



Upper Nyack Elementary • March 2018

What's Going On at UN?

The Monthly Current Events Calendar of the Family Resource Center

FREE PROGRAMS/SERVICES

- Advocacy and Support
- Community Resources: family services, support groups, medical/insurance providers, summer camp assistance and much more.
- Outreach
- Charitable Programs
- Donation Station
- Translation Services
- Free School Supplies
- Free kids books
- Student Support Groups
- Camp information
- Scholarships for summer camp and enrichment programs
- Family Fun Nights

If you have any concerns or suggestions, please let us

MARK YOUR CALENDAR:

March 20 and 23: Parent-Teacher Conferences starting at 11:45am

March 22 Evening Parent-Teacher Conferences

Saturday, March 24th
Inspire Nyack Casino Night, 7pm.

Wednesday, March 28th
Grade 4 Chorus Day
Friday, March 30-April 8th
Spring break

What's Happening This Month....

FREE PARENTING WORKSHOP SERIES

There are still two more nights of great workshops offered by the Family Resource Center and Tender Steps of NY. Childcare and Pizza dinner provided! Nightly prizes raffled as well.

March 19-Managing Difficult Behaviors March 26-Teaching Internet Safety

ONGOING PROGRAMS:

LUNCH TIME DROP IN

This is an informal program that takes place throughout the school year. Students voluntarily come to the Family Resource Center to have lunch. During this time, they might play some board games, do arts and crafts or just talk.

DONATION STATION: A program to help families anonymously with specific items in times of need or crisis. Call the FRC to be added to our email list or to make a specific request for your family.

NYACK PARENT-CHILD HOME PROGRAM (PCHP): an evidence-based early literacy, parenting and school readiness model, committed to closing the achievement gap by providing low-income families the skills and materials they need to prepare their children for school. Call 845-353-7291.

IMPORTANT RESOURCES:

- **HOMEWORK HELP AT THE NYACK LIBRARY for children in grades K-5**
Mondays-Thursdays, 4-6pm
- **PARENT TOOLKIT:** For academic resources in English and Spanish, Pre-K thru High School, you can go to: <http://www.parenttoolkit.com/>
- **Dial 211** for comprehensive information for health/human services in Rockland
- **FREE TRANSPORTATION TO DOCTORS APPOINTMENTS IF YOU HAVE MEDICAID:** From your House to Main or Twin in Spring Valley or Suffern Refuah Health center locations. Call 845-425-4623.
- **FREE INCOME TAX PREPARATION THROUGH APRIL 17:** Nyack Library, Mondays, 10-2pm, Valley Cottage Library, Fridays 10-2pm.
- **HRH CARE/URGENT CARE CLINIC IS NOW OPEN:** 84 N. Highland Avenue, Nyack. 845-770-9980. Family practice also available.

FRC Coordinator: Rachel Berlin; Assistant Coordinator: Joanne Wallace

Email: rberlin@nyackschools.org Phone: 845-353-7268

Hours: Mon – Thurs: 10–4:00pm

Family Resource Centers are sponsored in part by Rockland 21C