

# Anoka-Hennepin Preschool

## PARENT HANDBOOK



### This handbook contains:

- Preschool calendar
- Program information and policies
- Classroom information

**Keep for reference  
throughout the year.**

 [ahschools.us/preschool](https://ahschools.us/preschool)

 763-506-1500

ANOKA-HENNEPIN SCHOOLS  
**PRESCHOOL**



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*Community Education welcomes participants of all abilities. Reasonable accommodations are available with minimum 72-hour notice. To request an accommodation, call 763-506-1279 or email [peoplewithdisabilities@discovercommunityed.com](mailto:peoplewithdisabilities@discovercommunityed.com). Deaf/hearing impaired dial 711 for MN relay. This document will be provided in alternate formats with 3-days' notice.*



# Welcome!



We are delighted that your child is a part of our preschool family. Our goal is to provide a welcoming, safe and developmentally appropriate learning environment for every child.

This handbook is designed to answer your questions about the program and outline the program policies and procedures. We encourage you to ask your classroom instructor if you have questions not answered here or call the preschool office.

## Goals of Anoka-Hennepin Schools Preschool

Preschool prepares children for kindergarten. We offer a curriculum taught by licensed instructors, who monitor children's progress and development throughout the year. Children gain skills and experiences in:

All Anoka-Hennepin Schools Preschool staff work with children on:

- Following routines and rules.
- Cooperating with other children.
- Building self-esteem.
- Developing appropriate social skills.
- Providing a variety of experiences in language, art, music, science, math and play.
- Creating a stimulating classroom environment that encourages learning through discovery and exploration.
- Promoting a confident, positive attitude toward learning.
- Creating an inclusive environment that offers opportunities which promote understanding and reflect and value diversity.
- Preparing children academically for the next learning environment.

The Anoka-Hennepin Schools Preschool program is sponsored by the Anoka-Hennepin Community Education Department.

The preschool office is located at:

Anoka-Hennepin Schools Preschool  
2727 N. Ferry St.  
Room 167  
Anoka, MN 55303

 763-506-1500

 [ahschools.us/preschool](https://ahschools.us/preschool)



## Attendance

Regular attendance is very important for a child's learning and preparation for kindergarten. If a child must be absent, please call the classroom to make them aware of the absence. See page 10 for telephone numbers.

If a child misses two class days in a row with no phone call from a parent/guardian, the instructor will contact the parent/guardian notifying them if absences continue there is a possibility of the child losing their place in class.

If a child misses another two class days in a row with no phone call, the child will be dropped from the preschool program. Most classes have families on a waiting list for classes and we want to provide services to children who can maintain regular attendance.

## Child custody

All legal documents defining custody and visitation rights must be submitted to the preschool instructor at the beginning of the school year and if there are changes. Parents/guardians are responsible for all financial arrangements, primary contact information and drop off/pick up arrangements.

## Class withdrawal

If you need to withdraw your child from a class, please contact the main preschool office at 763-506-1500 so we can accommodate other families on waiting lists.

## Data privacy

Anoka-Hennepin Schools Preschool complies with state and federal data privacy laws. Information from the student information and immunization forms may be shared with preschool staff and other Anoka-Hennepin staff in order to better serve your child.

## Emergency closing

If Anoka-Hennepin Schools are closed, there will be no Anoka-Hennepin Schools Preschool classes. Information about school closings will be posted on the district website, and the Community Education website ([www.discovercommunityed.com](http://www.discovercommunityed.com)) as well as social media pages (Facebook and Twitter). Media outlets including WCCO, KSTP, FOX 9, KARE 11 and WCCO radio will also have information. Preschool classes are not made up nor is credit issued for cancellations due to school closings or inclement weather.



## Pets

The school district health and safety policy does not allow pets in the schools or preschool classrooms.

## Photographs and videotaping

Anoka-Hennepin Schools staff, volunteers, representatives of the news media and others occasionally photograph and videotape participants in our programs. The photos and video may be used for district and departmental promotions, or in school and department-related publications, videos, web and social media sites as appropriate. Anoka-Hennepin Community Education will take reasonable steps to prevent participants who prefer not to be photographed/videotaped, but cannot guarantee that participants will not be photographed/videotaped as part of a large group or public event, such as a theatre production or athletic event.

