

BRONX/RIVERDALE

# Family

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January 2018  
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**Catholic  
Schools Week**

## Chill

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across the city

How to  
help with  
homework

Get vigilant  
about food  
allergies





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# NEW YORK Parenting

Bronx/Riverdale Family  
January 2018

Where every child matters



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# Twentieth year of publishing

This year we are entering the 20th year of publishing Brooklyn Family. At the time I was completely new to this business but extraordinarily enthusiastic about the idea of creating a parent guide that could help moms like me. My daughter was then 6 and in the first grade at a public school in the Boerum Hill section of Brooklyn where we managed to get her in on a variance and then win a place in the lottery. We wanted her to go there because they offered such a great multi-cultural program with a human rights core curriculum, things that were important to our family and important to me as a soon to be publisher.



So as a busy multi-tasking working Mom, I was also a parent seeking information about programs, schools, support groups, etc. that I hoped would be the backbone of the magazine I would cre-

ate. Additionally, I wanted it to be completely reflective of the whole of Brooklyn, not just “some neighborhoods” and set about to make sure it was distributed everywhere and that it didn’t cater to a readership of largely top-end parents.

Apparently it worked. With a lot of hard work, consistency and distribution in the right places, it flourished and was soon followed by a magazine in Queens, the Bronx and my original borough of Manhattan. The Special Child magazines came next, then NYParenting.com and now an Annual Guide and a soon to be published Summer/Camp Guide.

It’s been a real labor of love and I’ve had the pleasure of working with many talented and committed people over these years. Parenting small children united us all. Some of us don’t have “small” children anymore. Many of us have children who

are now taller than us and call us things like “little mommy” which is what my taller than me daughter sometime calls me. Whether taller or smaller, the parenting experience never really ends. They are our children forever just as we were to our parents.

2018. It’s amazing where the time and years go and how fast they move from one to the other. Hopefully, we’ll all have a great year and that our children will grow and flourish with the good nurturing that we, as engaged and concerned/loving parents will be giving them.

Thanks for reading! Happy New Year to all.

Susan Weiss-Voskidis,  
 Publisher/Executive Editor  
 Susan@nyparenting.com

## Community News Group

**CEO:** Les Goodstein  
**PRESIDENT & PUBLISHER:**  
 Jennifer Goodstein

## New York Parenting

**PUBLISHER / EXECUTIVE EDITOR:**  
 Susan Weiss  
**PUBLISHER / BUSINESS MANAGER:**  
 Clifford Luster  
**OPERATIONS ASSOCIATE:**  
 Tina Felicetti  
**SALES REPS:** Erin Brof, Mary Cassidy,  
 Shelli Goldberg-Peck, Jay Pelc  
**ART DIRECTOR:** Leah Mitch  
**WEB DESIGNER:** Sylvan Migdal  
**GRAPHIC DESIGNERS:** Arthur Arutyunov,  
 Gardy Charles, Earl Ferrer, John Napoli,  
 Mark Ramos

**MANAGING EDITOR:** Vince DiMiceli  
**ASSISTANT EDITOR:** Courtney Donahue  
**COPY EDITOR:** Lisa J. Curtis  
**CALENDAR EDITOR:** Joanna Del Buono

## Contact Information

**ADVERTISING: WEB OR PRINT**  
 (718) 260-4554  
 Susan@NYParenting.com

**CIRCULATION**  
 (718) 260-8336  
 Tina@NYParenting.com

**EDITORIAL**  
 (718) 260-4554  
 Family@NYParenting.com

**CALENDAR**  
 (718) 260-2523

**ADDRESS**  
 New York Parenting Media/CNG  
 1 Metrotech Center North  
 10th Floor  
 Brooklyn, NY 11201

[www.NYParenting.com](http://www.NYParenting.com)



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## District 11

### Magnet Schools Assistance Program

#### ELEMENTARY SCHOOLS

#### 2018 OPEN HOUSE SCHEDULE

#### P.S. 160

Theme: The Walt Disney Magnet  
STEAM School

Address: 4140 Hutchinson River Parkway East  
Bronx, New York 10475 (District 11)

Tel: 718.822.8402 Web: [thewaltdisneyschool.org](http://thewaltdisneyschool.org)  
January 10 6:00 pm

#### P.S. 567

Theme: Magnet School for Global Leaders of  
Innovation and Discovery

Address: 1560 Purdy st.  
Bronx, New York 10462 (District 11)

Tel: 718.239.7401  
January 6 12:00 pm

#### P.S. 178

Theme: Magnet School of Multimedia  
Arts & Design

Address: 850 Baychester Avenue  
Bronx, NY 10475 (District 11)

Tel: 718.904.5570  
January 8 9:00 am



## COME SEE OUR MAGNET SCHOOLS!

For additional information call the schools or contact:

JoAnn Rintel Abreu

Email: [JRintelAbreu@schools.nyc.gov](mailto:JRintelAbreu@schools.nyc.gov) Phone: 718.968.6135



## Applications Accepted for September 2018 Enrollment

# Be vigilant about food allergies

BY JUDY M. MILLER

**G**rowing up, I was not aware of any friend that was allergic to a food. However, upon becoming a parent, I quickly became aware of a number of children with food allergies, several so acute that I now routinely ask about food allergies prior to having any child in my care.

Food allergies in children have doubled in the past decade; [www.foodallergy.org](http://www.foodallergy.org) states that one in every 13 children under age 18 has a food allergy, and among preschoolers, the incidence is one in 10. More than one-third of children with food allergies are allergic to multiple foods. These numbers are alarming.

During a recent interview on NPR (<http://www.npr.org/2013/04/15/177319365/the-doctor-trying-to-solve-the-mystery-of-food-allergies>) Dr. Kari Nadeau, a scientist at the forefront of food allergy research, shared that it is suspected that the reason food allergies have exploded is multifactorial. In other words, there is no single reason or simple answer. She is conducting clinical trials on desensitizing children who have multiple food allergies. The results look promising.

The most common food allergens are tree nuts, peanuts, milk, eggs, soy, wheat, fish, and shellfish. These eight food sources account for 90 percent of food allergies. The U.S. Food and Drug Administration (FDA) does not require labeling on trace amounts (trace contaminants) up to 200 milligrams. Although 200 milligrams does not sound like a lot, it is roughly the equivalent of a peanut. But a parent of a child with a severe food allergy will tell you otherwise. Those 200 milligrams can throw their child into a severe reaction, anaphylactic shock or worse. These trace amounts can kill.

Sarah, mom to a middle-school-aged son who was diagnosed with a severe milk allergy when being weaned from breastfeeding at one year old, lives with this knowledge. She has had to learn how to manage her son's food allergies. She has

## Learn More: Signs of anaphylaxis

Anaphylaxis is a life-threatening allergic reaction. It can occur suddenly and escalate quickly, usually within minutes of a person eating. Mild symptoms can be a runny nose, a funny feeling, or a sudden rash, but these can swiftly escalate to more serious issues, such as:

- Difficulty breathing
- Swelling, hives or swollen lips
- Hoarseness
- Constriction of the throat
- Nausea and vomiting
- Abdominal pain and cramping
- Diarrhea
- Low blood pressure
- Dizziness
- Fainting
- Rapid heartbeat
- Cardiac arrest



done a remarkable job, effectively advocating for her son and other children who have food allergies — educating her son, faculty and staff, students, and parents of students about the basics of food allergies, and how to manage them.

One-third of kids with food allergies are bullied. Sarah's son is not. Her openness has encouraged other parents of kids with food allergies to join in. Together they have educated adults and children on how critical reactions to food can range from itchy throats and skin reactions to stomachaches, burning tongues, and signs of anaphylaxis. They have created a clear understanding of food allergy management and garnered strong support for kids with food allergies within the school population. My son is a close friend of her son and is hyper-vigilant and respectful about his friend's dietary restrictions. He is aware of what his friend cannot have and what is safe. He knows this because he has been taught.

Please teach your child about the seriousness and life-threatening truths about food allergies. If you do not know, ask a parent who has a child with food allergies. What is inconvenient for you — not having that food allergen in their presence or wiping your counters down before they visit your home — can be life-threatening

### Learn more: Great parent resources

- Food Allergy Research and Education (FARE) is a comprehensive site for becoming educated about food allergies and food allergy advocacy. It works on behalf of 15 million Americans with food allergies. [www.foodallergy.org](http://www.foodallergy.org)

- The Nadeau Lab in Stanford University School of Medicine's Immunology and Allergy Division provides research findings regarding food allergies, as well as other areas. Dr. Karen Nadeau is exploring the role of suppressor T cells (Tregs), a subpopulation of T cells that modulate immune systems, and tolerance mechanisms of allergic disorders. <http://nadeaulab.stanford.edu>

- The Nut-Free Mom <http://nut-free-mom.blogspot.com>, an archived blog. Jenny Kales is a mom who shares her experience of having a daughter with

life-threatening nut allergies. She provides a broad range of ideas for being a proactive parent, or friend, of a child with any food allergy.

