

BRONX/RIVERDALE

# Family

www.NYParenting.com

March 2018  
**FREE**

**Summer  
Camps 2018**

*Fresh*  
**start**

**Choosing  
charter  
education**

**Laying down  
the rules for  
online safety**

**Could you be  
oversharing on  
social media?**



PARENTING  
MEDIA ASSOCIATION  
★ **2017 SILVER** ★  
*Award Winner*

Design & Editorial  
Awards  
Competition



FOR KIDS AGES 4 TO 10

## Advantage QuickStart is a proven pathway to “real tennis” that’s fun, accessible & irresistible!

Players learn the game fast, with children of similar age and skill levels. It’s fun from day one, with a friendly, non-competitive atmosphere.

### Here’s what kids enjoy!

Tennis customized by age and ability

Engaging games & drills, new challenges all the time

Appropriately-sized racquets, slower-bouncing balls

Players move along the pathway at their own pace

No experience or equipment needed!

Better fitness and athletic skills

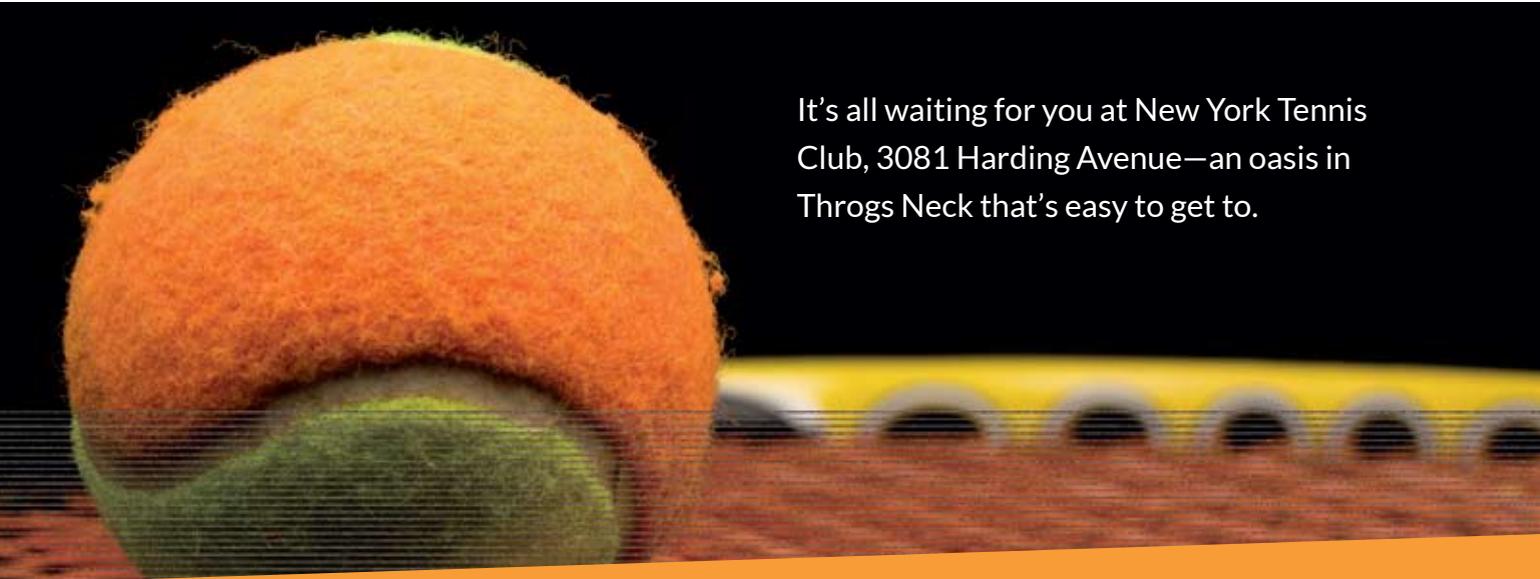
### Plus, benefits beyond fitness that every parent will appreciate!\*

**48%** of kids who play tennis have an “A” average

**81%** say they will attend college

**82%** volunteer in their communities

\* Source: Tennis Industry Association



It’s all waiting for you at New York Tennis Club, 3081 Harding Avenue—an oasis in Throgs Neck that’s easy to get to.

**Sign up today!** Mark Keye at [markkeye@advantagetennisclubs.com](mailto:markkeye@advantagetennisclubs.com) or 914.582.7314.  
Or visit [quickstartny.com](http://quickstartny.com)

# ST. ANSELM SCHOOL

Celebrating Excellence in Education since 1908



All  
faiths  
welcome!



**St. Anselm School offers a safe and nurturing learning environment where students:**

- \* *Achieve* academic success
- \* *Learn* integrity and values in the Catholic tradition
- \* *Belong* to a community that fosters self-confidence and school spirit
- Technology Program including SMART Boards, I-Pads, Elmos, Chromebooks and Wi-Fi access
- Daily Extended Care Program until 6:00pm
- Comprehensive Science Program
- Art and Music Programs
- Physical Education Program
- Guidance & Counseling Services
- AFFORDABLE TUITION!!

**Office Hours: Mon.-Fri. 8am-4pm**

**Scholarships Available  
for a Limited Time**  
(Call or visit school to inquire)

- **FREE** Full Day Pre-K/UPK Program (8:15am - 2:45pm)
- Children must be 4 years old by December 31

**AFTER SCHOOL CLUBS:**  
Math, Science, Choir,  
Guitar, Violin, Art, Band,  
& Robotics

**OPEN HOUSE**

March 5th, 12th, 19th, 26th  
9 am to 11 am

**APPLY NOW**

**2018-2019 School Year  
Pre-Kindergarten through Grade 8**

For more information or to schedule a visit, please call the school office.  
685 Tinton Avenue, Bronx, NY 10455 | 718-993-9464 | [www.stanselmbx.org](http://www.stanselmbx.org)

# School — a safe and nurturing environment

Last month, being February, I wrote a column that spoke about LOVE. I pretty much always write about love in February, and typically in March I move on to comment on summer and camp and/or choosing the right school or something on that order. That's the core of our editorial and advertising base, and our purpose in publishing, to help assist parents with the important job of helping to raise children in this complex world.



None of the adults I know did. We had other nightmares like polio, air-raid drills, and tornado warnings. We recall the shootings of our national leaders, men like John F. Kennedy and Martin Luther King Jr. and Medgar Evers. We recall the horrors of the civil rights protests and the Vietnam debate and the war itself. Our nation

has often been divided. The Civil War was reflective of a lot that has continued in this vast and diverse land of ours.

However, this month, our usual wonderful expression of love on Valentine's Day turned into a both a personal and national nightmare. Another school shooting, this time in Parkland, Fla., ended the school day with 17 dead and numerous wounded. Kids and teachers went off to school and many didn't come home. Those who did are undoubtedly traumatized forever.

Again? Another school day turned into a war zone? I didn't grow up with this reality.

But this debate about guns and the right to bear arms is the one that many of our nation's teens and adults are now ready to radically pounce on. Thank goodness I didn't have to parent kids who left for school every day with me wondering if there was going to be a shoot-out in their school. Nor did my parents or their parents, but that's no longer true. School is no longer the ALWAYS safe and nurturing environment it used to be. Only recently have parents and kids become wary and afraid

of what might take place in their school after they say good-bye in the morning.

I feel very passionate about this. Who doesn't? Even the discussion about how to deal with school shootings is like being in a bad dream. It can't be real, but it is. We are seriously debating arming teachers and all kinds of band-aid fixits that don't address the core problem. The core problem is guns, and if we love our children we will love them more than some people seem to love their weapons. Some think we have a constitutional right to bear arms. I believe we have a right to life, liberty, and the pursuit of happiness, and that means our kids going off to school and coming home safe at the end of the day.

What do you think?

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)



The acceptance of advertising by **New York Parenting** does not constitute an endorsement of the products, services or information being advertised. We do not knowingly present any products or services that are fraudulent or misleading in nature.

Editorial inquiries, calendar information, advertising rates and schedules and subscription requests may be addressed to **New York Parenting**, One Metrotech Center North, 10<sup>th</sup> Floor, Brooklyn, N.Y. 11201.

**New York Parenting** can also be reached by calling (718) 260-4554, emailing Family@NYParenting.com or by visiting our website, NYParenting.com.

Join the conversation on Facebook.

**New York Parenting** has been recognized for editorial and design excellence by PMA.

**New York Parenting** is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2018





# NEW YORK Parenting

Bronx/Riverdale Family  
March 2018

Where every child matters



16



28



18



10

## FEATURES

- 10 Find a safe camp**  
How to research your child's camp is before registering  
BY JESS MICHAELS
- 16 Oversharing on social media**  
How posting photos and info can put your family at risk  
BY TAMMY SCILEPPI
- 18 Choosing charters**  
Many New York parents find these schools the right fit  
BY SHNIEKA L. JOHNSON
- 28 Who's watching?**  
Setting house rules about online safety with your caregiver  
BY KRISTEN J. DUCA
- 32 Talking to your kids about illicit drug use**  
BY MYRNA BETH HASKELL

## SPECIAL SECTIONS

- 12 Camp Directory**
- 20 Charter Schools Directory**

## COLUMNS

- 6 Short Stuff**
- 8 Tips from a Teacher**  
BY LAUREN ROSEN
- 30 Good Sense Eating**  
BY CHRISTINE M. PALUMBO, RD
- 31 Just Write Mom**  
BY DANIELLE SULLIVAN
- 34 Healthy Living**  
BY DANIELLE SULLIVAN
- 35 Behavior & Beyond**  
BY DR. MARCIE BEIGEL
- 36 Family Financial Planning**  
BY ANTHONY N. CORRAO
- 37 Family Health**  
BY DR. PRAMOD NARULA, MD
- 38 Ask an Attorney**  
BY ALISON ARDEN BESUNDER, ESQ.
- 46 New & Noteworthy**  
BY LISA J. CURTIS

## CALENDAR

- 40 March Events**

# Short Stuff

## Sweet treat that's truly nut-free

Did you know that most commercially produced ice cream isn't made in nut-free facilities? That impacts many people, especially kids, who can't have ice cream due to the risk of exposure to allergens from cross contamination.

That's why family-owned A La Mode Shoppe is making safe-to-eat sweets for the 15 million Americans affected by food allergies.

Run by husband-and-wife-team, Marc and Sandy Roth, A La Mode Shoppe makes 100 percent nut-free ice cream. What started as a stand-alone



ice cream parlor in Midtown East Manhattan has grown — due to demand from the allergy community and a parent's video that went viral — into a national brand sold at grocery stores across the country.

Made in Dessert Corp, the country's first dedicated nut-sesame-and-egg-free facility located in the Bronx, A La Mode's premium ice cream is super-creamy thanks to being made with 16 percent butterfat. Kids can't resist fun-loving flavors like Pink Sprinkle and Cotton Candy, while adults embrace decadent flavors like Wired, coffee ice cream with chocolate chips, and Speed Bump, dark chocolate with marshmallows.

*Six pints of A La Mode Shoppe ice cream, \$79.99, [www.alamodeshoppe.com](http://www.alamodeshoppe.com).*

## Hunting down missing words

Award-winning doodle artist Jon Burgerman returns to the world of picture books with another kid-empowering, laugh-out-loud story — “Rhyme Crime!”

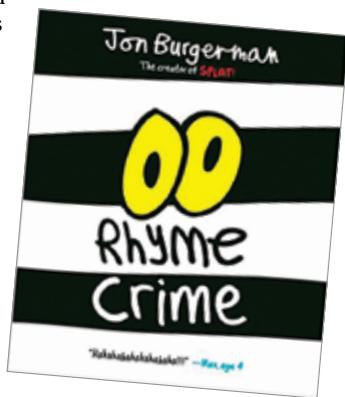
Words have mysteriously gone missing. Who stole Marlow's happy smile and replaced it with a crocodile? Who swiped Dingle's sneeze and left a stinky cheese? Who took Tumble's orange, and switched it with a ... Hey, does anything rhyme with orange? No? Aha! Could this be the rhyming robber's undoing?

Kids ages 3 to 5 will delight in using the rhyming pattern of the story to guess what the crook will steal next, and parents and teachers will appreciate that the story incorporates concepts such as rhyme, foreshadowing, and inferences.

Burgerman is a renowned artist and social media celebrity (118K Instagram followers and counting) known for his signature doodle art style. He is nominated in the “Art” category at this year's 10th Annual Shorty Awards, which honors the best of social media.

His art is collected worldwide by the Victoria and Albert Museum in London and other institutions, and his commercial collaborators include Nike, Puma, Samsung, Pepsi, Coke, Levis, AOL, MTV, and Rip Curl. He published his first children's book, “Splat!,” in 2017, which Oliver Jeffers called “a brilliantly playful book.”

*“Rhyme Crime” by Jon Burgerman goes on sale April 3, \$16.99; <https://randomhouse.box.com/s/nzmuya6ddxdw3cj02oa8nh2r7x-lxw09>*



## Teaching time management

How can parents make time management fun for kids? Octopus Watch is the solution! Adding sanity back to the parents' hectic schedule, Octopus Watch lets parents set alerts for kids, so they can feel empowered while also learning the concept of time.

Octopus Watch is a traditional analog and digital time-teller that also has an accompanying app where parents can set alerts for when it's time for breakfast, to brush teeth, to get the cleats on, and more. Kids feel empowered while parents can take a break from non-stop sergeant schedule!

The Octopus Watch features 700 icons to choose from for scheduling, and it vibrates when there's a reminder. The watch features a fun interface that kids will love to wear, and it has three-mode interface, so kids can choose analog, digital, or icons.

Teach kids responsibility without having to say a word. With the Octopus Watch, time management is made fun!

*Octopus Watch is available on [www.heyjoy.io](http://www.heyjoy.io), as well as at Target stores. \$79.99.*

State of the Art Dental Facility • Kid Friendly



**Smile-Savers**  
Pediatric Dentistry, PC  
www.smilesaverspedo.com

**We Welcome Little Smiles!**  
Dr. Dionne Finlay, Pediatric Dentist  
Dr. Steve, Orthodontist



**718.708.6755**

2100 Bartow Ave., Suite 246  
Bay Plaza, Coop City  
Behind Pathmark,  
Next to AMC & Bally's

**PRE-K  
FOR ALL**



**Register Feb 5 – Mar 30, 2018**

**With Pre-K For All, Opportunity Starts Now!**

Visit [bronxhouse.org](http://bronxhouse.org) for information  
on **Tours** and **Open Houses**  
or **Call Us** at 718.792.1800, ext. 249



**We Offer 2 Bronx Locations!**

- 1) 990 Pelham Pkwy South
- 2) 2222 Wallace Avenue

# Children of All Faiths and Cultures Thrive at GAI

Pre-K through 8<sup>th</sup> Grade • Founded in 1912



- Small classes
- Affordable tuition
- Focus on academic excellence, home, faith and community
- Vibrant and exciting programs
- Nurturing family atmosphere
- Our graduates go on to the best high schools in NYC and Westchester!



**GAI is a very special place for our children.**

**Open House - Thursday, April 26<sup>th</sup>**



**Greek American Institute (GAI)**

3573 Bruckner Blvd., Bronx, NY 10461 • 718-823-2393 • [secretary@gai-edu.org](mailto:secretary@gai-edu.org)  
[www.greekamericaninstitute.org](http://www.greekamericaninstitute.org)



## Calming Sunday night anxiety

*My child loves school, but every Sunday night is filled with anxiety and worry and spends hours telling me that he doesn't want to go to school. Is there anything I can do to help lessen his worry?*

**T**here is a reason we all get the “Sunday scaries” and not the “Wednesday whimpers.” Any change in routine can throw someone off course, even one that only lasts two days, like the weekend. Kids thrive on routine, and weekends typically look different than weekdays.

