



NEWSLETTER

February 2024

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. 3: Winter Meet Up at Gamehaven Sledding Hill!
- Feb. 5-13: Cards for a Cause Fundraiser
- Feb. 7 & 8: Library Check Out
- 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. 16 & 20: Dental Health Presentations in classrooms!
- Feb. 19: No School: President's Day
- Feb. 20: Aldrich Board Mtg. 6:30pm, Open to Public
- Feb. 26: Zumba: All School Enrichment Make-Up Day
- Mar. 1: No School: Staff Development Day
- Mar. 29- Apr. 5: No School: Spring Break

The Aldrich School Calendar for 2024-2025 is available now!

Pick up a copy at the Parent Information Center by the office or visit this link:

<https://aldrichschool.com/calendarnewsletters/>

Spotlight on Aldrich Scholarship Fund

Did you know? Aldrich students may be eligible for scholarships toward tuition. Families First Pathways Early Learning Scholarship and the Aldrich Scholarship Fund are options if tuition costs become a hardship. The Aldrich Scholarship Fund takes into account several factors that others don't (including, but not limited to medical debt, school loans and other extenuating circumstances). Funds are available, so please don't hesitate to inquire with Aldrich's office staff or check out <https://aldrichschool.com/enroll/#financial-assistance>.

We encourage all families that are concerned about preschool cost to apply for our Aldrich Scholarship. The Aldrich Financial Assistance Program can often help families that are having a hard time paying the full tuition payment each month.

Scholarships are made available through various fundraising events hosted by the Board of Directors for the Financial Assistance Fund. Our biggest event that raises funds for this program is the **Big Playdate** and preceding fundraising drive. The Big Playdate is held the first Saturday in May in the Aldrich backyard and all families are invited to attend and celebrate the success of the funds raised! Mark your calendars for this year's Big Playdate, which will be held Saturday, May 4! More information about this fun event will be coming soon!



**Aldrich
Scholarship
Fund**

Session Times for 2024-2025 Finalized!

The Rochester Public School Board voted and approved the "Attendance Options Redesign" proposal on Tuesday, January 23. This approval finalized bell times for the Rochester Public Schools and allows us to finalize our session times to better coordinate with RPS. Aldrich session times for the 2024-2025 School Year will be as follows:

Aldrich Sessions for 2024-2025 School Year	
AM (2 year olds)	8:45 – 10:45 am
AM (3-5 year olds)	8:30 – 11:00 am
PM (3-5 year olds)	12:30 – 3:00 pm
Full day (3-5 year olds)	8:30 am – 3:00 pm
Extensions (3-5 year olds)	
Early Bird	7:30 – 8:30 am
Lunch Bunch	11:05 am – 12:15 pm
Kids Club	3:00 – 5:00 pm

Remember to Enroll for 2024-2025!

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 (\$100 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.

From the Board

ALDRICH SCHOOL

WINTER MEETUP

FEBRUARY 3, 2024
10AM - 11:30AM
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PLEASE JOIN THE FAMILY ENGAGEMENT COMMITTEE FOR A MORNING OF SLEDDING & WINTER FUN WITH ALL OUR FRIENDS HERE AT ALDRICH.

Gamehaven Sledding Hill
2016 45TH STREET SE,
ROCHESTER, MN 55904

PLEASE BRING YOUR OWN SLEDS AND BE SURE TO DRESS WARM!

Weather Updates will be posted on Facebook event page!

Cards for a Cause Fundraiser!

We are so excited to share with you our first 2024 fundraiser, **Cards for a Cause!** Starting February 5 through February 13th, you will be able to purchase and sell deluxe Paperpie {formerly Usborne} boxed greeting card sets, to fund our **outdoor classroom upgrade project**. We are getting so close to funding the outdoor classroom upgrade, but still have about \$2,750 to raise!

There are five box options to choose from, with cards for a number of different occasions:


- All Occasion #1 - 30 cards with matching envelopes & storage box
- All Occasion #2 - 30 cards with matching envelopes & storage box
- Thanks & Blanks - 30 cards with matching envelopes & storage box
- Kids' Birthday Cards - 30 cards with matching envelopes & storage box
- Holiday Card Collection - 50 cards with plain envelopes & storage box

Each box is available for \$30 - just \$1 or less per card, and provides \$13 to us here at Aldrich! The sturdy storage boxes can be reused for a variety of purposes (box pattern may vary according to stock).

Order forms will be sent out to all families on February 5 & 6 - if you'd like to participate, please use the order form to collect orders from your family, friends, and neighboring community. Those purchasing will pay YOU, and you will submit one check for your child's entire order with the order form made payable to Aldrich School. All orders will be available to pick up end of February/ Early March.



How sweet it is to be loved by you! And luckily, the feeling's mutual! Please continue to help us spread the love by supporting our Outdoor Classroom Upgrade. We are less than \$2,750 away from our goal!



Scan here to donate to the Outdoor Classroom Upgrade Project!!