



Valley Cottage Elementary • April 2018

What's Going On at VCE?

The Monthly Current Events Calendar of the Family Resource Center

FREE PROGRAMS/SERVICES

- Advocacy & Support
- Community Resources: family services, support groups, medical/insurance providers, summer camp assistance and more!
- Outreach and Information
- Charitable Programs including Holiday Giving, Donation Station
- Translation Services
- Waldron Terrace HW Club support
- Free School Supplies
- Free Kids books
- Monthly FRC Newsletter
- Student Support Groups
- Early Morning Meditation

If you have concerns, requests or suggestions, please let us know.

WE ARE HERE TO HELP

What's Happening This Month:

English/Spanish Storyhour for 2's, 3's and 4's:

Stories, songs, crafts and pizza! Held in Nyack Library Children's Room:

April 16, 23, 30 and May 7 from 6-7pm.

Call 845-353-7291 to register.

ONGOING PROGRAMS:

5TH GRADE GIRL'S CIRCLE

Six weeks of activities, games and discussion designed to promote girl's natural strengths and abilities and create opportunities for the development of strong, healthy relationships.

EARLY MORNING MINDFULNESS MEDITATION:

Students wanting to ease into the school day while sharpening their ability to focus can enjoy 10 minutes of mindfulness and meditation with Miss Julie before school starts.

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 and life success. Call 845-3353-7291

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.

MARK YOUR CALENDAR:

March 30-April 6: Spring Recess, School Closed

April 11-18: ELA Testing

April 18: PTA Meeting @ 7:30pm

April 20: VC Courtyard Cleanup

April 21: PTA Touch a Truck, 11am-2pm

April 27: VC Talent Show @ 7pm



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 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.
- **FREE INCOME TAX PREPARATION, FEB.1 THROUGH APRIL 17:**
Nyack Library: Mondays, 10-2; Valley Cottage Library: Fridays 10-2
- **HRH Care/Urgent Care Clinic is NOW OPEN!** 84 N. Highland Avenue, Nyack:845-770-9980. Family Practice also available.
- **Summertime is around the corner! Check out these online camp resources:**

- <http://www.nymetroparents.com/listings/Camp##>
- <http://www.nyparenting.com/campguide/>
- <http://www.acanynj.org/>
- <http://hvparent.com/camp-guide>

The 2018-2019 Nyack District Calendar is here! Go to:
[http://www.nyackschools.org / under District](http://www.nyackschools.org/under/District)

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Family Resource Centers are sponsored in part by Rockland 21C