- ClinicalTrials.gov, a service of U.S. National Institutes of Health, lists the clinical trials in progress (active, recruiting) or completed. The results of the trials, if available, are posted when clicking on the links. <https://clinicaltrials.gov/ct2/results?term=food+allergie&Search=Search>

- "The New Nut-Free Mom: A Crash Course in Caring for Your Nut-Allergic Child" by Jenny Kales is available in an e-book format. The book is available for download to e-book devices through Amazon and Barnes & Noble, and via the Kindle and Nook apps for phones, tablets, Mac, and PCs.

- MedicAlert has medical IDs for all ages. They also provide services to protect people in the event of emergencies, worldwide. <http://www.medicalert.org>

to another.

Writer and author Judy M. Miller savors time with her kids. She is a Certified Gottman Educator and the author of "What To Expect From Your Adopted Tween," "Writing to Heal

Adoption Grief: Making Connections & Moving Forward," and "For Families and Friends: Advice, Suggestions, and Honest Dialogue About How to Best Support Parents on Their Adoption Journey."

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# The value of Catholic schools

## Why parents choose this thriving, effective alternative

BY CANDI SPARKS

**S**t. Patrick's Cathedral is a world-famous New York landmark, known for its neo-Gothic architectural style. Built in 1879, this structure embodies a long-standing tradition of Catholic faith, ministry, and education that is very much alive today.

At a time when New York City public schools are undergoing massive restructuring with struggling schools slated to close, working families have an alternative in the Catholic school system. The neighborhood Catholic school is a pillar of strength and culture in many communities, offering a wide variety of services, from financial aid, to academics and sports, as well as spiritual development.

The Catholic education model, combining faith-based development and future-focused education, has historically offered many a way out of poverty. During the early-to-mid-20th century, neighborhood public schools were largely overcrowded and not necessarily providing top-notch education. In the early days of the immigration wave, it was primarily Irish and Italian immigrants that sent their children to Catholic schools. To ensure that their children would be taught their values, they opted for a parochial school education.

This reasoning resonates today with many parents in search of a "good school." Joe and his wife send their children to Sacred Heart in Queens. In his words: "I feel that Catholic schools offer more of a family and community-oriented atmosphere. The smaller class sizes and smaller student body ensures that everyone knows each other and can form relationships. The principals and teachers know all of the students and therefore can make more in-

formed decisions for each individual."

The Catholic school demographic has shifted with each new wave of immigrants, and one didn't necessarily have to be Catholic to choose this option. As a result, many Catholic schools have continued as an integral part of our citywide school landscape of ethnic, cultural, and religious diversity.

"Catholic schools are not just meant for the faithful. We are here to grow faith by building community and reaching out to those in need," says Tom O'Brien of the Brooklyn Diocese, which is involved in raising scholarship funds to help families offset tuition costs.

"But not every Catholic school family is in great economic need," O'Brien said. "Our demographic is changing. We have seen an influx of middle income families who choose Catholic school because of the class size, excellence in education, and for a safer environment than what most parents think the neighborhood public school would offer."

Patty, a public school teacher from the Bronx, sends her son Ronald to a Catholic elementary school.

"The environment stresses academics and doing the right thing," she says. "The teachers set high standards for the children. They are expected to do well and they rise to the occasion."

Many Catholic school students are the first in their families to graduate from college. In low-income neighborhoods, this means that the school is providing the lion's share of educational support for children who do not have access to private tutoring or help at home.

There is a 99 percent graduation rate for Catholic high schools, compared to the 41 percent public high school graduation rate. And 97 percent of Catholic

high-school students go on to graduate college. Overall, Catholic school seems to outperform public school and is a viable, less-expensive system of education in the private sector.

In fact, in 2011, only two private schools in New York State were designated by the U.S. Department of Education as "Blue Ribbon," a program that honors public and private elementary, middle, and high schools whose students achieve at high levels, or schools that make significant progress in closing the achievement gap. Both were both Catholic schools in the Archdiocese of New York — St. Ignatius Loyola School on E. 84th Street and St. Ignatius on Mott Street, both in Manhattan.

The incentives for getting a Catholic school education are different than what they used to be, and this is changing the demographics of Catholic school students.

"Families that don't have money don't usually have many choices. We needed to find a school with the right mix for Benny," says Elizabeth, a Brooklyn mother of two, who chose to send her son to a Catholic school with solid academics and a baseball program. "He really wanted to play baseball. The only school that we could find to bridge the gap was a Catholic school."

Likewise, Patty, of East Harlem, sends her daughter Amber to a bilingual Catholic school.

"My daughter goes to a school that gives her [education] in both languages," says Patty. "Sure, they speak the same languages in the public school around the corner, but it is unofficial. The public school does not have the same structure."

Amber's Catholic school is also closely related to other parish activities and offers bilingual Masses, events, and service



projects for the community. This makes the Catholic school a great way for Patty and Amber to meet people of similar backgrounds and build a community.

Unfortunately, keeping these schools open has become a challenge. The Catholic school sector is no different than any other, and closings have been publicized. In response, Catholic schools are researching and developing new educational business models. Some Catholic schools have closed their doors, only to reopen as academies.

For example, in South Ozone Park, the Nativity of the Blessed Virgin Mary School and St. Stanislaus Bishop and Martyr School closed, only to be succeeded by the Divine Mercy Catholic Academy. Because the school involves more than one parish, it is called an academy, to differentiate it from a single-parish school. Since 2005, the Brooklyn Diocese has opened many Catholic academies in Brooklyn and Queens.

The Brooklyn Diocese has also implemented the program “Preserving the Vi-

sion.” The name means exactly what it says: preserving what has always been an integral part of Catholic life — the education of children. This vision includes developing schools that will be better able to meet the diverse and changing needs of students and parents.

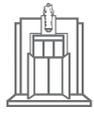
The Archdiocese has also initiated the “Pathways to Excellence” program, aimed at professional development for principals, teachers, and staff at schools that already do outstanding work. Because of the diverse population, there is still more than can be done to close the achievement gap. The program is aimed at raising standardized test scores and providing teachers with new classroom tools, such as the digital teaching program for fourth and fifth grade math, “Time to Know,” which provides online learning, data collection, and feedback for the school.

For families who are interested in learning more about Catholic education and whose children are (or will be) in grades pre-K through grade eight, New York City Catholic schools are hosting “Touring

Tuesdays” from January through April. Look up the schedule online at <https://catholicschoolsny.org>. Or, for those families who would like to apply, you may do so online at [www.ApplyCatholicSchoolsNY.org](http://www.ApplyCatholicSchoolsNY.org) as well as by phone at (646) 794-2885, between 9 am and 5 pm Monday through Friday. The applications include financial aid for qualified applicants.

Personally, I am proud to share that my fondest childhood memories revolve around a humble beginning, in a humble neighborhood. My siblings and I attended a Catholic elementary school, Our Lady of Victory, for eight years. I am pleased that Catholic schools are committed to remaining vibrant institutions for generations to come.

*Candi Sparks is a licensed financial professional and the author of children's books about money including “Can I Have Some Money? Educating Children About Money,” “Max Gets It!” and “Nacho Money.” She is a Brooklyn mother of two and is on Facebook (Candi Sparks, author) and Twitter (Candi Sparks, author). Her website is [www.candisparks.com](http://www.candisparks.com).*



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or visit [www.cardinalhayes.org](http://www.cardinalhayes.org)

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*Continued on page 12*



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- Introducción y prueba del programa Thurgood Marshall
- Classroom Inc. – Aprendiendo con juegos
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- Sacramental preparation
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## St. John's School

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[www.stjohnschoolbronx.org](http://www.stjohnschoolbronx.org)

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# Catholic Schools Week

## DIRECTORY

Continued from page 10

students are offered a step forward toward a more college-like environment, giving them the opportunity to continue to develop their social skills beyond the small school setting they are leaving behind, while still receiving the support of a nurturing atmosphere. If you are in eighth grade, why not call for an appointment to Spend-A-Day?

## Mount Saint Michael Academy

4300 Murdock Avenue

718-515-6400

[www.mtstmichael.org](http://www.mtstmichael.org)

Respect, integrity, perseverance, professional behavior and accountability are the five core values that guide the Mount Saint Michael Academy community, a Catholic, college preparatory school for young men, founded in 1926. Today The Mount has over 800 students of diverse backgrounds. We are the only grades 6 through 12 all-boys school in NYC. We offer an excellent education, recognized by the U.S. Department of Education as a National Blue Ribbon School of Excellence, at a fraction of the cost of other private schools. Our beautiful 22-acre campus on the border of Westchester County offers over a dozen sports opportunities and includes batting cages, baseball, football and soccer fields, and the largest gymnasium in NYC.

