



ROCORI

Community Education



Registration
Opens
December
30



2023

Winter

Meet our Staff



Cameron Goude
Director of Community Education

Welcome

We are excited about the upcoming season, and all the offerings we are able to bring to the community. We have a wide range of classes that will spark your joy. If you are experiencing parenthood for the first time or looking for enrichment opportunities. We have class options that will stir your curiosity, target your passion and create new friendships!

Thank you for partnering with Community Education

Cameron Goude



Becky Peart
Administrative Assistant



Brittany Albers
Childcare Coordinator



Erin Tronbak
Early Childhood Coordinator

**Passionate
Community
Members!**

Early Childhood Advisory Council

An energetic group of community members guiding the early childhood offerings and events each year. **Join us 4 times a year for 1 hour!**

Erin Tronbak
Early Childhood Coordinator

Community Education Advisory Council

An amazing group of community members that helps guide the work in community education, develop district partnerships, and make meaningful change in the community! **Join us 4 times a year for 1 hour!**

Cameron Goude
Director of Community Education
goudec@rocori.k12.mn.us

Registration Begins December 30, 2022



<https://rocori.ce.eleyo.com>



Mail or bring in the registration form
527 Main Street, Cold Spring, MN 56320



Call (320) 685-8631

Office Hours Monday - Friday 7:00am - 3:30pm

FIND US



Building Key

DEF: District Education Facility
RHS: ROCORI High School
RMS: ROCORI Middle School
JCE: John Clark Elementary
CSE: Cold Spring Elementary
RE: Richmond Elementary

Schedule Updates or Cancellations

Call 320-685-8631 for

Weather related cancellations

OR

"Like" us on Facebook or Instagram!
ROCORI Community Education

Mark Your Calendars!

Preschool & Kid-care
Information night
February 1 at
5:30pm

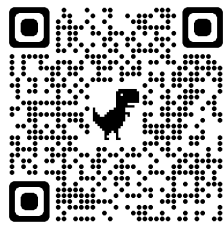
Early Childhood
registration opens
December 29th at
7:00pm



ROCORI School District

PROFESSIONAL
ROLE MODELS NEEDED

FULL TIME
PART TIME



Class Confirmation

Unless we contact you, assume the course is held at the time and place indicated, and that you are registered.

Cancellations

- Complete refund is given if a class is canceled or filled.
- A \$5 cancellation fee, plus direct expenses (materials, transportation, ticket and or other class cost), will be charged if participants cancel a class within five days and up to 24- hours prior to the class.
- Classes canceled less than 24-hours in advance will not be refunded.

Weather Cancellations

Announcements will be made through the Community Education Facebook page, a direct text message and email. Please ensure your contact information is correct on Eleyo.

Be an Instructor

ROCORI Community Education instructors are employed because they have a special skill or expertise they are willing to share with the community. ROCORI Community Education does not endorse the opinions or business affiliations of instructors.

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**Family
Fun**

Online!
REGISTRATION



Begins December 30!



Winter/Spring 2023

ROCORI Senior Center (Located in the ROCORI DEF Building)

527 Main St, Cold Spring, Minnesota 56320

320-685-4935

www.rocoriseniorcenter.com

HOURS:

Mondays through Thursdays:

8:00am to 4:00 pm

Fridays: 8:00am to Noon

Closed Dec. 23-26, 30– Jan 2

Kristi Heinen, Director, jkheinen@gmail.com

MISSION:

The Rockville, Cold Spring and Richmond Senior Center is a nurturing environment, connecting seniors within the ROCORI community, with a wide variety of backgrounds and interests; where experiences are developed, shared and enjoyed.

Ongoing Activities

Mondays:	9:00 AM	Pinochle
	9:30 AM	Bridge
	1:00 PM	Line Dancing
	1:00 PM	Solo Cards
Tuesdays:	9:00 AM	Stretching
	1:30 PM	Mahjongg
	3rd Tues. each month	
Wednesdays:	8:30 AM	Nordic walking
	April through November	
	9:00 AM	Quilting
	10:00 AM	Chair Yoga
	1:15 PM	500 Cards
Thursday:	9:00 AM	Pinochle
	9:00 AM	Stretching
	12:30 PM	Painting Pals
Fridays:	9:00 AM	Coffee and Rolls
	9:30 AM	Knit, Crochet,
		Embroidery, etc



Senior Center Discounted Cards and Other Amenities

The Senior Center has a huge selection of new greeting cards for 50 cents each. The book library, puzzle table, and Cold Spring Record are also always available. Puzzles can also be borrowed! Where else can you read the paper for free and drink a 50 cent bottomless cup of coffee?



Kristi Heinen is the Director of the ROCORI Senior Center. She is part-time and her office hours vary based on what's happening in the center. She can be reached by calling the center at 320-685-4935 or by emailing her at jkheinen@gmail.com

Membership

Joining the ROCORI Senior Center is very easy and costs only \$5 per person per year. We have an annual membership and fundraising appeal, but you can join at any time during the year. Please ask for the membership contact form and join us!

ROCORI Senior Center Fund

Leave a Legacy on Behalf of the Center!

The ROCORI Senior Center has an investment fund within the ROCORI Area Community Foundation, which is administered through the Central Minnesota Community Foundation. The senior center fund is always ready for anyone wishing to designate a part or all of their estate towards the long-term sustainability of the ROCORI Senior Center. Please keep the ROCORI Senior Center Fund in mind when doing your estate planning!

320-685-8631 | www.rocori.k12.mn.us/communityed

We also offer ...

- Variety of Trips
- Monthly Soup lunches
- Picnic in the park in June
- Catered lunch in November and December
- Professional speakers on a variety of topics.
- Annual Law Enforcement Appreciation Lunch in February
- Mobile cart technology
- A part-time director
- Weekly Senior Center Column in the Cold Spring Record and Facebook
- **Please join us!**

***“Never Regret Getting Older,
It’s a Privilege Denied to Many”***

Senior Center Board of Directors

***Board meetings are held the second Tuesday of
each month at 9:00 AM in the Center.***

Ed Sheldon	Mary Bruder
Joanne Wolf	Ardell Goebel
Nancy Nierenhausen	Bob Schreifels
Rich Schreiner	Connie Rausch
Bernie Schmitz	Sue Specht
Del Christen	Rosie Keul
Kris Heinen	

Foot Clinics!

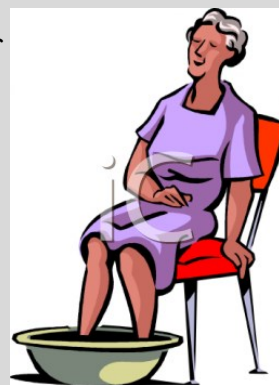
Jennifer Ryan, RN, CFCN, with Pedi-Care visits the DEF building on the first and fourth Tuesday of every month, Jennifer charges \$22 per visit (which includes a warm foot soak) and is scheduling her own appointments. Please call her at

612-356-0207

to begin scheduling your appointments. You can also email her at:

jennifer.pedicare@gmail.com.

Appointments can *NOT* be scheduled through the senior center.



Locally Produced Maple Syrup

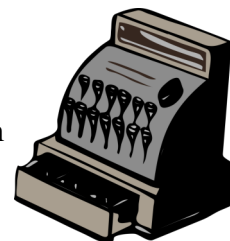
We have delicious locally produced maple syrup for sale in the senior center.

Prices are: \$5 - 8 ounce bottle
 \$7 - 12 ounce bottle
 \$9 - 16 ounce bottle

**Many thanks to Jim Trueman for generously
donating his syrup harvest to us for the last
two years!**

Please Save Your Teals' Receipts

Please drop your Teal's receipts in the basket by the book library. Every dollar adds up when trying to operate our center. We also collect box tops for education for the ROCORI School District.



Facebook and Website Presence

Please find ROCORI Senior Center on Facebook and click “join” to keep up to date with senior center activities. And, if you’re not already on Facebook, please ask Nadine to help you get set up. She’ll take your photo and set your Facebook account up. We also have a Senior Center website: rocoriseniorcenter.com. Please make sure you also keep the center up-to-date on any address changes and give us your email address.



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Cold Spring, Richmond, Rockville and
 ROCORI School District's Legal Newspaper

Commercial Printers

Dan Austreng (320) 685-8621
csrecord@midconetwork.com FAX (320) 685-8885



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CALL: 320-685-8631

Class time and day flexible

*Registration Required

The **Skills Enhancement** program is for adults who need to improve their basic reading, writing, math and spelling skills. Individualized instruction is offered to develop a wide range of skills from balancing a checkbook to using a computer. The books and materials used have been written specifically for adult learners.



All Adult Basic Education classes are held at the District Education Facility (DEF).