## Weapons policy

It is the policy of the Anoka-Hennepin School District to maintain a positive, safe and secure learning and working environment. Therefore, the district will not tolerate weapons or items that look like weapons (toy guns, knives, etc.) at school, on the school bus or on school property. If a child brings one to school, the parent will be called and the child may be suspended from school for a period of up to 10 days. The full weapons policy can be found on the Anoka-Hennepin website.

## Art

The art curriculum focuses on the process used for the art activity and not a specific product. Children will be exploring a variety of paints, scissors, markers and glue at the art center each day during choice time. Each child's art will be individual, creative, and unique. Paint shirts are worn at the art center but accidents can occur, so play clothes are encouraged for our preschool environment. There are days when children will not bring artwork home because it was their choice not to use the art center or the artwork is being kept at school.

## Backpack or school bag

We ask that each child bring a backpack or school bag to class each day to carry home papers, art work and other preschool items. If you do not have a backpack for your child, contact the classroom instructor and one will be provided. Backpacks or school bags should be clearly labeled with your child's name. Check your child's backpack each day for important papers.

## Birthdays

We will help children celebrate their special day with a crown/tiara, birthday song, and/or certificate from the instructor. If your family does not celebrate birthdays, please let staff know. Please no cake, cookies, cupcakes, or other sugar-heavy foods. If something extra is brought to school, it must be something that can easily be taken home.

## Class size/instructor-child ratio

The instructor-child ratio is two instructors and up to eighteen children for the three-year-old classes, and two instructors and up to twenty children for four-year-old classes.

## Clothing

Children should wear comfortable, washable play clothes and shoes. Paint shirts are provided by the program and worn for messy activities. Please label personal items: backpacks, mittens, hats, and boots. Toilet accidents are prevented when children can easily unbutton or pull down pants. Clothing that is easily managed by children encourages self-help and independence.



## Classroom webpages

We encourage parents to visit your child's classroom webpage. So much goes on at school every day and we want you to be connected!

 [www.ahschools.us/preschool](http://www.ahschools.us/preschool)

## Curriculum

Anoka-Hennepin Schools Preschool curriculum is designed to promote social skills and school readiness skills. Preschool carries out the curriculum by using a learning center approach. The classroom environment has a variety of learning centers that encourage children to engage in hands-on learning activities.

- Science
- Math
- Large muscle
- Art
- Blocks
- Library
- Writing
- Sensory (play dough, water play, sand, etc.)
- Dramatic Play (housekeeping, hospital, vet's office, etc.)
- Manipulative (puzzles, building toys, games, etc.)
- Cognitive (learning games and activities)

Preschool children learn best through hands-on purposeful play. The instructors serve as guides to encourage children to use the materials in the centers. Children use the centers at their own level, gaining enjoyment and success from the learning experience.

## Daily schedule

The daily preschool schedule includes the following activities. Timing of the schedule in each classroom may vary.

- Opening activities
- Small group activities
- Large group activities
- Choice time
- Snack time

## Holiday celebrations

The traditions and cultural backgrounds of each child and family are valued and respected in the Anoka-Hennepin Early Childhood programs. We understand that holidays are an important part of each family's traditions and are celebrated in unique ways in each family.

Holidays are not celebrated with parties and festivities in preschool. The time that children spend in the preschool classrooms is valuable learning time. Instruction and curriculum emphasis does not allow for party preparation and parties.

## Guidance and positive discipline

The preschool curriculum is planned to promote enjoyable learning experiences for children and positive interactions between adults and children. Through the use of Second Step social-emotional learning curriculum, children are taught acceptable alternatives to unacceptable behavior. The primary reason for setting limits is for the safety of the children and for the establishment of self-control. The preschool staff is committed to helping each child have a positive and successful learning experience.

A wide range of behaviors is expected and typical for preschool-age children. In the event that parents/guardians are contacted regarding their child's behavior in school, you will be expected to work with the school staff to develop and implement a guidance plan to insure a safe and secure classroom for all children and staff. Your child may be dropped from the program if you choose not to work with the staff in developing a positive intervention behavior plan.

## Monthly calendar

Each month your child will bring home a calendar. This is an important piece of communication between your child's instructor and you. It will list activities, snack days, school closures and other important information. Please read what your child's instructor sends home and keep the calendar handy for quick reference.



