

HOW TO HELP YOUR KIDS LOSE WEIGHT

Bronx | Riverdale family

FEBRUARY 2019

NEWYORKFAMILY.COM

Explore the

City!

Great Days Out

CUTTING
FAMILY
COSTS

A LOOK AT
CHARTER
SCHOOLS



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



pg. 30



pg. 32



pg. 18

FEATURES

6 | Winter Outing Ideas
 Looking for things to do during these chilly months? Check out this easy City itinerary

10 | Cutting Family Costs
 Expert tips on tightening your family's budget the smart way

COLUMNS

8 | Family Health
 Understanding and treating pink eye

18 | Spotlight: Children's Dental Health
 Key tips for instilling good dental hygiene in your kiddos

20 | Just Write Mom
 When moms work from home

28 | Events & Offers
 The scoop on our Camp Fairs, Blackboard Awards for Teachers nominations, and more

30 | Healthy Living
 How to help kids lose weight

38 | Good Sense Eating
 Is there still a place for juice at breakfast?

FAMILY FUN

32 | Calendar
 Your guide to the best family-friendly events for the month of February

ADVERTISING

12 | Charter Schools Directory
22 | Catholic Schools Directory

letter from the publisher

Every month's a month of love

It doesn't have to be February to give gifts of love and thoughtful expressions of caring and appreciation. But having a special day in a cold and often dreary winter month can perk up the whole family. In my house growing up we always baked cookies or cakes and decorated them with colorful hearts and made our presents for our parents. After my parents passed, I found all the cards we had largely ever given them in a special folder and I sat there crying my eyes out recalling the years of my youth and being so happy that I had expressed my love to them in those ways.

Back in the day, before the curriculum changes, art class in school was a great place



to use various crafts techniques to bring home cards, or clay figures, or a drawing to Mom and Dad. With art classes no longer a part of a regular curriculum, it's a fun thing for families to do together as a home project — although there are still schools that help kids make Valentines for Mom and Dad. Construction paper, glue,

glitter, colored pencils, and good markers should be a part of every family's "art box."

The important thing, of course, is to be together and to express each and every day how much we love each other. Nonetheless, the small gestures often create long memories and bonds that last a lifetime. Do I have a special folder for the cards I have

been given over the years? Of course I do. And every now and then I look at the special message my then 5-year-old gave me for one or another of the holidays when we do such things. And do I shed some tears? Of course I do. Tears of joy and gratitude and wonder at where all the time went and why the film is moving so fast.

Thanks for reading.



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

New York family

PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss
Family@NewYorkFamily.com

PUBLISHER: Clifford Luster

EDITOR: Mia Weber

ASSISTANT EDITOR: Courtney Donahue

OPERATIONS ASSOCIATE & CIRCULATION: Tina Felicetti

ACCOUNT EXECUTIVES:

Erik Bliss, Erin Brof, Mary Cassidy,
Thomas Chillemi, Mary Ann Oklesson,
Shelli Goldberg-Peck, Jay Pelc

MARKETING ASSISTANT:

Charlotte Sauvagnat

EVENT COORDINATOR:

Emanuelle Block

ART DIRECTOR: Leah Mitch

WEB DEVELOPER: Sylvan Migdal

GRAPHIC DESIGNERS:

Arthur Arutyunov, Daria Avvento,
Gardy Charles, John Napoli,
Marcos Ramos

CONTACT INFORMATION

ADVERTISING:

(718) 260-4554
Advertising@NewYorkFamily.com

CIRCULATION: (718) 260-8336

Tina@NewYorkFamily.com

EDITORIAL: (718) 260-2587

Susan@NewYorkFamily.com



New York Family
Media is a division
of Schneeps Media

PRESIDENT & PUBLISHER:

Victoria Schneeps-Yunis

CEO & CO-PUBLISHER:

Joshua Schneeps

ADDRESS

New York Family Media /
Schneeps Media
1 Metrotech Center North
10th Floor
Brooklyn, NY 11201

www.NewYorkFamily.com

Join the conversation on Facebook,
Instagram & New York Family's
Mom to Mom Facebook Group



New York Family Media has been recognized
for editorial and design excellence by PMA.

New York Family is published monthly by
Queens Family Media, LLC.

Reproduction of New York Family Media in
whole or part without written permission from
the publisher is prohibited. All rights reserved.

©2019 Queens Family Media, LLC



BP
The Mall at Bay Plaza

Experience Style



FREE KIDS EVENT

Valentine's Day Party

Join us for a Dance Party, Music by DJ Omar, with Games and Prizes for the Kids!
Kids will also make their own Valentine's Day Card Holder!