## St. Brendan School

268 E. 207th Street,

718-653-2292

[www.stbrendanschoolbronx.org](http://www.stbrendanschoolbronx.org)

For more than 100 years, our school has been providing a quality Catholic education to its students in grades Pre-K through 8th. Our school strives to educate the spirit and develop the intellect in an environment that emphasizes Christian values and creates an atmosphere fostering responsibility and courtesy. At our school, your child will receive a strong academic education in structured surroundings. Self-discipline, responsibility and self-motivation are among the benefits of our school's program. Teaching the whole child is a priority and we offer an exemplary academic curriculum supplemented with visual arts instruction, weekly music lessons, physical education and technology classes. We provide an early drop-off breakfast program and after care services until 6:00pm. Scholarships are available.

## St. Helena School

2050 Benedict Avenue

718-892-3234

[www.sthelenaschoolbronxny.org](http://www.sthelenaschoolbronxny.org)

Principal – Rich Meller

A culturally diverse Middle School Accredited Catholic school that educates children from full day Pre-K – 3 years to 8th grade in the Park Chester/ Castle Hill section of the Bronx. The school motto is "It's Fun to be Good!" Students in grades 1-8 have a schedule from 8:00 to 2:35 daily. Students enjoy 2 periods of gym, computers and library each week in state-of-the-art facilities. Extracurricular activities include boys as well as girls' basketball, track, bowling, volleyball, cub scouts and summer camp. The graduates have earned over \$200,000 in high school scholarships.

## St. John's School

3143 Kingsbridge Avenue

718-548-0255

[www.stjohnschoolbronx.org](http://www.stjohnschoolbronx.org)

Continued on page 14



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# St. Brendan School

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718-653-2292 • [www.stbrendanschoolbronx.org](http://www.stbrendanschoolbronx.org)

St. Brendan School offers a quality education rooted in sound Catholic values and challenging academics for children from PreK through 8th grade. At St. Brendan's we aim to equip your child with the self confidence and wisdom to lead a fulfilling and productive life in which service to their community is key.



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Call 718-653-2292 to arrange a tour or visit our website at [www.stbrendanschoolbronx.org](http://www.stbrendanschoolbronx.org)



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# Saint Raymond Academy for Girls

## OPEN HOUSE

Wed., January 31st from 3pm to 5pm



TACHS code: 220

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For more information contact  
**718-824-4220**  
ext. 1052 or  
[lschaller@saintraymondacademy.org](mailto:lschaller@saintraymondacademy.org)

1725 Castle Hill Avenue  
Bronx, NY 10462  
[www.saintraymondacademy.org](http://www.saintraymondacademy.org)

# Catholic Schools Week

## DIRECTORY

*Continued from page 12*

A Catholic co-educational elementary school that provides exceptional academic and religious instruction to students and their families from UPK through 8th grade. We have enjoyed a rich history as an educational and community presence in the Kingsbridge neighborhood of the Bronx for over 110 years. Today, St. John's School is experiencing revitalization. With the development of new extra-curricular options, a school-wide anti-bullying campaign, and new Tech and Science Labs, St. John's is inspiring its students and the evolving Kingsbridge neighborhood. The addition of a new school mascot, the St. John's Eagle, perfectly encompasses the desire of students and faculty to soar to new heights of Gospel living, educational excellence, and personal responsibility.

### St. Raymond Academy for Girls

1725 Castle Hill Avenue

718-824-4220

[www.saintraymondacademy.org](http://www.saintraymondacademy.org)

Our school is a small Catholic high school for young women in an urban setting. We inspire our students to reach their God-given potential in a safe, supportive, and diverse environment. Through a state-approved curriculum and extra-curricular activities, we encourage our students to seek and value truth. By empowering them with an education that promotes a commitment to excellence, self-discipline and strong Christian values, we challenge our students to become successful and accountable in a dynamic society.

### St. Simon Stock School

2195 Valentine Avenue

718-367-0453

[www.stsimonstockschool.org](http://www.stsimonstockschool.org)

Is a private co-educational Catholic School for children in Pre K 4 through 8th grade. We provide a quality education along with a challenging curriculum. We are departmentalized in our 6th, 7th and 8th grades. Our school is an "oasis in the desert" as the late John Cardinal O'Connor was known to say in talks to educators everywhere. We are a stabilizing influence in the community and

*Continued on page 16*

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# St. Helena Elementary School

## A Total School Program

### OPEN HOUSE

Saturday, January 27, 2018

11:00 – 1:00

- Full Day Early Childhood Program for 3 Year Olds
- Full Day Pre-School (4 yrs. old) and Kindergarten
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**2050 Benedict Ave.**

*School entrance on Benedict Avenue  
between Pugsley Ave. & Olmstead Ave.*

**Bronx, NY 10462**

**718-892-3234**

**[www.sthelenaschoolbronxny.org](http://www.sthelenaschoolbronxny.org)**



## St. Thomas Aquinas Elementary School

1909 Daly Avenue, Bronx, NY 10460  
718-893-7600

*"Founded in Faith, Growing with Confidence"*

St. Thomas Aquinas School is proud to announce the addition of FREE Full Day Universal Pre-Kindergarten for the 2017-2018 school year! Our school is also a proud participant in the new Blended Learning Initiative bringing advanced technology and instructional innovation into the classroom resulting in higher test scores and increased subject comprehension.



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Apply today to become part of an expanding St. Thomas Aquinas School community. Registration is open and our admissions are limited! Contact the school directly at **718-893-7600** to arrange a tour.

*"Celebrating over 100 years of Academic Excellence in the West Farms-South Bronx Community"*

# Catholic Schools Week

## DIRECTORY

*Continued from page 14*

a beacon of hope for the inner city neighborhood. All of us at St. Simon Stock believe in what we do, like what we do and are proud of what we do. This is evident in the fact that the majority of our teaching staff has been part of our school's community since the 1980's. Our students are involved in curriculum based class trips, where they can visualize what they have read about in their textbooks and many other innovative programs. Ask about our Cardinal Scholarships for the new school year for new students from public schools.

### St. Theresa School

2872 St. Theresa Avenue  
718-792-3688

[www.sttheresaschoolbronx.org](http://www.sttheresaschoolbronx.org)

Children who pass through our doors are eager to learn and are challenged by a stimulating academic, social and athletic curriculum infused with Catholic values. The program reflects an integrated learning experience for Pre-K for 3-year-olds, Universal Pre-K for 4-year-olds, Kindergarteners and students in grades 1-8. Teachers, administrators, aides and other professionals impart their knowledge and extensive experience with enthusiasm and a truly caring respect for the children in their charge. Providing before and after school programs, breakfast and lunch, a children's choir, art, music, Italian language studies, computer classes, physical education and an accelerated mathematics program. We also offer a wide variety of after school activities. Our school offers children a place to grow and blossom with discipline and guidance.

### St. Thomas Aquinas School

1909 Daly Avenue  
718-893-7600

[www.staschoolbx.org](http://www.staschoolbx.org)

Our school was founded by Mother Butler and the Religious of the Sacred Heart of Mary in 1907. Over these years the school has been a mainstay in the neighborhood. It continues to provide a Roman Catholic curriculum and a quality education addressing the changing needs of the student population. Catholic values are infused in every aspect of their students' educational experience. The faculty and staff are dedicated to providing a safe and nurturing environment for all. St. Thomas Aquinas school is committed to the mission of Catholic education. Registration is ongoing. Inquire about scholarships. The school has full day Pre-K4 and Kindergarten, grades 1 to 8. Early drop-off and after-school are also available.



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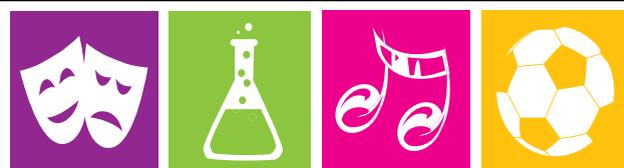
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## Online Activity Guide

Check it out on

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# AQUINAS HIGH SCHOOL



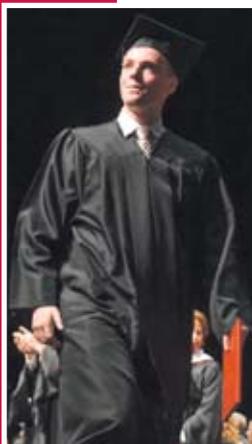
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## Kids Activities

### DIRECTORY

#### The Artful Attic

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The Artful Attic was created out of our love of Art. This family-oriented environment allows us to treat your child like one of our own while affording them a fun and informative experience to different art techniques. Our class offerings are for ages 5-12, ages 13-18 and coming soon is Mommy & Me Art. Groups up to 20 are welcome. We also run Art-Themed parties. We are easily accessible by all forms of public transportation. We would love to share our love of the arts with your children!