Try to have your son’s weekend routine match his weekday routine as much as possible. Of course, this can’t always happen, because we have weekend obligations and there are endless soccer games and birthday parties to attend! However, there are little things you can do, such as keeping his morning and nighttime routines the same. Have him wake up and get ready for the day, same as he would on a weekday. If part of your nightly routine is to read a book together, make sure you continue this on weekend nights, even if it means

doing it before mommy and daddy dash out the door for dinner. This way, when Sunday night rolls around, there won’t be as much of an adjustment.

*I just received the report card from my second-grade son’s school, and I’m surprised by many of the grades he got. Will it bother the teachers if I reach out to them to discuss this?*

**Y**es! Just kidding ... sort of. I think it will bother the teachers that there is something that was unclear on the report card, not that you’re reaching out for clarification.

Teachers and parents should work together as a team to support each child. If either side is unsure of something that is happening with the student, then the team can’t work to its full potential. Teachers put a lot of time and thought into their report cards, with the goal of helping you better understand your child as a learner. Never be afraid to reach out to your child’s teacher if you have any questions about



### TIPS FROM A TEACHER

LAUREN ROSEN

anything on your child’s report card.

*Lauren Rosen has been teaching in Manhattan private schools for 10 years. She lives in Manhattan with her husband and daughter. You can reach her at MrsLRosen@gmail.com.*

**TRABAJAMOS COMMUNITY HEAD START**  
A CHILD'S WORK IS PLAY!



**EDUCATION. NUTRITION. MENTAL HEALTH.**

- Bilingual

- Available 5 days a week from 8am - 6pm all year 'round
- Breakfast, lunch and snack provided

Inspired early childcare with a holistic approach to working with children and their families.

Serving the community for over 52 years

1997 BATHGATE AVENUE,  
Bronx, NY 10457  
917-259-7081

2167 UNIVERSITY AVENUE,  
Bronx NY 10468  
917-962-9720

940 EAST 156TH STREET,  
Bronx NY 10455  
718-893-1512

[trabajamoscommunityheadstart.com](http://trabajamoscommunityheadstart.com)

**BRONX HOUSE SCHOOL FOR PERFORMING ARTS**  
Heilbrunn Music School

**Spring Group Music Classes Begin**  
Week of April 7 - REGISTER TODAY!



**Quality Programs!**

- Professional Faculty
- Music & Dance Instruction for All Ages
- Music & Dance Recitals
- State-of-the-Art Facilities
- Free Loaner Instruments
- Year Round Programming
- Competitive Pricing & Financial Assistance

*Registration for Private Music Instruction is ongoing.*

CALL 718.792.1800 ext 235  
or VISIT [www.bronxhouse.org](http://www.bronxhouse.org)



990 Pelham Parkway South,  
Bronx, NY 10461 • 718.792.1800  
Contact: Gary at ext. 235 or  
[performingarts@bronxhouse.org](mailto:performingarts@bronxhouse.org)



**HAC Family Services Inc.**

**Bridging the Gap to Education & Success**



- Childcare (2-years to 5-years)
- Family EarlyLearn CACFP
- Headstart
- Pre-school Evaluations
- Universal Pre-K
- Pre-school Special Education
- Family EarlyLearn (6-weeks to 4-years)
- 3-K for All program

For more information contact the central office located at:  
880 River Avenue Bronx, NY 10452 2nd Floor

Phone: (718) 992-1321 Fax: (718) 992-8539

James W. Nathaniel, CEO [www.hacfs.org](http://www.hacfs.org)

*Nearly a half a century of service to the Bronx*



**Doris E. Stone**

1165 University Avenue  
Bronx, NY 10452  
(718) 588-1030

**Highbridge Advisory Council**

**Day Care Center**

1181 Nelson Avenue  
Bronx, NY 10452  
(718) 681-5216

**Early Childhood Center I\***

1594 Townsend Avenue  
Bronx, NY 10453  
(718) 299-3917

**Early Childhood Center III\***

1399 Ogden Avenue  
Bronx, NY 10452  
(718) 293-9196

**Richard H. Mangum Early Learning Center**

921 E. 162nd Street  
Bronx, New York 10451  
(718) 590-0673

**Marshall England Early Learning Center**

800 Concourse Village East  
Bronx, NY 10452  
(718) 742-2366/69

**Head Start Program**

880 River Avenue 2nd Floor  
Bronx, NY 10452  
(718) 992-1321



# Find a safe camp

How to research your child's camp is before registering

BY JESS MICHAELS

**W**hen researching a summer camp for your child, there are many things you need to consider. You want to make sure to choose a camp that has a philosophy that matches your own family's values, an appropriate program for your child's needs, and a camp that is fully committed to providing a summer of fun and growth in a well-supervised and safe environment. But what is the best way

to discover how safe a camp is before registering? The American Camp Association, New York and New Jersey, recommends parents consider the following when looking for a camp for their child:

## **Camp director**

One of the most important parts of researching a camp is looking at who the director is. Parents should inquire about the director's background and if he or she is a year-round camp professional or a sea-

sonal employee. Year-round professionals spend the year focused on the camp and concentrate on youth development, along with recreation. Parents also want to make sure they feel comfortable with the director and that he or she is able to answer any questions you may have about summer camp safety.

## **Camp review**

It is imperative that the camp a parent chooses for her child is regulated and

has outside review. In New York State, single-purpose indoor camps can operate without a license from the Department of Health. Parents want to make sure that the camp they choose has a license from the Department of Health and meets basic safety standards. Those that choose to become accredited by the American Camp Association go above a state's basic licensing requirements and address specific areas of programming, personnel, health care, emergency response, management practices, and youth development. Choosing an accredited camp is a parent's best evidence of a camp's commitment to a safe program.

### Staff composition

Inquire about a camp's staff composition. Parents want to look for a camp director who addresses child protection and safety issues with knowledge and sensitivity. Ask about who is caring for your child. Ask about age of staff, experience, pre-season and on-going staff training, background checks, the interview process, camper-staff ratios, work history checks, and character references.

### Special considerations

If your child has special considerations such as a medical condition or a food al-

lergy, you want to ask the director how he or she handles such considerations and if he or she has had another camper with similar issues. You want to make sure the camp can handle your child's needs.

### Medical staff

Ask if there is a doctor or nurse in residence or on call for campers at all times. Parents want to also make sure the camp has Epi-Pens and automated external defibrillators on site and that it employs staff members trained to use them.

### Staff training

Find out what topics are covered during a camp's staff training. At a minimum, staff should be trained in safety regulations, emergency procedures and communication, behavior management techniques, child abuse prevention, appropriate staff and camper behavior, and specific procedures for supervision. If there are waterfront activities, families want to make sure they are supervised by a certified lifeguard.

### Safety procedures

Ask about the safety measures that are in place. These can include inquiring about medical personnel on property, emergency plans for natural disasters or evacuations,

security guards, staff screening procedures, and instructor qualifications.

### Out of camp trips

Ask how the camp handles field trips and safety procedures that are in place for these trips. Find out if the campers and staff wear shirts to be easily identifiable, if accompanying staff have first aid and CPR training, a lost camper plan, if staff carry cellphones, and what the staff-to-camper ratio is.

### Camp references

One of the best ways to find out about a camp's safety record is to ask for references. Ask other parents about the experiences of their children and if they are going back next summer. Be specific and ask for a reference from your town or child's age group to ensure the camp isn't giving out the same few phone numbers to each parent.

*Jess Michaels is the director of communications for the American Camp Association, New York and New Jersey, a not-for-profit organization dedicated to enhancing the summer camp experience. Parents looking for a camp for their child can contact the organization for free, one-on-one advice in finding a camp at (212) 391-5208.*



## Learn Tennis this Summer!

7-time Grand Slam Champion, Liezel Huber and the premier team of coaches, Tony Huber, Harel Srugo, Chris Dong, and Justin Bower invite you to the Cary Leeds Center for Tennis & Learning

Summer Camp runs June 11 - Aug. 24!  
All levels welcome (ages 5-18)

Transportation available to our convenient NYC location

1720 Crotona Ave.  
Bronx, NY 10457  
718.247.7420  
[www.caryleedstennis.org](http://www.caryleedstennis.org)





# SAINT BARNABAS HIGH SCHOOL

## SUMMER ENRICHMENT ACADEMY



### MAKE YOUR SUMMER COUNT!

Open to students entering 8th grade in the fall  
Preparing for the Catholic High School (TACHS) entrance exam?  
Enroll in our **SUMMER ENRICHMENT ACADEMY**  
from July 9 - July 27!

The program focuses on:  
**Reading • Math • English • TACHS Exam Preparation**  
Fun activities: sports, robotics, science and more  
For information and to reserve your spot,  
visit [www.stbarnabashigh.com](http://www.stbarnabashigh.com) or call 718-325-8800 x27

Saint Barnabas High School  
425 East 240 St. Bronx, NY (on the Yonkers border)



## Online Activity Guide

on

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



# 2018 Camp Choices

## DIRECTORY

### Bronx House Day Camp

Henry Kaufmann  
Campgrounds Rockland  
County,  
718-792-1800  
[www.bronxhouse.org](http://www.bronxhouse.org)  
[leon@bronxhouse.org](mailto:leon@bronxhouse.org)

Offering children from K-6th grade, the unique opportunity to fully enjoy the outdoors at the Henry Kaufmann Campgrounds in Pearl River, NY. Through a variety of activities like, instructional and free swim, sports, dance, arts & crafts, boating, horse riding and challenge courses, campers learn new things every day and walk away with a memorable experience. On a daily basis, campers are engaged in a wide variety of interesting programming. Through the expertise of our qualified activity specialists and trained counselors, campers have an educational, yet fun and exciting learning experience. Pick up and drop off is available

### Summer Camp at the Cary Leeds Center for Tennis & Learning

South Bronx  
718-247-7420  
[caryleedsinfo@nyjtl.org](mailto:caryleedsinfo@nyjtl.org)  
[www.caryleedstennis.org](http://www.caryleedstennis.org)

Led by 7-time Grand Slam Champion Liezel Huber, summer camp runs from June 11 to August 24 from 9:30 am – 4:00 pm with extended hours and transportation options available from Queens, Manhattan and the Bronx. All levels are welcome, ages 5-18. Fitness component included to improve players' footwork, balance, speed and overall strength.

### Kidville Camp Riverdale

718-708-8081  
[www.kidville.com/riverdale](http://www.kidville.com/riverdale)

An enrichment center that specializes in award winning music, dance, art, gym, and enrichment classes for newborn to six years old where kids learn, play and grow. Our flexible schedule offers 2 weeks increments. Campers are paired into groups by age and participate in develop-

mentally appropriate activities led by Kidville counselors. We offer weekly themes that set the stage for sports and movement games, live jam sessions with Kidville musicians, take home art projects, interactive stories and dramatic play.

### Mathnasium of Riverdale Summer Package

5912 Riverdale Avenue  
347-427-1300,  
[www.mathnasium.com/riverdale](http://www.mathnasium.com/riverdale)

Your neighborhood math-only learning center helping kids in grades 2-12 understand math by teaching the way that it makes sense to them. When math makes sense, kids leap way ahead - whether they started out far behind or already ahead in math. Our formula for teaching kids math, the Mathnasium Method, has transformed the way kids learn math for over a decade across 800+ centers in the US and Canada. Special summer package includes a personalized assessment, registration and 20 sessions to be used as desired throughout the summer. Enroll in our summer program now to help your child be ready for the 2018-2019 school year.

### Saint Barnabas High School's Summer Enrichment Academy (SEA)

Woodlawn  
718-325-8800 x22  
[www.stbarnabashigh.com](http://www.stbarnabashigh.com)

Offering a summer enhancement program for students entering 8th grade in the fall who are interested in having fun while preparing for the Test for Admission into Catholic High Schools (TACHS). It focuses on improving skills in reading, math and language arts and a TACHS prep course while offering sports, robotics, science, culinary classes and art. The Summer Enrichment Academy runs from July 9-27 from 8:30am – 1:00pm. We are conveniently located by car, bus, subway and Metro North.

*Continued on page 14*



# Your decision today affects all her tomorrows.

## Give her what she needs to fulfill her potential.

At Mathnasium, we help students of every skill level excel at math, build their confidence, and thrive in life. Our caring instructors teach math fundamentals in a way that makes intuitive sense—customized for each child’s individual needs with the Mathnasium Method™. In fact, tens of thousands of families across the country trust us to teach their children every single day.

We’re a founding sponsor of National PTA’s STEM + Families Initiative, dedicated to promoting interest in STEM disciplines, helping kids get into the schools of their choice and prepare for their future.

**MATHNASIUM**<sup>®</sup>  
The Math Learning Center

**Schedule your no-obligation first visit today at:**

**Mathnasium of Riverdale**  
5912 Riverdale Avenue, Bronx, NY 10471  
**(347) 427-1300**  
[mathnasium.com/riverdale](http://mathnasium.com/riverdale)

# SUMMER CAMP 2018 SUPER SAVER!

**Fun Bunch**  
grades K-2

**Adventurers**  
grades 3-4

**Explorers**  
grades 5-6

**Teen Travel**  
grades 7-10

**Register by March 31 & SAVE**  
**\$200 OFF Full Summer**  
**\$100 OFF One Session**  
*\$500 deposit required.*



**Register today! Visit [www.bronxhouse.org](http://www.bronxhouse.org)!**



**For more information, contact:**  
Leon Davis (718) 792-1800, ext. 232  
or [leon@bronxhouse.org](mailto:leon@bronxhouse.org)



Located at the Henry Kaufmann Campgrounds in beautiful Rockland County, New York



# YMCA SUMMER CAMPS





FINANCIAL ASSISTANCE AVAILABLE

**10%  
Early Bird  
Discount**  
ENDS APRIL 21





NEW YORK CITY'S YMCA [ymcanyc.org/camp](http://ymcanyc.org/camp)

# Digital CAMP GUIDE 2018

Check it out  
on [nyparenting.com](http://nyparenting.com)



NEW YORK  
**Parenting**

## 2018 Camp Choices

### DIRECTORY

*Continued from page 12*

#### YMCA of Greater NY Day Camps

Castle Hill Bronx YMCA,  
212-912-2490

[www.ymcanyc.org/bronx](http://www.ymcanyc.org/bronx)

In our programs, children learn leadership skills and develop self-confidence in a safe, accepting, and stimulating environment. They also build robots, go on field trips, shoot hoops, learn to swim, make new friends, and laugh all summer long! NYC's

YMCA offers a wide range of engaging summer day and sleepaway camp options that accommodate all families. You'll find programs convenient to home and work, and programs that meet your child's interests and abilities. Children can enroll in just a few weeks at camp, or spend the entire summer with us. We're excited to embark on another summer of fun and learning with you and your children.



now enrolling...  
**Camp Kidville™**  
Ages 18 months to 6 years

- Weekly themes
- Gym, Art, Music & more
- Flexible scheduling for busy summer schedules

**CAMP SESSIONS OFFERED**  
5/7 – 8/24  
Receive **15% OFF** through 3/31  
8 weeks or more. Call for details.

**Kidville**  
Happy Kids. Happy Families.

**KIDVILLE RIVERDALE**  
555 West 235th Street  
718-708-8081

[kidville.com/riverdale](http://kidville.com/riverdale)  
classes • birthday parties • indoor playspace

2017 KIDVILLE. KIDVILLE IS A REGISTERED TRADEMARK OF KIDVILLE INC., ALL RIGHTS RESERVED.



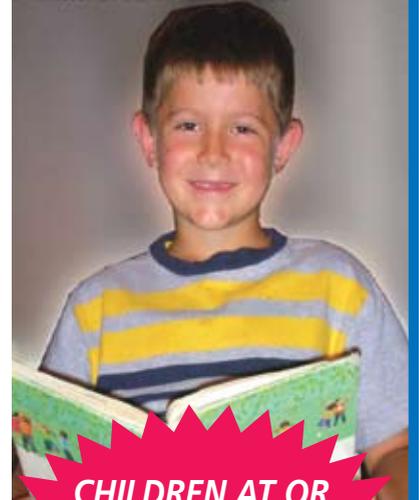
**The Artful Attic**  
Arts & Crafts

Online  
Registration  
All Materials Included  
Create  
FUN & CHALLENGING  
Works of ART  
**ART-THEMED  
PARTIES**  
For Kids, Teens, Adults

3100 Wilkinson Ave. Bronx, 10461  
Call: 718.822.0216  
Email: [Info@TheArtfulAttic.com](mailto:Info@TheArtfulAttic.com) Website: [www.TheArtfulAttic.com](http://www.TheArtfulAttic.com)

# SOLVE YOUR CHILD'S READING PROBLEM

## ACHIEVE 3 TO 6 YEARS OF READING IMPROVEMENT IN ONE YEAR!!!



**CHILDREN AT OR  
BELOW GRADE LEVEL  
WILL BECOME THE  
BEST READERS IN  
THEIR CLASS**

**“A Miracle In The Making!” - CBS TV**

- One on One Tutoring for K - 12th grade
- Below, At or Above Grade Level Students
- LD - ADD - ADHD - Dyslexia - Special Needs
- Your child will read better, faster with greater fluency and comprehension advancing one year every 4-8 weeks
- Grades, confidence and self esteem will soar as they learn to love reading and school
- Your 3, 4 & 5 year old will learn 15-30 words in the 1<sup>st</sup> session
- No contracts – Open 7 days a week
- **FREE** Consultation – 35 Years Certified Experience

**WATCH OUR VIDEOS TO LEARN MORE**

**[www.DickerReading.com](http://www.DickerReading.com)**



**Dicker Reading Method**

75 Brook Street, Scarsdale | 914.472.0600 | [www.DickerReading.com](http://www.DickerReading.com)

# Oversharing on social media

## How posting photos and info can put your family at risk

BY TAMMY SCILEPPI

**S**ocial media is addictive by design. And our need to constantly share, dish, and find out what other people are up to begs the question: Have we become a society of “social media yentas?”