FRIDAY, FEBRUARY 8TH | 4:00 PM – 7:30 PM

SIGN UP AT GUEST SERVICES FOR YOUR FREE TICKET BEGINNING FEBRUARY 1ST



1ST ANNUAL **BAY PLAZA RUN/WALK**

THIS FUNDRAISING RUN/WALK WILL BENEFIT CANCER RESEARCH AND LOCAL PROGRAMS

SUNDAY, MARCH 31, 2019

REGISTRATION 8AM | START TIME 9AM

REGISTER AND DONATE TODAY: WWW.ACSDETERMINATION.ORG/BAYPLAZA5K

EARLY REGISTRATION | JAN. 1 - FEB. 28

BP
The Mall at Bay Plaza

OVER 100 STORES & RESTAURANTS

MallatBayPlaza.com f t i #2019inStyle #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

Planning the Perfect Day Out

Program helps families take in city attractions—within budget

By Shnieka L. Johnson

Cabin fever got you or the kids down? Bundle up and go out on the town!

The city's tourism arm, NYC & Company, has curated the perfect day out just for you and the family with its new NYC Winter Outing program. For the first time, its signature programs will overlap—Restaurant Week through February 8, Broadway Week through February 10, and Must-See Week (i.e., museum and local attractions) through February 10.

These options are not just for out of towners, it's a cost-effective opportunity for locals to get out and experience the city's offerings, too.

"NYC & Company for the first time has aligned these signature programs in order to counter what we're referring to as 'FOGO' or the fear of going out, especially in the winter, and to encourage visitation to our countless world-class restaurants, Broadway shows, attractions, tours, and performing arts at a value," says Chris Heywood, Senior Vice President of Global Communications at NYC & Company.

This is a great opportunity for families seeking kid-friendly activities, while staying within a budget. There are a number of great museums, attractions, tours, and Broadway shows to see with the family, as well as prix fixe lunch and dinner meals to enjoy at hundreds of restaurants throughout the city.

"Families should make the most of 2-for-1 tickets to countless activities at a value! There is no time like the present, and these programs are the destination marketing organization's way of giving back to locals and attracting even more staycations and overnight visitation. It's truly a great opportunity to get out and explore the five boroughs—there are participants in each—from tried-and-true favorites to lesser-known destinations. Extra perk—there are shorter lines in the winter, which is great for guardians with restless kids," Heywood adds.

Families seeking a winter outing can browse participating shows, attractions, and restaurants through NYC and Company's website, nycgo.com, and use the "favoriting" tool to save a list of and access links to book



Matthew Murphy

The Broadway musical "King Kong."

tickets and reserve tables. You can choose your own outing or take a look at the sample outings that were specially curated with particular interests in mind.

"NYC & Company's editorial team considered participating attractions, tours, performing arts, restaurants, and Broadway shows and with their expert, insider knowledge of New York City's varied offerings, identified options well suited to families with children spanning various ages. Our organization is familiar with speaking to the needs of families of all age ranges, including parent(s) and grandparent(s) with

teens, tweens, and young kids—thanks to an ongoing partnership with Nickelodeon—and consistently taps a robust network of member organizations citywide for their family-friendly offerings. Combined with our own in-house market research, we're able to pinpoint varied interests across demographics," Heywood says.

The sample itineraries, or "mini-itinies," are helpful for families that are not sure where to be when looking at such a vast list. You can make your decision based on the age of your kids. There are several Broadway shows that are considered "kid friendly," like

“Aladdin” (a lively adaptation of the Disney movie), “Anastasia” (based on a film about a real life duchess), “Frozen” (an adaptation of the popular Disney movie about royal sisters), “King Kong” (based on the iconic movie), “Lion King” (a moving adaptation of the Disney movie) and “Phantom of the Opera” (with music and suspense, it’s currently the longest running show on Broadway). The convenience of the “mini-inities” makes for a low-stress outing—lunch and dinner at a restaurant, a show and attraction grouped together with varied interests in mind.

There are fun themes like Old School, Glam, Like a VIP, and Go Big or Go Home. Either theme could appeal to families depending on the age of the kids. “Walk on the Wild Side” is a fun, winter outing itinerary intentionally curated for families to enjoy. By combining the Bronx Zoo, Sarabeth’s (a restaurant with a kid-friendly menu splashed in animal print décor), and modern classic “The Lion King” on Broadway, the tiniest New Yorkers and visitors can enjoy a taste of wildlife in



Sight-seeing tour The Ride.

the concrete jungle. Beyond this curated itinerary, families are encouraged to mix and match any of nearly 400 participating restaurants, 24 Broadway shows, and nearly 60 attractions, tours, and performing arts to create their own, ideal New York City winter outing.

With so many options, there is no need to stay inside your apartment all winter.

Take advantage of the deals, and go out on the town. Bring the kids and have the type of New York experience that out-of-towners dream about.

Shnieka L. Johnson is an education consultant and freelance writer. She is based in Manhattan, where she resides with her husband and son. Contact her at shniekajohnson.com.

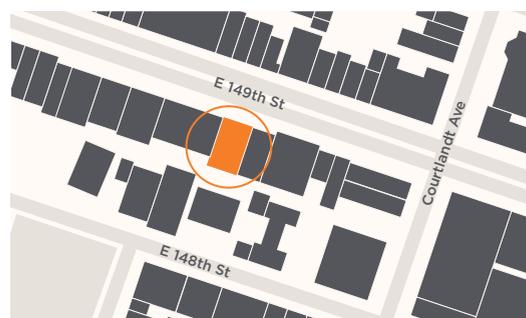
Hello Bronx. We're BronxDocs.

