



Valley Cottage Elementary • MAY & JUNE 2017

# What's Going On at VCE?

The Monthly Current Events Calendar of the Family Resource Center

## MARK YOUR CALENDAR:

**May 10:** VC PTA Meeting, 7:30p  
**May 11:** VC Concert, Gr. 4-5, HS 7pm  
**May 17:** VC Concert, Gr. 3, 9:30a  
**May 19:** VC Outdoor Movie Night, 7:30pm  
**May 23:** VC Concert Gr 1-2, 9:30am  
**May 25:** Kinderprep for incoming K's and parents/guardian, 6:30p  
**May 31:** Gr. 5 Parent Orientation, 6:30pm  
**June 1:** Gr. 5 Bridges Rehearsal  
**June 1-5:** Kindergarten screening  
**June 13:** Kindergarten Orientation, 9:30am  
**June 14:** VC PTA Meeting, 7:30p  
**June 16:** VC Kinder. Moving Up, 9:30am  
**June 21:** Gr. 5 Moving Up, 9:30a  
School Dismissal: 11:15  
**June 22:** Dismissal, 11:15  
**June 23:** Last Day of School! Dismissal: 10:30 am

## FRC PROGRAMS: Call 845-353-7291 for Program Info

### KINDERGARTEN REGISTRATION!!

Any child that turned 5 years old by 12/1/16 should register now! Just go to the Nyack district website, <http://www.nyackschools.org/> then click on "registration" right under the superintendent's message. You can then make an appointment at the district office by calling 845-353-7001.

**NYACK PARENT-CHILD HOME PROGRAM** - A home-based early literacy program for income eligible families with 18-mo – 3 yr.old, that promotes learning and language development through the use of books and toys. Call FRC for info.

**EARLY MORNING MINDFULNESS MEDITATION** – Students wanting to ease into the school day while sharpening their ability to focus and attend can enjoy 10 minutes of mindfulness and meditation with Miss Julie before school starts.

**FIFTH GRADE PUBERTY TALK - May 19<sup>th</sup>, 2pm:** Students will learn about the physical and emotional changes they experience during puberty as a normal part of growth and development. We will also discuss the importance of good personal hygiene habits. Discussion led by Nurse Patti, FRC staff and 5<sup>th</sup> grade teachers. Separate sessions for boys and girls. Letters detailing the topics covered will be distributed the week of May 7<sup>th</sup>.

### KINDERPREP - Thursday, May 25<sup>th</sup>, 6:30-7:30pm at VCE

All incoming VCE Kindergartners are invited to join us at VCE to experience an evening of Kindergarten. There will be pizza, classroom time, a school tour and activities in the gym! Please call 353-7291 to register.

**DONATION STATION:** 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.

## COMMUNITY PROGRAMS

### FAMILY COMPUTER TIME

**Learn Computer 101**  
Nyack Center  
Tuesdays, 5-8pm  
Wednesdays, 9-11am  
Set up emails, social media accounts, play games and access your children's school info. Spanish translation available. All are welcome!

### SENSORY FAMILY STORYTIME

• **Valley Cottage Library: Sat. May 6<sup>th</sup> at 1pm.**  
• **Nyack Library: Saturday, May 20<sup>th</sup>: 11am-11:30am. Call 845-358-3370 to register.**  
Both programs are specifically designed for children (and their guardians) ages 3-7 who are on the autism spectrum.

## IMPORTANT RESOURCES:

- **PARENT TOOLKIT** – For academic resources in English and Spanish, Pre-K thru High School, you can go to: <http://www.parenttoolkit.com/>
- **SUMMER CAMPS:** Contact FRC to hear about *opportunities for your children.* Here are a couple links to get you started...
  - <http://www.nymetroparents.com/listings/Camp##>
  - <http://www.acanynj.org/>
- **Dial 211** for comprehensive information for health/human services in Rockland.
- **FREE TRANSPORTATION TO DOCTOR APPOINTMENTS!**  
From your house to Main or Twin in Spring Valley or Suffern Refuah Health center Locations. Call: 845-425-4623. If you have **MEDICAID**, call 845-364-3040.
- You can **LEARN ENGLISH** for **FREE** using your **CELL PHONE** with Cell Ed. Call your FRC to sign up today!
- You can get **FREE** help on **CITIZENSHIP APPLICATIONS**, by calling/texting Andrea: **845-826-5022**. Sponsored by Literacy Solutions, NYS Office for New Americans.
- **HRH Care/Urgent Care Clinic is NOW OPEN!** 84 N. Highland Avenue, Nyack. Call 845-770-9980. Not just for Urgent Care. Family Practice also available.
- **HOMEWORK HELP AT THE NYACK LIBRARY** for children in grades **K-5**

FRC Coordinator: Julie Kassel; Assistant Coordinator: Joanne Wallace  
Email: [jkassel@nyackschools.org](mailto:jkassel@nyackschools.org) Phone: 845-353-7291  
Hours: Mon – Fri: 9-3pm

**Family Resource Centers are sponsored in part by Rockland 21C**