#### Belle School of Music

Scarsdale / White Plains / Yonkers

914- 961-5511, [www.belleschool.com](http://www.belleschool.com)

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#### Bronx House School for Performing Arts

Pelham

718-792-1800 ext. 235, [www.bronxhouse.org](http://www.bronxhouse.org)

Offering year-round private and group instrumental music, dance and theater classes for students of all ages, pre-school through adult, as well as an annual musical theater production program for children in grades 3 and up. Located in a state-of-the-art 7,000 square foot wing, the facility features sound proof and sound enhanced music rooms and three dance studios. The faculty of accomplished performers and educators have advanced degrees from music schools around the world. The School offers partial need-based scholarships to any student who qualifies for financial assistance as well as multi-session and sibling discounts. Through the generosity of the Tom Freston Instrument Lending Library, loaner instruments are available for use during lessons at Bronx House and for practice at home, free of charge.

#### Performers Edge Dance Academy

4037 East Tremont Avenue

718-822-2025, [www.performers edgedanceacademy.com](http://www.performers edgedanceacademy.com)

We welcome children of all ages, special needs and abilities to join our "Performing Hearts - Everyone Can Dance" program. Classes are held on Saturdays at 2:00pm, lead by therapist and dancer Ms. Kelly. Pre-registration is required. Performers Edge is an award-winning dance studio offering a well-rounded dance education with recreational and competitive team dance programs and classes for boys and girls ages 2 through adult. Registration for winter classes takes place from January 2nd through January 31st.

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# What to know before you adopt an adolescent

BY JUDY M. MILLER

**A**re you an adoptive parent or considering adoption? Has your child reached adolescence or coming close to it? Here are some insights about parenting adopted adolescents.

## Loss is always part of adoption

Regardless of circumstance or age, be it minutes or years old, the child who joins their family through adoption, has suffered profound loss. The initial loss is separation from the child's birth mother, and that loss expands outward to encompass birth family, culture or origin, and birth history.

Loss is the "hub" of the inherent issues in adoption.

Loss must be considered, understood, and honored by parents so that they can support their child as they navigate from

childhood into adulthood. Loss accumulates, one layer stacking upon another.

## The hub can be quite deep

Varying degrees of grief, guilt, and shame, rejection, identity, intimacy, and control are often experienced throughout the adopted person's lifetime. These feelings tie into loss and extend from it, like the spokes of a wheel. These feelings are known as the inherent issues in the adoption "landscape." Inherent issues affect many adopted people, as well as the majority of birth parents and adoptive parents. For this article, though, I only address the issues as they pertain to an adopted person.

## Inherent issues ebb and flow all life-long

Feelings tied to being adopted typically begin to make themselves known with

the onset of adolescence, as early as the age of 6, just when the hormones start to fluctuate in preparation for puberty. Children also begin to understand much more about adoption and how it has and will forever impact them.

Often, adoptive parents find themselves dealing with puberty and one or more adoption issues. As any parent who has raised a child can share, no one ever feels quite ready to parent a teenager. And parenting the adopted child requires even more preparation: knowing the child's history (and historical framework if adopted internationally) and how that can affect them, understanding the core issues and how to use them as tools in parenting, and having a level of genuine empathy for the child.

## There might be more going on than the core issues

Depending on circumstances, the child

may also have suffered neglect, exposure to drugs and alcohol, experienced or witnessed sexual, emotional, or physical abuse. These truths are painful for parents to share, but necessary to discuss with their child. This information is part of the child's story, and it is essential for parents to share and review all of their child's birth history and related facts with them prior to adolescence, in age-appropriate language.

Yes, any "hard truths" are difficult to share. Parents have invested lots of emotion in their adoption journeys. They love their children profoundly and do not want to inflict pain. Parents find that sharing why their child could be adopted or not having the answers to their questions challenging. But, not sharing the difficult truths leave children unprepared and open to injury by others as well as wondering why their parents, who love them and have their best interests at heart, did not provide them with The Truths.

Education about loss in adoption empowers parents to help their children. Loss, neglect, abuse, attachment, and a whole range of other topics can be examined and discussed during adoption preparation education with "waiting" parents.

### Advice for adoptive parents

Education promotes understanding. Understanding encourages empathy, which in turn grows patience. These tools are necessary to effectively parent the adopted child.

If seeking therapy for your child, address your own first. Think of airplane cabin decompression: put your oxygen mask on before your child's. If you do not, you cannot possibly help your child.

Work with a therapist well-versed in adoption and adoption issues. Therapists unfamiliar with adoption and inherent issues in adoption will be ineffective.

Adoption preparation education was not available when my husband and I adopted. We were unprepared. Concern over our daughter's apparent distress mingled with profound joy when she joined us in her infancy. The enormity of what adoption meant — forever uprooting and separating our daughter from the rich, ancient culture she was born into — became crystal clear in that instant. Resilient as humans are, she grieved for

some time while she adjusted to parents, family, and a society that did not look, sound, feel, or smell like that with which she was familiar. She did attach, but sadness and grief lingered. Her psychosocial development stalled. We committed to educating ourselves when seeking therapy for our daughter.

Our love was not enough. Our love served as a huge bandage that kept her wound from becoming infected further. This bandage did not and could not address the underlying cause of the wound and, therefore, why it was not healing. Part of the education we received was about loss and how it affects the adopted child — feelings of grief, guilt and shame, rejection, identity, intimacy, and control. By understanding what she was facing, we were able to better support her needs and help her resolve and eventually talk about what she felt.

*Writer and author Judy M. Miller savors time with her kids, three who are adopted. She is a Certified Gottman Educator and the author of "What To Expect From Your Adopted Tween," "Writing to Heal Adoption Grief: Making Connections & Moving Forward," and "For Families and Friends: Advice, Suggestions, and Honest Dialogue About How to Best Support Parents on Their Adoption Journey."*



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F: 718.585.5557

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# Homework helper

## Supporting their studies at home

BY JAN PIERCE

**W**hether you love it or hate it, homework is a component of your children's education. It is a given. In our busy lives with schedules full of sports, dance, music lessons, and the like, families may find it difficult to set educational responsibilities as a high priority. Although parents everywhere want their children to succeed in school, according to Sharon P. Robinson of the U.S. Department of Education, many parents err more on the side of slighting the importance of nightly homework than in giving too much help. There are those parents who make the mistake of doing the work themselves for a variety of reasons, but they are in the minority, and teachers will always spot such activity.

So what are the proper ways to deal with nightly homework assignments for our children? First of all, be sure that you understand the purpose of homework. It offers a number of benefits, but foremost are review and practice of new material, practice in independent research and study, developing good habits and attitudes toward learning, going further in a subject than can be done in limited class time, and preparing for the next step in learning which will be presented during the upcoming class session.

Once adults see the purpose of homework, it is easier to properly support it.

The amount of nightly homework should vary according to age. Most experts agree that for grades 1-3 there should be about 20-30 minutes of homework per night. For grades 4-6 it should increase to about 40 minutes to an hour, and from grade 7 and upward it may reach two hours or more.



Clearly, by age 11 or 12 children need to be able to do independent work and quite a lot of it. This is where parents can play a huge role in starting from the early years to support good homework habits.

The entire family should be on board with support of nightly homework routines. Here are some tips for setting expectations from the beginning of a school career:

- Set regular study times. You may need to be flexible, but never skip it.
- Provide a place to study with proper lighting, materials, and resources.
- Remove distractions. Some can study with soft music, but television, loud music, or other children playing will distract from quality work.
- Be a good example by reading and modeling a lifelong learning attitude.
- Monitor assignments, know what your child is doing, and check over completed assignments.
- Keep lines of communication open with teachers and schools.

Success in training children to become independent learners begins at an early age with parental interest and support. The difference between supporting and

doing too much for children is really quite easy to determine. It is appropriate to review information with children by asking them questions and listening to their answers. It is helpful to step in when children are "stumped" and discover together where they need help. It is helpful to train them to break large assignments into smaller chunks. It is fine to allow them to take a break when the going is tough and then try again. But it is never fine to do their assignments for them.

If homework is a problem for any reason, it is a good idea to talk with teachers quickly before the problem grows. Perhaps together you can work out the problems of too much work, assignments that don't seem to challenge, or any other problem which may arise. Teachers have a purpose for their homework assignments, and teacher-parent cooperation helps children realize you think it's important, too. Setting sound homework practices now will pay dividends for years to come.

*Jan Pierce is a retired teacher, reading specialist, and a freelance writer. She is the author of *Homegrown Readers* and *Homegrown Family Fun*. Find Jan at [www.janpierce.net](http://www.janpierce.net).*

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# Calendar

JANUARY



Jerry Mouawad

## Love and machines

Imago Theater presents *La Belle Lost in the World of Automaton* at the Lehman Center for the Performing Arts on Jan. 28.