Our new primary and specialty care practice is ready for you. All our neighbors in the Bronx are welcome. Come in and say hi!

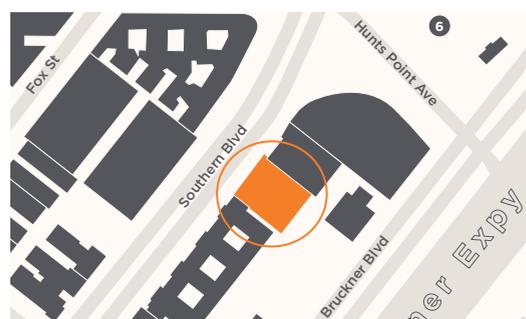


Powered by AdvantageCare Physicians

Learn more at bronxdocs.com



326 E. 149th St., Bronx



932 Southern Blvd., Bronx



Understanding and Treating Pink Eye

My daughter has just returned to school from winter break and already two of her classmates have pink eye! Can you tell me more about the disease, how it is spread, and ways to make sure my children aren't infected?

Pink eye, also known as conjunctivitis, is an inflammation or infection of the transparent membrane that lines the eyelid and part of the eyeball. This membrane, known as the conjunctiva, is usually clear. However, if irritation or infection occurs, it can become red and swollen.

The cause of pink eye is commonly a viral or bacterial infection. Most cases of conjunctivitis are caused by viral infections. However, both viral and bacterial conjunctivitis are very contagious, which is why early diagnosis and treatment is the best way to limit its spread.

Pink eye may develop and show

symptoms in one or both eyes. The most common symptoms include redness, itchiness, a gritty feeling, discharge that forms a crust during the night, and/or tearing.

In the case of conjunctivitis caused by a virus, there is no simple “cure”—the infection simply must run its course while the body fights it off. The good news is, a case of viral conjunctivitis typically goes away in seven to 10 days, and children can usually return to school in three to five days. While those days can be very uncomfortable, over-the-counter remedies, such as warm or cold compresses, can help to alleviate some of those symptoms. Unlike pink eye due to a viral infection, pink eye that is caused by bacteria can be treated by antibiotics, and the child can return to school 24 hours after an antibiotic has been started, provided that symptoms have improved.

The best way to avoid the discomfort of pink eye is to prevent the infection from occurring at all.

Practicing good hygiene is the best way to control its spread. Make sure that hand washing is frequent, and tell your daughter to avoid sharing objects with an infected classmate, as her fingers will no doubt be near her eyes several times a day.

There's no need to panic; pink eye is a minor eye infection, but left untreated it can develop into a more serious condition. Visit your child's pediatrician if you are concerned.



Pramod Narula, MD is the Chairman of the Department of Pediatrics at NewYork-Presbyterian Brooklyn Methodist Hospital.

St. Helena Elementary School

A Total School Program

OPEN HOUSE
Saturday, January 26, 2019
11:00 – 1:00

- Full Day Early Childhood Program for 3 Year Olds
- Full Day UPK
- Schedule: 8:00 am to 2:35 pm
- Breakfast Program Available (beginning at 7:00 am)
- After School Programs to 6:00 pm (FREE for grades 6, 7 & 8)
- Academics - According to New York State Board of Regents Requirements
- Accredited by AdvancEd
- 2 to 1 ratio of laptops to students
- CYO Sports, National Junior Honor Society
- Last year our 8th Graders earned \$440,000 in H.S. Scholarships

A Safe Passage Through Childhood/A Solid Religious Foundation

As seen in the Daily News on December 19, 2006 - Catholic school keeps faiths "All God's children" welcome "There is a wonderful family atmosphere here. In the Parkchester area, you have all these faiths. It doesn't matter if your neighbor is Muslim or Catholic. They're still your neighbor." — Richard Meller,



2050 Benedict Ave.

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

Bronx, NY 10462

718-892-3234

www.sthelenaschoolbronxny.org

Cutting Family Costs

Ways to save money without sacrifice

By Kimberly Blaker

The cost to raise kids today is between \$12,350 to \$14,000 a year per child, according to a January 9, 2017, CNN Money report by Kathryn Vasel. Multiply this by two or more children, and that's a substantial chunk of change. But there are lots of ways to keep costs down without sacrificing the quality of family life. Follow these cost-cutting tips, and watch your savings grow:

Feeding the crew

Feeding your family is perhaps one of the biggest expenses you'll incur. It's also one of the best places to cut costs.

Coupon clipping can bring substantial savings—provided you use coupons only for items you'd purchase anyway. Admittedly, coupons can also be a hassle. If you have time for coupon clipping, look for grocery stores that offer double coupons to make the most of this savings strategy. Also, set up some guidelines so you don't use coupons to the extent you're losing money by making unnecessary purchases or where you could have had a better deal by purchasing another brand.

