



NEWSLETTER

February 2025

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 & 4: Zumba! All-School Enrichment (Sponsored by the Board of Directors)
- Feb. 11 & 12: Library Check-Out Day
- Feb. 14: Valentine's Day (please check with your child's teacher about if/when and how their classroom will celebrate this holiday)
- Feb. 17: No School: President's Day
- Feb. 18 & 19: Library Books Due
- Feb. 18: Aldrich Board Mtg. 6:30pm, Open to Public
- Feb. 21 & 25: Dental Presentations
- Mar. 7: No School: Staff Development Day
- Mar. 31- Apr. 4: No School: Spring Break



The Aldrich School Calendar for 2025-2026 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 Financial Assistance

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 Financial Assistance 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 3! More information about this fun event will be coming soon!



Remember to Enroll for 2025-2026!

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

Hello Aldrich Families!

The Aldrich Board of Directors needs your help! While Aldrich School has been one of the top preschool programs in Rochester for 80 years, we know there are ways to learn and grow, just like the children who fill our halls every day.

Please take a few moments to complete the survey regarding the Board's role in the school. The survey can be accessed by scanning the QR code to the right or visiting this link: <https://bit.ly/ALDRICHEFAMSURVEY> Your feedback is essential to helping us make changes and improvements to the school.



Your responses are anonymous unless you provide your name or email address in the comments.

If you have any further feedback, questions, or would like information on joining the Aldrich Board of Directors, please email aldrichboardrochester@gmail.com.

Thank you,
Aldrich Board of Directors