“*La Belle Lost in the World of Automaton*” meshes elements of steampunk and automata with the original classic *La Belle et la Bête* (*Beauty and the Beast*).

Set aboard a steamship circa 1920 *La Belle* is the unlikely love story of the ship’s coal stoker (Sam Stoker) and one of the vacationers on the ship (*Lady Rose*). When she takes refuge from a storm while on deck *Rose* finds herself in Sam’s engine room far below. She discovers that he has constructed the story of *La Belle et la Bête* in the world of the

automata (figurines brought to life by the ingenuity of clockwork mechanics).

She also knows the story of *Beauty and the Beast*, and joins him in the telling. They become friends, beautifully melding the real and fantasy worlds while playing the characters of *Beauty and the Beast*, and they fall in love. This fairy tale experience is for audiences of all ages.

“*La Belle Lost in the World of Automaton*,” Jan. 28 at 4 pm; tickets \$25 general admission and \$10 for children and senior citizens.

*Lehman Center for the Performing Arts* [250 Bedford Park Boulevard West in Kingsbridge; (718) 960-8833; [www.LehmanCenter.org](http://www.LehmanCenter.org)]

## Never miss a great event!

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# Calendar

### Submit a listing

This calendar is dedicated to bringing our readers the most comprehensive list of events in your area. But to do so, we need your help!

Send your listing request to [bronxriverdalecalendar@cnglocal.com](mailto:bronxriverdalecalendar@cnglocal.com) — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

### MON, JAN. 1

#### IN THE BRONX

**Hike:** Van Cortlandt Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 11 am to 12:30 pm; Free.

If your New Year's resolution is to get healthy, why not start outdoors? Dress warmly, put on your hiking shoes, and head to the park. Urban Park Ranger hiking guides will introduce you to the hidden gems of New York City. On our hikes, you may explore nature, discover out city's urban forests, or just unplug from the world to clear your head. Our hiking programs feature intensity levels ranging from light, to moderate to vigorous. Our light hikes feature a leisurely stroll on mostly paved paths.

#### FURTHER AFIELD

**Family Holiday Programs:** The LEGO Batman Movie plus a "Superhero" workshop. Create your own superhero world during winter recess with the Museum of the Moving Image's drop-in art making workshops for families. Activities include making one's own LEGO animations and superhero masks, and designing superhero costumes. Recommended for ages 4 and up. Make a day of it and watch The LEGO Batman Movie at 11:00 a.m., showing daily during winter recess. 11 am to 4 pm. Free with admission to the museum. Reservations not required.

Museum of the Moving Image, 36-01 35th Ave., Astoria. (718) 777-6888. [movingimage.us](http://movingimage.us).

### FRI, JAN. 5

#### IN THE BRONX

**ShapeUp NYC Free Fitness Class at Triboro Center:** Triboro Center, 1160 Teller Ave., Bronx, NY 10456; (718) 293-1500; [jjacomowitz@centershealth-care.org](mailto:jjacomowitz@centershealth-care.org); <https://www.facebook.com/events/1364995476865779>; 2 pm; Free.

The Triboro Center has teamed up with the New York City Department of Parks and Recreation and their fitness program ShapeUP NYC to provide free classes to our staff, residents, and the public! All are welcome to join!



## Celebrate Three Kings Day

Children celebrate El Dia de los Tres Reyes Magos — Three Kings Day — at El Museo del Barrio on Jan. 5 with a parade and fun activities.

The parade celebrates Three Kings Day, one of the most important Latin American holidays for children.

This year the parade honors the Freedom Fighters who have made significant contributions to the Latino community. Children will enjoy

live camels, colorful puppets, parrandas, music and dancing on this magical day. The parade route begins on 106th Street and Lexington Avenue and ends on 115th Street and Park Avenue.

Three Kings Day Parade, Jan 5, from 11 am to 12:30 pm; free.

*El Museo del Barrio* [1230 Fifth Ave. and East 106th St. in East Harlem; (212) 831-7272; [www.elmuseo.org](http://www.elmuseo.org)]

#### FURTHER AFIELD

**Three Kings Day Parade:** El Museo del Barrio, 1230 Fifth Ave. and East 106th St., Manhattan; (212) 831-7272; [www.elmuseo.org](http://www.elmuseo.org); 11 am to 12:30 pm; Free.

Our favorite time of the year is upon us! Enjoy live camels, colorful puppets, parrandas, music and dancing on this magical day. In honor of the 41st anniversary, we celebrate Freedom Fighters who have made significant contributions to the Latino community. The parade route begins on 106th Street and Lexington Avenue and ends on 115th Street and Park Avenue.

**Bull riding:** Madison Square Garden, 4 Pennsylvania Plaza., Manhattan; (800) 745-3000; [www.ticketmaster.com](http://www.ticketmaster.com); 8 pm; Starting at \$38.

The Professional Bull Riders are coming back for the 25th anniversary of this extreme sport - he PBR's brand of thrilling, high-flying rides and jaw-dropping wrecks will buck into Madison Square Garden on January 5-7 for the Monster Energy Buck Off at the Garden. The three-day event is the first of four PBR Majors in 2018 that will offer increased prize money and bonus points to the world's 35

top bull riders, as well as a unique format that will test the sport's best in a punishing competition in which one in 15 rides ends in injury. Tickets are on sale now for this hotly-anticipated event. The action begins with the top-35 bull riders in the world taking on their 2,000-pound bovine opponents atop 750 tons of dirt spread 8 inches deep across to strive to win their share of the \$140,000 event purse as well as valuable world standings points that count toward the season's overall \$1 million PBR World Championship title.

### SAT, JAN. 6

#### IN THE BRONX

**Family Art Project:** Create Your Year—Hello 2018! Wave Hill, W. 249th Street and Independence Ave. (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10am-1pm.

Check out a farmer's monthly seed calendar explaining what fruits and vegetables to plant when. What do you want to see grow in 2018? Create an abundant garden or personal vision for your very own calendar at this signature Wave Hill program. Free with admission to grounds. Grounds admission

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

free until noon.

## FURTHER AFIELD

**Bull riding:** 7:45 pm. Madison Square Garden. See Friday, Jan. 5.

**Family Studio Projects:** Creative activities are led every weekday day by junior docents and professionals in the fields of art and science. There are art projects every Saturday and Sunday. Choose your own perspective to create landscape artworks inspired by Walks with Artists: The Hudson Valley and Beyond. Saturdays and Sundays, 1–4 pm, Sat., Jan. 6 – Sun, Jan. 28, 2018. Ages 7 and up. \$6 adults, \$3 children. Reservations not required.

Hudson River Museum, 511 Warburton Ave., Yonkers. (914) 963–4550. [hrm.org](http://hrm.org).

## SUN, JAN. 7

### IN THE BRONX

**Family Art Project:** Create Your Year—Hello 2018!: 10am–1pm. Wave Hill. See Saturday, Jan. 6.

## FURTHER AFIELD

**Bull riding:** 1:45 pm. Madison Square Garden. See Friday, Jan. 5.

**Planetarium Shows:** Expand your world and see a planetarium show. See Earth, Moon and Sun and learn how the Earth, Moon and Sun work together as a team. Show is 26 minutes long with a question and answer session afterwards. Saturdays and Sundays, 12:30, Sat, Jan. 6 – Sun, Jan. 28, 2018. For ages 5 and up. \$6 adults, \$3 children plus Planetarium entrance: \$4 adults, \$3 children ages 3–18. Reservations not required.

Hudson River Museum, 511 Warburton Ave., Yonkers. 914–963–4550. [hrm.org](http://hrm.org).

**Brrr! It's Cold Outside:** Winter is the most stressful time of year for New York's wildlife. But animals have strategies for survival in winter - hibernation, migration, or toughing it out. Learn all about the physical and behavioral adaptations animals use in the winter! Admission includes entrance to the Wildlife Education Center. 10am–4pm. For all ages. \$7 adults, \$5 children. Reservations not required.

Hudson Highlands Nature Museum Outdoor Discovery Center, Muser Drive across from 174 Angola Rd., Cornwall. (845) 534–5506, ext. 2014. [hhnm.org](http://hhnm.org).

## FRI, JAN. 12

### IN THE BRONX

**ShapeUp NYC Free Fitness Class at Triboro Center:** 2:00PM. Triboro Center. See Friday, Jan. 5.

## FURTHER AFIELD

**Shrek the Musical:** Little Radical Theaters will proudly be going green again —

from garden to swamp — when it brings the hilarious tale of everyone's favorite unlikely hero to dazzling new life onstage this winter! Featuring all new songs from Jeanine Tesori and a book by David Lindsay-Abaire, SHREK THE MUSICAL is the story of a hulking green ogre who, after being mocked and feared his entire life by anything that crosses his path, retreats to an ugly swamp to exist in happy isolation. today, 7 pm; Saturday, Jan. 13, 2 pm & 7:30 pm; Sunday, Jan. 14, 3 pm. For all ages. \$10 to \$25. To purchase tickets in advance please visit <https://www.brownpapertickets.com/event/3130202> or call 1-800-838-3006. Tickets are cheaper if purchase in advance than if purchased at the door and seating is assigned NOT general admission.