## Separation

The first days of preschool can be uncomfortable for some children. It is normal for children to cling to parents and not want to separate. Talk with your child about all the fun things they can do at preschool. Please talk with staff if you have questions or concerns about separation.

It also helps to talk about what you are planning to do while your child is at school. "While you are at Preschool, I am going to shop for groceries. When I come to pick you up I'll give you a big hug and you can tell me all about your day at preschool."

If your child is crying when entering the classroom, help find their nametag, put away their jacket and school bag. A staff member can come and help with the separation. The children are usually ready to play in a short time. Having your child bring a favorite stuffed animal, family photo or special object in his or her backpack can help this new transition.

## Toileting

Children must be toilet trained to attend preschool. This means a child knows when he/she needs to use the bathroom and can independently take care of his/her own personal needs. Pull-up diapers are not a substitute for being toilet trained. If a child is experiencing toileting accidents in school, parents may be asked to postpone attendance in preschool until the child is completely toilet trained.

- Families are encouraged to have their children use the bathroom before leaving for school or before class begins.
- Children's clothing that is easy for them to unbutton and pull up and down helps prevent toileting accidents.
- Bathrooms are available to children to use anytime during class.



The preschool program is funded by participant paid tuition and by Minnesota state funding, called School Readiness. This state funding requires that parent/guardian participation be an important part of the preschool program. All families with children in the Anoka-Hennepin Schools Preschool program are invited to participate in parent/guardian involvement opportunities.

## Assessment, conferences and homework

Each child's progress in preschool is observed and monitored throughout the year. The instructor looks for growth in the developmental areas of social/emotional, literacy, math, physical, cognitive and language development. A skills assessment will be conducted in the fall, winter and spring in name writing, alphabet letter identification and counting in the four-year-old classes. To reinforce and build on preschool skills, parent/child homework activities are offered in all classes.

Conferences are held twice a year. Fall conferences are an opportunity for the instructor to get to know parents/guardians. Parents/guardians are active participants in goal setting. Spring conferences are for sharing documentation of children's growth, highlighting strengths, and setting additional goals.

## Classroom involvement and communication

Parents/guardians are welcome in the classroom. Opportunities are available to assist the instructors, read to children, share interests or traditions or help with specific instructor requests. Read the newsletters, parent board, and classroom webpage for opportunities or speak with the instructors to arrange a visit to the classroom.

Instructors are available to discuss children's progress, concerns, adjustment to school or to answer questions. Parents/guardians are encouraged to call the classroom or to talk with instructors when children are dropped off or picked up. Weekly lesson plans that describe curriculum and notices for parents are posted on the parent bulletin board near the classroom and on the classroom webpage.

## Lending library

Each classroom has a Lending Library with take-home activity kits available for check out.

## Parent Advisory Council

Attending Parent Advisory Council (PAC) meetings is a great way to learn more about school district programs and make personal connections with other families.

The volunteers of the PAC support ECFE and Anoka-Hennepin Schools Preschool programs by sharing their energy, ideas and suggestions. Meetings are held the second Monday of each month during the school year from 6:30-8 p.m. at the Educational Service Center, 2727 N. Ferry Street, Anoka. Child care is provided.

If you are interested in becoming a member of the PAC or would like more information, call 763-506-1500.

## Family Welcome Center

The Family Welcome Center is available to identify the academic needs of each English language learner and to make recommendations for the level and types of service to student needs.


The Family Welcome Center will also offer resource materials, including community organizations and county services. For older students, the staff discusses various graduation and/or post-secondary options that may be of interest.

The welcome center is located inside the Family Center Mall at:

**11224 Crooked Lake Blvd., Coon Rapids, MN 55433**



For more information on English Learners (EL) programs, call

 763-433-4680.



**Keep your child's information up-to-date. Notify the classroom instructor and main preschool office if there are any changes in your address, phone numbers or health information during the school year.**

## Illness

If your child is ill, call the classroom daily to report the illness.

**To avoid infecting others, your child should stay home if:**

- **There is a temperature of 100 degrees or more.** Keep your child home for 24 hours after the temperature has returned to normal without the use of fever-reducing medication.
- **If he/she has vomited or had diarrhea.** Keep your child home for 24 hours after the last episode.
- **There is any rash or open sore that may be infected, disease-related or the cause is unknown.** Check with your family physician before sending your child to school.
- **He/she has enlarged glands, an earache, sore throat, harsh cough, runny nose, or chills.**

Parents/guardians are asked to notify the instructor if their child contracts a virus or infectious illness and has exposed children at preschool. The instructor will notify the parents/guardians of those children exposed.

