



NEWSLETTER

February 2023

From the National Association for the Education of Young Children,

10 Things Every Parent Should Know about Play

1. Children learn through their play. Don't underestimate the value of play. Children learn and develop:

cognitive skills – like math and problem solving in a pretend grocery store

physical abilities – like balancing blocks and running on the playground

new vocabulary – like the words they need to play with toy dinosaurs

social skills – like playing together in a pretend car wash

literacy skills – like creating a menu for a pretend restaurant

2. Play is healthy.

Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

3. Play reduces stress.

Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

4. Play is more than meets the eye.

Play is simple and complex. There are many types of play: symbolic, sociodramatic, functional, and games with rules--to name just a few. Researchers study play's many aspects: how children learn through play, how outdoor play impacts children's health, the effects of screen time on play, to the need for recess in the school day.

5. Make time for play.

As parents, you are the biggest supporters of your children's learning. You can make sure they have as

much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

6. Play and learning go hand-in-hand.

They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

7. Play outside.

Remember your own outdoor experiences of building forts, playing on the beach, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories too.

8. There's a lot to learn about play.

There's a lot written on children and play. [Here are some NAEYC articles about Play](#). David Elkind's *The Power of Play* (Da Capo, 2007 reprint) is also a great resource.

9. Trust your own playful instincts.

Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

10. Play is a child's context for learning.

Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. For example, in playing restaurant, children write and draw menus, set prices, take orders, and make out checks. Play provides rich learning opportunities and leads to children's success and self-esteem.

By: Laurel Bongiorno, PhD, © National Association for the Education of Young Children – Promoting excellence in early childhood education



“Children need the freedom and time to play.
Play is not a luxury. Play is a necessity.”

-Kay Redfield Jamison

Aldrich Dates to Remember:

- Feb. 7 & 8: Library Check Out
- Feb. 9 & 10: Pajama Days at Aldrich!
- Feb. 14: Valentine's Day (please check with your child's teacher about if/when and how their classroom will celebrate this holiday)
- Feb. 14 & 15: Library Books Due Back to Aldrich
- Feb. 20: No School: President's Day
- Feb. 21: Aldrich Board Mtg. 6:30pm, Open to Public
- Feb. 27: Aldrich Night at BB's Pizzeria, 4-8pm
- Mar. 3: No School: Staff Development Day
- Mar. 31- Apr. 7: No School: Spring Break



Update on Credit Card Payments

While credit card payments have streamlined the payment process for many Aldrich families, the credit card processing fees have become unsustainable for Aldrich. As a small, non-profit business, we need to consider every expense and unfortunately the annual \$15,000+ in credit card processing fees are an expense we can no longer afford.



We will continue to allow credit card payments through the end of this school year (May 2023), but we will no longer be accepting credit card as payment for tuition for the 2023-2024 school year. For those that have appreciated the "automatic" payments that having a credit card on file offered, we suggest that you make the switch to authorize Electronic Funds Transfer from a checking or savings account. By completing the EFT form, all of your payments will continue to be made automatically, but paid directly from your checking or savings account. Alternatively, you can continue to make payments via cash, check or set up bill pay through your bank (where they send us a check every month- which can also be set up to send automatically).

We would be grateful to any families that would be willing to switch over their payments from credit card to an EFT from their checking or savings account at this time (or canceling their automatic credit card payments and pay with cash or check). Forms will be available at the Parent Information Center or by stopping by the office. Along with our Board of Directors, we will continue to explore and analyze how we could potentially reincorporate credit card payment options in the future. Our goal is to continue to keep our tuition low and we thank you for helping us with this mission.

Special Visitors at Aldrich

Thank you to Jackie Fallon with the Mayo Clinic Peregrine Falcon Program! She visited at Aldrich on January 12 & 13 and Rooms 3-9 were able to attend a short presentation to learn more about peregrine falcons.

Mayo Clinic has teamed up with the Midwest Peregrine Society to help revive the peregrine falcon population in the Midwest. There is a nesting box on top of the Plumber building and there is a live falcon cam that can be viewed at <https://history.mayoclinic.org/falcon-program/>. It will start up in mid-February and run through early August. Be sure to check it out with your child!



Remember to Enroll for 2023-2024!

Many of you have already enrolled for the upcoming school year, but we encourage all families to register as soon as possible because **several classes have already filled** and others are filling quickly! We have started waiting lists for full classes and will call names on those lists if there are any changes in the coming months. In order to register for next year, families will need to turn in a completed enrollment contract and fee (\$60 per family) along with an immunization record (new students only.)



Many new families who enroll are referred by current Aldrich families. Thank you for telling your friends, neighbors, and co-workers about Aldrich! Please encourage anyone interested in Aldrich to call the office at [507.289.3097](tel:507.289.3097) to schedule a tour.