As you ponder that humorous concept, consider your own social networking activities and then ask yourself: Am I oversharing?

Actually, millions of people everywhere — regardless of their age and gender — are most likely addicts and don't even realize it. In the old days, it was called gossiping, or being a busybody or a meddler. Nowadays, it's called sharing, posting, commenting, following, liking, tweeting, retweeting, and hashtag-ing.

Everyone knows that social networking has many positives, that it can be a powerful force for good. Online communities help people, provide support, and inspire action. And how else can you connect with old friends and find hundreds of new ones (though chances are you won't ever meet most of them)?

Thanks to the wonders of social networking, proud moms and dads can brag to the world about their adorable offspring and their amazing adventures, family vacations, and celebrations. And teens can publicly swoon over hot boyfriends and girlfriends, and dish about the Kardashians and their cool shenanigans. And mean kids can cruelly bash schoolmates they don't like while casually posting and texting pouty, suggestive selfies that may one day come back to bite them in the arse.

The behemoth we call social media has a darker side. It feeds on human beings' universal cravings for attention, recognition, love, excitement, and their desire to connect with others. After all, we are social animals.

Yet, too much social networking can lead to loneliness and depression because as social beings, we need to be around real people, and we enjoy one-on-one interactions. Cyber friends don't fill that void.

And let's not forget that since the behemoth can turn on a dime and transform itself into a hate mongering, no-holds-barred, pathological monster that harbors predators, we, as our children's protectors, must be extra vigilant about oversharing. Along with cyber bullies, identity thieves, stalkers, and lying, sadistic internet trolls, burglars, vengeful spouses and neighbors, curious bosses and future employers (yours and your kids') are roaming around as well.

By oversharing, are we allowing full access into our inner sanctums? And is that what we really want?

Experts are now confirming that “sharing” can put your children at risk even when they're older. You never know who may be Googling their names and checking out social media accounts down the road. So, consider whether you're providing too much info when it comes to your children. Because, remember, the internet never forgets.

### Controlling your presence

While it's getting harder and harder to monitor kids' digital lives, you do have the

ability to control your own online presence. By gradually weaning yourself off social media — at least for a while or at regular intervals — it will result in more quality time spent with your family, and you'll be setting a good example for your children as well.

Parental social media habits might also shape their kids' social media habits, so we ought to be extra considerate about what we post and share.

The internet has become a predator's playground, and according to the Crimes Against Children Research Center at New Hampshire University, one in 25 youth in one year received an online sexual solicitation where the solicitor tried to make offline contact.

In that same study, one-third of the children in this age group received what is called “aggressive sexual solicitation,” i.e., the predator asked to physically meet them, corresponded with them through regular mail (the child gave the predator his or her home address), or received gifts.

The Center suggests that parents educate their kids about criminal behavior and remind youngsters that many things they post about themselves or their friends may end up being viewed by others, and can prompt contact that could become a problem.

Tell your teen that using the internet or a cellphone to send or sext photos of yourself or friends can get you into trouble with the law. According to the Center, most young people don't realize that sexual pictures of themselves and other minors



can constitute child pornography, and its production and transmission are serious crimes. Teens may see such photos as romantic, fun, adventuresome, or even remunerative.

And it's not just teens. Parents have been posting and sharing their young children's photos for years. In this predatory climate, oversharing is just too risky. Did you know that children's online photos have ended up in ads and on porn sites?

Perhaps all parents should pause, take a deep breath, and try to disconnect and unplug every now and then. And tell everyone in the household to do the same. Then

take a few minutes and listen to what your kids are saying, 'cause they probably want you to dial back on that "sharenting."

A piece titled "Kids Expect Parents to Follow Technology Rules Too" on [psychcentral.com](http://psychcentral.com) shines a light on that common behavior. Based on researchers' findings at the University of Washington and University of Michigan, this study is one of the first to explore children's expectations for parents' technology use.

After surveying 249 families with kids between the ages of 10 and 17, the study has revealed some surprising stuff about how kids felt about their parents' online

habits and oversharing. Turns out kids have high expectations — just like their parents.

Perhaps kids should be saying, "Don't post my photos online without my approval."

Here's a suggestion: When your child turns 5, start asking: "Do you want other people to see this?"

*Next month, we'll speak with Michael Osakwe, a NextAdvisor.com writer covering technology. He'll offer some tips on how to stay safe on social media, so parents can share responsibly.*

# Choosing charters

## Many New York parents find these schools the right fit

BY SHNIEKA L. JOHNSON

**W**ith school application results looming, New York parents are considering options for rising kindergartners, middle schoolers, and high schoolers. Meticulous research goes into making the best decision for their children — and they have a lot to think about, choosing between public and private, single-sex and coed, traditional and progressive. Oh, and what is a charter school, anyway?

There are many opinions on what exactly the best school option is, and many New Yorkers find that a charter school is the best fit for their children. These parents are making their voices heard, and the city is in the midst of a charter school expansion. A charter school is a public school that is managed by a board of trustees that may include educators, community members, and individuals from the private sector. These schools operate without many of the regulations that a traditional public school may have. Because of this arrangement, charter schools operate under a contract (or “charter”) that is typically operative for up to five years. Charter schools in New York have to be approved and authorized by three groups: the New York City Department of Education, the New York State Department of Education, and the State University of New York Charter Schools Institute.

With the rise of the charter school movement in New York in the late 1990s, many New Yorkers have seen the increase in charter schools as a way to provide families with more school options. Admission to charter schools is by application or lottery, and any student eligible for admission to a city public school is eligible for a charter school. Priority is typically given to those who live in the district where the school is located, and siblings of students currently attending the school also receive priority. Many charter schools have unique models with varying approaches to curriculum, discipline, and academic focus. The chosen model varies from school to school, but there is consistency in that charter school schedules often include an extended day, a longer school year, and access to additional programming in



the after-school hours (whether in-house or through an outside agency).

There is a lot of debate about the value of charter schools and their impact on traditional public schools, but those involved with charter schools see the cur-

rent expansion as more opportunities for children to succeed. An administrator of a charter school with substantial prior experience working in traditional schools and school districts noted that charter schools offer “the chance to innovate

with less constriction.” He added, “Traditional schools are focused on improving within the system. Charters can innovate outside the system and the usual constituent relationships (teachers, parents, students) are able to be framed and managed in a way that creates opportunity for increased achievement.” He also noted that another positive development in many charter schools is that they are focused on serving a diverse and integrated student population.

Given that they are independently run, charter schools have worked hard to make changes in their hiring practices, teacher compensation, and tenure that are more attractive than the offerings from traditional schools. Charter schools are still subject to accountability systems, such as testing, and the students have performed well in recent years by these measurements. Many supporters of charter schools are confused as to why the city is not overrun with new school sites.

“We felt it was the best fit for our daughter in terms of its academics and culture. We didn’t feel strongly about sending her to a charter versus a public or private school — like most parents, we considered all options,” said K. Thorn, a mom of a second-grader attending a

“As parents, we all want to find the best school for our kids, we all need good options where our children can grow and thrive.”

charter school in Manhattan. She added, “There are a lot of great charter schools out there, and kids benefit from their expansion. As parents, we all want to find the best school for our kids, we all need good options where our children can grow and thrive.”

She also recommended that parents look past the heated opinions about charter schools and take a look for themselves to determine if the school is best for their children.

New York has not seen the level of charter school growth that some other cities have, but expansion is quite noticeable in certain neighborhoods. For instance, areas that have lower socioeconomic levels or under-performing schools are finding new charter schools most frequently. This past July, the New York

Times noted that more charter schools would be allowed to open in place of so-called “zombie charters,” which are charter schools that were approved but did not begin operations or have closed. This simple move — allowing charters to be reissued — allows nearly two dozen charter schools to open. Zeta Charter School (founded by Emily Kim, formerly of Success Academy) is slated to open in the fall of 2018. According to Zeta’s website, its mission is “to build and sustain high-performing schools that forge thriving communities of lifelong learners, problem solvers, and innovators.” It will launch two public charter schools in the 2018–19 school year, with plans to grow to 10 schools serving pre-K through 12th grade.

There are more than 200 charter schools available to children in the five boroughs (<http://schools.nyc.gov/community/charters/information/directory.html>). The deadline to apply to most is April 1. You must contact each school directly regarding the admission timing and requirements.

*Shnieka Johnson is an education consultant and freelance writer. She is based in Manhattan where she resides with her husband and son. Contact her via her website: [www.shnieka-johnson.com](http://www.shnieka-johnson.com).*



## BRONX GLOBAL LEARNING INSTITUTE FOR GIRLS CHARTER SCHOOL, THE SHIRLEY RODRIGUEZ-REMENESKI SCHOOL

*“Where Every Girl is a Leader”*

### ACCEPTING APPLICATIONS FOR GRADES K-8

- Single gender environment coupled with a rigorous instructional program.
- Dual Language Program: Literacy Across the Curriculum in English and Spanish.
- Small group instruction promotes student learning.
- A commitment to increasing student achievement and closing the achievement gap.
- Extended Day: 8:00am - 4:00pm

*All students are encouraged to apply:*

*We provide services for Students with Disabilities and English Language Learners.*

**LOTTERY DATE: MONDAY, APRIL 5, 2018 AT 5:30PM**

(Applications must be received by April 1, 2018 in order to be in the lottery)



**750 Concourse Village West, Bronx, NY 10451 • 718-993-1740**  
**Apply online at [www.bgligschool.org](http://www.bgligschool.org)**

# Charter Schools

## DIRECTORY

### (AECI) NYC Charter High School for Architecture, Engineering & Construction Industries

838 Brook Avenue  
646-400-5566

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

An academic program providing students with a foundation of the necessary skills, knowledge, and practical experience to pursue a path leading to college and/or a career in the architecture, engineering, or construction industries. AECI's offerings are focused on providing a rigorous college preparatory sequence of classes while also preparing students for success on industry-recognized certification exams. All students receive double periods of Math and ELA in freshman year to prepare for long lasting success. All staff members are tasked with developing the whole child by working together to ensure that all students' aca-

ademic, emotional, and social development is supported, cultivated, and challenged.

### Brilla Public Charter Schools

Brilla College Prep  
413 E. 144th Street  
Brilla Veritas  
500 Courtlandt Ave.  
347-273-8439

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

Brilla is a network of high-performing free public charter schools located in the South Bronx. Students at our Charter Schools outperform Local District Schools, and New York State Schools, ranking in the top third in both Math and Literacy across the state. Our students grew more than 3 times as much as other charter school students across the state in Literacy.

**The Bronx Charter School for Children**  
Mott Haven/South Bronx

388 Willis Avenue  
718-402-3300, [www.tbcs.org](http://www.tbcs.org)

We currently serve 432 students in grades K-5. Our staff members provide a rigorous elementary academic program in a safe, nurturing environment. Our scholars participate daily in Enrichment classes including Art, PE, Music, Technology, and Science. We employ three full-time ENL teachers to support targeted group instruction focused on English acquisition. The school uses the Integrated Co-Teaching model to support scholars with an IEP in an inclusive environment. The BCSC prides itself on being a community school that values family and community partnerships.

### Bronx Charter School for Excellence

Parkchester Campus: Bronx Excellence 1 (K-4), Bronx Excellence Middle (5-8)  
1952-1960 Benedict Ave.  
718-828-7301

Morris Park Campus: Bronx Excellence 2 (K-3)  
1804 Holland Ave.  
718-892-1276

Wakefield Campus: Bronx Excellence 3 (K-2)  
3956 Carpenter Ave.  
718-882-0231

New Campus: Bronx Excellence 4 (K-1)  
LOCATION TBA  
[bronxexcellence.org](http://bronxexcellence.org)

We are a network of free, public charter schools serving the most ethnically and linguistically diverse borough in NYC. Excellence 1 (K-8) is among the top-performing charter schools in NY, having gained recognition in 2012 as a Nat'l Blue Ribbon School – the U.S. Dept of Education's highest honor for schools across the country. Excellence 1 houses a full elementary school (K-4) and a middle school (5-8). Excellence 2 completed its inaugural school year in June 2017 and now serves K-3rd Grade. Excellence

*Continued on page 22*

## Apply to Brilla Public Charter Schools!



### What Is Brilla?

Brilla Charter Schools is a network of high-performing free public charter schools located in the South Bronx.

- Students at Brilla Charter Schools outperform Local District Schools, New York City Schools, and New York State Schools, ranking in the top third in both Math and Literacy across the state.
- Students at Brilla Charter Schools grew more than 3 times as much as other charter school students across the state in Literacy.



### Join us for an Open House!

March 1, 2018 9:00 – 10:00am <b>BCPE</b>	March 13, 2018 6:00 – 7:00pm <b>Veritas</b>
March 1, 2018 6:00 – 7:00pm <b>BCPE</b>	March 15, 2018 9:00 – 10:00am <b>Veritas</b>

**BCPE is located at 413 E 144th Street | No RSVP  
Veritas is located at 500 Courtlandt Ave | necessary**

413 E. 144th St., Bronx New York 10454 • 500 Courtlandt Ave, Bronx, NY 10451 • (347) 273-8439 • [brillacollegeprep.org](http://brillacollegeprep.org)

# *First Grade & Kindergarten Applications are now being accepted!*



The Cardinal McCloskey Community Charter School  
*Opening in September 2018*

Join us at our upcoming Open Houses:

**March 13th**

*5:00 – 7:00 pm*

*629 Courtland Avenue  
Bronx, New York 10451*

- In Community District 10, Bronx, NY
- 3 Classes per grade / 3 adults per class

**April 11th**

*5:00 – 7:00 pm*

*685 East 182nd Street  
Bronx, New York 10457*

- 20-25 students per class
- Priority for at-risk children



*Visit us at*

**CMCCS.org**

*or call for more information  
at 718-402-0081, ext. 227*

# Charter Schools

## DIRECTORY

*Continued from page 20*

3 opened to K and 1st Grade scholars this past fall. We are pleased to announce that Excellence 4 will be our newest addition to the Excellence family, welcoming K and 1st Grade scholars in Fall 2018. Excellence 2-4 will add a new grade level each year until they reach 8th grade, creating educational sustainability for neighborhood families. Bronx Excellence 5 is slated to open in 2019.