If your child is ill, please call the classroom daily to report the illness. Classroom phone numbers are listed on page 10 in this booklet.

A child who is ill with a virus or infections illness can spread the illness when in contact with others in the family and community. Frequent hand washing is one of the best ways to limit the spread of illness.

Set a good example by washing your hands often and helping your child develop good hand washing habits.

If you have questions about these guidelines or your child's illness, please call your family physician.

**Staying healthy:** To help prevent the spread of germs, staff instructs children to cough or sneeze into a sleeve or shoulder rather than their hands. Children will be expected to wash their hands often during the day: after coughing or sneezing, wiping their nose, using the bathroom, after art, and before eating.

## Allergies

If your child has allergies, especially to foods, you may be asked to complete an Allergy Alert Plan. Contact your child's instructor right away to set up a time to discuss a plan. It is school district policy that no latex balloons or pets are allowed in the classrooms.

## Illness or accident notification

Parents/guardians are responsible for keeping student information up-to-date. During the school year, if there are changes in address, any phone numbers, email addresses, health information, or persons authorized to pick up your child, the instructor and main preschool office **MUST** be notified.

If a child becomes ill at school, the parent or authorized person will be called to take the child home. Until then, the child will be isolated from the other children within sight and sound of staff. The child will be kept as comfortable as possible.

In the event of an accident, the following procedures will be followed:

- If immediate emergency treatment is indicated, 911 will be called.
- If less serious, the instructor will administer the necessary first aid, and contact the parent/guardian.



It is the policy of the Anoka-Hennepin School District to maintain a positive, safe and secure learning and working environment. Classroom materials, toys and the environment are monitored for safety and health.

## Toy safety

- The preschool program cannot accept toy donations.
- Anoka-Hennepin Schools' weapon policy applies to preschoolers. Toys that look like weapons, such as guns or knives, are not allowed in school, on the bus, or on school property.

## Safety drills

Staff are sensitive to the potential anxieties children may have during these practices. They plan carefully to make the drill practices a positive experience for the children. Talk with your child's instructor if you have any questions about safety drills in preschool.

- Crisis plans are reviewed and updated yearly.
- Drills will be practiced throughout the school year.
- An alarm sounds and/or an overhead announcement is made.
- Everyone in the building participates.

## Fire drill

- Staff, children and parents/guardians leave the building through designated exits and gather in a predetermined location.



## Lockdown or containment lockdown drill

- No one is allowed to enter or leave the building until an "all clear" is issued.
- If a drill occurs during drop off, keep your child with you in your car until building doors are unlocked.
- In an actual emergency, staff will follow the established procedures.

## Tornado drill

- Staff, children and parents/guardians move to a designated shelter area.
- Children and adults sit on the floor with their head and neck covered with their hands.

## Early Childhood Screening


Early childhood screening is required for children enrolled in Anoka-Hennepin Schools Preschool within 90 days of starting preschool.

If your child has not yet been screened, please call to make an appointment. Failure to complete screening could result in the student being withdrawn from the preschool program. Children are screened based on their age at the time of screening.

The Early Childhood Screening office is located at:

**11400 Magnolia St. NW, Coon Rapids, MN 55448**



 **763-433-4680**

 **ahschools.us/  
earlychildhoodscreening**

## Arrival and departure

Children should arrive and be picked up on time. Children must be accompanied to the classroom and picked up after class by a designated adult. Parents/guardian must stay with children until they have been checked in by the instructor. Instructors are involved with classroom preparations and cannot be responsible for children before or after class.

If an emergency occurs, and a parent/guardian cannot pick up their child, contact the preschool instructor or the main preschool office at 763-506-1500. Children can be released only to parents or adults designated on the Student Information Form unless the instructor is notified by the parent/guardian that there is another arrangement for pick up.

## Carpools

It is the responsibility of parents/guardians to contact other parents/guardians to make driving arrangements. School district policy does not allow preschool staff to assist with car pools.

## Late pick-up

Parents/guardians are expected to pick up children on time. If you will be late, call the classroom staff to let them know.