Adult ELL Classes Clases de ESL Para Adultos

ELL: English Language Learner

ESL: Inglés Como Segundo Idioma

ELL classes are **free** for adults whose native language is not English. Classes are designed to help adults develop *English speaking, listening, reading and writing skills* according to their individual goals. Adults who participate in ELL classes feel more confident living and working in the United States and learning English can be a key to finding a living-wage job. ABE offers separate levels for ELL students to learn and build their English skills, from the novice to the advanced.

Las clases de ESL son gratuitas para adultos cuyo idioma nativo no es el inglés. Las clases están diseñadas para ayudar a los adultos a desarrollar las habilidades de inglés en hablar, escuchar, leer y escribir de acuerdo a sus metas individuales. Los adultos que participan en las clases de ESL se sienten más confiados viviendo y trabajando en los Estados Unidos y aprender inglés puede ser la clave para encontrar un empleo con un mejor salario. ABE ofrece niveles separados para que los estudiantes de ESL aprendan y desarrollen sus habilidades en inglés, de principiante a avanzado.

¿Preguntas?

Llamen a la Sra. Leyda

Número de celular: (320) 316-3904



Adult Enrichment

The Many MN Milkweeds

We have over a dozen Milkweeds that are native to Minnesota. Let's chat about the wide variety of these great pollinator plants! Some are wildly popular and very common growing in gardens and local sceneries. We also will discuss where to buy milkweed plants and seed, plus how and where to add these pollinator magnets to your landscapes. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.

Tuesday | March 21 | 6:30 pm- 7:30 pm
On-line (Zoom)| \$8.00 | WS23Milkweeds

Native Early Spring Bloomers

That first pop of color is welcomed by all gardeners after a cold and gray winter. We will chat about some of the best early bloomers you can add to your gardens for a longer season of color. Not just the spring woodland favorites, but also early growers for all gardens. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.

Tuesday | March 28 | 6:30 pm-7:30 pm
On-line (Zoom)| \$8.00 | WS23-SpringBloomers

Native Groundcovers

In the MN native plant world, there are great groundcovers to add to your landscapes. We will chat about a wide variety of plants that grow from a few inches up to a few feet tall that will spread and hold the ground. When it comes to groundcovers it is all about roots and rhizomes. And as a bonus, many of these are also great pollinator plants! Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.

Thursday| March 23 | 6:30 pm- 7:30 pm
On-line (Zoom)| \$8.00| WS23NativeGroundcovers

Planning and Planting a Pollinator Patch

A native wildflower garden will attract beautiful butterflies and bees to your yard and help pollinators stay healthy. You can plant a garden anywhere from the tiniest corner of your city lot to an open prairie setting and about anything in between. We will cover it all from weeds to seeds and start to bountiful blooms. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.

Tuesday | April 4 | 6:30 pm -7:30 pm
On-line (Zoom) | \$8.00 | WS23Pollinator

Songbird Favorite Native Plants

If you'd like to attract more feathered friends to your yard, consider adding native plants, shrubs, and trees that help support their diverse nutritional needs. Planting native plants generally requires less maintenance on your part and provides food and shelter for local wildlife. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.

Tuesday | April 11 | 6:30 pm - 7:30 pm
On-line (Zoom)| \$8.00 | WS23-Songbird

Traditional Lawn

We love our lush green lawns, maybe a bit too much? Join us to learn what else we can plant to benefit the bees and birds, while also keeping some green turf. We will discuss lawn alternatives that are more environmentally friendly that will keep your backyard buzzing. Small changes can go a long ways towards the environment while saving you time and money. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.

Tuesday | April 18 | 6:30 pm- 7:30 pm
On-line (Zoom) |\$8.00 |WS23TraditionalLawn

Spring Lawn Care

Once the snow melts, let's get that lawn perked up and growing! When to dethatch, fertilize, seed, and treat those pesky weeds will be discussed, plus a ton more. Learn some simple tips and techniques that can help you get the best performance out of your yard while saving some cash and preventing pollution. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.

Thursday | April 20 | 6:30 pm - 7:30 pm
On-line (Zoom)| \$8.00 | WS23SpringLawnCare

Native Plants for Shady Spots

Do you have a dark and damp corner of your property that you want to bring out of the shadows with blooms and bunchgrasses? Let's go beyond hostas and the humbugs of traditional green foliage for these tricky shade areas. There are lots of woodland treasures that will add a nice glow to the shadiest swaths. Participants will receive a free native plant book and there will be several gift certificates from local nurseries given away as door prizes.

Monday| April 17| 6:30 pm- 7:30 pm
On-line (Zoom)| \$8.00| WS23NativePlants

Adult Enrichment

Living Fence-lines

Natural fences constructed of shrubbery, tall flowers, and clumping grasses are attractive and environmentally friendly. These living fences add an eye-catching way to define your property boundaries, while also adding pollinator plants that serve as effective privacy screens. Good fences make for good neighbors....and good habitat! Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.

Thursday | April 13 | 6:30 pm - 7:30 pm
On-line (Zoom)|\$8.00 | WS23Living Fence-lines

Pollinator Favorite Native Plants

We all agree that a garden full of beautiful butterflies, busy bees, and racing hummingbirds is a BIG bonus to compliment all the blooms. We will chat about some of the top native perennials to make your backyard a pollinator playground from early spring to late fall. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.

Tuesday | April 25 | 6:30 pm- 7:30 pm
On-line (Zoom)| \$8.00 | WS23Pollinator-1

Native Plants for Hills and Slopes

Are you struggling to establish plants and vegetation on a hill or slope? Are you fighting with erosion and washouts every time we get a big rain event? There are lots of varieties of native plants that will put down roots quickly and will hold their ground...and your ground. When it comes to native plants, it is all about the roots! Participants will receive a free native plant book and there will be several gift certificates from local nurseries given away as door prizes.

Thursday | May 4 | 6:30 pm- 7:30 pm
On-line (Zoom)| \$8.00| WS23NativePlantsandhills

Mindset: The Power of Positive Thinking

Do you struggle with finding the “good” in life? Do you know that what thoughts you allow to stay can affect how you see the circumstances happening around you? If you are looking for ways to change your mindset and focus on the positive, this class is for you.

The instructor will be sharing from the book, *The Power of Positive Thinking*, by Norman Vincent Peele and other resources.

Tuesday | February 22 | 6:00pm-7:00pm
DEF 235 | \$10 | WS22Mindset



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Adult Enrichment

REFIT

Amanda Rogers

At REFIT®, we believe EVERY BODY is designed to move regardless of age, size or ability – and we want to empower you to LOVE the body you're in through positive music + movement. It's time for YOU to be part of something where you'll feel connection – not comparison, It's time for YOU to get REFIT®.

While REFIT® is approved for all ages, class participants must be at least 16 years old or 14 years old if accompanied by a registered adult. No special equipment or gear is required – just comfy clothing, tennis shoes, a big smile and water!

Session 1

M/W/Sa | Jan 9- Feb 27 | 6:00 pm -7:00pm
RE and DEF(Sa) |\$65| WS23-REFIT-Session I

Session 2

M/W/Sa | Jan 9- Feb 27 | 6:00 pm -7:00pm
RE and DEF(Sa) |\$65| WS23-Session II

ALL SATURDAY (session I & II) Classes will be at the DEF; from 7:30-8:30am



Yoga for All

Flow Yoga: Are you interested in improved flexibility, strength, posture, breathing, balance, blood flow, immune system, joint health, spine health, blood pressure, focus, sleep... Yes, this series can surely offer all that! This class is beginner-friendly with available modifications and is also sure to offer avenues for growth to even advanced yogis. The series borrows mostly from the Ashtanga tradition with its strong emphasis on breath and a continuous movement throughout.

Monday | Jan- 9- May 22| 3:40pm-4:45pm
RMS D207 |\$65.00| WS23-Yoga_for_All

Yoga at Night

Release tension and increase calm and well-being in this yoga class featuring an unhurried pace, breathing exercises, active and neutral poses, and deep relaxation. Yoga experience helpful, but not essential. Yoga mat required; bring a yoga strap, block and/or blanket if you have them.

Monday | Jan 16-Feb 20| 5:00pm-6:00pm|WS23S1
DEF Commons|\$30

Monday |Mar-13-April 17| 5:00pm-6:00pm|WS23S2
DEF Commons|\$30

Keeping your New Year's Resolution(s)

Are you someone that makes New Year's resolutions every year but never stick to them after the first day, week, or month?

What about just thinking about setting a resolution but never do because you know you will not follow through? In this class we will be discussing what one of the main reasons this happens and how to make & stick to a resolution because you will learn about the WHY behind the resolution you are making or wanting to make.

Tuesday| Jan 24 | 6:30 pm- 8:00 pm
DEF RM 248 | \$15.00 | WS23-NewYears

Spring Cleaning: Chemical Free

Spring is in the air!! Time to open your windows and let the fresh air in. It is also a time that most of us think about spring cleaning. Do you know what is in the cleaning products you are using? Are they safe for your family? In this class we will be learning about the chemicals/toxins that are in everyday household cleaners and more natural alternatives. You will also go home with some safer alternatives.