Cut your grocery bill by at least a third by buying only on-sale. Each week, flip through your store flier, then stock up with a four- to six-week supply of the items on sale. After the first month, you should have plenty of stock to eliminate most non-sale purchases. Although you'll invest more up front, within a few weeks you'll have recouped your investment and see your grocery bill start to drop.

Also, avoid wholesale food clubs. When comparing prices, the savings are usually minimal. They rarely compare to grocery

store sale prices. You might use food clubs for just a few staple items you've researched and know are always a better deal.

When shopping, always compare the price per ounce on different size packages. Contrary to popular belief, smaller packages are often the better deal. Manufacturers learned people go for the bigger bulk size items because of the better price per ounce. As a result, they switched the pricing around knowing consumers will just gravitate to the larger package with the assumption it's a better deal.

Don't let unanticipated fast food runs eat up your spare cash. Have paper plates and plenty of frozen meals to toss in the oven for emergency eat-and-run suppers.

Energy efficiency

There are plenty of ways to cut overall energy use without sacrifice, so make the following tips part of your strategy:

- Run your dishwasher only when full, and use the no-heat or air-dry setting.
- Keep your refrigerator out of the sun.
- Turn off the oven a few minutes before your meal is done cooking. The heat already built up in the oven will finish the job.
- Wash all laundry in cold water, except for sheets and towels that need hot water to kill bacteria and odors.
- Clean the lint filter on your dryer before each use. And don't over-dry clothes.
- Evaluate your lighting needs. Use the lowest watt bulb possible that still provides ample lighting. Better yet, use the compact fluorescent light bulbs for maximum energy savings.
- Keep your hot water heater between 115-120 degrees. Hotter temperatures are wasteful, unnecessary, and can lead to scalding.

• When purchasing new appliances, compare energy efficiency. Paying a little more for the more energy efficient appliances can save money in the end.

• Turn your computer off overnight and during long interruptions.

Family fun

Having fun doesn't have to cost an arm and a leg—or anything at all.

Make visiting your library a regular family activity. Libraries today offer a wide variety of free entertainment including books and magazines, DVDs, music CDs, video games, audiobooks, even computer games, and software. If your library doesn't carry a book you're looking for, ask about its interlibrary loan program.

Contact local, county, and state parks for scheduled activities and programs. Also, don't forget about paved biking and roller blade trails, hiking and nature walks, fishing, swimming, wildlife viewing, and more.

Instead of taking your family to dinner or for fast food, pick up Chinese and head to the park. You'll not only save, but you'll eat healthier, too.

Contact the science, natural history, and children's museums in your area and ask if they're one of the more than 350 members of the Association of Science-Technology Centers in the U.S. If so, purchase an annual family membership, generally ranging between \$120-160. These passes offer unlimited visits to all member museums. Then plan several day trips throughout the year for family science fun. Visit astc.org/passport for details. The passports must be purchased directly through one of the participating science-technology museums.

Don't buy new computers. Recent models



can often be found in the newspaper or online classifieds for a fraction of the cost.

Finance savvy

The following suggestions can bring big savings and make banking and loans work for you rather than against you.

If possible, double up on mortgage and loan payments. If you can't, you can still save by breaking each monthly payment into two. Pay half of your monthly loan and mortgage payments a couple weeks early. Contact your loan institution and make sure early and partial payments will apply to your regular monthly installments and that interest will be adjusted accordingly.

Open your checking account at a credit union or bank that offers free accounts with no maintenance or check fees.

Store your credit card. Carrying it on you

can lead to impulse buying. Unless you're disciplined enough to pay it off monthly, credit cards eat up spare cash on interest expenses.

Auto economizing

There are many ways to keep driving expenses down. Try these for starters:

Increase the deductible on your collision to \$1,000, unless you're accident prone, or have teen drivers. The cost difference can be significant.

Avoid purchasing a brand-new vehicle. Opt for a low-mileage model only one to four years old. You'll save a fortune on depreciation.

Dress for less

Save on household and clothing expense by trying these money-saving ideas. You'll be helping to protect the environment, too:

Hit the end-of-season sales and save 60 - 80 percent on kids clothing for the following school year. A one-size difference is usually a safe bet.

Visit resale shops for super savings on like-new children's clothing. You can find these stores locally as well as online resale shops.

Catch the savings as families in all income brackets are doing today. Hit garage and estate sales for family and household needs. You'll find top-quality, top-condition items including toys, baby equipment, children's clothing, household furnishings, and more, for next to nothing.

Kimberly Blaker is a freelance writer and the author of a kid's STEM book, Horoscopes: Reality or Trickery? You can find her at kimberlyblaker.com



Come visit us on our Magnet Mondays!

Call the school and arrange a tour.

Ask about our amazing STEM partnerships and project-based learning!

For more information, give us a call

at **718.239.7401**

Address:

1560 Purdy Street

Bronx, New York 10462

www.LindenTree567.com

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

646-400-5566

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' academic, emotional, and social development is supported, cultivated and challenged.

