child's success in school. As your child's most important teacher, we want to provide opportunities for you to explore and enhance your parenting practices. ECFE classes will provide helpful information, activities, and ways to connect with other families in our school community.

We look forward to building strong relationships with your family and making this first school experience a positive and memorable one. Thank you for trusting us with your families early education.



Our Program has a 4 Star Rating!

To earn a 4 star rating schools must prove that they are excelling in the use of best practices in preparing children for kindergarten.



2026-2027 ECCE CLASS SCHEDULES



Toddler Time (Gradual Separation)

Are you and your child ready to meet new friends, participate together in fun learning adventures and work toward spending time apart?

We will support you and your child as you learn to separate. Parents will discuss child development, temperament, routines, guiding behavior, and separation while children continue to play and socialize in the classroom.

Wednesday 8:30-10:00 Parkview

Play and Learn at Laurentian Birth through 5 years

The Play and Learn Class offers young children a fun and engaging environment where they can learn through play, exploration, and movement. This class combines classroom learning experiences with active playland time to support the development of the whole child. The class will provide children with opportunities to discover new skills, make friends, and develop a love of learning in a safe, nurturing environment.

Friday 8:30-10:00 or 10:30-12:00 Laurentian



Bright Beginnings Birth through 5 years

Bright beginnings is designed to help children build important social skills as they learn how to make friends, share, take turns, communicate, and work together with others. Through play, hands-on activities, stories, and exploration, children will gain confidence while discovering the joy of learning. Parent education will include information on current child developmental and allow time for parents to talk and make new friends.

Thursday 8:30-10:00 Parkview

Baby class (Birth to not yet walking)

FREE class designed for babies. Our Baby Class is designed for infants and their caregivers to learn, play, and grow together during these important early years. This class provides a warm and welcoming environment where babies can explore new experiences while parents and caregivers connect with one another.

In addition to interactive activities, caregivers have the opportunity to participate in parent discussions focused on child development, parenting topics, and the joys and challenges of raising young children. These conversations provide support, resources, and a chance to share experiences with other families.

Sibling care is available for older children.

Tuesday 8:30-10:00 Parkview

9/29, 10/6, 11/17, 12/1, 1/5, 1/12, 2/23, 3/9, 3/16, 3/23, 5/4

SPECIALTY CLASSES

Cooking with Kids Fall Special (Ages: 18 months-5 years)

Cooking with Kids Class will provide children with opportunities to prep ingredients, mix, measure, cook, and safely participate in simple recipes alongside their classmates.

This class will encourage children to explore and try new foods while learning about healthy eating habits and different ingredients. As they follow recipes, children also strengthen early math skills.

We are excited to provide a safe, engaging, and enjoyable environment where children can learn through exploration and discovery — one recipe at a time!

Tuesday 8:30-10:00 Parkview Oct. 20, 27 Nov. 3, 10



Messy Concoctions and Gym (Ages 18 months-5 years)

Messy concoctions! Children will mix, pour, scoop, stir, and experiment with a variety of safe materials to create exciting sensory experiences. These activities encourage scientific thinking, exploration, creativity, and early math concepts while allowing children to learn through hands-on play. The gym will provide opportunities for your child to stay active during the winter months.

Tuesday 8:30-10:00 Jan. 26, Feb. 2, 9, 16

Gardening Spring Special (Ages: 18 months-5 years)

The Gardening class will give children the opportunity to explore nature through hands-on learning and discovery. Children will participate in planting seeds, watering plants, caring for gardens, and observing how things grow over time.

Through gardening activities, children learn patience, responsibility, and curiosity as they watch plants change and grow. They will explore the life cycle of plants, seasons, weather, and the importance of caring for the environment.

Children will observe, ask questions, compare sizes and growth, count seeds and plants, and develop vocabulary through meaningful experiences.

We look forward to helping children learn, explore, and grow through the wonderful experience of gardening together!

Tuesday 8:30-10:00 April 6, 13, 20, 27



EARLY CHILDHOOD RESOURCES

Ask A Parent Educator

Schedule a one-to-one visit with a Parent Educator! Parenting information, support, and education are available to help you navigate each stage of your child's growth and development. The parent educator can provide guidance on child development, parenting questions and concerns, family relationships, and community resources. Whether you are looking for strategies, support, or simply someone to talk with, our parent educators are here to help. Visits can be scheduled by phone, virtually, or in person, making it easy to connect in a way that works best for your family.

To schedule an appointment call the ECFE office at 218-742-3805.

Family, Friend and Neighbor (FFN) Events

FREE biweekly Play & Learn events are available for Family, Friend, and Neighbor (FFN) Care Providers!

Join Rock Ridge FFN providers for a fun-filled morning of hands-on activities, learning, and play with the children in your care. Connect with other care providers, discover new ways to support children's development, and learn helpful tips and strategies for caregiving.

Participants will receive **FREE** books, project supplies, and valuable resources to use at home or in their caregiving setting. Sessions are designed for providers to attend with the children they care for, but providers are also welcome to participate on their own.

Come build connections, gather ideas, and enjoy learning through play together!

9/24, 9/25, 10/9, 10/30, 11/6, 11/20, 12/4

For information contact Sarah Knudson at sarah.knudson@rrps.org or 218-742-3805



**Family,
Friend and
Neighbor**
minnesota

Songs and Fingerplays

The Wheels on the Bus

The wheels on the bus go round and round,
round and round, round and round.

(roll hands in circular motion)

The wheels on the bus go round and round all
through the town.

The horn on the bus goes beep, beep, beep.

(push one hand forward)

The horn on the bus goes beep, beep, beep all
through the town.

additional chorus to the song:

wipers on bus go swish, swish, swish

(both hands moving from side to side)

kids on the bus go up and down, up and down,
up and down (lifting arms up and down-small
children parent lifts them up and down)

mommies on the bus go sh!, sh!, sh!

(lift index finger to your lips)

Open Shut Them

Open, shut them

(open fingers, close fingers)

Open, shut them

(open fingers, close fingers)

Give them a little clap.

(clap hands)

Open, shut them

Open, shut them

Fold them in your lap.

(place hands together in your lap)

Creep them, creep them

(move hands upward motion to chin)

Right up to your chin.

Open your smiling mouth

but do not let them in.

(put hands behind your back-

small children give a tickle on their belly)

Rolly Polly

Rolly, Polly, roly, polly (roll hands)

Up, Up, Up (lift hands up)

Rolly, polly, roly, polly

down, down, down (move hands down)

Rolly, polly, roly, polly

hands behind your back

(move hands behind your back)