Tuesday | March 21 | 6:30 pm - 8:00 pm
DEF 235| \$19.00| WS23-Spring_Cleaning

Summer Outdoor Products

It's time for summer! Woohoo! Most of us love summer, but along with summer come some pesky things we need to deal with, especially in Minnesota. Do you know what is in your sunscreen and bug spray? In this class we will read labels and find out why some of these products may be more harmful than good. We will also be making some alternative outdoor spray that you get to take home at the end.

Tuesday| April 25| 6:30 pm- 8:00 pm
DEF RM 248 | \$19.00 | WS23-Outdoor_Products



REGISTER online
rocori.ce.eleyo.com



REGISTER by phone
320-685-8631

Adult Enrichment

Introduction to T'ai Chi Chuan

In this Beginners course, you will learn the ancient Chinese art of T'ai Chi to improve your health and stamina. This solo exercise can be practiced anywhere and has multiple benefits for the practitioner.

You can increase your concentration and coordination, decrease your muscle tension, improve your muscle flexibility and strength, gain better circulation, and achieve better balance. The slow, gentle movements of T'ai Chi and its related deep breathing motions have been shown to reduce the effects of stress and lower blood pressure as well.

Course material fee of \$17.00 (included DVD for home practice) payable to St. Cloud Karate & Tai Chi Instruction will be collected at the class meeting.

Thursdays | Jan 19-Feb 9 | 6:30pm-7:30pm
DEF 248 | \$55 | WS23-Intro-T'aiChi

Intermediate T'ai Chi Chuan

Once you have completed the introduction to Tai Chi you are ready to move to this course. There will be review of what you have already been exposed to in the previous classes and then proceed with new postures. These added movements will help you continue in completing the Form as well improve your skills, of balance, breathing, stress reduction and overall body coordination and strength.

Thursdays | Feb 16- Mar 9 | 6:30pm-7:30pm
DEF 248 | \$49 | WS23-Session-I



Pickleball

Try the fastest-growing sport in America! Pickleball is a combination of ping pong, tennis, and badminton. Played on a court similar to tennis, players hit a whiffle ball with a paddle that is slightly larger than a ping pong paddle. Develop basic skills and implement them in game situations. Learn ball control, forehand and backhand drive, and lob, serve, smash your way to fun!

Mondays and Wednesdays | Starting Jan 4– May 31| 6:00pm-8:00pm| \$3 per participant upon arrival

Call 320-685-8631 for Morning Schedule



Self Defense for Women

Are you not feeling as safe as you once did? Would you like to learn some real, effective, life-saving, techniques? In this introductory course, you will get a basic understanding of the psychology of attacks and defenses.

You will find out how to avoid on coming actions, get out of chokes, release arm grabs and how to apply simple effective counter actions to an opponent. In addition to this, you will learn how to use a simple self-defense device called a KUBOTAN that you can legally carry with you as you go about your day, which can greatly magnify your ability to defend yourself. Wear loose comfortable clothing.

A Course material fee of \$10.00 for the required KUBOTAN payable to St Cloud Karate & Tai Chi Instruction will be collected at the first class.

This class is now available for both females and males ages 14+. Students ages 14-18 must have a parent or guardian also participating in the class.

Thursday | March 16| 6:00 pm-7:30 pm
DEF RM 248| \$30|WS23Self_Defense

PLAYING WITH FOLKTALES

Around the world, people gather to listen to stories. From oral traditions to 3-Act plays, the power of storytelling helps us understand each other better and learn valuable life lessons.

In this theatre skills workshop, students will use props, costumes, pantomime, and acting skills to tell stories. All are welcome - beginning and experienced performers will find something to learn.

Bring: snack, water bottle, and your imagination!

We will have a performance on November 22nd for family and friends. Performance will start at 6:00pm. Pizza will be served to our participants after rehearsal and before the performance!

Mondays Nov 1-22 | 3:30pm-5:30pm | Grades 2-8
DEF Commons | \$39 | **F21Folktales**

Eleyo "TAG"

Adult Enrichment

Defensive Driving

Learn evasive skills & other accident prevention measures in the classroom (not on the road). Participants must attend both nights. Those 55 & older receive a 10% discount on your insurance. Please bring your driver's licenses.

Wed and Thur | March 28 and 30 | 5:00pm-9:00pm | Ages 55+
DEF | \$28 | WS23March2x

Defensive Driving RENEWAL

In order to maintain a 10% discount on your insurance the defensive driving class must be renewed every 3 years. Update yourself on common bad habits & MN's newest laws!

Wednesday | Jan 11 | 1:00pm- 5:00pm | Ages 55+
DEF | \$28 | WS23January



Wednesday | Feb 15 | 1:00pm – 5:00pm | Ages 55+
DEF | \$28 | WS23February

Tuesday | March 21 | 5:00pm-9:00pm | Ages 55+
DEF | \$28 | WS23March

Thursday | April 20 | 5:00pm-9:00pm | Ages 55+
DEF | \$28 | WS23April

Monday | May 15 | 1:00pm-5:00pm | Ages 55+
DEF | \$28 | WS23May



Online: Water Color Painting

Learn to paint a beautiful scene in watercolors. Follow step-by-step instructions and engage in discussion on the difference between dry brush work, wet on wet, and wet on dry as you participate in this enjoyable workshop. This is a great, no fear, way to learn to paint in watercolors.

Thursday | Jan 19 | 6:30pm– 8:30pm | Ages 18+
Online (Zoom) | \$19 | WS23-Watercolor-Jan

Thursday | Feb 23 | 6:30pm– 8:30pm | Ages 18+
Online (Zoom) | \$19 | WS23-Watercolor-Feb

Thursday | March 9 | 6:30pm– 8:30pm | Ages 18+
Online (Zoom) | \$19 | WS23-Watercolor-Mar

Thursday | April 13 | 6:30pm– 8:30pm | Ages 18+
Online (Zoom) | \$19 | WS23-Watercolor-April

Online: Acrylic Painting

Learn to paint quick and expressive acrylic paintings with one brush and a limited color palette. Working quickly allows colors to blend and brush strokes, to show creating dynamic results in your acrylic paintings.

Wednesday | Jan 25 | 6:30pm– 8:30pm | Ages 18+
Online (Zoom) | \$19 | WS23-Acrylic-Jan

Wednesday | Feb 15 | 6:30pm– 8:30pm | Ages 18+
Online (Zoom) | \$19 | WS23-Acrylic-Feb

Wednesday | Mar 15 | 6:30pm– 8:30pm | Ages 18+
Online (Zoom) | \$19 | WS23-Acrylic-Mar

Wednesday | April 19 | 6:30pm– 8:30pm | Ages 18+
Online (Zoom) | \$19 | WS23-Acrylic-April



Youth Enrichment

learn Spanish

Intro to Spanish—K-5

Students will be given a basic introduction to the language through story-telling, group activities, and song. Following the beginning of a tried and true curriculum, Maestra Jillian will teach how to greet others, express simple emotions, count and more. Course highlights: Greeting others, introducing themselves, expressing feelings, counting 1-21, calendar talk, making mini-books.

Tuesdays | Jan 17—Feb 14 | 3:15pm - 4:15pm | Grades K-5
CSE Media Center | \$75 | WS23-Session I

Tuesdays | April 4 - May 2 | 3:15pm - 4:15pm | Grades K-5
CSE Media Center | \$75 | WS23-Session III

Spanish 2—K-5

Intended for students who have already taken Intro to Spanish, and have received an invite to Spanish I.

Student must have taken Spanish 1 to take this class. Now that students have an understanding of animal names and a handful of high frequency verbs, they will focus on colors, food and expressing likes and dislikes in Unit 2 of "Los Pollitos Dicen". Course highlights: Naming colors, expressing likes and dislikes regarding food, three new stories, two new songs, and reviewing the following: greeting others, introducing themselves, expressing feelings, counting 1-31, calendar talk, farm animals, how to ask questions.

Tuesdays | Jan 17—Feb 14 | 4:30 pm-5:30pm | Grades K-5
CSE Media Center | \$75 | WS23Session 1

Tuesdays | Feb 28– Mar 28 | 3:15 pm - 4:15pm | Grades K-5
CSE Media Center | \$75 | WS23Session 2

Spanish 3

Student must have taken Spanish 1 and 2 to take this class.

We will focus on all things regarding the weather and how to describe nouns. Students will be able to describe animals, the weather, how the weather feels, and compare opposites in Spanish. Course highlights: Describing the weather using high frequency verbs, using adjectives to describe basic nouns, new songs: " Como esta el clima?"; reading two new stories, and greeting others, introducing themselves, expressing feeling, counting 1-31, calendar talk, farm animals, how to ask questions.