Brilla Public Charter School

South Bronx

Brilla College Prep – Elementary & Middle

Brilla Veritas – Elementary

347-273-8439

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 student 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

718-402-3300

www.tbcs.org

Currently serving 432 students in grades K-5. Our staff provides a rigorous elementary academic program in a safe, nurturing environment. Our scholars participate daily in Enrichment classes including Art, PE, Music, Technology, and Science. BCSC employs 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),

718-828-7301

Morris Park Campus: Bronx Excellence 2 (K-3),

718-892-1276

Wakefield Campus: Bronx Excellence 3 (K-1), Location TBA

www.Bronxexcellence.org

Bronx Excellence was established in 2004 in the Parkchester neighborhood. Bronx Excellence was renamed Bronx Excellence 1 - Elementary and Middle, Bronx Excellence 2 in Morris Park, and Bronx Excellence 3 and 4 were established in Wakefield. These sibling schools are based on the K-8 Blue Ribbon model of the original Bronx Excellence and will grow one grade level per year until they too become full service K-8 academies. Currently, the Excellence Network serves over 1,400 scholars. Excellence schools are special because they are based on academic, ethical and cultural standards written into every charter: Bronx Excellence is a 2012 National Blue Ribbon School Award honoree - the U.S. Dept. of Ed's highest honor for schools across the country

KIPP:NYC

PUBLIC SCHOOLS
KNOWLEDGE IS POWER

15 Free Public Charter Schools Grades K-12

The Bronx • Brooklyn • Harlem • Washington Heights



WHY KIPP?

Since 1995, our focus on rigorous academics and character has produced outstanding results!

- 97% high school graduation rate!
- 91% of our students go to college!
- KIPP NYC students graduate college at 4x the rate of their peers!

APPLY ONLINE BY APRIL 1
WWW.KIPPNYC.ORG/FAMILY

**NOW ACCEPTING APPLICATIONS
FOR THE 2019-2020 SCHOOL YEAR**
Visit www.tbcs.org to apply online

**Grades
Kindergarten
through
Fifth**



Deadline to apply is April 1, 2019.
Paper applications are available in the Main Office



Join us for our
**4th Annual Charter School Fair on Saturday,
March 9th between 10:00 am and 1:00 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.***



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

KIPP NYC

Midtown West & The South Bronx
212-991-2610
kipppnyc.org
enroll@kipppnyc.org

At our school, we live by the motto “Work Hard. Be Nice.” Since 1995, we’ve promised to help students develop the character and academic skills needed to succeed in high school, college, and beyond. Fulfilling our promises to our students year over year has helped our alumni graduate high school and college at a dramatically higher rates than their peers. KIPP public charter schools are free and open to all. We serve more than 5,000 K-12 students in 13 schools (and growing!) across the city. Learn more and enroll at www.kipppnyc.org.

Linden Tree Elementary Magnet School for Global Leaders and Discovery

Parkchester
718-239-7401

A Pre-Kindergarten thru 5th Grade school where the most dedicated educators work alongside families and community members to foster a love of education that will last a lifetime. We believe all children can learn and achieve in a safe and academically rigorous environment and that every child is entitled to the same opportunities and the best education available. To become competitive in the world, we provide all students from Pre-K to 5th Grade with the most current technology. Our ultimate goal is to use pathways in Mathematics, Computer Science, Engineering and the Arts to engage students in learning quests that empower them to solve real world



**THEIR BRILLIANT
FUTURE STARTS
HERE.**



Zeta's mission is to build and sustain high-performing schools that forge thriving communities of lifelong learners, problem solvers, and innovators.



Locations

Zeta Bronx 1
222 Alexander Ave
Bronx, NY 10454

Zeta Inwood 1
652 West 187th Street
New York, NY 10033

Apply today at
zetaschools.org/apply

Sign up for a school visit and
information session at
zetaschools.org/schoolvisit

In the 2019-2020 school year Zeta Charter Schools
will serve students in Kindergarten
through Second Grade.

Please contact us
with any questions:
apply@zetaschools.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 | 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.

The Mission of AECI is to create an integrated rigorous academic program and career preparatory learning environment that provides 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.

- Students are exposed to Architecture, Engineering or Construction Industries during their four-year degree
- College partnerships expose students to college level course work in preparation for college and career
- Over 96% of our students graduate and attend 2 and 4 year colleges
- Students are highly encouraged to participate in clubs, sports teams and internships in order to expose students to working collaboratively as teams and individually.



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.

La Misión educativa de AECI es crear un riguroso programa académico integrar de enseñanza y aprendizaje preparatorio de carreras que proporcionen a los estudiantes una base de habilidades necesarias del conocimiento y la experiencia práctica, para seguir un camino que los conduzcan a la universidad en los estudios de Arquitectura, Ingeniería e industrias de la construcción.

- Los estudiantes están recibiendo clases sobre Arquitectura, Ingeniería e Industrias de la Construcción durante su carrera de cuarto años.
- Las asociaciones con las Universidades ofrecen a los estudiantes prepararlos en cursos de nivel universitario antes de ingresar a una Carrera universitaria en estas áreas.
- Mas del 96% de nuestros estudiantes se graduado y asisten a colegios universitarios de 2 o 4 años.
- A los estudiantes se les anima a participar en clubes, a formar equipos deportivos y a realizar sus prácticas con el fin de conducir a los estudiantes a trabajar en colaboración como equipos e individualmente.