Grinton Will Library, 1500 Central Park Ave., Yonkers. (914) 589–1669.

## SAT, JAN. 13

### FURTHER AFIELD

**Family Art Project:** Freedom Quilting Bee: Wave Hill, 675 W. 252nd St., Westchester; (718) 549–3200; 10am–1pm; Free with admission, \$8 adults, \$2 children ages 2–18. Grounds admission free until noon.

In 1966, Dr. Martin Luther King, Jr., visited the Gee's Bend Community in rural Alabama and the Freedom Quilting Bee was established. These now-famous quilts would later go on to fund aspects of the community's freedom. Create your own brilliant, improvisational compositions out of bountiful squares of donated fabric, just for the joy of it and to honor Dr. King's birthday and the inspiring women quilters of Gee's Bend.

## SUN, JAN. 14

### FURTHER AFIELD

**Family Art Project:** Freedom Quilting Bee: 10am–1pm. Wave Hill. See Saturday, Jan. 13.

## FRI, JAN. 19

### IN THE BRONX

**ShapeUp NYC Free Fitness Class at Triboro Center:** 2 pm. Triboro Center. See Friday, Jan. 5.

## MON, JAN. 22

### FURTHER AFIELD

**NYC Autism Charter Schools Board Meetings:** NYC Autism Charter Schools, 433 E. 100th Street Manhattan; 977 Fox St., Bronx, N.Y. 10459, Manhattan; (212) 860–2580; [csecharan@nycacharterschool.org](mailto:csecharan@nycacharterschool.org); [www.nycautismcharterschool.org](http://www.nycautismcharterschool.org); 5 pm; Free.

The NYCA Charter Schools Board Meetings are open to parents, staff and any other members of the public.

## SAT, JAN. 27

### IN THE BRONX

#### Celebrating the Birthday of Adult Children of Alcoholics/Dysfunctional Families:

St. Andrew's Episcopal Church, 781 Castle Hill Avenue, (641) 715–3655; [greaternewyorkaca@gmail.com](mailto:greaternewyorkaca@gmail.com); [greaternewyorkaca.wixsite.com/mysite](http://greaternewyorkaca.wixsite.com/mysite); 10 am – 6 pm; Suggested Donation of \$10, but welcome all regardless of ability to pay.

The local branch of an international self-help organization who for 40 years have been met to overcome the effects of being raised in alcoholic or dysfunctional families, will mark this auspicious occasion with a Special Birthday Celebration in The Bronx, New York. The event will feature a Keynote Address by Jim Y., from San Francisco, Calif., as well as meetings, workshops and playshops. The event is open to all.

**Winter Solar System:** Van Cortlandt Nature Center, (VCNC), W. 246th St. at Broadway; (718) 548–0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 6 pm to 7:30 pm; Free.

Our Urban Park Rangers will be your guides to the solar system, discussing the science, history and folklore of the universe.

## FURTHER AFIELD

**Winter Jam NYC:** Naumburg Bandshell, Central Park, East 72nd Street and Fifth Avenue, Manhattan; <https://www.nycgovparks.org/events/2018/01/27/winter-jam-nyc>; 11 am to 3 pm; Free.

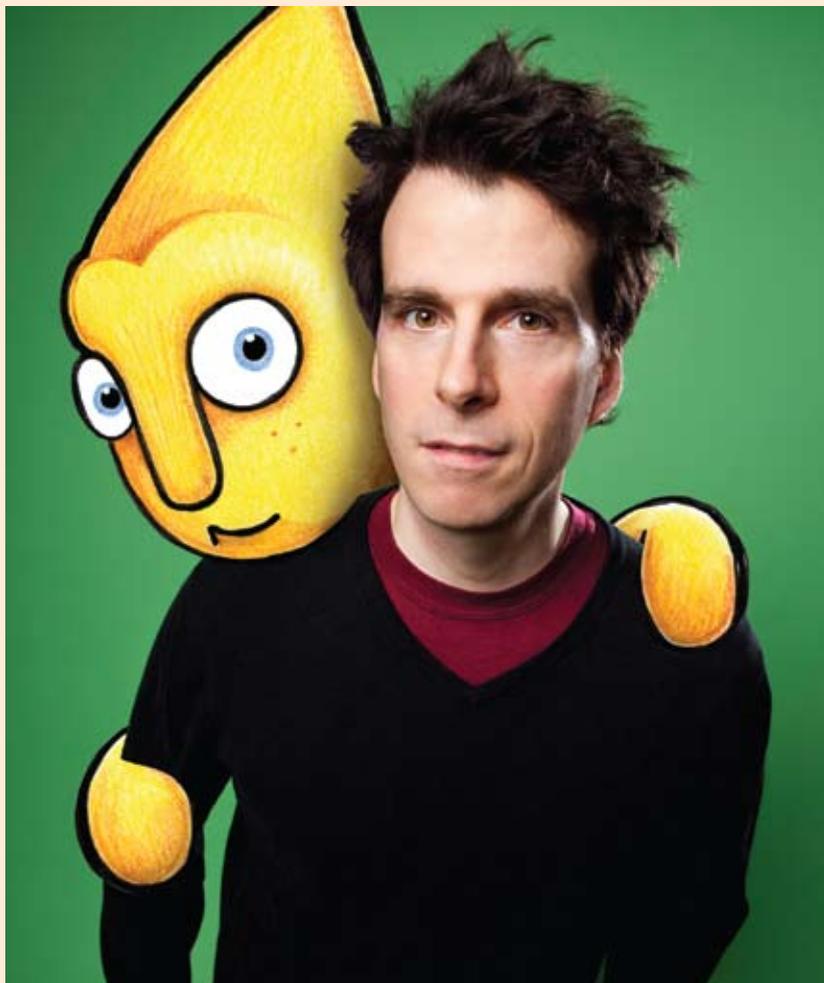
A winter sports festival for New Yorkers of all ages! Our partners at Gore Mountain will blow lots of snow in the heart of Manhattan, creating a snow field for all to enjoy! Featured Venues Lake Placid Snow Field Learn to Ski and Snowboard Snowshoeing by REI Sledding Arctic Golf Live Ice Sculpting Taste NY Winter Market/Warming Hut Please note: Participants in the Learn to Ski and Snowboard, Sledding, and Snowshoeing activities must sign a waiver and provide photo identification before participating in any of these activities. The waivers will be provided at the event. Participants under the age of 18 must have a legal guardian present with photo identification to sign the waiver. Waiting lines for the activities are subject to close early. \* Rain Date: February 3, 2018.

## SUN, JAN. 28

### IN THE BRONX

**Painted Papers and the Stories of Eric Carle:** Wave Hill, W. 249th Street and Independence Ave. (718) 549–3200; [www.wavehill.org](http://www.wavehill.org); 10am–1pm; Free with garden admission.

What better season than winter to cuddle up with stories you love — like Eric Carle's tales illustrating the wonders of nature. Hear Family Art Project storyteller Rama Mandel tell some of these enchanting favorites, then learn from Eric Carle's techniques as we cut and layer hand-painted papers to form bright



## Family music highlights

Enjoy the morning with the Best of Family Music showcase at Symphony Space at the Leonard Nimoy Thalia Theater on Jan. 27.

Just Kidding presents this special event hosted by SiriusXM's Kenny Curtis, highlighting some of the very best music of the year, featuring artists nominated for the 2018 Grammy Award for Best Children's Album. Performers and nominees include: Alphabet Rockers, Morgan Taylor's Gustafer Yellowgold, Lisa Loeb, and Justin Roberts and the Not Ready for Naptime Players.

Proceeds from the concert benefit Education Through Music, which partners with urban schools to provide music as a core subject for all children, and utilizes music education as a cata-

lyst to improve academic achievement, motivation for school and self-confidence.

For children 2 to 7 years old. For families with children on the autism spectrum or with sensory sensitivities, this performance features: brighter lighting in the audience, lowered sound levels; and patrons are free to move about the theater during the show. Expected run time is one hour.

Best of Family Music showcase, Jan. 27 at 11 am; \$20, \$17 for members.

*Symphony Space — Leonard Nimoy Thalia Theater [2537 Broadway at W. 94th Street on the Upper West Side; (212) 864-5400; [www.symphonyspace.org/event/9831/Family/best-of-family-music-showcase/](http://www.symphonyspace.org/event/9831/Family/best-of-family-music-showcase/)]*

and colorful images. Free with and admission to the grounds. Grounds admission is free until noon.

**Birding: Owls:** Pelham Bay Ranger Station (PBRS), Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 319-7258; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 1 pm to 2:30 pm; Free.