A late pickup fee of \$10 will be assessed for each 10 minutes or fraction thereof after the first 10 minutes. Staff will issue a late pick up invoice at the time of pick up. It is the responsibility of the parent/guardian to pay the staff when they pick up their child or on the child's next school day.

Continued late pick up may result in termination from the program.

If parents/guardians have not notified staff of lateness:

- After 20 minutes - emergency phone numbers will be called and family will incur a \$10 charge for each 10 minutes or fraction thereof.
- If child is not picked up by the time staff are scheduled to leave, police will be phoned for assistance.

## Snacks/lunch

Families take turns providing boxes of crackers for a simple snack. The program provides water, cups and napkins. All snacks contributed must be commercially prepared. Nutrition guidelines advise low fat, low sugar and limited artificial sweeteners for young children. Snack time provides nourishment and opportunities to practice self-help skills, manners, and social skills.

Students enrolled in the five-hour class will take a lunch break. Classroom guides will give specific lunch details for each location.

## Tuition payments, if applicable

It is important that tuition be paid on time so that financial obligations of the preschool program can be met. Non-payment of tuition may result in the student being withdrawn from preschool. If you are having difficulty making payments, contact the main preschool office at 763-506-1500 to make arrangements.

Recurring tuition payments are automatically charged to the bank account or credit card (Visa, MasterCard or Discover) provided during registration. It is the parent/guardian responsibility to update that number if it changes or expires during the school year. Contact the main preschool office at 763-506-1500 if changes need to be made.

If you need to withdraw your child from class, please contact the main preschool office at 763-506-1500. If a withdrawal occurs after the start of a month, there is no refund for that current month; any prepaid tuition will be refunded.

## Wishlist

During the preschool year, instructors may ask for donations from home that will be listed on the parent board or in the "Preschool Press" newsletters available on the classroom webpage. Program policy does not allow for any toy donations to our preschool classrooms.

# ANOKA-HENNEPIN SCHOOLS PRESCHOOL

## 2018-19

Strike through dates (\): Anoka-Hennepin Preschool not in session

SEPTEMBER 2018						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	3	4	5	6	7	8
	10	11	12	13	14	15
	17	18	19	20	21	22
	24	25	26	27	28	29

- September 5-6 ~ Open House
- September 10/11 ~ First day of classes

OCTOBER 2018						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1	2	3	4	5	6
	8	9	10	11	12	13
	15	16	17	18	19	20
	22	23	24	25	26	27
	29	30	31			

- October 8 ~ No School (Staff Development)
- October 15-17 ~ No School (Parent/teacher conferences)
- October 18-19 ~ No School (MEA)
- October 27 ~ First day of Saturday classes

NOVEMBER 2018					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3
	5	6	7	8	9
	12	13	14	15	16
	19	20	21	22	23
	26	27	28	29	30

- November 6 ~ SECC 5-7 pm class only – Election night, no school
- November 21-24 ~ No School (Thanksgiving Break)
- November 30 ~ No School (Staff Planning)

DECEMBER 2018					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
	3	4	5	6	7
	10	11	12	13	14
	17	18	19	20	21
	24	25	26	27	28
	31				29

- December 3 ~ No School (Staff Development)
- December 24-January 1 ~ No School (Winter Break)

JANUARY 2019					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
	7	8	9	10	11
	14	15	16	17	18
	21	22	23	24	25
	28	29	30	31	26

- January 1 ~ No School (Winter Break)
- January 21 ~ No School (Martin Luther King Day)
- January 19 ~ Last day of Saturday classes
- January 26 ~ Winter session Saturday classes begin

FEBRUARY 2019					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
	4	5	6	7	8
	11	12	13	14	15
	18	19	20	21	22
	25	26	27	28	23

- February 18 ~ No School (President's Day)
- February 19 ~ No School (Staff Development)

# ANOKA-HENNEPIN SCHOOLS PRESCHOOL

[www.ahschools.us/Preschool](http://www.ahschools.us/Preschool)

MARCH 2019					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
	4	5	6	7	8
	11	12	13	14	15
	18	19	20	21	22
	25	26	27	28	29
					30

- March 7 ~ No School (Staff Planning)
- March 8-9 ~ No School (Staff Development)
- March 11-16 ~ No School (Spring Break)
- March 25-27 ~ No School (Parent/teacher conferences)

APRIL 2019					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5
	8	9	10	11	12
	15	16	17	18	19
	22	23	24	25	26
	29	30			27