Tuesday | Feb 28 – Mar 23 | 4:30 pm - 5:30 pm | Grades K-5
CSEMedia Center | \$75.00 | WS23Session II

Tuesday | April 4 – May 2 | 4:30 pm- 5:30 pm | Grades K-5
CSEMedia Center | \$75.00 | WS23-Session 3

Engineering 101

Want to explore engineering? Join us for exploring the world of mechanical, civil, medical, and electrical engineering. Each class students will have an opportunity to build various items in each field of engineering.

Wednesday | March 1 | 3:00 pm- 4:15 pm | Grades K –5
CSEMedia Center | \$29.00 | WS23-Engineering



Maker Mondays—Wood Build Bug House

Bug House-Your child will build and bring home a bug house. Learning the skills of take from plan to 3D build using important building and problem-solving skills. They can capture special creatures and place them in their bug house at home.

Monday | May 15 | 3:00pm- 4:15pm | Grades K –5
CSE Media Center | \$29.00 | WS23-WoodBuild

Maker Mondays

Each week come and enjoy a mini-makerspace challenge! Makerspace is a creative and critical thinking space where students learn to create items from ordinary objects. Challenges will be different each month and students will get to explore others STEAM related creative fun after they complete the challenge.

Monday | Jan 23- Feb 27 | 3:00 pm-4:15 pm | Grades K-5
CSEMedia Center | \$29 | WS23-Adventurer



Youth Enrichment

Valentine- Themed Cake Pops

Cake pops are made for kids, and now they can make their own! We'll teach you how to combine just the right amount of cake crumbs and buttercream icing to create tasty cake pops in fun designs! You will learn to read a recipe & follow directions, how to melt candy melts and kitchen safety. At the end of this class you will bring home some beautifully decorated Cake Pops for your family!!

Friday |Feb 3 | 3:15-4:45pm |Grades K-5
RHS FaCS Room A114 |\$25| WS23-XS101

Be My Valentine Cookie Decorating Class

Come and have some fun with your friends and enjoy some Valentines cookie decorating!! At the end of this class you will bring home some beautifully decorated Valentine cookies for your family!! Yum!! A fun class activity is also planned while the cookies are drying.

Monday | Feb 13| 5:15pm - 6:45 pm | Grades 2-5
RHS FaCS Room #A114 | \$25.00 | WS23-Valentine

Youth St.Patty's Day Cookie Decorating

Come and have some fun with your friends and enjoy some Shamrock cookie decorating!! At the end of this class you will bring home some beautifully decorated St. Patty's cookies for your family!! Yum!! A fun class activity is also planned while the cookies are drying.

Thursday | March 16| 3:15 pm- 4:45 pm
RHS FaCS Room A114 |\$20.00 |WS23-Stpatty's

Popit Fidget Chocolate Bar Creations

Come and have some fun with your friends while making beautifully designed chocolate bars. At the end of this class you will bring home your own Popit Fidget of choice as well as some chocolate for your family, yum!

Monday | Mar 23|5:15pm – 6:45pm | Grades K-5
RHS FaCS Room A114 |\$25| WS23-Popit

Youth Gun Safety

The student will sign up for the course here and then go to the MN DNR web site to do the online portion of the class. The online portion must be complete with a certificate of completion before the 1 day in person Saturday class. This 1 day class will be held at a local Sportsman club with a refresher class room portion and a range portion. Students must be age 11 prior to the start of the online class.

Saturday | April 22,29 | 8:00 am – 2:00 pm | Age 11+
Hybrid | \$25 | WS23Safety

Spring Cookie Decorating

Come and have some fun with your friends and enjoy some Spring cookie decorating!! At the end of this class you will bring home some beautifully decorated spring cookies for your family!! Yum!! A fun class activity is also planned while the cookies are drying.

Wednesday| April 12| 3:15 pm- 4:45 pm | Grades K-5
RHS FaCS Room #A114 | \$25.00 | WS23-Springcookie



Ice Cream Science

This class is designed for youth to have FUN while learning some science concepts (inquiry based). We will be using the simplest of techniques (freezer bags and ice) - but also teach other methods of the business in today's world. Come and have some fun with your friends!

Wednesday| May 3 | 3:15 pm- 4:45 pm | Grades K-5
CSE | Staff Lounge |\$25.00| WS23-Icecream

Potspot

Your child will have the choice ceramic figurine they can paint it however they wish! We bring the supplies, you bring the creativity. PotSpot will take the items to be fired and return them to the school within 2 weeks.

Monday | Jan 18 |3:00 pm—4:30 pm | Grades K-5
CSE | \$19.00| WS23-PotspotJanuary

Video Game Design

Plan and create your own video game by designing characters, backgrounds, levels, and so much more. After the class you will have access to the program for a full year to continue to construct and build games at home on their own device. There is also a choice to pay additional money and have a lifetime assess.

Wednesday | Jan 11-Feb 1 | 3:00 pm - 4:15 pm | Grades K-5
CSE| Media Center |\$29| WS23-Videogamedesign

Youth Enrichment

Art with Ashley

Join Ashley Lindman for this fun, step by step hour and a half painting class! If your child is interested in embracing their artistic side than this is the enrichment class for you will learn basic painting techniques and meet new friends!

Thursday| January 12 | 4:00pm -5:30pm | Ages 5-11
CSE Art Room| \$29 | WS23-ArtJanuary

Thursday| February 9 | 4:00pm -5:30pm | Ages 5-11
CSE Art Room| \$29 | WS23-ArtFebruary

Thursday| March 9 | 4:00pm -5:30pm | Ages 5-11
CSE Art Room| \$29 | WS23-ArtMarch

Thursday| April 13 | 4:00pm -5:30pm | Ages 5-11
CSE Art Room| \$29 | WS23-ArtApril

**Shuttle bus available from
District Elementary
schools to CSE**

Babysitting/Home Alone

This clinic is a preparation course for boys and girls ages 11 and older undertaking the responsibility of childcare and/or preparing to stay home alone. The course will cover child development, basic first aid, how to handle various emergencies, managing a child's behavior, games to entertain, and the basics of newborn and toddlers

Tuesday | April 18 | 3:00pm-5:30 pm | Ages 11-16
DEF 248 | \$25 | WS23Babysitting

Hikehoppers Park Play Day Camp

Parents, enjoy a FULL day to yourselves while your child has fun in the great outdoors! Our licensed staff will facilitate learning experiences using the play-based learning approach. Park Play camps are committed to offering the balance of self-directed and self-driven learning through inquiry, play, and freedoms to design & create. Campers can expect to engage in healthy risk-taking, "soft"/"essential"/"life" skills (i.e. the interpersonal attributes of communication, collaboration, critical thinking, and creation).

Saturday| Jan 21 | 9:00am- 2:00pm | Ages 4 –12
Warner Lake Park| \$35| WS23-Session1

Saturday| Mar 18| 9:00am- 2:00pm | Ages 4 –12
Kraemer Lake Park | \$35| WS23-Session 2



INFO NIGHT!

SAINT BONIFACE PRE-K

**Tuesday, Feb. 28
6:00-6:45**

Please contact school to register.
320.685.3541

or schooloffice@stboniface.com

Only parents and pre-k student may attend.



Youth Enrichment



CENTRAL PERFORMING ARTS DANCE

CPA is excited to announce our spring showcase “**Dancing on Broadway**”!

If you love a great musical then you’re sure to enjoy this seasons spring show and dance classes. We will be dancing along to a multitude of many Broadway hits all in one show. So, step out onto 42nd street and meet new and old friends, as you join us for a season of sensational dance.

- Classes begin the week of January 9th and go through April 24th.
- Costume & shoe fitting Wednesday, Jan. 5th 4:30 -7pm.
- \$50 costume deposit per class is due at fitting or at your first class, with the balance due in February.
- Instructor has years of teaching experience and a degree in dance education.

Performance will be held on Saturday, April 29th in the RHS Auditorium

Mondays

Elementary Dance— K-1

Mondays | Jan 9-April 24 | 3:45pm-4:45pm | Ages 4-6
DEF Multipurpose Gym | \$203

Elementary Dance—2-3

Mondays | Jan 9-April 24 | 4:45pm-5:45pm | Grades 2-3
DEF Multipurpose Gym | \$203

Elementary Dance—4-6

Mondays | Jan 9-April 24 | 5:45pm-7:00pm | Grades 4-6
DEF Multipurpose Gym | \$248

Jazz

Mondays | Jan 9-April 24 | 7:00pm-8:00pm | Grades 7-12
DEF Multipurpose Gym | \$203

Jazz and Tap Combo

Mondays | Jan 9-April 24 | 7:00pm-8:30pm | Grades 6-12
DEF Multipurpose Gym | \$285

Wednesdays

Classical Ballet—Technique

Wednesdays | Jan 11-April 26 | 3:30pm-5:00pm | Grades 6-12
DEF Multipurpose Gym | \$285

Classical Ballet—Performance

Wednesdays | Jan 11-April 26 | 5:15pm-5:45pm | Grades 7-12
DEF Multipurpose Gym | \$140

Pointe I/II

Wednesdays | Jan 11-April 26 | 5:45pm-6:15pm | Grades 6-12
DEF Multipurpose Gym | \$140

Creative Dance (Ballet and Tap)

Wednesdays | Jan 11-April 26 | 6:15pm-7:15pm | Ages 4-6
DEF Multipurpose Gym | \$203

 REGISTER online
rocori.ce.eleyo.com

 REGISTER by phone
320-685-8631

Youth Enrichment

Guarantee your spot in our music classes!
Registration Deadline 1 week Prior to Class Start



Introduction to Piano

An introduction course for reading notes, rhythm and basic technique for playing the piano. No previous experience is required. If your child has an interest in piano, this is a great opportunity to try it out before making a yearlong commitment! To make significant progress through this class, students should have a piano or keyboard at home to practice on their off-days, this is not a requirement for taking the class.