Private & Independent School Guide for NYC

[www.nyparenting.com/
private-independent-school-guide](http://www.nyparenting.com/private-independent-school-guide)

challenges and inspire them to re-imagine how they see themselves and the world.

Rosalyn Yalow Charter School

NEW Kindergarten - 1st Grade Campus
Sunset Park
347-735-5480
www.yalowcharter.org

Kindergarten and First Grade classes are available on their own new campus. Our 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. Recognizing the relationship between social emotional support and student achievement, our school uses a collaborative teaching approach - lead teacher and one with a background in social work for grades K-2. Our extended school day runs from 8:00 am to 5:00 pm, filled with rich extracurricular activities like art, chess and fencing.

Zeta Bronx 1 Elementary Charter School

South Bronx
929-458-3000
www.zetaschools.org/apply

Our school is 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 Rosalyn Yalow Charter School

A MODERN CLASSIC GRADE SCHOOL

2019-2020 School Year
NEW Kindergarten/1st Grade
Campus!

3490 Third Ave., at 168th St., Bronx
347-735-5480

APPLY TODAY

yalowcharter.org/apply



The Rosalyn Yalow Charter School

UNA ESCUELA CLASICA MODERNA

Ano Escolar 2019-2020
Kindergarten/1st Grade
en nuestro nuevo campus!

3490 Third Ave., at 168th St., Bronx
347-735-5480

APPLY TODAY

yalowcharter.org/apply





**Join our team of Excellence!
Apply today or Tell a Friend!**

Bronx Excellence seeks qualified STEM, ELA, Mathematics, Special and General Education Certified Teachers & Administrative Professionals for Pre K-8

Excellence
COMMUNITY SCHOOLS

Apply today!

Excellence-Community-Schools.Workable.com

#REACHExcellence

Apply to Brilla Public Charter Schools!



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.



shine on.

Join us for an Open House!

February 7 th , 2019 9:00 - 10:00 am BCPE	February 12 th , 2019 6:00 - 7:00 pm BCPE	March 5 th , 2019 9:00 - 10:00 am Veritas
---	---	---

February 9 th , 2019 9:00 - 10:00 am Veritas	March 2 nd , 2019 10:00 - 11:00 am BCPE	March 19 th , 2019 9:00 - 10:00 am Veritas
--	---	--

March 19th, 2019 • 6:00 - 7:00 pm
Veritas

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

413 E. 144th Street, Bronx, New York 10454 • 500 Courtlandt Avenue, Bronx, NY 10451 • (347) 273-8439 • brillacollegeprep.org



Three Commonly Asked Questions About Your Children's Oral Health

By Sara Shahi, DDS

Parents usually have a number of questions and concerns when it comes to their child's health, and oral health is no exception. Here are the three most common question parents have asked about caring for their young children's teeth:

"I have to see a dentist every six months, but who should see my child?"

Ideally, a board-certified pediatric dentist should be evaluating, examining, and treating your child. Children are not just small adults, and caring for their dental health has its own unique challenges, which is why pediatric dentists go through extra years of vigorous training specializing in the complexities of treating children and the problems that can present in childhood.

Board-certified pediatric dentists have been extensively evaluated by a nationally recognized group of senior and experienced peers and have received a stamp of approval on their skills, knowledge, and quality of

care. This goes beyond just looking for "holes" in teeth and treatment of cavities. Pediatric dentists evaluate things such as growth, the relationships of the jaws, health of the tissues inside of the mouth, and airway development. Early diagnosis of any conditions will lead to early intervention while the child is still growing and may reduce complications in adulthood.

"My child has a few teeth, when should I take them to a pediatric dentist?"

The American Academy of Pediatric Dentistry recommends that all children visit a dentist no later than six months after the eruption of the first tooth or prior to turning 1 year of age.

The first visits will allow for the child to get acclimated and show the child that dental visits can be very fun and do not involve any sort of discomfort. These visits also provide an excellent chance for the pediatric dentist to talk to parents and guardians about the best at-home practices to help the child grow up cavity-free. Parents will also be provided with information on what changes are

expected to occur in the child's oral cavity until their next dental check up.

"I know my child has cavities but don't baby teeth just fall out?"

Although baby teeth, also known as primary teeth, are usually replaced by adult or permanent teeth, they still must function pain free in the meantime. Cavities that grow beyond a certain point can result in pain and discomfort affecting a child's ability to eat, concentrate in school, and leave him unable to get a peaceful night's rest. In addition, it is important to understand that primary teeth are "place holders" for the permanent teeth, and any premature loss or breakdown of the primary teeth may result in a more severe overlap or crowding of the permanent dentition. Lack of teeth can also result in less esteem when smiling and interacting with other children, and unfortunately may lead to loss of confidence.

Keep in mind, prevention or early intervention will be the least invasive path in achieving optimal oral health for both you, and your child!