New York City is home to an amazing abundance of wildlife. Our Urban Park Rangers will guide you to the best wildlife viewing spots in the urban jungle. We offer birding programs throughout the year focusing on unique wildlife viewing opportunities during particular seasons. To enhance your experience we encourage you to bring binoculars and field guides, or ask a Ranger to borrow a pair. Participants are chosen by lottery. To register for this program, please visit [nyc.gov/parks/rangers/register](http://nyc.gov/parks/rangers/register). Registration begins on Wednesday, Jan. 17.

**"La Belle Lost in the World of Automaton:"** Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; [www.LehmanCenter.org](http://www.LehmanCenter.org); 4 pm; \$25 general admission (\$10 children under 12 and senior citizens).

Imago Theater has created a new fairy tale experience for audiences of all ages. This production meshes elements of steampunk and automata with the original classic *La Belle et la Bête* (Beauty and the Beast). Set aboard a steamship circa 1920 *La Belle* is the unlikely love story of the ship's coal stoker (Sam Stoker) and one of the vacationers on the ship (Lady Rose). When she takes refuge from a storm while on deck Rose finds herself in Sam's engine room far below. She is drawn to a myriad of trunks and treasures accumulated there, including objects of Sam's own creation and discovers that he has constructed the story of *La Belle et la Bête* in the world of the automata (figurines brought to life by the ingenuity of clockwork mechanics). She also knows the story of Beauty and the Beast and soon joins him in the telling. They become friends, beautifully melding the real and fantasy worlds while playing the characters of Beauty and the Beast, and beyond their control they fall in love. Like a giant toy containing moving gears, machines and a backdrop of a whimsical ship, the physical set is a kinetic and animated environment from which over a 100 effects, puppets and automata emerge to tell this magical tale.

**MON, JAN. 29**

**IN THE BRONX**

**Painted Papers and the Stories of**

**Eric Carle:** 10am-1pm. Wave Hill. See Sunday, Jan. 28.

**LONG-RUNNING**

**IN THE BRONX**

**All Aboard with Thomas and**

**Friends:** New York Botanical Garden, 2900

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

Southern Blvd. (718) 817-8700; [www.nybg.org](http://www.nybg.org); Daily, various times, until Sun, Jan. 21, 2018; \$30 (\$28 seniors; students; \$18 children 2 to 12; free for children under 2) plus garden admission.

Thomas & Friends™ are pulling into the station. Don't miss the opportunity to meet the Really Useful Engine and get your photo taken. Join Thomas on a fun-filled, sing along performance, Thomas' Budding Adventure, where kids will help Thomas discover the steps to grow a beautiful garden! Be sure to bring your camera to capture the special day.

**Evergreen Express:** New York Botanical Garden, 2900 Southern Blvd. (718) 817-8700; [www.nybg.org](http://www.nybg.org); Mondays, Tuesdays, Thursdays and Fridays, 1:30 pm to 5:30 pm, Wednesdays, 1:30 pm to 5:30 pm, Saturdays and Sundays, 10 am to 5:30 pm, until Sun, Jan. 21, 2018; Free with All Day Garden Pass.

Hop aboard our play train and pretend to ride the rails! Hike winter trails and find evergreen trees and shrubs. Warm up inside the cozy Discovery Center while learning more about amazing evergreen plants. Make a festive evergreen swag bundle to brighten up your home. On weekends and during holiday weeks, craft your own magical puppet and join famed puppeteer Ralph Lee's staff in our beloved Train Puppet Parades! Be sure to stop by the craft studio just for families featuring train landscapes and materials kids can use to create their own train puppet, as well as people and animals to inhabit the scenes. Enjoy classic train songs led by Ralph's banjo-playing musician and about every 45 minutes, follow the costumed train and engineer on a musical parade through the Adventure Garden.

**Holiday Train Show:** New York Botanical Garden, 2900 Southern Blvd. (718) 817-8700; [www.nybg.org](http://www.nybg.org); Tuesdays - Sundays, 10am-6pm, until Mon, Jan. 15, 2018; \$23 adults on weekdays, \$10 children 2-12.

Over 150 New York City landmarks are recreated in miniature out of bark, nuts, leaves and other plant parts. Large scale model trains zip around such familiar sites as the Statue of Liberty and Rockefeller Center. This year's show features new replicas of the Empire State Building and other midtown landmarks. Timed tours today through Jan. 15, 2018; see website for holiday schedules.

**Whimsical Winter Wonder Fantasy Photo Shoot:** Poe Park Visitor Center — Poe Park, 2640 Grand Concourse; (718) 365-5516; Tuesdays - Saturdays, 2:30 pm to 3:30 pm, Tues, Jan. 2 - Sat, Jan. 27, 2018; Free.

Bring your cameras to take photos of your kiddies with our fantasy photo props: Wanderlust the Unicorn and the Crescent Moon in Blue Woods. You can dress the kids in their cutest whimsical outfits for the photo shoot. Do not forget your cameras. (ages 0-10 years).

**The Bronx Zoo:** Come see giraffes, lions, birds, penguins and more. As a special treat, there are now five young gorillas at the

Congo Gorilla Exhibit — watch their playful interactions with their parents and each other. Open daily. Check website for winter schedule. Daily, 10am-4:30pm; Tues, Jan. 2 - Wed, Jan. 31, 2018. For all ages. Total Experience tickets \$28.95 adults, \$20.95 children ages 3-12, 2 and under FREE. All day parking \$16. Reservations not required.

Bronx Zoo, 2300 Southern Blvd. at Boston Road, University Heights. (718) 220-5103. [bronxzoo.com](http://bronxzoo.com).

## FURTHER AFIELD

**16th Annual Holiday Transit Show:** New York Transit Museum at Grand Central Station, 89 East 42nd St. at Park Avenue, Manhattan; (212) 878-0106; Weekdays, 8 am to 8 pm, Saturdays and Sundays, 10 am to 6 pm, until Sun, Feb. 4, 2018; Free.

Dazzling children and adults, the display features Lionel trains traveling along a 34' long, two-level, "O" gauge model train layout. Departing from a miniature replica of Grand Central Terminal on their way to the North Pole, this year's exhibition showcases the Transit Museum's Lionel Metro-North, Polar Express, and vintage subway train sets. A selection from the Museum's collection of trolley and elevated train models created by Dr. George T.F. Rahilly will also be on display to the delight of viewers. The exhibit is set against a cityscape backdrop designed by Brooklyn-based artist Josh Cochran.

**Mummies:** American Museum of Natural History, Central Park West at West 79th Street, Manhattan; (212) 769-5200; [enicholas@amnh.org](mailto:enicholas@amnh.org); [www.amnh.org](http://www.amnh.org); Daily, 10am; until Sun, Jan. 7, 2018; \$27 for adults, \$16 for children, and \$22 for seniors and students.

Mummies will offer an up-close look at one of the largest collections of mummies housed in North America. From ancient Egypt to pre-Columbian Peru, the exhibition will explore the intersection between societies, their environment, and the preparations they made for their dead. Through high-resolution CT scans and forensically reconstructed sculptures, visitors will glimpse people from centuries ago and learn how contemporary scientists have gleaned stunning details about their ages, practices, and even their causes of death. Interactive touch tables let visitors virtually "unravel" or see inside mummies as they delve deep into the unique stories of the people or animals who lie within.

**Earthflight:** Narrated by Academy Award-winning actress Cate Blanchett, Earthflight is a totally immersive experience, taking the audience on an incredible flight across the world on the wings of birds. Filmed in four continents and 11 countries, the film took four years to make. Revolutionary aerial techniques and state-of-the-art 3D cameras deliver the reality of flight as viewers join a variety of different avian species on their seasonal journeys. The audience will discover the fascinating science of flight: how they maneuver simultaneously in flocks a million

strong; manage immense journeys; navigate across whole continents; and collaborate with other animals to find food. LeFrak Theater, first floor BBC Earth presents a John Downer Productions and BBC Earth Production Earthflight distributed by BBC Earth and Giant Screen Films. Daily, until Thurs., March 8, 2018. Museum Plus One includes one special exhibition, giant-screen 2D or 3D film, or Space Show: \$27 (adults), \$22 (students/seniors), \$16 (children).

American Museum of Natural History, Central Park West at West 79th Street, Upper West Side, New York. (212) 769-5200. [amnh.org](http://amnh.org).