ALL students must bring Headphones for group lessons. These class will be offered in a group setting of three to six students.

Session 1

Wednesdays| Jan 11- Mar 15 |3:30pm-4:30pm|

DEFMusic Room| \$250 | WS23-Piano-Session2-3:30

Wednesdays| Jan 11- Mar 15 |6:30-7:30pm|

DEFMusic Room| \$250 | WS23-Piano-Session2-6:30

Thursday | Jan 12 - Mar 16 | 4:30pm-5:30pm

DEFMusic Room| \$250 | WS23-PianoSession2-4:30

Session 2

Wednesdays| Mar 22-May 17 | 3:30pm-4:30pm

DEF Music Room| \$250| WS23-Piano-Session2-3:30

Wednesdays| Mar 22 -May 17 | 6:30-7:30pm|

DEF Music Room| \$250 | WS23-Piano-Session2-6:30

Thursday | Mar 23- May 18 |4:30pm-5:30pm

DEFMusic Room| \$250 | WS23-PianoSession3-4:30

Introduction to Guitar - Group Lessons Thursday

An introduction course for learning guitar basics including note and chord reading and techniques for playing the guitar. This step by step method makes learning easy and fun! Students must bring their own guitar.

ALL Student must have their own Guitar.

Session 1

Wednesdays| Jan 11- Mar 15 |5:30pm-6:30pm

DEF Music Room| \$250 | WS23-GuitarSession2-5:30

Thursday| Jan 12 -Mar 16 |3:30pm-4:30pm

DEF Music Room | \$250 | WS23-GuitarSession2-3:30

Thursday| Jan 12 -Mar 16 |6:30pm-7:30pm

DEF Music Room | \$250| WS23-GuitarSession2-6:30

Session 2

Thursday| Mar 23-May 18|3:30pm-4:30pm

DEF Music Room | \$250| WS23-GuitarSession3-3:30

Thursday| Mar 23-May 18|6:30pm-7:30pm

DEF Music Room | \$250| WS23-GuitarSession3-6:30

Wednesdays| Mar 23-May 17 |6:30-7:30pm

DEF Music Room| \$250 | WS23-GuitarSession3-5:30

Ukulele for Beginners

Students as young as 6 or 7 can start ukulele. For most players, the ukulele is a better instrument to start with as they are less intimidating, cause less finger pain, they're less complex, and less expensive. Ukuleles also get fun faster, which makes it easier to practice consistently. Plus, many skills are transferable to guitar if they want to learn that later.

Session 1

Wednesdays| Jan 11- Mar 15|4:30pm-5:30pm

DEF Music Room| \$250 | WS23-Session1-4:30

Thursdays| Jan 11- Mar 15 | 5:30pm-6:30pm

DEF Music Room| \$250 | WS23-Session1-5:30

Session 2

Wednesdays| Mar 23- May 17|4:30pm-5:30pm

DEF Music Room| \$250 | WS23-Session1-4:30

Thursdays| Mar 23- May 17 | 5:30pm-6:30pm

DEF Music Room| \$250 | WS23-Session1-5:30



Youth Recreation

Beginning Karate for Kids

Introduction to the traditional martial art of Okinawan Karate. Basics of punching, kicking, & striking will be taught. Students begin to learn the basics in their bodies and start to understand the concepts of self discipline, awareness, concern for others, and principles for the class and for life. Wear loose, comfortable clothing.

Thursdays | Jan 19-Feb 9 | 6:00pm-6:30pm | Ages 6+
DEF 248 | \$39 | WS23-B_KarateS1

Thursdays | Feb 16- Mar 9 | 6:00pm-6:30pm | Ages 6+
DEF 248 | \$39 | WS23-B_KarateS



Swift Kids Running Club

Boys and Girls grades 2-6. Partake in fun fitness activities and running. We will discuss healthy habits and fitness ideas.

Mon and Wed | Apr 17- May 3 | 3:15pm-4:45pm | Grades 2-6
CSE Commons | \$32 | WS23SwiftKids

Youth Wrestling

Join the ROCORI Wrestling program for the first session that will teach your child the fundamentals of wrestling. Learn about what it takes to be a competitive wrestler while having fun! Please send kids in comfortable attire, wrestling shoes or head gear is not required.

Monday | Jan 30-Mar 27 | 6:00pm-7:15pm | Grades K-2
RHS Wrestling Room | \$50 | WS23WrestlingK-2

Tue/Thu | Jan 31- Mar 30 | 6:00pm-7:30pm | Grades 3-5
RHS Wrestling Room | \$75 | WS23Wrestling3-5

Elementary Dive Club

Build your diving skills! Includes; goal setting, dry-land, board work, entries, all 5 categories of diving and lots of fun! Whether you just want to try something new or have the goal of diving at state, this camp is for you!

Wednesday | Jan 18 – Mar 8 | 3:15 pm- 4:45 pm
RHS Pool | \$57.00 | WS23Dive

Disc Golf

Disc golf is gaining popularity throughout the country! With this growth, new courses are beginning to pop-up every year, especially in Central Minnesota. Disc Golf is a low impact sport that can be enjoyed regardless of your age or physical ability. Take this opportunity to learn the different facets of the game include: • Rules and Scoring • The different discs and selecting the correct one • The different types of throws

Tuesday | April 18- May 30 | 3:00 pm- 4:30 pm | Grades K-5
RMSD207 | \$19.00 | WS23-Disc Golf



Catholic ▪ Community ▪ Education

SAINTS PETER & PAUL KINDERGARTEN INFO OPEN HOUSE



MONDAY, FEBRUARY 27
8:30-9:30AM

Contact the School Office for more information
schooloffice@ssppr.com // 320-597-2565
111 Central Ave N, Richmond, MN 56368



Youth Enrichment



Children's Theatre Company

Around the world, people gather to listen to stories. From oral traditions to 3-Act plays, the power of storytelling helps us understand each other better and learn valuable life lessons.

In this theatre skills workshop, students will use props, costumes, pantomime, and acting skills to tell stories. All are welcome - beginning and experienced performers will find something to learn. Bring: snack, water bottle, and your imagination!

We will have a performance on February 14th for family and friends. Performance will start at 6:00pm.

Tue and Thu | Jan 24- Feb 14| 3:30 pm- 5:30 pm | Grades 3-8
DEF |248| \$49 | WS22Theatre

No Class January 26



REGISTER online
rocori.ce.eleyo.com



REGISTER by phone
320-685-8631



Catholic ▪ Community ▪ Education **SAINTS PETER & PAUL PRE-KINDERGARTEN INFORMATION NIGHT**

3 CLASS OPTIONS TO CHOOSE FROM:
- 3-DAY AM SESSION (4-5 YEAR OLDS)
- 3-DAY PM SESSION (4-5 YEAR OLDS)
- 2-DAY AM SESSION (3-4 YEAR OLDS)



SMALL CLASS SIZE. EACH SESSION
CAPPED AT 15 STUDENTS.

**TUESDAY, FEBRUARY 21
6:00-7:00 PM**

Contact the School Office for more information
schooloffice@ssppr.com // 320-597-2565
111 Central Ave N, Richmond, MN 56368





Registration begins online for...

Current Families
February 15th
@ 5 A.M.

New Families
February 22nd
@ 5 A.M.

Summer 2023 participants are guaranteed a spot in Kid Care and Preschool for the 2023-24 School Year

At a Glance

- Must be 3 by September 1, 2023 to enroll for summer and school year program.
- Enrichment programming for Little Spartans Preschool students (**33mo-5yo**).
- Hours (6:30 AM to 5:30 PM) to accommodate the schedule of working parents.
- Full day programming on school vacation days, early dismissal days and summer.
- Conveniently located in District Education Facility (preschool building).
- Affordable, quality care open to ROCORI Little Spartans Preschool students allowing for attendance and full-day care..

What is it?