Sara Shahi, DDS is one of the pediatric dental specialists at Upper East Pediatric Dentistry. A dental graduate from both NYU and Columbia University, she is passionate about the field of dentistry and spends much time in its study, having received board certifications from the American Board of Pediatric Dentistry, Integrative Biological Dental Medicine, and Naturopathic Medicine.

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

<p>Site 1: 940 EAST 156TH ST., Bronx NY 10455 718-893-1512</p>	<p>Site 2: 1997 BATHGATE AVE., Bronx, NY 10457 917-259-7081</p>	<p>Site 3: 2167 UNIVERSITY AVE., Bronx NY 10468 917-962-9720</p>
--	---	--

trabajamoscommunityheadstart.com

This Summer,
 Bring Your Child to the
 Next Level in Dance

AUDITION SUNDAY, FEBRUARY 10, 2019



Photo by Rosalie O'Connor

Junior Division Summer Intensive 2019
June 24 – July 26

Ages 11–15 Previous ballet training required.

THE AILEY SCHOOL
OFFICIAL SCHOOL OF ALVIN AILEY AMERICAN DANCE THEATER

Register today at: TheAileySchool.Audition

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

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

When Moms Work from Home

Would you be happier working from home? It's a no-brainer question for most people. Some immediately say they would jump at the chance, while others say they would never want that arrangement. Some moms understandingly enjoy the outside, adult interaction that the workplace provides. Having a reason to put on nice clothes and leave the house is yet another common reason cited, as many people tend to think of those who work from home as sitting inside in their jammies all day long. (I would say the opposite is true.)

However, according to a recent survey, telecommuters are in general happier and healthier people, which in turn, cultivates better parents. As employees, they are more satisfied, which results in better workers.

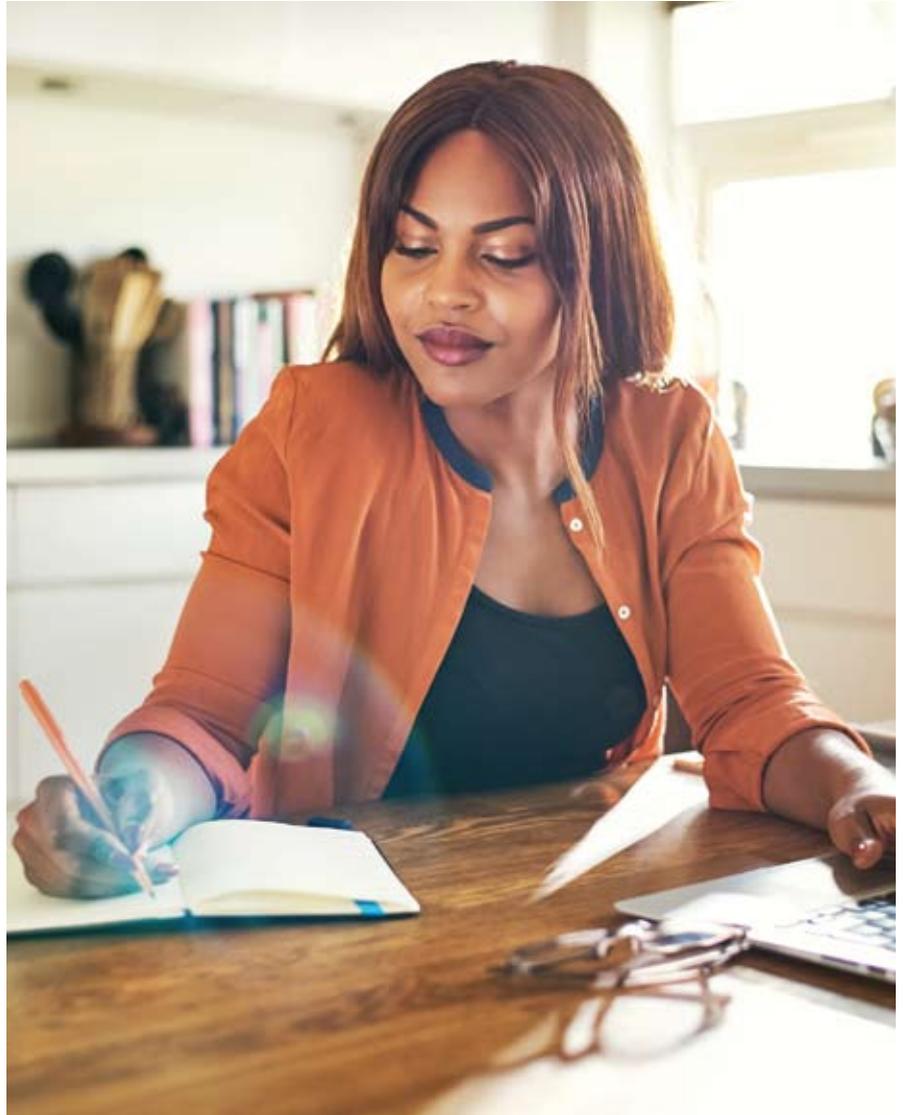
Here are the specific ways that telecommuting helps parents and companies:

Not only happier but healthier: When asked to draw comparisons, telecommuters say their stress levels have dropped 25 percent on average since working from home. Seventy-three percent even say they eat healthier when working from home because they have more time to exercise, prepare healthy meals, and engage in activities that de-stress, such as yoga and walking.