### Bronx Global Learning Institute for Girls Charter School

**The Shirley Rodriguez-Remeneski School**  
750 Concourse Village West – Lower Level  
718-993-1740, [www.bglig.org](http://www.bglig.org)

Our school provides an exceptional education to young girls through dual language instruction in a technology-rich environment. We build on cultural heritage to foster

leadership characteristics, self-confidence and strong values. Students receive a standards-based, research-proven curriculum that creates a strong foundation for life-long learning. Our program promotes excellence in all areas: cognitive, social, emotional and moral. A single-sex environment coupled with a rigorous instructional program ensures that each student is able to disengage from traditional social pressures and focus on personal development and academic achievement. BGLIG focuses on small group differentiated instruction to meet the needs of each student.

### Cardinal McCloskey Community Charter School

Call 718-402-0081 x227 or email [admissions@cmccs.org](mailto:admissions@cmccs.org) or [cmccs.org](http://cmccs.org)

The countdown has begun! In September 2018, our new Charter School will open its

doors in District 10 in the Bronx. The school and curriculum are non-sectarian, encouraging children and families from all backgrounds. Applications are now being accepted for both kindergarten and first grade and a new grade will be added every year. Each grade will have 3 classes with 20-25 students per classroom. The school will offer an extended day program and staffing models that promote personalized instruction. Comprehensive wrap-around services will promote each child's educational, emotional and behavioral growth.

### The Rosalyn Yalow Charter School

116 East 169th Street  
347-735-5480  
[www.yalowcharter.org](http://www.yalowcharter.org)

The school's mission is to eliminate the learning achievement gap for poor urban children—including special needs students and English language

learners—by using an engaging and demanding curriculum to graduate students at or above grade level in literacy and math. We believe all children will learn and thrive in an environment that provides a wide array of learning supports to both children and their families. Recognizing the connection between social emotional support and student achievement, our school uses the collaborative teaching approach—a lead teacher and one with a background in social work for grades K-2. Students will be provided a strong foundation in literacy, using the Core Knowledge Language Arts (CKLA) program (assessed through the STEP Literacy Assessment) and Singapore math (assessed through NWEA). The extended school day will run from 8:00 a.m. to 5:00 p.m.—filled with rich extracurricular activities (arts, chess, fencing).

*Continued on page 24*



### The Rosalyn Yalow Charter School

A MODERN CLASSIC GRADE SCHOOL

2018-2019 School Year  
Grades K-2

**APPLY TODAY**

[yalowcharter.org/apply](http://yalowcharter.org/apply)  
116 East 169th St. Bronx, NY  
**347-735-5480**



### The Rosalyn Yalow Charter School

Una Escuela Clasica Moderna

Ano Escolar 2018-2019  
Grados de K-4

**APPLY TODAY**

[yalowcharter.org/apply](http://yalowcharter.org/apply)  
116 East 169th St. Bronx, NY  
**347-735-5480**





**SOUTH BRONX EARLY COLLEGE ACADEMY**

Art, Music, Computer Science & Physical Education **Included** in Core Curriculum

**Integrated Special Education** with Targeted Reading & Math Support

**Personalized Instruction** according to each Student's Needs

**Extended School Day & Year**

**Family Support & Counseling Services** Provided by WHEDco

**Comprehensive Guidance** on the High School Admissions Process

**To learn more and apply, contact Catherine Toussaint:**  
 801 East 156th Street, Bronx, NY 10455  
 929-291-7700 • sbecacs.org

**NOW ACCEPTING APPLICATIONS FOR THE 2018-19 SCHOOL YEAR**

Visit [www.tbcschool.org](http://www.tbcschool.org) to apply online

**Grades Kindergarten through Fifth**

Deadline to apply is April 1, 2018.  
 Paper applications are available in the Main Office

Join us for our 3rd Annual Charter School Fair on Saturday, March 3rd between 12:00 pm and 2:00 pm. This is a great opportunity to explore elementary, middle and high school options and submit applications! This event is FREE and open to the public.

**THE Bronx Charter School for Children**

388 Willis Avenue, Bronx, NY 10454  
 Phone: (718) 402-3300



**BRONX Excellence**

CONNECT YOURSELF TO EXCELLENCE

**ACADEMICS**  
**FACILITIES**  
**OPERATIONS**  
**HUMAN RESOURCES**  
**FINANCE**  
**LEGAL**  
**SPECIAL EDUCATION**  
**DEVELOPMENT**  
**TECHNOLOGY**

The National Blue Ribbon Bronx Excellence Network is hiring for 2018-2019 roles. Connect with us today.  
[Excellence-Community-Schools.Workable.com](http://Excellence-Community-Schools.Workable.com)

# Private/Independent School Guide



Check it out on [NYParenting.com](http://NYParenting.com)

# Charter Schools

## DIRECTORY

*Continued from page 22*

### South Bronx Early College Academy Charter School

801 East 156th Street  
929-291-7700  
[admissions@sbecacs.org](mailto:admissions@sbecacs.org)  
[www.sbecacs.org](http://www.sbecacs.org)

Our school offers a small school culture with a rigorous and comprehensive liberal arts education through a challenging NYS standards-aligned curriculum. We create a learning environment that emphasizes differentiation and personalization of instruction and a student-centered and fully inclusive approach to teaching and learning. Research-based instructional strategies are used that emphasize the development of reasoning. A comprehensive advisory system emphasizing parent and family support is an important element of our school. Students graduate prepared for success in college and for active and thoughtful citizenship. An

extended day program is available.

### ZETA Charter Schools/ ZETA Bronx 1 Elementary

222 Alexander Avenue  
929-376-9987  
[Apply@ZETAschools.org](mailto:Apply@ZETAschools.org)  
[www.ZETAschools.org/apply](http://www.ZETAschools.org/apply)

An exciting new public charter school opening in August 2018. We believe school should be a place that nurtures mind, body, soul and connectedness so our children can achieve their greatest potential. Mindfulness and wellness permeate the school day. Rigorous hands-on academics with cutting-edge innovation and technology are at the heart of each school. Healthy breakfast, lunch and snacks, innovative activities, field trips and after-school programming enrich the learning experience. The school will open with 180 kindergarten and 1st grade students and grow one grade every year through fifth grade.

Apply now — [ZETAschools.org/apply](http://ZETAschools.org/apply)

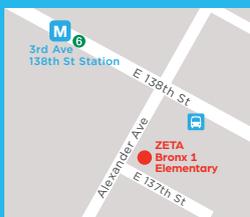


zeta  
charter  
schools

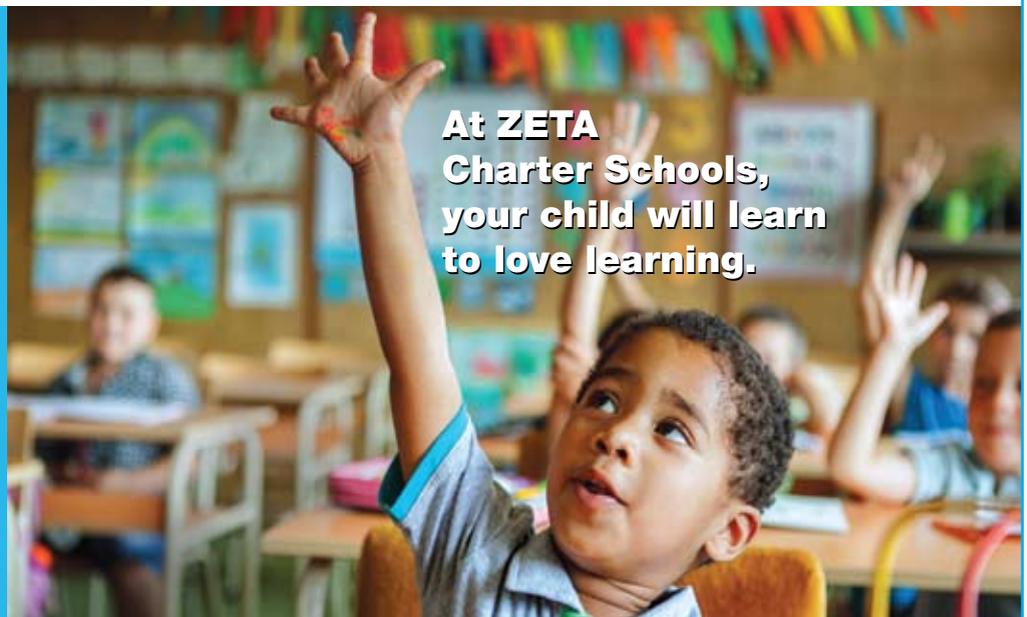
## THEIR BRILLIANT FUTURE STARTS HERE.



**ZETA Inwood 1 Elementary**  
652 West 187th Street



**ZETA Bronx 1 Elementary**  
222 Alexander Avenue



**At ZETA  
Charter Schools,  
your child will learn  
to love learning.**

Accepting Kindergarten and 1st Grade Applications until April 1st

Questions? [apply@ZETAschools.org](mailto:apply@ZETAschools.org) or 929-376-9987



BRONX  
**Excellence**

Enrollment is Now Open

The Bronx Excellence Lottery  
is open from 1/29 until 4/2

**Parkchester Campus**

Bronx Excellence 1 (K-4)

Bronx Excellence Middle (5-8)

1952-1960 Benedict Ave., Bronx, NY 10462

718-828-7301

**Morris Park Campus**

Bronx Excellence 2 (K-3)

1804 Holland Ave., Bronx, NY 10462

718-892-1276

**Wakefield Campus**

Bronx Excellence 3 (K-2)

3956 Carpenter Ave., Bronx, NY 10466

718-882-0231

***New Campus!***

Bronx Excellence 4 (K-1)

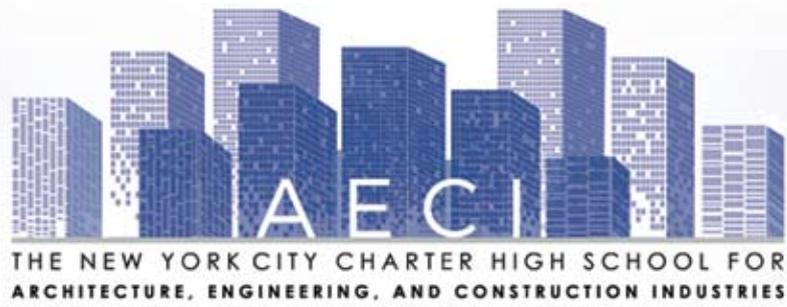
LOCATION TBA

**Bronx Excellence 1-4 applications are available between 10:00am and 2:00pm at the front desk of every school and Online.**

**Every Bronx Excellence campus is a free, public charter school open to district residents. Candidates are selected through a blind lottery system.**

Bronx Excellence and its parent organization, Excellence Community Schools, are based on a K-8 National Blue Ribbon Award-Winning program that began with Bronx 1.

**BRONXEXCELLENCE.ORG**



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

---

838 Brook Avenue, Bronx, New York 10451  
646-400-5566 | [aecicharterhs.org](http://aecicharterhs.org) | Fax: 718-585-4780

---

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.



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.

# AUTISM SERVICES

Your insurance pays, we provide.

## DIRECT BEHAVIORAL SERVICES

provides customized ABA services and social groups (funded by your health insurance) to children and adults with autism in Manhattan, NYC areas & NJ. No waiting list.

We work on social skills, language, play skills, self-help skills and academic skills at home, school and community. Supervised by a Board Certified Behavior Analyst (BCBA).

Call **347.559.6131** or email [directbehaviorservices@gmail.com](mailto:directbehaviorservices@gmail.com)  
[www.directbehavioralservices.com](http://www.directbehavioralservices.com)

Private pay also accepted.

Clowns • Characters

- Face Painting
- Balloon Art
- Magic • Games
- Cotton Candy
- Popcorn

# CONFETTI

party place

Paint Nites for Adults & Kids too!

PARTY ROOM AVAILABLE

FOR BIRTHDAY AND BABY SHOWER CELEBRATIONS!

Call (917) 579-0867 to book your party today!

[/ConfettiPartyPlace](#) [/ConfettiPartyPlace](#)

3190 Westchester Avenue, Bronx, New York 10461

# Riverdale Comprehensive Dentistry



Kids Love Our Gentle  
and Friendly Experience!

With compassionate care and the latest advances in dental services, we offer long term dental healthcare for you and your family.



SHAHLA ASADI, DDS



ESTHER PINCUS, DMD

## Riverdale Comprehensive Dentistry

The Century Building: 2600 Netherland Ave, Suite 117  
Bronx, N.Y. 10471 • 718.549.3910

**Gazillion  
Bubble  
Show**

"INGENIOUS  
BUBBLE WIZARDRY."  
-THE NEW YORKER

Telecharge.com or 212.239.6200  
For groups or birthdays call 866.642.9849  
New World Stages 340 W. 50th St.  
[GazillionBubbleShow.com](http://GazillionBubbleShow.com)

NEW YORK CITY

15th ANNUAL **May 1-4, 2018**  
WYNDHAM NEW YORKER HOTEL  
481 8th Ave., New York, NY 10001

**Young Child**  
EXPO & CONFERENCE

Great Speakers. Great Learning.  
Essential Topics in Early Childhood Development.

- Over 100 Speakers • Pre-Conference Workshop
- More than 80 Conference Sessions
- 40 Exhibitors & Over 1,000 Attendees expected

Great training for all professionals working with all young children (typically developing & autism/special needs) including Teachers, Special Ed Teachers, Psychologists, SW, Speech, OT, PT, ABA, Program Directors/Principals/Administrators, Pediatricians, and Child Care Professionals.

To register go to: [www.YoungChildExpo.com](http://www.YoungChildExpo.com)  
or call 212-787-9700, ext. 333  
Early Bird & Group Discounts Available

Presented by **losniños**  
TRAINING



# Who's watching?

## Setting house rules about online safety with your caregiver

BY KRISTEN J. DUCA

Everywhere you turn, you hear debates surrounding kids and technology usage. Every family has different rules and boundaries relating to technology, but most agree that technology is not going away, and it is best to teach our kids how to navigate it safely early on.

The internet has amazing advantages as it relates to children who explore it in a safe manner. Numerous creative, user-

friendly, inexpensive (sometimes FREE!), and unique websites exist for children to gain expertise in certain areas, explore new territories, or further their education in specific subjects. Today's children can use the internet to do everything from honing their culinary skills to exploring countries across the globe to learning another language to perfecting their math facts.

However, parents are not always around to patrol their child's usage of technology, and the policing inevitably falls into the

hands of caregivers. It is a terrific idea to clearly communicate your expectations surrounding technology in your household upfront to both your caregiver and your child. A few house rules to think about as your child navigates the internet include:

- Do not download attachments or install software without the supervision of an adult.
- Do not agree to meet with people you interact with online.
- If you notice anything online that

makes you uncomfortable, bring it to the attention of an adult.

- If someone asks to meet you in person, ignore the request and alert an adult immediately.

- Never give out any personal information or details about yourself, family members, or friends (including name, address, phone numbers, age, school, camp, extracurriculars, teams, photos, or passwords).

- If you use a public computer, make sure you log out of all accounts you accessed during the session.

- Be careful of any screen names you create and make sure these names do not include any of your personal information such as your first or last names.

- Do not compromise other people's online work or accounts.

- Do not bully, gossip, or post anything inappropriate about anyone online.

- Be mindful of your tone if you post online comments.

- Never post your image or personal video clips online (those of your friends, family members, and acquaintances are off limits as well).

- Beware of minimum age limits on many social media websites and respect them.

- Avoid clicking online ads and pop-

---

## Clearly communicate your expectations surrounding technology in your household upfront to both your caregiver and your child.

---

up ads, as they can contain viruses or expect you to provide your personal contact information.