The ROCORI Kid Care environment is filled with creative play and activities to enrich your child's social, emotional and academic development. The Kid Care program offers a schedule filled with read aloud story time, art time, music time, circle time, inside/outside playtime and much, much more!

Kid Care Rates*

School-Year Rates

Non-preschool day \$27.25

Pre-school day \$20.25

Summer Rate \$27.25 per day

*Full-time families receive a 5% discount



Our Philosophy

At ROCORI Kid Care we provide children with a nurturing atmosphere that promotes self-esteem and encourages social interactions based on respect and kindness.

Summer 2023

- Open June 5th-August 25th (closed July 3-4th)
- Open 6:30am-5:30pm
- 3 day/week minimum
- Breakfast, lunch and Snack provided daily
- Field Trip/Special Event Opportunities

School Year 2023-24

- Full Day Care from 6:30am-5:30pm
- Breakfast, lunch and snack provided daily
- Full day care accessible for contracted families on most non-school days!

Registration

ONLINE

<https://rocori.ce.eleyo.com/>

Space is Limited

\$30 Registration Fee paid online when contract is approved.





Registration begins online for...

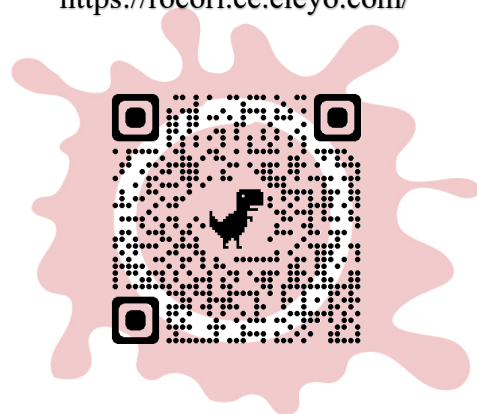
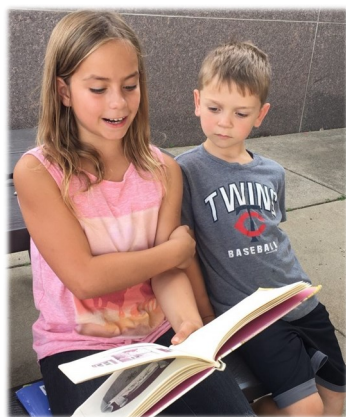
All Families at 5am on February 22rd for
Summer 2023 AND School Year 2023-2024

Open to grades K-5

Register at:

<https://rocori.ce.eleyo.com/>

At **Spartan SPOT** we provide elementary children with a safe and social atmosphere valuing play and recreation; opportunities for growth through tutoring, exploration, and enrichment; and teamwork through goal-setting



Rates (per day)

\$30 Registration Fee per Season

Before School: \$4.25 After School: \$11.25 Non-School Days & Summer: \$26.25

*Prices subject to change. Please watch ROCORI Community Education Childcare websites for most current information.

Summer 2023

- Open June 5th-August 25th (closed July 3rd-4th)
- Pick-Your-Day Contract for flexible schedules
 - Open 6:30am-6pm
 - Snack provided daily!
 - Breakfast & Lunch provided
- Field Trip Opportunities/Special Events
- Reduced daily rate for students attending Summer Success program.



School Year 2023-24

- Before and/or After School Care
- Open 6:30am until School Begins
 - Open After School until 6pm
 - Includes an afternoon snack!
- Full day care accessible for contracted families on most non-school days!

Questions about ROCORI childcare enrollment options????

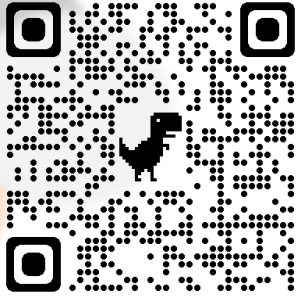
Contact Us!
320-685-8631

Brittany Albers, Childcare Coordinator
Annie Hoepner, Kid Care Site Leader
Ashley Lindeman, Spartan SPOT Site Leader

albersb@rocori.k12.mn.us
hoepnera@rocori.k12.mn.us
lidemana@rocori.k12.mn.us

Early Childhood Screening

In Minnesota, all children are required to complete Early Childhood Screening before entering kindergarten. Screening is FREE! As soon as your child turns 3.5 years of age, they are ready for screening. An assessment of your child's vision, hearing, height, weight, immunization records, & overall development will complete the screening process. Screening is held at the ROCORI DEF building, 527 Main St., Cold Spring, & is completed by trained preschool teachers. Please schedule a screening appointment by calling ROCORI Community Ed. at 685-8631, scan the QR code OR by registering online at rocori.ec.eleyo.com and look for early childhood screening appointments.



Upcoming Dates

Wednesday, January 18th

8am-4pm; DEF

Wednesday, February 15th

12:00pm-7pm; DEF

Wednesday, March 15th

8am- 4 pm; DEF

Wednesday, April 5th

8am-4pm; DEF

**Please register for screenings online at rocori.ec.eleyo.com under the Community Education Registration page. Look for "Early Childhood Screening Appointments."*

ROCORI Home Visits

Do you have questions about parenting? You're child's development? How to prepare your child to attend Kindergarten?

These, and many more parenting topics can be addressed through an ECFE Home Visit. A licensed parent educator or early childhood professional will come to your home, answer your questions, and bring activities for you and your child to work on together. The ROCORI Home Visiting Program is designed to help children and families prepare for successful experiences in school through a variety of learning experiences.



All Home and Childcare visits are FREE to those that reside in the ROCORI School District.

CONTACT
Erin Tronbak
320-685-8631
tronbake@rocori.k12.mn.us

Home Child-Care Visits

Did you know that ROCORI Early Childhood Family Education (ECFE) provides visits to home child-care providers? Licensed staff offer fun circle time, stories, songs and art, plus helpful resources for providers.

The ECFE child-care visit includes:

- Creative, age appropriate activities for children
- A high quality learning experience
- Ideas for Kindergarten preparation



ECFE

Early Childhood Family Education classes and programs designed especially for families with newborn babies to five-year-old's.

Your experiences with ECFE classes include:

- **Parent-Child Activity Time:** Families explore a classroom filled with developmentally appropriate play and learn activities planned by a licensed early childhood teacher. These experiences foster the child's social, emotional, cognitive, physical and language skills.
- **Parent Education Time:** Parents meet with a licensed parent educator to share support, experiences and information about child development and parenting techniques. Research on early brain development, parent-child relationships, child development and guidance techniques are presented in ECFE classes.
- **Children's Activity Time:** Children learn with the early childhood teacher and paraprofessional and practice social skills as they interact with one another.

Two Types of ECFE Classes

NON-SEPARATING

You and your child(ren) remain together. If your child (or you) are not quite ready to separate, these classes are the perfect opportunity for your family!

SEPARATING

You and your child(ren) begin and end class together, but spent time apart in the middle. A convenient and safe way for your child to gain independence.

*ECFE Registration begins
December 29 at 7pm*



ECFE Class Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
	Explorer MN! 3 weeks 6-7:30pm 4-5yr	Bedtime Stories 3 weeks Feb 21 6:30pm-7:30pm 2-4yr	Terrific 2s & 3s 14 weeks 6-7:30pm 2-3yr by Sept. 1, 2022	Hey, Let's Play 14 weeks 10:00am-11:30am Mixed Age	Fun with Friends 14 weeks 8:30-10am Birth-5yr
	Stop and Play 8 weeks 11:00-12:00pm Birth-5	Fun with Family 5 weeks 9-10:30am Birth-6yr		Busy Babies & Toddlers 6 weeks 8:30am-9:30am Birth-24mo	Fun with Friends 14 weeks 9:00-10:30am Birth-5yr
	Busy Babies & Toddlers 6 weeks 5:15-6:15pm Birth-24mo	Creative Chefs! 3 weeks March 21 5:30pm-6:45pm 2-4yr		We Love Grandparents! April 13 6:00pm-7:00pm 1-5yr	Fun with Friends 14 weeks 11-12:30pm Birth-6yr

Hey, Let's Play

ages birth -5yr. 14 week Separating "Play is the work of childhood." -Mr. Rogers. In this class, you and your child will have an opportunity to explore our ECFE classroom, socialize, and PLAY! Parents will separate and discuss the importance of play, what play/social skills looks like at various ages, how the pandemic changed us, and how to create an ideal calm environment for your child to play. *Childcare available up to 3rd grade*

Location: District Education Facility (DEF), rm 252

Time: 10:00 AM-11:30 AM

Fee: 14 week Sliding Fee Scale

Session 1, Days/Dates: Thursdays | Jan 12– April 20

**Homeschool
Families
Welcome!**



Fun With Friends

Ages birth-5yrs 14 week Separating Class Families will explore and learn together as children build skills appropriate to their age. Children will be engaged in song, dance, story time, building, communication, and socialization. Children will also build confidence and independence as parents separate for a short time. Parents will participate in facilitator led parenting education, focused on child development and parenting.

