



Upper Nyack Elementary • October 2017

What's Going On at UN?

The Monthly Current Events Calendar of the Family Resource Center

Ongoing District FRC Programs...

- **Nyack Parent Child Home Program (PCHP):** A home-based early literacy program for income eligible families with 18-month – 3 year old child that promotes learning and language development through the use of books and toys. Call the FRC for more information.
- **Lunch Time Drop in Groups:** Informal gathering of students in the FRC during their lunch period.

MARK YOUR CALENDAR:

- Oct. 4:** Walk or bike to school
- Oct. 9:** School closed
- Oct. 17:** Picture day
- Oct. 20:** Fall Fest 5:00-8:00pm



FIFTH GRADE GIRLS CIRCLE

Coordinated by school social worker, Brett Sloane and FRC Coordinator, Rachel Berlin, this group is designed to help young girls develop resilience, express feelings, learn about each other and have fun through verbal sharing and creative activity. It will take place on Mondays during lunch and recess for about 6 weeks. Permission slips have been sent home and we will begin the group sometime in October. As soon as we have a start date, we will let the girls know. If a lot of girls sign up, we may have to plan for two groups, one now and one in the spring.

BOYS GROUP

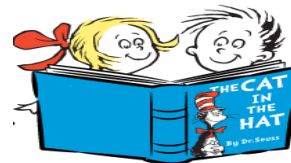
The fifth grade boys have indicated that they too are interested in a boys group, so Ms. Slaone and I will work on having one in the spring.

PATIENT PARENTING IN SPANISH

Dr. Vahid Najafi, Ph.D will facilitate a six session course that will focus on skill development for parents and/or guardians. The program dates are Wednesday, October 25, November 1, 8, 15, 29 and December 6. If you are interested or know a Spanish speaking parent who is interested, please call Rosa Liyim at (845) 267-2172, ext. 283 to register. This is a free program. If you have questions, feel free to call the Family Resource Center at (845) 353-7268.

BOOKS, BOOKS, BOOKS

The books on the shelves outside of the Family Resource Center are available for any student who wants a "new" book. Tell your children to help themselves! If you have gently used books that you would like to donate, please e-mail me at rberlin@nyackschools.org or call me at (845) 987-8205.



Rachel Berlin, FRC Coordinator; Joanne Wallace, Assistant Coordinator
Email: rberlin@nyackschools.org Phone: 845-353-7268
Hours: Mon – Thurs: 10–4:00pm

Family Resource Centers are sponsored in part by Rockland 21C