- April 13 ~ Last day of Saturday classes
- April 19 ~ No School (Staff Development)

MAY 2019					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
	6	7	8	9	10
	13	14	15	16	17
	20	21	22	23	24
	27	28	29	30	31

- May 27 ~ No School (Memorial Day)

### Last Day Schedule

T/Th classes ~ May 14 M/T/W/Th classes ~ May 20  
 M/W classes ~ May 22 T/Th evening classes ~ May 16  
 M/W/F classes ~ May 24

JUNE 2019					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
	3	4	5	6	7
					8

- June 5 ~ Last district day

## Preschool locations

### Adams Elementary School

8989 Sycamore St. NW, Coon Rapids, 55433  
Classroom K2 – 763-506-1632

### Andover High School

2115 Andover Blvd. NW, Andover, 55304  
Classroom D100 – 763-506-8512

### Andover Preschool and Family Place

Crosstown Square, 13632 Crosstown Blvd.  
Andover, 55304  
Classroom 1 – 763-767-3519

### Anoka High School

3939 N. 7th Ave., Anoka, 55303  
Classroom 156 – 763-506-6412

### Anoka Preschool and Family Place Educational Service Center

2727 N. Ferry St., Anoka, 55303  
Enter Door No. 14  
Classroom 161 – 763-506-1464  
Classroom 162 – 763-506-7880  
Classroom 166 – 763-506-1540

### Blaine High School

#### at Sorteberg Early Childhood Center

(Classes have been moved)  
11400 Magnolia St. NW, Coon Rapids, 55448  
Enter Door No. 2  
Classroom 211 – 763-433-4829

### Champlin Park High School

6025 - 109th Ave. N., Champlin, 55316  
Classroom A115 – 763-506-6813

### Coon Rapids High School

2340 Northdale Blvd. NW, Coon Rapids, 55433  
Classroom 100 – 763-506-7146

### Coon Rapids Preschool and Family Place

Coon Rapids Family Center Mall  
11254 Crooked Lake Blvd. NW, Coon Rapids, 55433  
Classroom 7 – 763-433-4662

### Riverview Early Childhood Center

1400 93rd Ave. N., Brooklyn Park, 55444  
Enter Door No. 6  
Classroom 102 – 763-506-6178  
Classroom 103 – 763-506-6186

### Sorteberg Early Childhood Center

11400 Magnolia St. NW, Coon Rapids, 55448  
Enter Door No. 2  
Classroom 96 – 763-433-4930  
Classroom 210 – 763-433-4910



The Anoka-Hennepin Schools Preschool main office is located at:

### Educational Service Center

### Anoka-Hennepin Schools Preschool

2727 N. Ferry St., Room 167  
Anoka, MN 55303  
Enter Door No. 14

 **763-506-1500**

 **preschool@ahschools.us**

 **www.ahschools/preschool**

Starting preschool is one of many exciting milestones of childhood. Anoka-Hennepin Schools Preschool teachers and staff are excited to meet your child and eager to help your family make this a successful and smooth transition.

Sarah Strate, Anoka-Hennepin Schools Preschool teacher, says, "By taking some time to prepare your child and yourself, the transition can go smoothly for your whole family." Keep your efforts low-key. If you make too big a deal out of this milestone, your child may end up being more worried than excited. Here are some ideas to help your young student prepare for a successful year in preschool:



## Adapt to new routines

- Starting bedtime and morning/afternoon routines a few weeks before school helps to give your child time to adapt to the new routines.
- Read stories about going to school to help your child gain confidence and information about the new experience. Talk about the changes that school will bring in your child's typical daily routines.
- Drive by your child's preschool site so it becomes a familiar place. Talk about the fun experiences your child will have at preschool.
- Let your child help get ready for the first day of school by choosing which clothes to wear and backpack to use during the school year (no other supplies are needed.)



## First day concerns

- Approach the year with confidence so your child will too. Listen if your child has doubts or fears. Talk with the classroom staff if you have concerns.

## Separation

- Always say good-bye when you leave and assure your child that you will be there when school is over. A family photo in your child's pocket or a special object in his or her backpack can help your child feel connected to you and more comfortable with separation.

These tips are also great to keep in mind and practice whether dropping your child off at a daycare, or with a family member or friend who is lending a hand. Setting routines and expectations early helps instill school readiness skills in toddlers or even babies well before preschool.