Option 1 8:30am Class

Location: District Education Facility, rm 236

Days/Dates: Fridays | Jan 13– May 5

Time: 8:30 AM-10:00 AM

Fee: 14 Week Sliding Fee Scale

Option 3 11:00am Class

Location: District Education Facility, rm 112

Days/Dates: Fridays | Jan 13– May 5

Time: 11:00 AM-12:30 PM

Fee: 14 Week Sliding Fee Scale

Option 2 9:00am Class

Location: District Education Facility, rm 112

Days/Dates: Fridays | Jan 13– May 5

Time: 9:00 AM-10:30 AM

Fee: 14 Week Sliding Fee Scale

Explorer Minnesota

Ages 4-5 years, 3 weeks, Separating. Drop your child off to learn about the GREAT State of Minnesota with Miss Kerry and Miss Deb. We will learn about what makes our state unique, enjoy outdoor adventures and indoor investigations!

Location: District Education Facility (DEF), rm. 112

Days/Dates: Mondays | Apr 17-May 1

Time: 6:00 PM-7:30 PM

Fee: \$30

Terrific Twos and Threes

ages 2-3yr. 14 week Separating Children are growing and changing at a high speed. They are curious and looking to explore their world. In our classroom, children will engage in song, dance, story-time, building, communicating, and socialization. Children will gain confidence and independence as parents separate for their parent education focused on child development and parenting.

Location: District Education Facility (DEF), rm 112

Days/Dates: Wednesdays | Jan 11– Apr 19

Time: 6:00 PM-7:30 PM

Sliding Fee Scales for 14 and 5 Week Classes

	14 Week Classes		5 Week Classes	
Household Income (before taxes)	Session Cost	Sibling Rate	Session Cost	Sibling Rate
\$100,000 and up	\$157	\$57	\$57	\$29
\$75,000 and up	\$121	\$43	\$44	\$22
\$50,000-\$74,999	\$85	\$29	\$31	\$16
\$25,000-\$49,999	\$57	\$21	\$21	\$11
\$25,000 and under	\$28	\$14	\$10	\$5

All families are welcome!

No one will be turned away from an ECFE parent/child class due to the inability to pay.

*If assistance is needed please contact Erin at
tronbake@rocori.k12.mn.us
320-685-8631*

Stop and Play

No registration needed, just come when your schedule allows. Join us in the preschool gym and let your child run, jump, climb, throw, and ride. Wear comfortable shoes. No parent education time. Pay when you arrive. \$3/child or \$5/family per session. No charge for infants under 1 year.

Location: District Education Facility (DEF), Preschool Gym

Session 1

Days/Dates: Thursday | Jan 23-Mar 27

Time: 11:00am - 12:00 pm

Fee: \$3/child or \$5/family– No Reg Required

Fun with Family

ages 18 mo.-5 yr. 5 week, non-separating. Sibling care for ages Kindergarten+ Families will play, explore, and learn together as children build on their growing skills. Children will socialize with children of a variety of ages and have fun singing, dancing, building, crafting, and communicating.

Children will build confidence and independence as parents separate for a short time. Parents will participate in facilitator led parenting education, focused on child development and parenting.

Location: District Education Facility (DEF), rm 115

Days/Dates: Tuesday | Jan 10-Feb 7

Time: 6:30-7:30pm

Fee: 5 week sliding scale fee

Circle of Security

For Childcare Providers!

Early Childhood is a critical time in development. At times it is difficult to know what a child might need from us. Join us for an opportunity to be among other child care professionals and learn to: strengthen your relationship with the children in your care, recognize children's emotional needs and make sense of their behavior, and support children's ability to successfully manage their emotions. This 10 week professional growth opportunity is eligible for 15 CEUs.

Location: District Education Facility (DEF), rm 114

Days/Dates: Tuesday | Jan 11- Mar 22

Time: 6:30-8:00pm

Fee: \$50

We LOVE Grandparents!

Ages 1-5 years (and not yet in Kindergarten), non-separating. Come enjoy a special time with your grandparents. Have fun singing songs, playing games, creating arts & crafts, playing in the gym, and listening to a story.

Location: District Education Facility (DEF), rm 112

Session 1

Days/Dates: Thursday | Apr 13

Time: 6:00-7:00pm

Fee: \$8

Bedtime Stories

ages 2-4 years. 3 weeks, Non-Separating. Wear your PJ's and come to this literacy based class. Pajama parties have never been more fun than this! Wind down the day with special bedtime stories and activities for you and your child. This is a great way to mix up your bedtime routine and enjoy the end of the day together. Parents and children remain together for the entire class.

Location: District Education Facility (DEF), rm 236

Session 1

Days/Dates: Thursday | Feb 21– Mar 7

Time: 6:30pm- 7:30pm

Fee: \$25

Messy Chefs!

ages 2-4 years. Non-Separating. Come to this literacy based class and cook with your little chef. Storybook sharing will be the inspiration for cooking delicious treats with your child. You and your chef will make cookies, pancakes, and muffins! After you enjoy your treat, leave the clean-up to us.

Location: District Education Facility (DEF), rm 236

Days/Dates: Tuesdays | Mar. 21-Apr.4

Time: 5:30 PM-6:45 PM

Fee: \$25

Busy Baby & Toddlers

ages birth-24 months 6 weeks Non-separating As your infant grows into a toddler, they become more independent, curious, and interested in other children. In these classes, you can join other families in our baby-safe environment where your child will have an opportunity for sensory play, socialization, songs, and movement. You will connect with other parents, discover ways to help your baby's development, celebrate milestones, ask questions, and gain friendship and support in this non-separating class. We know babies are unpredictable, families free to come and go as their schedule allows. This class is FREE!

Morning Class

Session 1, Days/Dates: Thursdays | Jan 12– Feb 16

Session 2, Days/Dates: Thursdays | Mar 16– April 20

Location: District Education Facility (DEF), rm 252

Time: 8:30am-9:30am

Fee: Free!

Evening Class

Session 1 , Days/Dates: Mondays | Jan 23 - Mar 6

Session 2 , Days/Dates: Mondays | Mar 20-May 1

Location: District Education Facility (DEF), rm 252

Time: 5:15pm –6:15pm

Little Spartans Preschool



Little Spartans Preschool invites all families, *regardless of income*, to participate in school readiness programs. *Scholarships and funding* are available to assist in payment. A sliding fee scale is available on our website and by contacting Community Education. A \$30 registration fee is collected upon contract approval.

Erin Tronbak, Early Childhood Coordinator, 320-685-8631

3's

Discovery Time will help your child prepare for the structure of Kinder Connection. Your child will experience a school year of hands-on learning activities that are educational and fun. Licensed teachers will help your child develop social-emotional skills through peer interactions and foster a love of learning through play.

2-Day Option	2-Day Option
Monday & Wednesday	Tuesday & Thursday
8:15am-10:45am	8:15am-10:45am OR 12:15pm-2:45pm
\$114/month	\$114/month

Discovery Time is for students who turn 3 on or before September 1st, 2023.

4's & 5's

In **Kinder Connection** your child will experience all of the learning experiences that Discovery Time provides and more! Licensed teachers will focus on social-emotional skills, art, math, STEM, large & small motor movements, dramatic play, and language & literacy skills through our state-approved curriculum and assessments. Kinder Connection will give your child a solid foundation of skills to prepare for Kindergarten.

2-Day Option	3-Day Options	4-Day Options
Wednesday & Friday	Monday/Tuesday/Thursday	Monday-Thursday
All-Day	8:15am-10:45am OR 12:15pm-2:45pm	8:15am-10:45am OR 12:15pm-2:45pm
8:15am-2:45pm		
\$224/month	\$164/month	\$214/month

Kinder Connection is for students who turn 4 on or before September 1st, 2023.

Need an early drop off?



ROCORI's Early Bird program is for families in morning preschool programs who need to drop off early.

For questions on this flexible program, contact:

Erin Tronbak,
tronbake@rocori.k12.mn.us
320-685-8631

Information night Feb 1

**Registration
begins online for...**

**Current Families
February 15th @ 5 A.M.**

**New Families
February 22nd @ 5 A.M.**

\$5 per day– drop off as early as 6:30am

Kindergarten

2023-2024

Class of 2036

Welcome!

We are excited for the upcoming school year! Stay tuned for more information on the upcoming school year for your new Kindergartener!



FAQ: Frequently Asked Questions

Is my child eligible for Kindergarten?

To be eligible for kindergarten in September, your child must be 5 years old on or before September 1.

What are the hours for kindergarten?

John Clark & Richmond: 8:10am-2:40pm
Cold Spring: 8:20am-2:40pm

What is the typical class size in Kindergarten?

Our goal is to have class sizes of approximately 17-20. Class size is dependent on budget and student enrollment.

Will my child ride a bus?

All students who reside in the district are transported to kindergarten regardless of their address.