**Migrants and Millionaires aboard the Great Liners, 1900-1914. Millions:** Migrants and Millionaires aboard the Great Liners, 1900-1914 is one of the first exhibitions to examine, side-by-side, the dichotomy between First Class and Third Class passengers aboard ocean liners in the early 20th century. Ships like Titanic, Olympic, Lusitania, Mauretania, Aquitania, and Imperator dominated transatlantic travel. On each voyage, they transported thousands of people, First-Class passengers sailed across the Atlantic in the lap of luxury while Third-Class passengers made the voyage in the stuffy lower decks. From 1900 to 1914, nearly 13 million immigrants traveling in Third Class arrived in the United States. During this same period, America's wealthiest citizens, totaling no more than a hundred thousand passengers each year, traveled to Europe in First Class, spending over \$11.5 billion (2017) on luxury vacations. Even though First Class and Third Class sailed on the same ships, their journeys were worlds apart. Daily, 11am; until Sun, Jan. 7, 2018. For all ages. South Street Seaport Museum members: FREE, \$12 for adults, \$8 for students and seniors, and \$6 for children ages 2 - 17. Reservations not required.

South Street Seaport Museum, 12 Fulton St., Financial District, Manhattan, New York. (646) 765-4773. [southstreetseaportmuseum.org](http://southstreetseaportmuseum.org).

**Arsenal Gallery:** 35th Annual Wreath Interpretations Exhibitio. NYC Parks welcomes the holiday season with its 35th annual exhibition of creative, unconventional wreaths. Employing an array of uncommon materials, more than 40 participating fine artists, designers, and imaginative individuals celebrate this timeless holiday symbol. This year's wreaths draw inspiration from a range of themes ranging from the personal to the universal. This exhibition is an inspired and fun way to experience the holiday season. today, 9 am to 5 pm; Tuesday, Jan. 2, 9 am to 5 pm; Wednesday, Jan. 3, 9 am to 5 pm; Thursday, Jan. 4, 9 am to 5 pm; Friday, Jan. 5, 9 am to 5 pm. For all ages. FREE. Reservations not required.

Arsenal in Central Park, 830 Fifth Ave. at East 65th Street, Central Park East, New York. (212) 360-8114. [nycgovparks.org/events/2018/01/01/arsenal-gallery-exhibition-wreath-interpretations](http://nycgovparks.org/events/2018/01/01/arsenal-gallery-exhibition-wreath-interpretations).



# Music can soothe and motivate kids

**H**ave you ever entered a doctor's waiting room to hear cartoons blasting, loud chatter, phones beeping, and handheld games playing? Ever feel overwhelmed in those moments? Even the most sophisticated adults can feel overstimulated in noisy and chaotic environments, so consider how young children feel.

More importantly, the sound and noise level in your own home helps determine the stress factor. Creating a soothe and calm environment depends a lot on the sound influence. By intentionally using music as a tool, you can set or reset the tone of your home. Here are 5 ways how:

**Homework time:** Playing some soothing tunes in the background while deciphering math problems is not only soothing but aids in brain stimulation. Known as the Mozart Effect, listening to music not only increases cognitive function in general, but also specifically aids in performing mathematical computations, in particular, spatial-temporal reasoning.

**Clean up:** Looking to find a fun way to clean up before or after dinner? Try a

musical cue. By putting on a song that the kids enjoy, you will help get little hands in the mood to pitch in. If you play the same song each day but specifically for clean-up time only, you soon won't even need to tell the kids that it's time to tidy up. Once they hear the first few notes of the song, they will spring into action.

**Explore topics:** What older kids listen to might reflect what they are thinking, but it also might just be a song that they really enjoy because it's popular or has a good beat. You don't know until you ask. Talking about lyrics is an awesome way to broach subjects, and even art and writing and life in general. Get to know what your kids listen to without feeling the need to censor them all the time. And don't be afraid to introduce them to the songs you like and explain why. Some of the best times with my kids have been deciphering the lyrics of a song.

**Get moving:** Who says you need to do a formal and boring exercise routine every day? Turn up the tunes and dance. Show the kids your fun side and get them moving at the same time. It's not only incred-



## HEALTHY LIVING

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ibly fun, it's an activity that helps release the day's stress and reinvigorates you and your kids for the rest of the day.

**No more television:** You don't need to come home and mindlessly turn on the television. The noise from a blaring television can quickly become grating and does not usher in tranquility. On the contrary, when you walk in the door and turn on some music, you instantly set a soothing mood.

*Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.*



# Parents, what's in YOUR fridge?

**I**n January, who doesn't have the urge to turn over a new dietary leaf? For inspiration, I've turned to the experts — young moms and dads — about what's in their fridge, their plans for next year, and tips for getting dinner on the table fast.

Participants include Caroline Cook, Cathy Derus, Liz Heywood, Joshua Petru, and KT Speetzen.

## What's currently in your fridge that you're proud of?

- Homemade chicken noodle soup, flaxseed plus leftover oatmeal that I will use to make oatmeal pancakes. — *Cook*

- Roasted veggie pasta, cheese sticks, beets. and a whole bunch of fruit. — *Derus*

- Fruit, veggies, hummus, whole grain bread, and wraps and leftovers. — *Heywood*

- Red wine-braised beef short ribs cooked in the slow cooker. It's a tasty, limited effort meal with bonus points for having a simple shopping list (ribs, red wine, stock, mirepoix and herbs). — *Petru*

- I'm buying as much organic as possible — and grass-fed dairy. I just made the switch over to grass-fed butter. OMG. Yum. — *Speetzen*

## What's in your fridge that you're not-so-proud of?

- A lot of fruits and vegetables that I've

been intending to chop and cook. — *Cook*

- Too many expired leftovers. — *Derus*

- Juice boxes, kids' yogurt tubes with more added sugar than I'd like, and string cheese that I use too often as a go-to snack. — *Heywood*

- The big bag of string cheese. It's one of a few things my toddler will consistently eat, so we always have it handy for either snacks or to supplement the dinner he didn't eat. — *Petru*

- There's a Velveeta chili dip that was made in the slow cooker two weeks ago. I'm legit scared of it. To be fair, my husband is from Minnesota, and he made it. Yes, I'm totally throwing him under the bus, but I also ate it. — *Speetzen*

## What do you plan to stock in your fridge in 2018?

- Almond meal, so I can make Superhero Muffins, which are secretly healthy muffins made with maple syrup, zucchini, and carrots that my preschoolers like to make and eat! — *Cook*

- More vegetables, even if it's sneaking them in somehow. — *Derus*

- I've recently challenged myself to cooking less meat and more plant-based dinners. It has forced me to change the way I think about meal planning, but I've discovered that my kids often like these even more than meat. — *Heywood*

- A veggie that my 2-year-old son will



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

eat. I don't know what that is yet, but will hopefully find it! — *Petru*

- My goal is to start batch cooking, because so much of my weeknights turn into "What am I going to feed these people?" — *Speetzen*

## Your best tip on getting dinner on the table on a busy weeknight?

- Chopping veggies on Sunday, so that everything is ready to go. — *Cook*

- Prepping on Sunday. That day we'll do a big meal, then have our "planned 'overs" so we can eat those during the week. If we cook during the week, sometimes it's something with the slow cooker. — *Derus*

- Meal planning! I plan five to six dinners per week and make my grocery list based off of that. Also, I try to do a few minutes of meal prep for the next day after the kids are in bed. It makes the next day's meals so much easier when I know what I'm cooking for dinner and have some food prepped a bit already. — *Heywood*

- Only one cook in the kitchen. One of us will have a meal planned and focus on executing that, while the other parent occupies the kiddos. — *Petru*

- Scrambled eggs, Trader Joe's frozen naan, and a quick steamed veggie. My kids only eat broccoli, so in my house it's broccoli. — *Speetzen*

*Christine Palumbo is a Naperville-registered dietitian nutritionist who is a new Fellow of the American Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.*



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#### Grand Prix New York

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From Noon to 3 p.m.

### JANUARY 14, 2018

#### Mamaroneck Beach & Yacht Club

555 S. Barry Ave., Mamaroneck  
From Noon to 3 p.m.

For more information, visit  
[WestchesterFamily.com/CampFair](http://WestchesterFamily.com/CampFair)



\* Must be present at the Camp Fair in Mt. Kisco to receive 10 credit arcade card.



## The New York City Charter High School for Architecture, Engineering & Construction Industries

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### ANNUAL OPEN HOUSE

Parents and Guardians are cordially invited to attend this annual open house event for the upcoming 2018-2019 school year. We invite families to our school to preview our school environment and tour the building to see the program currently available for incoming freshman students.

**Saturday, January 6, 2018**

**10:00am – 1:00pm**

**Saturday, February 10, 2018**

**10:00am – 1:00pm**



### EVENTO ANNUAL DE PUERTAS ABIERTAS

Los padres y tutores están cordialmente invitados a asistir a este evento anual de puertas abiertas de nuestra institución para el próximo año escolar 2018-2019. Invitamos a las familias a nuestra escuela a realizar una vista previa para conocer nuestro ambiente escolar y recorrer el edificio para ver los programas que están disponibles para los estudiantes del primer año.

**Sabado, Enero 6, 2018**

**10:00am - 1:00pm**

**Sabado, Febrero 10, 2018**

**10:00am - 1:00pm**