## Parent Advisory Council

The Anoka-Hennepin Early Childhood Family Education Parent Advisory Council (PAC) provides input and support to the ECFE and Anoka-Hennepin Schools Preschool programs.

PAC members:

- Serve as a resource to staff on programming.
- Discuss outreach efforts.
- Raise funds.
- Sponsor events.
- Review and approve classroom grant requests.

Attending Parent Advisory Council (PAC) meetings is a great way to learn more about school district programs and make personal connections with other families.



2018 PAC Members sorting Community Baby Shower donations.

Meetings are held the second Monday of each month during the school year from 6:30 to 8 p.m. Child care is provided with advance notice. Call 763-506-1500 to arrange child care.

If you are interested in attending a meeting view the schedule online at

 [ahschools.us/ECFEPAC](https://ahschools.us/ECFEPAC)

## Early Childhood Family Education (ECFE)



### Give your little ones an opportunity to learn and grow.

Anoka-Hennepin Schools Early Childhood Family Education (ECFE) program offers opportunities for families with children ages birth to kindergarten.

- **Classes** to support your child's growth and development.
- **Playtime** to inspire senses with toys, songs and activities.

### Just for Parents

#### Because children don't come with instructions!

Parenting is the most important and challenging job any of us can have and there isn't a training manual or an online tutorial.

ECFE also offers a number of parent education opportunities for families with children ages birth through grade three. These opportunities offer the support, advice and assistance that parents want. Classes range from meeting just once to a series of sessions that build on the knowledge developed in each class.

View the current class offerings online:

 [ahschools.ce.eleyo.com](https://ahschools.ce.eleyo.com)

## Crisis Numbers — Answered 24 hours a day

Fire, Police, Ambulance . . . . .	911	People, Inc. – Parent Support . . .	763-785-9222
United Way 211 . . . . .	651-291-0211	Home Free Shelter for Battered Women, Hennepin County . . . .	763-559-4945
Alexandra House for Battered Women, Anoka County. . . . .	763-780-2330	Poison Control . . . . .	800-222-1222
Anoka County Child Protection . .	763-324-1440	United Way 211 . . . . .	651-291-0211

## Anoka-Hennepin School District

Adult Basic Education . . . . .	763-433-4200	Early Childhood Family Education (ECFE) . . . . .	763-506-1275
Adventures Plus school-age care.	763-506-1400	Early Childhood Special Education (ECSE). . . . .	763-433-4800
Aquatics . . . . .	763-506-5980	Early Childhood Screening . . . . .	763-433-4833
Child Care Collaboration . . . . .	763-506-1510	Educational Service Center (ESC)	763-506-1000
Community Education . . . . .	763-506-1260	Home Visiting. . . . .	763-506-1500
Community Schools. . . . .	763-506-1286		

## Family Resources

Anoka County – General Info. . . .	763-324-4000	Judicare – Anoka County . . . . .	763-783-4970
Hennepin County – General Info .	612-348-3000	Legal Aid Society – Hennepin County . . . . .	612-332-1441
ACCAP – Anoka County. . . . .	763-783-4747	Library – Anoka County . . . . .	763-324-1500
Adult/Child Mental Health Crisis Anoka County . . . . .	763-425-1050	Hennepin County . . . . .	612-543-6250
Anoka County Traveler. . . . .	763-324-3250	MN Relay Services . . . . .	800-627-3529
CEAP Anoka County . . . . .	763-783-4930	People Inc. Riverwind Crisis Response . . . . .	763-755-3801
Hennepin County . . . . .	763-566-9600	Resource Center for Fathers & Families . . . . .	763-783-4938
Child Care Assistance – Anoka County . . . . .	763-324-2360	Help Me Grow (referral, birth to 3) . . . . .	866-693-4769
Hennepin County . . . . .	612-348-3883	WIC - Anoka County . . . . .	763-324-4230
CROSS Food Shelf Hennepin County . . . . .	763-425-1050	Hennepin County . . . . .	612-348-6100
Housing Link . . . . .	612-522-2500		
Immunization Clinics – Anoka County . . . . .	763-324-4240		
Hennepin County . . . . .	612-348-2884		



ANOKA-HENNEPIN SCHOOLS  
**PRESCHOOL**

 763-506-1500  [ahschools.us/preschool](https://ahschools.us/preschool)

