



Valley Cottage Elementary • MARCH & APRIL 2017

# What's Going On at VCE?

The Monthly Current Events Calendar of the Family Resource Center

## COMMUNITY PROGRAMS

**PATIENT PARENTING**  
**Improve Your Parenting Skills! Facilitated by Dr. Vahid Najafi, PhD**  
Thursdays, March 2, 9, 16, 23, 30 and April 6, 6-8pm  
at *Mental Health Assoc.*  
140 Rte. 303, Valley Cottage, Suite H,  
call 845-267-2171 x281

**SENSORY FAMILY STORYTIME**  
Saturday, March 25 at 1pm. Call 845-268-7700 to register.

A welcoming storytime for all children including those on the autism spectrum or with sensory processing disorders

**ROCKLAND COUNTY YOUTHFEST**  
Sunday, Mar. 12 at RCC  
Hands on activities, giveaways, exciting entertainment for youth!

## MARK YOUR CALENDAR:

Mar. 3: VCE Dance-a thon, 7pm  
Mar. 8: VCE PTA Meeting, 7pm  
Mar. 10: NO SCHOOL Supt. Conference Day  
Mar. 16: VCE Spring Pictures  
Mar. 21 & 24: 11:45 Dismissal for Parent Teacher Conferences  
Mar. 23: Evening Parent Teacher Conferences  
Apr. 10-14: No School, Spring Recess  
Apr. 19: VCE PTA Meeting, 7:30pm  
Apr. 21: VCE Courtyard Cleanup, 9am  
Apr. 28: VCE Talent Show, 7pm

## FRC PROGRAMS

Call 845-353-7291 for Program Info

**GIRL'S CIRCLE** - Coordinated by school social worker, Brett Sloane and FRC Coordinator, Julie Kassel, this workshop is designed to help girls develop resilience, express their feelings, learn about each other and have fun through verbal sharing and creative activity.

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

**EARLY MORNING MINDFULNESS MEDITATION** – Students needing to ease into the school day while honing their focusing skills can enjoy 10 minutes of mindful meditation with Miss Julie before school starts.

**CUENTOS, CANCIONES, Y ARTESANIA** - Martes, 1:00-2:30pm, @ Nyack Library  
Para niños de 3-5 años con adulto. Ayude a su hijo a prepararse para la escuela! Gratis para todos!

**DONATION STATION:** If you need help accessing specific items such as school supplies, clothing, etc. just email or call the FRC. We can help!

**K-5 Math Night: Thursday, April 6<sup>th</sup> from 7:00 – 8:15 pm.**



## DID YOU KNOW:

- **PARENT TOOLKIT** – For academic resources in English and Spanish, Pre-K thru High School, you can go to: <http://www.parenttoolkit.com/>
- **FREE TRANSPORTATION TO DOCTOR APPOINTMENTS!**  
From your house to Main, Twin 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.
- **INFO ROCK** provides comprehensive information for health/human services in Rockland. Call **845-364-2020**
- **FREE INCOME TAX PREPARATION** for low to moderate income tax payers!  
Mondays: 10-2pm at the Nyack Library, Fridays: 10-2pm at the VC Library
- **HOMEWORK HELP AT THE NYACK LIBRARY** for children in grades K-5  
Mondays-Thursdays, 4-6pm

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**