When do we receive teacher assignment and supply lists?

A supply list and teacher assignment for next year's kindergarten class is sent home in July.

Early Childhood Screening

In Minnesota, all children are required to complete Early Childhood Screening before entering Kindergarten. Screening is FREE!

An assessment of your child's vision, hearing, height, weight, immunization records, and overall development will complete the screening process.

Screening can happen as early as 3 years old. Sign up for an appointment at:

Register here



Questions?
Erin Tronbak
320-685-8631



Questions about Kindergarten? We can help!

John Clark Elementary

Mr. Sam Court

415 West Broadway
Rockville, MN 56369
320-251-8651

Richmond Elementary

Mrs. Mary Holmberg

34 2nd St. North
Richmond, MN 56368
320-597-2016

Cold Spring Elementary

Mrs. Keri Johnson

601 Red River Ave. North
Cold Spring, MN 56320
320-685-7534



Kindergarten Readiness Expectations

According to Minnesota statute, a child is ready for kindergarten when he/she: is at least 5 years of age by September 1st of the child's start of kindergarten; Has received early childhood screening; Has received medically acceptable immunizations

Small & Large Motor Skills

- Holds scissors correctly
- Cuts straight & curved lines w/ some skill
- Holds pencil, crayon, and marker correctly
- Writes name w/ only the first letter capital
- Catches & throws a ball
- Gallops & hops on one foot



Math Skills

- Knows numbers 0-10 in any order
- Counts to 20 or higher
- Knows basic shapes (circle, square, etc.)
- Names 10 colors
- Counts a group of 10 objects
- Sees & completes simple patterns (red, blue, red, blue)

Social & Emotional Skills

- Listens to adults & follows rules
- Keeps hands & feet to self
- Gets along with other children
- Shares, Takes turns, and solves problems with kindness
- Sits and listens for a short time
- Names feelings & controls actions (impulse control)
- Listens to a story without interrupting
- Stays with task even when difficult
- Tries new things
- Expresses empathy for others



Student Self Help Skills

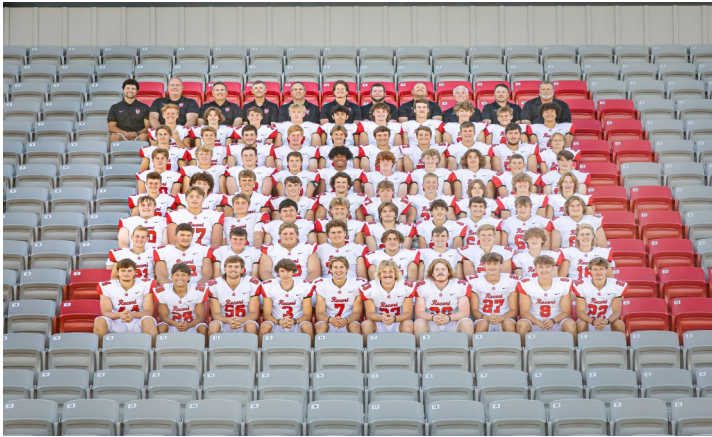
- Eats a mix of healthy foods
- Sleeps 10-11 hours per night
- Says full name
- Uses toilet independently
- Washes & dries hands
- Blows nose, covers sneezes & cough
- Tells others what they need
- Dresses self including shoes & coat

Language & Literacy Skills

- Likes books & being read to
- Knows that letters have sounds
- Knows rhymes & sings
- Shows interest in sounds & words
- Holds a book & turns pages
- Exposure to upper and lower case letters
- Talks in full sentences
- Can retell a simple story

ROCORI Fall Activities and Athletics

There were numerous ROCORI Activities that had state entrants this fall. Congratulations to all state entrants!



Football:

The ROCORI Football team next traveled to US Bank Stadium on 11-17 to play in State 4A Semifinals against the Simley Spartans in front an impressive number of ROCORI Fans. ROCORI narrowly lost 17-16 to end their season. Good season ROCORI Spartans!

Cross Country:

State Cross Country Results from 11-6 at St. Olaf:

Boys AA race had 160 runners. Vincent Kaluza finished 13th with a time of 16:36!

Girls AA race had 160 runners. Elise Hofer finished 14th with a time of 19:19, Laina Viere finished 15th with a time of 19:38, and Ava Larsen finished 43rd with a time of 20:13! Go Spartans!

500 free- 22nd Ariana Outhwaite- 5:42.01

200 Free relay- 9th Laney, Chelsea, Ariana, Megan- 1:41.29

400 free relay- 10th Laney, Chelsea, Ariana, Megan- 3:42.55

The ROCORI team placed 17th Go Spartans!

ROCORI Special Olympics had a great day on at State bowling in Alexandria. Special Olympics has not had a State bowling meet since 2019 due to COVID. They also looked very sharp in their new uniforms. Go Spartans!



Singles bowling results in their divisions:

Christopher Branch took 7th

Jada Chirhart - 2nd

Ruby Dols - 2nd

Kevin Garcia Morales- 3rd

Lupito Guzman - 2nd

Sidney Kuechle- 2nd

Andy McDonald - 1st

Ivan Rubio - 3rd

Jadon Sander - 4th

Zak Schlangen - 1st

Ben Theis - 5th

Connor Umerski - 3rd

Katie Young - 1st

Doubles results:

Branch/McDonald - 1st

Chirhart/Sander - 3rd

Dols/Theis - 2nd

Garcia Morales/Schlangen - 2nd

Guzman/Umerski - 1st

Girls Swimming and Diving:

Great job to the ROCORI Swimming and Diving team as they competed in State at the U of M Aquatic Center on 11-16, 11-17 and 11-18! Here are the final results.

200 free- 18th Laney Schneider- 2:02.07

200 IM- 18th Ariana Outhwaite- 2:17.52



Sign up today!



Registration is Easy

Registrarse es Fácil

mail or drop off at ROCORI Community Ed. Envíe por correo o llévelo a Educación Comunitaria ROCORI
527 Main St., Cold Spring, MN 56320 (320) 685-8631
or register online at o regístrese en línea en
<http://rocori.ce.eleyo.com>

Parent/ Guardian Name/Nombre de Padres/Tutores _____

Address:/Dirección _____ City, Zip/Ciudad, Código Postal: _____

Home Phone/Teléfono de Casa : _____ Cell Phone/Celular: _____

Email Address/Correo Electrónico: _____

Participant Name/Nombre del participante: _____

Grade/going into / Grado: _____ Birthdate/Fecha de Nacimiento: _____

Name of Class::	Date/ Session & /or Level (if applies)	Fee Enclosed	If T-Shirt is included, size
Nombre de la Clase:	Fecha/ Sesión y/o Nivel (si es aplicable)	Pago Adjunto	Si se incluye playera, talla
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

PARENT – PLEASE CIRCLE

I DO / DO NOT give permission for ROCORI Community Ed. to use photographs of my child(ren) for promotional purposes (including print, web and social media) and to waive any claims I may have against ROCORI Community Ed. for all thereof.

Do you/your child have any allergies? YES / NO

Do you/your child have any medical concerns that may affect certain levels of participation in this program? YES / NO

If YES, please describe: _____

PADRES- POR FAVOR CIRCULE

YO DOY / NO doy permiso para que Edu. Comunitaria ROCORI utilice fotografías de mis hijos con fines promocionales (incluidos medios impresos, web y redes sociales) y renuncio a cualquier reclamo que pueda tener contra Edu. Comunitaria ROCORI por todo eso.

¿Tiene usted o su hijo(a) alguna alergia? SÍ / NO

¿Tiene usted o su hijo(a) algún asunto médico que pueda afectar ciertos niveles de participación en este programa? SÍ / NO

Si dijo SÍ, por favor describa: _____

Preschool & Kid Care Information Night



Wednesday, February 1

5:30-6:30pm

District Education Facility
527 Main St., Cold Spring, MN

Learn about opportunities for our youngest
ROCORI Spartans in Little Spartans Preschool and Kid Care...

**Registration for current families opens Feb. 15
and for new families on Feb. 22**



ROCORI

ISD 750 EST. 1967

VISION 2025

Making a Difference Today for a Better Tomorrow

INCLUSIVE

A welcoming culture for all



BALANCED

Dedicated to overall wellness,
and strong academics



EQUITABLE

Focused on equity for all



CURIOUS

Cultivating curiosity and
contributions

CONNECTED

Building relationships, pride,
and community



PROGRESSIVE

Using a progressive mindset
and effective planning

Priorities

Build programming and opportunities that enhance and support ROCORI students' academic, social, emotional, and mental health education.

Develop ROCORI proud character and tradition by equipping students with successful life long soft skills and citizen traits.

Foster community based relationships to strengthen ROCORI programming and opportunities.

WWW.ROCORI.K12.MN.US

I.S.D. #750
ROCORI Area Schools
Community Education Department
527 Main St.
Cold Spring, MN 56320



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