- Understand that not everything you read online is true or accurate, and if you are conducting school research online, you should ask an adult (teacher, librarian, or guardian) for respectable websites to use.

- Limit your usage of the internet and be aware that spending time in person with friends or family members is the best way for you to socialize.

- When in doubt, grab an adult for guidance, advice, and supervision.

Whether you print a list of rules and post it to your refrigerator, or create a technology contract signed by all (you,

your child, and your caregiver), you will want to be forthcoming about the importance of online safety. Clearly state to your caregiver that your end goal is to make sure your child is protected when he is online under her supervision while you are not present.

You may also want to make it clear to the caregiver that you do not want any personal information or images about your family posted online in any capacity for privacy concerns. Additionally, if your child brings a friend home, you should tell your caregiver that you expect her to relay your house rules regarding technology to him so everyone is on the same page.

Bottom line: it is important that parents and caregivers work together to teach children about safety and responsibility as it relates to technology. Remember, technology will be a big part of our children's lives for years to come!

*Kristen Duca and her husband are the parents of two girls in New York City. She has served as a contributing writer for New York Parenting and Long Island Special Child magazines, and she's author of "Ultimate Nanny: How to Find, Interview, and Manage the Most Important Person You Will Ever Hire – Your Child's Nanny," which is available on amazon.com. She blogs at ultimatemama.com.*



QUEEN • MOZART • AEROSMITH • BEETHOVEN • THE WHO  
TCHAIKOVSKY • PINK FLOYD • PUCCINI • JOURNEY

# ROCKTOPIA

AN EPIC CONCERT EVENT  
WHERE ROCK AND CLASSICAL COLLIDE

FEATURING  
SPECIAL GUEST STAR  
**PAT MONAHAN**  
FROM TRAIN  
FOR PERFORMANCES MARCH 20-APRIL 8

**ON BROADWAY | SIX EPIC WEEKS ONLY | MARCH 20-APRIL 29**  
8 BROADWAY THEATRE, 1681 BROADWAY AT 53RD STREET | TELECHARGE.COM | 212-239-6200

**ROCKTOPIA.COM**



# All about aquafaba

## Water found in cans of beans makes an excellent replacement for eggs

**V**egans and food waste prevention advocates alike are heralding the newfound popularity of aquafaba. Derived from the Latin words for “water” and “bean,” aquafaba is the viscous liquid you pour out when you drain a can of beans, especially chickpeas. This bean water makes a terrific egg replacer.

It turns out that the liquid left from canned beans has the amazing property of creating a froth when whipped, much like egg whites. The bean protein and starch remaining in the water can replicate the role of egg whites in meringue, macarons, mousse, custards, creams, cakes, mayonnaise, and sauces. Even waffles and pancakes can benefit from it by producing lighter and fluffier products. Savory foods, such as homemade hummus, can use aquafaba in lieu of some of the oil.

Aquafaba has been an ingredient for some time, but it really jumped in popularity within the last year or so thanks to magazine and newspaper articles and recipes featuring it. Look for foods such as vegan mayonnaise containing it on supermarket shelves in the near future.

### Nutrition

The balance of starch to protein is ideal for its many uses. One tablespoon of aquafaba contains only three to five calories and only trace amounts of carbohydrates, protein, fat, vitamins, and minerals.

Aquafaba is vegan.

One big plus: It’s a boon for family members with egg allergies, one of the most common food allergies in young people.

If you’re not a bean fan due to its “musical fruit” properties, aquafaba may not be for you. The liquid from canned beans can cause digestive distress, gas, and well, you know. These side effects originate from the presence of oligosaccharides, complex sugars that can be difficult to digest due to a lack of the digestive enzyme needed to break them down. The water used to soak and cook dry beans contains many of these oligosaccharides, which may well cause discomfort for some individuals.

But the amount matters. If you use what’s drained from one can of beans in a recipe that serves four or six, the total amount of bean sugars in each serving is quite small and should not cause any problems.



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

### Using aquafaba

A 15-ounce can produces approximately three-quarters cup aquafaba. Cans with pop-top lids make it easier to drain the liquid without “spilling the beans.” Pop it open just enough so that only the liquid pours freely.

About three tablespoons of the viscous liquid can replace one whole egg, with two tablespoons equal to one egg white.

How do you use it? Whip it slightly with a fork until it’s a bit foamy prior to adding it to recipes as a binder to replace whole eggs. Or, mix the bean liquid with an electric mixer. Its beauty is it can be whipped into either soft or stiff peaks. If stiff peaks are desired, stabilize it by whipping it with a bit of acid such as cream of tartar, lemon juice, or vinegar for a few minutes.

Although vegan egg substitutes are available, they’re best used to replace whole eggs, not the whites.

Will it taste “beany?” No, not in most cases.

There is no need to heat or cook the aquafaba because it was already “cooked” during the canning process.

So embrace aquafaba as a way to reduce food waste and replace eggs in cooking. Rather than draining off the liquid into the sink every time you open a can of beans, save this precious ingredient for the next time a recipe calls for an egg.

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



## Discovering the power of journaling

**W**hen my first daughter was born, I wanted to make sure she was eating and sleeping enough, so I jotted down every single feeding and naptime in a list I kept in a composition notebook. Then on the bottom, I wrote one small paragraph each night about what we did that day. It took 10 minutes and it became a ritual that I kept going with my next two children. Now, when I look back on those small entries (each in a black and white notebook!), I smile recalling the places we went, the times we spent with loved ones, and even the times my kids got sick or wouldn't sleep. It was by no means stellar writing. Through bleary eyes, I chronicled much of it, but each ac-

count holds a special, and otherwise forgotten, memory.

Similarly, when I have experienced sad events, I have always had to write about them as a means to make sense of it all. I needed to get those feelings out in order to process them, even though no one was reading them.

Journaling isn't only for moms or teens; it is for everyone. Whether we are recounting special events or walking ourselves through painful events, getting the words out on paper is liberating. Here's how to get started:

**Get supplies:** A shiny new journal is fabulous, but you don't have to shell out \$25-plus at Barnes and Noble. All you need



### JUST WRITE MOM

DANIELLE SULLIVAN

is a notebook and a pen. And if you prefer today's technology, you can keep a Word Doc on your desktop and add to it daily. Don't have your computer? Open up Notes on your phone and type away.

**Set a regular time:** All you need is 15 minutes. If you are a night owl, write before bed. If you're an early riser, do it first thing in the morning. The key is to make it a ritual. This will also prevent you from putting it off until you have a good idea.

**Just start:** You don't need to wait for the perfect anecdote or experience. It's not Facebook and you don't need to only highlight the picture-perfect moments. In fact, you shouldn't. A journal should be your truth. Write about your normal. I often go back and find small sentences, like something my uncle said about one of the kids. He is now deceased and reading about what he said or did brings me great comfort.

**Make it a game:** Sit down with your kids and write for 15 minutes. This not only reinforces writing and spelling skills, but it teaches children that it's a positive thing to write to get their feelings out. You can model how to do that by writing about something that has made you sad or angry and share your story. Of course, you only share what is appropriate. They can also list goals, fears, aspirations, dreams, or whatever you or your child dream up, which is part of the appeal.

Journaling can be one of the most cathartic ways to push through pain. It can also serve as a record of your life, and become a creative endeavor that preserves memories for a lifetime.

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

# Talking to your kids about illicit drug use

BY MYRNA BETH HASKELL

**R**eports about the ongoing opioid epidemic have saturated the news lately, leaving parents baffled as to why smart, well-adjusted kids are turning to heroin to get high. Even though we've had programs and policies at both the federal and local level, illicit drug use amongst our youth continues to be a grave problem.

According to a 2015 revised report by the National Institute on Drug Abuse, which outlines statistics collected by The Substance Abuse and Mental Health Services Administration, "Most people use drugs for the first time when they are teenagers. There were just over 2.8 million new users of illicit drugs in 2013, or about 7,800 new users per day. Over half (54.1 percent) were under 18 years of age."

Parents shouldn't subscribe to the notion of "not my kid," because good kids with good grades can experiment with drugs. Instead, be sure you know your child's friends, the places he hangs out, and the latest in illicit drug use in your community. By the time most kids are in middle school, they've already heard about drugs on the playground, so be sure to talk with them first.

Here are some tips to help parents know where to start:

## How to broach the subject

"It is always best to create an open dialogue about the dangers of drug use before the problem is even there," says Jamison Monroe, Jr., founder and head of Newport Academy. "Create an environment where you don't have to play catch up on educating your children on the potential dangers of their behavior."

Tina Muller, a drug counselor and Family Wellness Manager at Mountainside Treatment Center advises, "Parents can start talking to their children about drug abuse when they are very young without explicitly diving into an explanation on hard drugs."

While dispensing vitamins, Muller suggests, "Explain to them that vitamins are good for you and will help you to grow up to be big and strong, but they can also be harmful if you take too many."

Dr. Deni Carise, Chief Clinical Officer

## Resources for parents

### Organizations:

- National Institute on Drug Abuse: Comprehensive site with a wealth of information.

- Substance Abuse and Mental Health Administration: Help and treatment, publications.

- [GetSmartAboutDrugs.gov](http://GetSmartAboutDrugs.gov): A Drug Enforcement Administration resource. Drug facts and how to identify and prevent drug use.

- Partnership for Drug-free Kids: Downloadable resources concerning treatment, medications, intervention, and how to talk to kids.

### Books:

- "Teens Under the Influence: The Truth About Kids, Alcohol, and Other Drugs – How to Recognize the Problem and What to Do About It" (Balantine Books).

### Hotlines and helplines:

- Al-Anon-Alateen: (800) 344-2666

Peer support groups, publications, general information.

- Substance Abuse and Mental Health Administration: (800) 662-HELP (4357)

This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

- The National Alcoholism and Substance Abuse Information Center: (800) 784-6776

Comprehensive database of leading drug and alcohol treatment centers. Recommends licensed professional interventionists.

at Recovery Centers of America, reports, "Kids in elementary school are hearing about drugs, so you need to start the conversation. Parents should find out what the school is doing about substance abuse education."

Muller points out, "If you become aware that kids at their school are using drugs, and your child hasn't said anything about

it, ask him directly, 'Have you heard about the drug use at your school? What are your thoughts and feelings about it?'"

## Your approach and building trust

"Before you talk to your kids, get educated," explains Howard C. Samuels, a leading drug and alcohol addiction expert and founder and head of The Hills Treatment Center. "You need to know what's going on with your children. You need to build a rapport with them. Don't look down at them."

Carise says that there are different ways to approach kids depending on their behaviors and personality.

"Impulsive kids are more likely to try drugs, and simple verbal warnings usually don't work with them. Instead, a parent can share news articles that show popular, athletic kids overdosing on the first or second try." She points out that there is also an educational approach. "You could tell your child, 'I know you have a good head on your shoulders, but drugs change the way people think. People who are high will do things they normally wouldn't.'"

What about sharing your own indiscretions? Muller advises, "Your kids might be curious as to whether you've tried drugs. Parents may be inclined to lie about this, but that lie can end up ruining their credibility. It's okay to share some basic information without going into a lot of detail. Use this as a teachable moment to talk about peer pressure and the consequences you faced."

"My kids know I've been in recovery for 32 years," Samuels shares. "I don't know for sure if they're less likely to use drugs, but I do know that if you don't talk to your kids about it, you're not being a responsible parent."

Parents can provide their kids with a safety net.

"Use a text code," suggests Carise. "If your child is in a situation that has gotten out of control, she can text you 'blue' to let you know that you should call and insist she return home." This way it doesn't look like your child is the one who ratted out her friends.

Carise states, "For those who have been drug free and have reached the ages of 22 to 25, the chances of developing an addic-



tion significantly decrease. Whether it's decreased impulsivity, more responsibility, or a combination of factors is unclear."

Talking to your kids about drugs should be an ongoing conversation throughout their growing-up years.

### Latest in illicit drugs

The bottom line: Parents need to be informed about what's going on in their communities.

"Every police department has a community liaison officer who knows what's going on," Samuels asserts. "Parents need to use all resources available to them."

Don't be fooled into thinking that marijuana is harmless, because it is now legal in some states.

"The legalization of marijuana sends the message that weed is harmless. I see disastrous consequences in young people's lives

due to marijuana. The THC is very powerful in marijuana today," Samuels states.

"Parents' medicine cabinets are the number-one place kids get drugs," warns Carise. "Pill parties are a new trend. Parents go out of town and kids mix a bunch of prescription and over-the-counter pills in a bowl. Then, they take turns grabbing some. They don't even know what they're taking." These types of parties (a.k.a. pharming or pharm parties) usually include alcohol and are extremely dangerous because the drug interactions are unknown and can be fatal. "Parents need to lock up their prescriptions," Carise urges.

Drugs that can be bought online or elsewhere:

Salvia (aka Magic Mint, Sally-D): is a herb in the mint family which causes hallucinations. It is illegal to sell in New York, but can be purchased online and in other states.

Synthetic cannabis (also known as fake pot, K2, spice): contains dangerous chemicals sprayed on plants and sold in packages labeled as collectors' items, usually including "Not for Human Consumption." Synthetic drugs can cause hallucinations and psychosis. When one chemical is banned, producers create different chemical versions to trick the system.

### The opioid epidemic (heroin and prescription drugs)

"Opioid addiction is sweeping the nation at an alarming rate," warns Monroe. "All ages and demographics are struggling with this one."

According to a January 2017 National Institute on Drug Abuse article, "Prescription opioid pain medicines, such as OxyContin and Vicodin, have effects similar to heroin. Research suggests that misuse of these drugs may open the door to heroin use. Nearly 80 percent of Americans using heroin reported misusing prescription opioids prior to using heroin."

The National Institute on Drug Abuse also reports that increases in the number of written prescriptions, greater social acceptability for using medication, and aggressive marketing by pharmaceutical companies have contributed to the opioid epidemic.

"Most people with a heroin problem started out with a prescription opiate. They get hooked on those, then turn to cheaper, easily accessible heroin," warns Carise. Another frightening statistic is that people are becoming addicted to heroin in six to nine months, Carise informs.

### Nicknames

"Nicknames for drugs are always changing," states Monroe, "but parents should be aware of 'ice' for methamphetamines, 'brown sugar' or 'H' for heroin, and 'candy'

or 'snow' for cocaine."

Other common street names:

- Marijuana: Weed, pot, dope, herb.
- Prescription pain killers (Vicodin, OxyContin, etc.): Morph, vike, cotton, kicker.
- Valium: Blues.
- Ritalin: Rid.

### Red flags

"If there is an alcohol or drug problem with a parent or grandparent, a child will be predisposed to addiction," cautions Samuels.

Dr. Carise shares a Recovery Centers of America list of possible warning signs:

- Changes in friendships
- Becomes tired or withdrawn
- Frequent mood changes
- Unreasonable excuses for behavior
- Becomes hostile, angry or secretive
- Unusual elation
- Poor hygiene
- Severe change in weight
- Loss of interest in schoolwork
- Missing cash from your wallet
- Unusual paraphernalia or items: red-eye reduction, wrappers, pipes, lots of mints or chewing gum, Frisbees (used to clean marijuana), etc.

### You believe your child has tried drugs

Some parents choose to test for drugs even if they haven't found out their child is using. Kids can then use this as an excuse to turn down drugs in front of peers.

"I test my 15-year-old son," Samuels says. "This enables him to say to friends, 'I can't use because my dad tests me.'"

Carise counsels parents to have a specific plan if their child tests positive. In other words, parents need to know what the consequences will be and specific questions they will ask their child.

The National Institute on Drug Abuse reports, "Youth are more likely to follow rules if they know parents are checking up on them and will enforce the consequences consistently." Immediate follow-up is also important — both consequences and encouragement for good behavior.

Samuels advises, "If they continue to use, send them to an outpatient program."

Parents can also:

- Contact an addiction specialist/treatment center.
- Schedule child for a full medical work-up.
- Find a peer support group.

*Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in publications across the U.S. as well as internationally ([www.myrnahaskell.com](http://www.myrnahaskell.com)). She is also co-founder and managing editor of Sanctuary ([www.sanctuary-magazine.com](http://www.sanctuary-magazine.com)).*



# Passive aggressive behavior at work

## And four things you can do about it

**W**e all know that difficult employee who repeatedly forgets things or waits until the very last minute to complete a project. Maybe he showed up late because the train was stuck (only it wasn't). When the boss needed that report by 3 pm, she finished by 5 and justified that the boss was in a meeting anyway. At the last big meeting, she asked to turn in 10 ideas but only showed up with five "really good ones," and she didn't mention (intentionally left out) an important request that a specific client wanted, because she figured you should have already known. He's never really angry, blatantly incompetent, or even obstinate, for that matter. On the contrary, he may be quite likeable on a personal basis, but when he is working on your team for a big project, you start to feel ill. These are just a few traits of the passive-aggressive worker.

Passive-aggressive colleagues can be difficult to work with and cause major stress, but there are ways to improve this challenging work relationship:

### 1. Talk it out

Unlike a personal relationship, the workplace is not a place where we can fully express our deepest emotions and insecurities. Employees who feel unappreciated and unable to verbalize it may react passively as an act of rebellion. Some may

just have a passive personality trait born out of fear of speaking up. Others may feel slighted because they didn't get the raise or the title, or accolades they had been counting on.

By directly addressing the passive behavior, you can get to the bottom of what caused it. Many colleagues may never bring up a topic that is bothering them, but they may speak about it when asked. A passive person is unlikely to initiate the conversation, but the behavior must be addressed in order to improve the work environment, so being proactive on your part will only help.

### 2. Keep it calm

Asking someone about the way he works, a missed deadline, or any perceived incompetence may bring out anxious or hostile feelings, especially in someone who has reacted passive aggressively. Open the conversation in friendly, matter-of-fact terms with no finger pointing or admonishing.

It is possible that the person does not even realize what she is doing, and after a good conversation, may change her actions. The aim is to identify why the passive behavior is occurring and ways to improve the daily workplace, plain and simple. The goal is to produce better results for all involved, not judge anyone.



## HEALTHY LIVING

DANIELLE SULLIVAN

### 3. Stick to the facts

Use language that is non-threatening and does not place blame. Instead of saying "you failed to meet the deadline again," say "I noticed the article was two days late. What can we do to ensure that doesn't happen next time?" Then help create fair consequences (in writing) the next time around for what will occur when a deadline is missed on a collective project.

Share with your whole team, not just the individual in question, so that no one feels singled out. If you are working together in a group, or even as a manager or supervisor, it helps to invite each team member to contribute to the guidelines conversation, so everyone feels heard.

### 4. Keep your door open

Let your colleagues know that they can come to you if they have questions and that communication is vital. A little bit of basic goodwill goes a long way. Yes, it may be their job to have given you that report or delivered the files you needed, but it never hurts anyone to say "thank you" when they do it. Everyone wants to feel that what they do and who they are matters. When people feel comfortable and appreciated, they are likely to express themselves more clearly.

Like in all things in life, it's not so much what we do, but our motive behind what we do. Intention is everything. When employees have good, positive intentions toward work and colleagues, they will have less motivation to act out passively in the workplace.

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



# Shouting it out!

## Try positive yelling at the kids instead

**L**et's be honest, yelling happens. It's not on purpose or intentional. Some days it just happens. The frustration builds up and out it comes. Loud, angry, forceful words.

In less-than-graceful moments, it is directed at your children. Your son won't come to put on his shoes, or your daughter won't sit for dinner. Your frustration boils over and you yell.

Afterwards, you feel bad, the kids feel bad, and everyone feels a bit icky.

Are these moments happening more and more frequently? A few months ago, you only yelled a few times a week. Now you are yelling a few times a day. It is as if your child wants you to yell at him. As if your kids are looking for the way to make you explode.

Chances are, they are!  
Here's why:

When adults yell, it is entertaining. Our volume changes, our gestures get more punctuated, and we make interesting facial expression. When adults yell, I think we look like cartoon characters.

If this is the only time that you act this way (loud, animated, intense, and present)

your children might be creating problems to see you act this way.

There is one way to find out if that is what they are looking for. Start positive yelling and see what happens!

Positive yelling is when you take all the same actions associated with yelling (getting loud, getting in your kid's face, big gestures, and powerful words) and implement them to a moment your child does something amazing, while using positive words.

It looks like you jumping around, yelling about how awesome your kid is for sitting at the table and eating her entire dinner, or having a fit that your child is so great for brushing his teeth so fast. If you want to see an example of this, go to my YouTube channel (Dr. Marcie Beigel) and check out the video "Stop Yelling at Your Kids - Start Positive Yelling Instead" ([www.youtube.com/watch?v=oD4clnVS7IA](http://www.youtube.com/watch?v=oD4clnVS7IA)).

The first time you do it, you are going to feel a little bit silly. This is a good thing! You being silly with your kids is exactly what they want. They are silly all the time, and now it's your turn.

The best part is that positive yelling



## BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

gives your children what they want. They want your attention in a certain way. Giving it to them for doing great things means they won't need to fight and resist in order to see this side of you.

Give it a try, and let me know how it goes! Blue skies are ahead, and we will get there together!

*Dr. Marcie Beigel is a behavior specialist based in Brooklyn. She has worked with thousands of families for more than 20 years, and her book "Love Your Classroom Again" was a bestseller. She has also served as a guest expert on WCBS and Fox. Find out more at [DrMarcie.com](http://DrMarcie.com).*



## The benefits of a 529 college savings plan

One of the most popular ways to save for college is by contributing to a 529 college savings plan. As I've written in the past, these plans have benefits over other methods of saving for college. The 529 plan has many advantages for save for higher education and are designed to allow parents or others to maintain more control of the money deposited into the account. Let's review some of these advantages:

### Tax benefits

Contributions to 529 plans are not eligible for federal tax deductions, but many states allow parents to deduct a portion of their 529 contributions from their state income tax liability. Depending on your tax bracket, this could be a large savings each year.

In addition, earnings and growth inside a 529 plan may grow federal-tax free. And if funds are withdrawn from a 529 account to pay for qualifying higher education purposes, taxes and penalties won't be due on the withdrawals.

### Maintaining control of the account

Contributions to a 529 account are owned by the parent or other trustee set up on the account for the benefit of the named child. In almost all instances, the named beneficiary has no right to the money in the account. This is an important point. Before 529 accounts were available, parents set up custodial accounts to save for their children's college expenses. With custodial accounts, as soon as the child reaches legal age of majority (either 18

or 21 years old, depending on the state) parents lost all control and the money automatically belonged to the child. If your child decided to use the money for any purpose besides college, that was entirely within his right.

An owner of a 529 account is not required to make withdrawals from an account, meaning that if your child defers college or receives financial aid, you may not need to make a withdrawal. Also, an owner can withdraw funds at any time for any reason. Remember to be careful about this, as any earnings from a non-qualified withdrawal will incur income tax and an additional 10 percent penalty tax.

Additionally, beneficiaries on the account can be changed at any time if proper rules are followed. This means that if one of your children receives a full scholarship to college, you can change the beneficiary to another family member. And, you'll also be able to roll one child's plan into another child's plan without penalty.

### Simplified tax reporting

For 2018, the annual gift tax exclusion is \$15,000, meaning each parent can contribute up to the maximum without having to report it on your federal tax return. Since these accounts are tax deferred, a Form 1099 will not be generated for any capital gains and dividends. A Form 1099 will only be generated to report taxable or nontaxable earnings when a withdrawal is made from the account.

### Everyone is eligible

One of the greatest benefits of a 529



## FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

plan is that there are no restrictions on contributions. The 529 plan does not have income limits, age limits, or annual contribution limits (subject, of course, to the annual gift tax allowance. Consult your accountant if you plan on contributing more than \$15,000 in 2018). There are, however, lifetime contribution limits, which vary state by state. Therefore, it is very important to consult your financial advisor when contributing to a 529 plan, especially if grandparents or others maintain 529 plans for the benefit of your children.

### 'Superfund' your college savings

A special provision written into the law about 529 plans is that contributors can make a lump-sum contribution equivalent to five times the current annual gift tax exclusion amount. This means a parent (or grandparent) can contribute \$90,000 in 2018 and elect to spread the gift evenly over five years. This type of contribution avoids the federal gift tax if no other gifts are made to the same beneficiary during the five-year period. A married couple can, of course, both contribute, making a total amount of up to \$180,000.

*Anthony N. Corrao is the founder and managing director of Corrao Wealth Management. For more than 25 years he has helped families towards their financial goals by developing financial, educational, and retirement planning strategies.*

The information is intended for informational purposes only, and is not intended to be a substitute for specific tax, legal, or investment advice. Securities offered through First Allied Securities Inc., A Registered Broker Dealer. Member FINRA/SIPC. Advisory services offered through First Allied Advisory Services, A Registered Investment Adviser.



## FAMILY HEALTH

**DR. PRAMOD NARULA, MD**  
**Chairman of Pediatrics**  
**NewYork-Presbyterian Brooklyn**  
**Methodist Hospital**

# Basketball safety

## Preventing injuries on and off the court

*“My 13-year-old daughter recently started playing basketball at her school, and it’s a sport I don’t know much about. The coach said she is a talented player, so I want to be supportive, but make sure she isn’t pushed too hard. How can I ensure she is safe and prevent injuries on and off of the court?” — A concerned parent*

**B**asketball can be fun to play and great exercise, but the game is also a contact sport, and injuries frequently occur. Sprained ankles are the most common basketball injuries, but jammed or broken fingers, bruises, bloody or broken noses, and poked eyes are all too common as well. Many of these injuries can be prevented if players follow the rules of the game, train and condition correctly, and play in safe environments.

Be sure your daughter wears all required safety equipment whenever she practices or plays. One of the most important pieces of gear is the right shoes, which can go a long way toward reducing ankle, foot, and leg injuries. High-top sneakers provide added ankle support, but all basketball shoes should have a sturdy, non-skid sole, and should be the right size and securely laced at all times while playing.

Mouth guards are also important to protect teeth and mouth, especially if your child has braces, and also absorbs some of the shock if she is hit in the head or jaw. If your daughter wears glasses, sports eyewear made of shatterproof plastic will protect her eyes from being poked with fingers or slammed with an elbow. Kids with prior injuries can bene-

fit from fitted knee, ankle, or wrist braces to support their joints while playing.

When children are playing basketball, always make sure first-aid equipment is on hand, as well as someone who knows how to use it. Also, tell your daughter to be aware of her surroundings, as knowing where teammates and opponents are at all times will help kids avoid potentially painful collisions. For everyone’s safety, players should always remove any jewelry or sharp barrettes before playing.

Never encourage your daughter to “play through the pain.” Reassure her that she should always tell a coach, parent, or teacher when experiencing any pain. She should never ignore any tweaks, spasms, or discomfort while playing, because neglecting overuse injuries will only make them harder to recover from in the long run.

Is the coach encouraging your daughter and her teammates to warm up before games and practice? Warm-ups are extremely important to stretch the muscles and increase the flow of blood around the body, making muscles more warm and flexible. It also helps to prepare players mentally as well as physically.

One more important thing in preventing injuries is to make sure your child is properly hydrated and getting the proper nutrition to refuel and rebuild muscles. She should also be getting sufficient rest and the recommended nine to 11 hours of sleep each night.

Don’t forget — playing basketball should be fun! If too much of the focus is on competing and winning, your daughter may actually push too hard and get hurt.

# What is a blind trust?

*My spouse works in the financial sector and is subject to compliance restrictions on his investments in the stock market. Recently the company expanded those compliance restrictions to spouses and immediate family members! I own a lot of individual stocks and funds that are subject to the restrictions and would incur capital gains taxes if forced to sell my holdings. Help!*

**E**mployees in the financial sector, and in some law firms, have access to confidential, insider information. As a result, they are subject to restrictions on trading in certain market sectors. Some companies are allowing their employees and their spouses to place their assets in what is called a “blind trust.”

A blind trust does not have any set or specific meaning in the private sector. In the public sector, a blind trust — besides alluding to the placement of unquestioned faith in someone without basis or investigation — is “a financial arrangement in which a person in public office gives the administration of private business interests to an independent trust in order to prevent conflict of interest. Under the trust, the owner does not know how the assets are managed.” It has been used in the public sector as a device that serves as a repository to hold investments of a federal government official and even the official’s spouse and dependent children for the purpose of avoiding an actual or potential conflict of interest by virtue of the official’s government position. Previous American presidents including Lyndon Johnson, Jimmy Carter, Ronald Reagan, both George Bushes, Bill Clinton, and Barack Obama, and even presidential nominee Mitt Romney and his wife, Anne, during his 2012 campaign, have all used some form of blind trust or other asset investment vehicle over which they had no control or knowledge.

Legislation from before and since the 2008 financial crisis caused financial firms to make a concerted effort to avoid any appearances of impropriety. As a result of Dodd-Frank and other laws, firms in the financial sector have increasingly tightened their compliance restrictions on employees and their spouses. Many clients

who work for investment banks or other financial institutions — and their spouses — have been placed under increasing restrictions on what investments they can and cannot hold, sometimes to the point of being only permitted to hold tax-free municipal bonds and non-sector based mutual funds. Sector-based mutual funds and ETF’s are more commonly placed “off limits” as a global precaution to prevent against any appearance of impropriety, even for employees who do not have access to “inside information” as part of the scope of their job responsibilities. These restrictions are likely to remain regardless of whether Dodd-Frank and other legislation is repealed or remains.

Although not necessarily applicable to the deployment of blind trusts in the private sector, the use of blind trusts in relation to government positions is instructive. The so-called “blind trust” has its origins in the Ethics in Government Act 1978, legislation passed in the wake of the Nixon Watergate scandal and the Saturday Night Massacre (Nixon’s dismissal of independent special prosecutor Archibald Cox). It imposed restrictions on public officials’ ability to lobby for a set period after leaving public office and created the Office of Independent Counsel, which oversees investigating government officials. The Independent Counsel position can be used by Congress or the Attorney General to investigate allegations of any misconduct against government officials and higher-ups in presidential election campaigns.

The act is intended to protect government officials from improprieties or the appearance of impropriety given the official’s access to confidential information from senate hearings and legislation that could impact and benefit their own individual stock and bond prices. Compliance for a government official requires certification approval by a Senate Committee.

Similar to government, there are no hard and fast rules of the exact provisions a blind trust must include in order to receive approval in the private sector, but some of the same criteria or features are advisable. One, there should be an “independent trustee” who will provide a certification of independence, stating that



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

they will adhere to the restrictions in the trust and not disclose the nature or extent of individual investments to the employee, his spouse, or children. There should be a disclosure of the trustee’s relationship to the employee, and ideally the trustee should not be related by blood or marriage to the “Grantor” (the person subject to compliance restrictions who is placing her or his assets in the blind trust). The trust should expressly state that its primary purpose is to entrust to the independent trustee “decisions as to when and to what extent the original assets of the trust are to be sold or disposed of and in what investments the proceeds of sale are to be reinvested, without any participation in, or knowledge of, such decisions by any interested person.” The trust can include provisions that trigger its termination in its entirety, or the automatic termination of the blind trust provisions shielding the grantor from the information about its contents upon cessation of the grantor or his spouse’s employment in the financial sector that precipitated the compliance restrictions in the first place.

If you already are or expect to be subject to compliance restrictions by virtue of your or your spouse’s employment, you should consider getting the company’s approval to transfer your assets to a blind trust as a way to protect your investments.

*Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., Visit her website, [www.besunderlaw.com](http://www.besunderlaw.com).*

Disclaimer: This column is provided by Arden Besunder P.C. and New York Parenting Media as a public service to inform readers of legal issues. It is not intended to advise. Since legal issues vary with an individual’s situation and needs, one should consult with an attorney. It is impossible to cover all aspects of the law in an article. Please be advised that the laws are constantly changing. The content in this article reflects the current law. Nothing contained in this article is intended as advice and does not create an attorney-client relationship between the reader and the firm. Individual consultation with an attorney is required to determine the specific facts and circumstances of any particular situation. A written retainer agreement between you and the firm is required before any attorney-client relationship may be created. Circular 230 Disclosure Notice: To ensure compliance with Treasury Department rules governing tax practice, we inform you that any advice contained herein (including in any attachment) (1) was not written and is not intended to be used, and cannot be used, for the purpose of avoiding any federal tax penalty that may be imposed on the taxpayer, and (2) may not be used in connection with promoting, marketing or recommending to another person any transaction or matter addressed herein.



# NEW YORK SPECIAL CHILD

# LONG ISLAND SPECIAL CHILD

# WESTCHESTER/ROCKLAND SPECIAL CHILD

Trusted since 2008

Informing & enriching  
"Special Needs"  
families  
throughout NYC,  
Long Island  
& Westchester/Rockland

For more information about distribution  
or how to get your free copy,  
please e-mail us at [tina@nyparenting.com](mailto:tina@nyparenting.com).

Visit us online at

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

Like us on our Facebook page, NYParenting  
 or follow us on Twitter 

To advertise your business and or services  
contact us at 718-260-4554  
or e-mail us at [family@nyparenting.com](mailto:family@nyparenting.com)

New York Parenting/CNG  
1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201  
718-260-4554 • [family@nyparenting.com](mailto:family@nyparenting.com)

# Calendar

MARCH



## Discover a classic

The classic fairytale “Cinderella” comes to the stage at the Lehman Center for the Performing Arts on March 11.

The world-famous Moscow Festival Ballet presents the classic ballet. Majestic costumes, stunning choreography, and a magical stage illuminate this

fairytale for all ages.

“Cinderella,” March 11, 4 pm. Tickets range \$25 to \$45; \$10 seniors and children up to 12 years old, any seat.

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

## Never miss a great event!

Sign up for our FREE newsletter and get twice-a-week ideas for you and your family right in your mailbox. [NYParenting.com](http://NYParenting.com)

# 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!

### THURS, MARCH 1

#### IN THE BRONX

**Imaginative Arts for Kids:** Poe Park Visitor Center at Poe Park, 2640 Grand Concourse; (718) 365-5516; 2:30 pm to 4:30 pm; Free.

Kids will learn various techniques for creating imaginative arts, including kirigami, collage, tissue work, pointillism, and 3D illusion. Drop in for a program, or try them all!

**Community Purim Party:** Young Israel Of Pelham Parkway, 990 Pelham Parkway South; (718) 792-4744; 3 pm; Free.

Annual Purim Party. Are you ready to have fun? Music and Magic show for the kids. Come Join Us.

### FRI, MARCH 2

#### IN THE BRONX

**Imagination Playstation:** Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; [www.nycgovparks.org/events/2018/03/02/imagination-playstation](http://www.nycgovparks.org/events/2018/03/02/imagination-playstation); Noon to 2 pm; Free.

Babies and toddlers can come create, explore, and imagine through this fun-filled activity. The children will be creating their own worlds through art and play. Using recycled materials, they can pretend they are in a rocket ship or driving a race car. The program is for infants to children 5 years old. Guardians must stay with children for the program.

**Kids Express:** Poe Park Visitor Center at Poe Park, 2640 Grand Concourse; (718) 365-5516; 2:30 pm to 3:30 pm; Free.

Kids go on an expressive arts journey inspired by times, current exhibition, season, language, literary works, and their own ideas. Children will be encouraged to discuss, plan, excite, inspire, and support each other.

### SAT, MARCH 3

#### IN THE BRONX

**Family Art Project:** Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; \$8 adults, \$2 children 6-18, free under 6. Free admission until noon on Saturday.



## Caribbean culture club

Sou Sou is a new program for families with children 4 to 12 years old to explore the African diaspora. Each month, special events are planned with dance, music, and workshops that explore cultural history and traditions.

Come on March 10 and learn all about Mama Earth.

Children will make spring pop-up bouquets and enjoy a spring cultural presentation.

The program was inspired by the savings clubs tradition of the African Diaspora with a twist — a culture sav-

ings club for the entire family. Children participate in art, dance, music workshops, and many more activities to honor and explore the history and traditions. Callaloo Kids, a children's media brand that promotes culture literacy, social awareness, and puppet theater, is on residency.

Sou Sou, March 10 from noon to 4 pm. Free. Pre-registration required.

*Caribbean Cultural Center African Diaspora Institute (120 E. 125th St. between Lexington and Park avenues in East Harlem, <http://cccadi.org/sousou>).*

Give a feathery friend a home or a feeder. Winter birds and returning migrants could use a little help right now with nests and food. Camouflage the boxy shape of an ordinary milk carton with pine boughs and leaves. Add seeds and an inviting stick perch to create a welcoming home.

**Pysanky Workshop:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 11:30 am to 3:30 pm; \$20 (\$15 members) includes admission and materials fee.

Learn the time-honored art of creating intricately patterned Ukrainian Easter eggs, and make your own using a wax-resist technique at this hands-on workshop. Instructor Alesia Kozicky has been making pysanky all her life and has taught for more than 25 years. Hot wax and permanent dyes are used, so dress accordingly. Please bring a bag lunch. Registration requested.

**Charter School Fair:** Bronx Charter School for Children, 388 Willis Ave.; (718) 402-3300; Noon to 2 pm; Free.

Families are invited to explore charter school options in the neighborhood.

**Kids Paper Arts and Crafts:** Poe Park Visitor Center at Poe Park, 2640 Grand Concourse; (718) 365-5516; 2:30 pm to 4:30 pm; Free.

Kids create cute and fun objects out of paper and other ordinary materials they can take home. Parents are invited to join their little ones in the activities.

#### FURTHER AFIELD

**Flamenco and La Ida y Vuelta:** Pelham Art Center, 155 Fifth Ave., Westchester; (914) 738-2525; [anki@pelhamartcenter.org](mailto:anki@pelhamartcenter.org); [www.pelhamartcenter.org](http://www.pelhamartcenter.org); 1:30 pm; Free.

Feel the heat of the summer approaching with the spicy rhythms and passionate flamenco dance by the group Flamenco Latino. Take advantage of the passion and create flamenco movement drawings. For all others, enjoy the visuals, the footwork, the guitar sounds, and learn about this exciting dance.

### SUN, MARCH 4

#### IN THE BRONX

**Family Art Project:** 10 am-1 pm. Wave Hill. See Saturday, March 3.

# Calendar

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

**Bronx Opera Company:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 4 pm to 5:30 pm; Free with museum admission.

Here's your opportunity to enjoy an afternoon of an art form that has withstood the test of time. Michael Spierman, artistic director of the Bronx Opera Company, has put together a wonderful program featuring three members of the Bronx Opera Company accompanied by solo piano.

**"Stepping Out":** Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; [www.LehmanCenter.org](http://www.LehmanCenter.org); 4 pm; \$25, \$40, \$45 (\$10 for seniors and children under 12; any seats).

A dance troupe of world-champion Irish step dancers, together with a sensational eight-member traditional Irish band and vocalist. Dublin Irish Dance is an exhilarating company whose members have performed throughout the world with Riverdance, Michael Flatley's Lord of the Dance, and Celtic Woman. Production and direction by Eric Cunningham and original choreography by Ciarán Connolly and Alan Scariff.

## TUES, MARCH 6

### IN THE BRONX

**Kids Le Petit Art:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; [www.nycgovparks.org/events/2017/08/01/tiny-tots-stories-and-art](http://www.nycgovparks.org/events/2017/08/01/tiny-tots-stories-and-art); 2:30 pm to 4:30 pm; Free.

Kids create their own miniature art to take home. The piece is small enough to carry in your pocket or in your hand. For kids 6 to 12 years old. Parents or adults welcome with their younger child. Children can make a mini greeting card or journal or coloring book.

## WED, MARCH 7

### IN THE BRONX

**Recycle to art:** Poe Park Visitor Center at Poe Park, 2640 Grand Concourse; (718) 365-5516; 2:30 pm to 4:30 pm; Free.

Participants will create cute arts and crafts projects to keep, or give as a gift to their favorite person. For kids 6-12 years old.

**Mantra Percussion:** Pregones Theater, Walton Avenue at 149th Street; (718) 585-1202; [pregonesprtt.org](http://pregonesprtt.org); 7 pm; Free.

Carnegie Hall presents its Neighborhood Concert series. Mantra Percussion is devoted to music by living composers, the ensemble has commissioned and premiered more than 40 new works in the past eight years.

## THURS, MARCH 8

### IN THE BRONX

**Imaginative Arts for Kids:** 2:30 pm to 4:30 pm. Poe Park Visitor Center at Poe Park. See Thursday, March 1.



Jane Kratochvil

## Play in a Sea of Light

It's a journey of sight, sound, and sensory fun at Sea of Light, an interactive light playground, now through March 31 at the Seaport District.

Say goodbye to winter and dark nights at this spectacular interactive event — like no other light show you will ever see. The immersive sensory adventure is activated by movement and sound, and features colorful, illuminated orbs on the cobblestone streets that are reac-

tive to sound and movement and transform with every interaction.

Best seen at night, you can also enjoy a choreographed music and lights show on the hour from 5 to 8 pm daily.

Sea of Light daily now through March 31. Free. For all ages, but better suited to older children.

*The Seaport District (19 Fulton St. in the Financial District; [www.southstreetseaport.com](http://www.southstreetseaport.com)).*

See Saturday, March 3.

### FURTHER AFIELD

**Sou Sou:** Caribbean Cultural Center African Diaspora Institute, 120 E. 125th St., Manhattan; [cccadi.org/sousou](http://cccadi.org/sousou); Noon to 4 pm; Free.

The family-oriented program is inspired by the savings clubs tradition of the African diaspora with a twist — a culture savings club for the entire family. Attendees get to enjoy art, dance, music workshops, and many more activities that elevate the history and traditions of the African diaspora. Callaloo Kids is on residency, a children's media brand that promotes culture literacy, social awareness and puppet theater. This month Mama Earth Awakens is on tap where children will make spring pop-up bouquets and enjoy a spring cultural presentation.

## SUN, MARCH 11

### IN THE BRONX

**Family Art Project:** Avifauna Fun Monoprints: 10 am-1 pm. Wave Hill. See Saturday,

## FRI, MARCH 9

### IN THE BRONX

**Kids Express:** 2:30 pm to 3:30 pm. Poe Park Visitor Center at Poe Park. See Friday, March 2.

## SAT, MARCH 10

### IN THE BRONX

**Family Art Project:** Avifauna Fun Monoprints: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; \$8 adults, \$2 children 6-18, free under 6. Free admission until noon on Saturday.

Notice the elegant and distinctive shapes of our local bird species. Working with simple templates or your own design, use large pieces of construction paper and tempera paint to make simple, bold, large-scale birdy monoprints.

**Kids Paper Arts and Crafts:** 2:30 pm to 4:30 pm. Poe Park Visitor Center at Poe Park.

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

March 10.

**Family Nature Walk:** Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 1 pm to 2 pm; \$8 adults, \$2 children 6-18, free under 6. Free admission until noon on Saturday.

Join naturalist and educator Gabriel Willow on a family-friendly walk through the gardens or woodlands. Registration not required. Ages 6 and older welcome with an adult. Severe weather cancels.

**"Cinderella:"** Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; [www.LehmanCenter.org](http://www.LehmanCenter.org); 4 pm; \$25 to \$45 (\$10 for seniors and children up to 12 years old, any seat).

The world-famous Moscow Festival Ballet presents the classic ballet. Majestic costumes, stunning choreography, and a magical stage illuminate this classic fairytale for all ages.

## MON, MARCH 12

### IN THE BRONX

**Junior Knicks Clinic:** West Bronx Recreation Center, 1527 Jesup Ave.; (212) 360-3300; [www.nycgovparks.org/events/2018/03/12/junior-knicks-clinic](http://www.nycgovparks.org/events/2018/03/12/junior-knicks-clinic); 5 pm to 7 pm; Free.

This program is designed to teach kids the fundamentals of basketball in a structured clinic setting. The clinic is limited to 100 participants and space will be filled on a first-come, first-served basis. For 6 to 14 year olds. Pre-registration is required.

## TUES, MARCH 13

### IN THE BRONX

**Kids Le Petit Art:** 2:30 pm to 4:30 pm. Poe Park Visitor Center. See Tuesday, March 6.

## WED, MARCH 14

### IN THE BRONX

**Recycle to art:** 2:30 pm to 4:30 pm. Poe Park Visitor Center at Poe Park. See Wednesday, March 7.

## THURS, MARCH 15

### IN THE BRONX

**Imaginative Arts for Kids:** 2:30 pm to 4:30 pm. Poe Park Visitor Center at Poe Park. See Thursday, March 1.

## FRI, MARCH 16

### IN THE BRONX

**Kids Express:** 2:30 pm to 3:30 pm. Poe Park Visitor Center at Poe Park. See Friday, March 2.



Flip Work

## Cultivate young artists

Families explore their inner artist at Little Guggs at the the Solomon R. Guggenheim Museum on March 7, 14, and 21.

This weekly program is designed for young art lovers and their parents and guardians. In each session, participants explore one or two works of art in the galleries and then make their own art in the studio. The hour includes a short

story, trips to the galleries, and art-making activities.

Designed for children ages 2-4.

Little Guggs, March 7, 11, and 21 from 11 am to noon. Cost \$30 (includes admission, materials, and snacks; \$15 for members).

*Solomon R. Guggenheim Museum [1071 Fifth Ave. at 89th Street in Carnegie Hill, (212) 423-3500; [www.guggenheim.org](http://www.guggenheim.org)].*

## SAT, MARCH 17

### IN THE BRONX

**Family Art Project:** Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; \$8 adults, \$2 children 6-18, free under 6; Free admission until noon on Saturday.

Suminagashi and Orizomegami papers. Learn the Japanese art of paper marbling and dying. Lightly touch the surface of water with a brush for a floating-ink effect, or fold ink-absorbent paper to create fantastic geometric designs. You will marvel at these two ancient techniques.

**Kids Paper Arts and Crafts:** 2:30 pm to 4:30 pm. Poe Park Visitor Center at Poe Park. See Saturday, March 3.

### FURTHER AFIELD

**New York City St. Patrick's Day Parade:** Parade route - Fifth Avenue between 44th and 79th streets, Manhattan; [www.nycpatricksparade.org](http://www.nycpatricksparade.org); 11 am-5 pm; Free.

Nothing says St. Patrick's Day quite like New York City's annual parade up Fifth Av-

enue. The celebration is billed as the oldest and largest St. Patrick's Day Parade in the world. Irish eyes will be smiling on the approximately 150,000 people who march in the parade. Join in the fun!

## SUN, MARCH 18

### IN THE BRONX

**Family Art Project:** Suminagashi and Orizomegami Papers: 10 am-1 pm. Wave Hill. See Saturday, March 17.

## MON, MARCH 19

### FURTHER AFIELD

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

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

# Calendar

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

## TUES, MARCH 20

### IN THE BRONX

**Kids Le Petit Art:** 2:30 pm to 4:30 pm. Poe Park Visitor Center. See Tuesday, March 6.

## WED, MARCH 21

### IN THE BRONX

**Recycle to art:** 2:30 pm to 4:30 pm. Poe Park Visitor Center at Poe Park. See Wednesday, March 7.

## THURS, MARCH 22

### IN THE BRONX

**Imaginative Arts for Kids:** 2:30 pm to 4:30 pm. Poe Park Visitor Center at Poe Park. See Thursday, March 1.

## FRI, MARCH 23

### IN THE BRONX

**Kids Express:** 2:30 pm to 3:30 pm. Poe Park Visitor Center at Poe Park. See Friday, March 2.

## SAT, MARCH 24

### IN THE BRONX

**Easter Egg Hunt:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 10 am to 1 pm; \$10 (\$15 non-members).

This is the one day when it's okay to put all your eggs in one basket! Children ages 2-12 hunt for eggs, enjoy arts and crafts, and have photos taken with the Easter Bunny. Please bring your own basket. Tickets online at [bpmm.org](http://bpmm.org). Rain date is Sunday, March 25, 1 to 3:30 pm.

**Family Art Project:** Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; \$8 adults, \$2 children 6-18, free under 6. Free admission until noon on Saturday.

Palisades in Plaster. Let the magnificent rock formations of the Palisades facing Wave Hill inspire you. Learn about the minerals that make up the soil, allowing for such spectacular natural artwork. Use plaster made from the mineral gypsum to create your own sculptural rock formation, or tint or color it to make a gem.

**She's on Point - A Celebration of Girls in Sports:** West Bronx Recreation Center, 1527 Jessup Ave.; (718) 292-5934; [www.nycgovparks.org/events/2018/03/24/shes-on-point-a-celebration-of-girls-in-sports](http://www.nycgovparks.org/events/2018/03/24/shes-on-point-a-celebration-of-girls-in-sports); 11 am to 3 pm; Free.

She's on Point celebrates the achievements of female athletes and introducing young girls and boys to sports. Through partnerships with local colleges and sports organizations, as well as the contributions of NYC Parks Department's public programming

staff, a variety of sports clinics and demonstrations take place, from traditional to alternative sports.

**Yonkers St. Patrick's Day Parade on McLean Avenue:** Parade kick off at Hyatt and McLean avenues; 1 pm; Free.

Help paint the city green at the 63rd annual Yonkers St. Patrick's Day Parade. The celebration begins at Hyatt and McLean avenues and ends at McLean Avenue and McCollum Place by Coyne Park. Free parking is available at Empire City Casino with free shuttles to the parade route.

**Bronx Moms Connect:** Huntington Free Library, 9 Westchester Sq.; [www.eventbrite.com/e/bronx-moms-connect-tickets-42917280742?aff=utm\\_source%3Ddeb\\_email%26utm\\_medium%3Demail%26utm\\_campaign%3Dnew\\_event\\_email&utm\\_term=eventurl\\_text](http://www.eventbrite.com/e/bronx-moms-connect-tickets-42917280742?aff=utm_source%3Ddeb_email%26utm_medium%3Demail%26utm_campaign%3Dnew_event_email&utm_term=eventurl_text); 2 pm to 5 pm; Free.

The March event's theme will be all about self-care! There will be multiple workshops for the whole family, time to mingle and meet other moms, as well as giveaways, as always. Don't miss the guest speaker, Psychoanalyst Nova Simister-Irving. Workshops include Yoga with Babies with Stacey, Soothing Art for Adults with Amanda, Meal Prep with Jocelyn Araujo, and Using Essential Oils with Lizzette.

**Kids Paper Arts and Crafts:** 2:30 pm to 4:30 pm. Poe Park Visitor Center at Poe Park. See Saturday, March 3.

## SUN, MARCH 25

### IN THE BRONX

**Family Art Project:** Palisades in Plaster: 10 am-1 pm. Wave Hill. See Saturday, March 24.

## TUES, MARCH 27

### IN THE BRONX

**Kids Le Petit Art:** 2:30 pm to 4:30 pm. Poe Park Visitor Center. See Tuesday, March 6.

## WED, MARCH 28

### IN THE BRONX

**Recycle to art:** 2:30 pm to 4:30 pm. Poe Park Visitor Center at Poe Park. See Wednesday, March 7.

## THURS, MARCH 29

### IN THE BRONX

**Imaginative Arts for Kids:** 2:30 pm to 4:30 pm. Poe Park Visitor Center at Poe Park. See Thursday, March 1.

## FRI, MARCH 30

### IN THE BRONX

**Kids Express:** 2:30 pm to 3:30 pm. Poe

Park Visitor Center at Poe Park. See Friday, March 2.

## SAT, MARCH 31

### IN THE BRONX

**Family Art Project:** Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; \$8 adults, \$2 children 6-18, free under 6. Free admission until noon.

Pastel eggs in watercolors. Not all eggs are created alike. Notice the difference between a speckled turkey egg and the cool, blue eggshell of the American Robin. Listen to the story "An Egg is Quiet," by Dianna Hutts Aston. Then make your own poetic painting with wax-resists in colors of pastel, speckled eggs.

**Spring Egg Hunt:** Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East; (718) 543-8672; [www.nycgovparks.org/events/2018/03/31/wbo-spring-egg-hunt](http://www.nycgovparks.org/events/2018/03/31/wbo-spring-egg-hunt); 11:30 am and 2 pm; Free.

The annual Spring Egg Hunt is back! Take part in a variety of activities including carnival games, arts and crafts, potato sack races, Urban Park Rangers, a visit from the Easter Bunny, and more for the entire family! An egg hunt will be held. Councilmember Cohen and the NYC Department of Transportation will be distributing free bike helmets for adults and children. Please bring a donation of food that is not perishable to be given to local food pantry. Recommendations include canned foods, rice, beans, cereal, peanut butter, pasta, etc.

**Kids Paper Arts and Crafts:** 2:30 pm to 4:30 pm. Poe Park Visitor Center at Poe Park. See Saturday, March 3.

## LONG-RUNNING

### IN THE BRONX

**Bronx Zoo:** 2300 Southern Blvd. at Boston Road; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); Daily, 10 am-4:30 pm; until Sun, March 18; Total experience tickets, \$28 adults, \$20.95 children ages 3-12, under 3 free. All day parking, \$16.

See giraffes, lions, penguins and more. As a special treat, there are five young gorillas in the Congo Gorilla Exhibit. Watch their playful interactions with their parents and each other. Check website for winter schedule.

**Wintertime Wonders:** New York Botanical Garden, 2900 Southern Blvd. at Fordham Rd.; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Tuesdays - Fridays, 1:30-4:30 pm, Saturdays and Sundays, 10 am-4:30 pm, until Sun, March 18; Free with Garden Pass. Tickets \$25 adults on weekends; \$20 adults weekdays; \$10 children (2-12) weekends; \$10 children (2-12) weekdays.

Inside the cozy Discovery Center, kids of all ages can take a closer look at the wonders of plants and animals in winter. Make bark rub-

# Calendar

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

bings, count tree rings, craft a bud necklace, and head back into the winter garden with a field notebook to discover the vital sparks of life that lie just below the surface of this quiet season in the Northeast.

**The Orchid Show:** New York Botanical Garden, 2900 Southern Blvd. at Fordham Rd.; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Tuesdays – Sundays, 10 am–6 pm, Sat, March 3 – Sun, April 22; \$28 adults, \$12 children 2–12, children under 2 free.

Beautiful flowers, art, and architecture combine for this New York tradition. Now in its 16th year, The Orchid Show has thousands of dramatically displayed orchids in the Enid A. Haupt Conservatory featuring a series of installations crafted by floral designer Daniel Ost. Each display is a living sculpture that celebrates the complex beauty of these stunning flowers.

## FURTHER AFIELD

**“Neverland: Peter Returns:”** Swedish Cottage Marionette Theater, W. 79th Street and West Drive, Manhattan; (212) 988-9093; [www.cityparksfondation.org](http://www.cityparksfondation.org); Tuesdays – Fridays, 10:30 am and 11:30 am, Saturdays and

Sundays, 1 pm, \$12 (\$8 children).

The City Parks Foundation presents the original marionette play based on J.M. Barrie’s iconic Peter Pan tales. This version is a spin on the beloved children’s classic. Leaving their parents behind, the Darling children follow Peter Pan back home to Neverland for the adventure of a lifetime. When the cunning Captain Hook turns Peter’s pals Tiger Lily and Tinker Bell against him, the children team up with the Never Boys to save the day, learning the value of forgiveness and friendship.

**Sea of Light:** The Seaport District, 19 Fulton St., Manhattan; [www.southstreetseaport.com](http://www.southstreetseaport.com); Daily, 11 am to 9 pm, until Sat, March 31; Free.

Say goodbye to winter and dark nights at this interactive light “playground.” The unique experience features colorful, illuminated orbs on the cobblestone streets that are reactive to sound and movement and transform with every interaction. Best seen at night, you can also enjoy a choreographed music and lights show on the hour from 5 to 8 pm daily.

**“Frozen on Broadway”:** St. James Theatre, 246 W. 44th St., Manhattan; (866) 870-2717; [frozenthemusical.com](http://frozenthemusical.com); \$100 and up.

A musical worth melting for! If you loved the movie “Frozen,” you’ll love seeing Anna, Elsa, Kristoff, and Olaf come to life on stage to tell the timeless tale of two sisters who are pulled apart by a mysterious secret. Of course, there’s the classic song “Let It Go,” plus many new numbers for this new production.

**“PAW Patrol Live! The Great Pirate Adventure”:** The Theater at Madison Square Garden, 2 Pennsylvania Pl., Manhattan; (212) 465-6741; [www.thegarden.com](http://www.thegarden.com); Thursday, March 22, 11 am; Friday, March 23, 11 am and 5 pm; Saturday, March 24, 10:30 am, 2 pm, 5:30 pm; Sunday, March 25, 10:30 am, 2 pm, 5:30 pm; \$30–\$85.

X barks the spot in this puppy pirate adventure. After the PAW Patrol find a secret treasure map, they set out over land and sea to find it for the Pirate Day celebration. The pups will need all paws on deck, including some help from the newest pup, Tracker!

## Advertise with us!

MANHATTAN  
**Family**

BROOKLYN  
**Family**

WESTCHESTER  
**family**



QUEENS  
**Family**

BRONX/RIVERDALE  
**Family**



To place an ad in any of our monthly titles, please call  
**718.260.4554**

# New & Noteworthy

BY LISA J. CURTIS

## Jack's tall tale

We're excited to spill the beans about a recently released rock opera that breathes new life into the classic fairy tale "Jack and the Beanstalk." Brooklyn-based Paper Canoe Company's "Beanstalk Jack" concept album begins with songs in the rich American folk tradition — and they're often a high-spirited, knee-slapping hootenanny. They tell Jack's story as he trades his cow for magic beans and climbs the mighty stalk. When he reaches its highest branches, the songs evolve from folk to rock with "It's a Big World."



Thankfully, Paper Canoe co-founders Tami Stronach (the Childlike Empress from the 1984 film "The Neverending Story") and Greg Steinbruner made the decision to retain the giant's best line — "Fee Fi Fo Fum" — and the vocals are powerfully influenced by Tom Waits. Touches like this delight listeners great and small (especially those ages 5 to 8).

"Beanstalk Jack" is an entertaining album influenced by the greats: Woody Guthrie, the Beatles, and Simon and Garfunkel.

*"Beanstalk Jack" CD, \$14, digital download, \$9.99, amazon.com.*

## Open sesame

Comfort is key when it comes to choosing a bra that will make breastfeeding easier. Coobie's Seamless Bra offers that comfortable support all day long — and even while you're sleeping. This nursing bra features wider straps, removable pads, racer-back style, and simple clasps to help moms quickly quiet a ravenous infant.



Available in "one size" (32A-36D/DD) and "full size" (38A-40D/DD), Coobie's nursing bra is available in both typical colors and fun patterns such as tie-dyed pink-and-white; black-and-white polka dot; and more.

This bra does not have an underwire or hooks, and the fabric is made of a cool, soft brushed nylon and spandex blend, which easily stretches to accommodate nursing pads. Coobie's seamless bra is perfect for moms who are committed to breastfeeding and need a stylish nursing bra that's such a dream, you forget you're wearing it.

*Coobie Seamless Bra, \$22, shopcoobie.com.*



## Build characters

Shao Lan Hsueh, Ted Talk speaker and creator of the popular Chineasy Tiles board game, has just released the Chineasy Cards app, making it easier than ever for kids — and parents — to begin to learn notoriously challenging Mandarin Chinese.

The app takes off where the board game ends, using the same colorful illustrations to bring the Chinese characters to life, plus enormously helpful pronunciation of the characters. After introducing the user to a group of words, Chineasy Cards becomes a multiple choice game. Players — ages 4 and older — are rewarded with praise from an adorable caterpillar before leveling up. Players can start on a new level every day, or review previous levels before moving on.

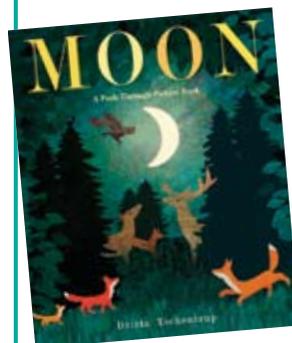
The board game's website has a downloadable "play guide" with 10 ways to engage with the 48 essential characters.

*Chineasy Tiles game, \$89; Chineasy Cards app, free to download, monthly subscription services available; Chineasy.com.*

## Mooning over Britta

Author-illustrator Britta Teckentrup's "Moon: A Peek-Through Picture Book" (Doubleday Books for Young Readers) is an exquisite hardcover, ideal for sending off children — particularly those ages 3 to 7 — to dreamland. This new book

has moon-shaped holes cut from its cover and pages to reveal our satellite's phases. It also lavishly depicts our world's animals in their varied habitats, bathed in moonlight. Teckentrup's illustrations harken back to the glory days of vintage Golden Books, with their scampering foxes, deer, and bears. Children — and parents alike — can't resist the sleep-inducing pull of "Moon."



*"Moon: A Peek-Through Picture Book," \$16.99, Barnesandnoble.com.*



# Discovering science. And service to others.

**Invest in a Catholic education when it makes the most difference.** Catholic schools in the Archdiocese of New York offer a unique combination of academic and spiritual development that helps children of all backgrounds get the best start in life. Our students learn in an environment where respect, courtesy and service to others are always part of the curriculum—and they are outpacing New York State and New York City public school students in both Math and English Language Arts (ELA) proficiency standards.

We invite you to see the value of a Catholic education: schedule a tour at a nearby school at any time, or attend one of the upcoming TOURING TUESDAY open house events being held at 132 participating Catholic elementary schools. Open Houses: March 13 & April 24 from 9-11am.

**2018-19 ADMISSIONS ARE OPEN**

**Book a Tour at a School Near You or Apply Today**

**[CatholicSchoolsNY.org/admissions](http://CatholicSchoolsNY.org/admissions)**

Bilingual Helpline: (646) 794-2885



**CATHOLIC SCHOOLS** *in the*  
**ARCHDIOCESE of NEW YORK**

Faith-Based. Future-Focused.

*The Mall at Bay Plaza presents*

# Guess Who's Hopping into Town!

JOIN US, AND THE EASTER BUNNY, FOR  
**A FREE KIDS EASTER SHOW**

WITH MUSIC, PRIZES, PERFORMERS, and THE EASTER BUNNY ARRIVES!

**SATURDAY, MARCH 10<sup>th</sup>**

showtimes: **11:00 AM and 1:30 PM**

**FREE BUNNY EARS FOR THE FIRST 250 KIDS  
WHO ARRIVE AT THE 11:00AM SHOW!**

The Easter Bunny will be available  
for photos at his Spring Home on Level 1 Center Court



## OPEN EASTER SUNDAY

*The Mall at Bay Plaza will be open on Sunday, April 1st*



## PHOTOS WITH THE EASTER BUNNY!

BEGINNING MARCH 10th



Make Your Reservation TODAY to Receive a Promotional Package Price!

<http://celebrateyourholiday.us/bayplaza> or Text "Bunny826" to 39771

*BP*  
*The Mall at Bay Plaza*

### OVER 100 STORES & RESTAURANTS

MallatBayPlaza.com    #2018inStyle #BrandsYouLove

MTA BUSES SERVING THE MALL AT BAY PLAZA: BX5, BX12, BX23, BX26, BX28, BX29, BX30, BX38, BXM7, Q50

SUBWAY #5, 6 SUBWAY TO BUS STATION

200 Baychester Ave, Bronx, NY 10475, Exit 11, Off I-95  
or Exit 4N off of Hutchinson River Parkway South