More loyal employees: Without the trek to the office—on average, a 75-mile round-trip for respondents—76 percent of telecommuters are more willing to put in extra time on work and say they are more loyal to their company since telecommuting. Telecommuters also report they work much more efficiently and longer when they can work from their home office.

Better balanced: More than 80 percent say they now maintain a better work-life balance. Employees say the stress reduction that comes with losing their long commutes enable them to enjoy their daily lives more simply by gaining a few extra hours each day. Gaining two to three extra hours each day enables shopping, cleaning, and parental chores to get done much more easily.

Once you have kids, career goals tend to shift. Even moms that prefer working out of an office often tend to seek out more flexible work schedules when they become mothers so they have a quality home life. If you would like to telecommute, I'd encourage you to seek out ways that you can in your given field



by joining online groups, networking with work-from-home moms, and asking any telecommuting mom they know how they do it.

Years ago, I left a fulltime job that was one-and-a-half to two hours away with no definite plan (not the smartest thing), but managed to find enough writing and editing gigs to be able to work from home fulltime. Last year, with my kids now older, I went back to a flex job where I work three days a week in the office and two days from home, but the years I worked exclusively from my home office were invaluable. It enabled me to have a much more active social life than when I was

holed up in my Manhattan office, enduring 80-hour workweeks. It also allowed me attend to every school event or household emergency without having to take a sick day. But best of all, it gave me the chance to excel in a field that I truly love and work with talented professionals that I'm proud to call colleagues.

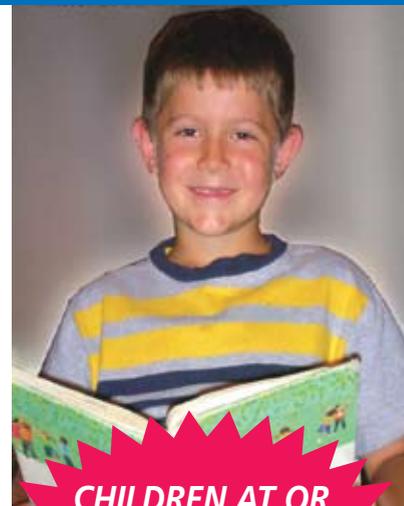
So am I healthier and happier for it? You can bet on it!

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



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 1st session
- No contracts – Open 7 days a week
- **FREE** Consultation – 35 Years Certified Experience

WATCH OUR VIDEOS TO LEARN MORE

www.DickerReading.com



Dicker Reading Method

75 Brook Street, Scarsdale | 914.472.0600 | www.DickerReading.com



*Faith*FILLED

TRANSFORMATIVE

SERVICE ORIENTED *DIVERSE*

TRADITION

Creative

WHY HAYES?



TIMELESS

ATHLETICS

CONNECTED

BROTHERHOOD

Academic Excellence

Innovative

OPEN HOUSE

Time: 10am-1pm

Date: February 2nd

Place: Cardinal Hayes High School
650 Grand Concourse
Bronx, NY 10451

For more info contact Craig Joseph at 718-292-6100 x 187 or visit www.cardinalhayes.org

Aquinas High School

Belmont
718-367-2113
www.aquinashs.org

Our high school is committed to educating and inspiring young women for a lifetime of faith, learning and compassionate action for a more just world. We are a community of faith and learning rooted in the Catholic tradition and committed to excellence in the education of young women – mind and heart, body and spirit. Since its founding in 1923, our school has welcomed each new wave of NYC’s population with a challenging curriculum, a broad spectrum of co-curricular activities and passionate community service in a diverse and nurturing environment. Today 100% of our students achieve Regents endorsed diplomas and go on to attend college or university of their choice.

Cardinal Hayes High School

Grand Concourse
718-292-6100 Ext 187
www.cardinalhayes.org

Inspiring culturally diverse young men of the NYC Metro Area through spiritual growth and the rigorous collegiate preparatory program of academics, extra-curricular activities and personal discipline. As a Christian community comprised of parents, students, faculty, alumni and benefactors, the goal of personal excellence and responsible citizenship is accomplished by embracing traditional Roman Catholic values, thus developing the whole person spiritually, intellectually, emotionally, socially and physically. Every student has unique talents that should be developed to their fullest potential. Every student can become a life-long learner, and must contribute to the common good of society, every student has the right to safety, love and a challenging and stimulating learning environment.

Cardinal Spellman High School

Williamsbridge
One Cardinal Place
(Needham Ave & Baychester Ave.)
718-881-8000
www.cardinalspellman.org

You can have it all – SMALL school friendliness and BIG school opportunities! This High School offers a program of studies and activities to prepare each student for personal success in college and in life. Many of the graduates are awarded college scholarships. In addition to providing a strong academic foundation for college, students are helped to further develop the social skills necessary for the demands of college life. Being a large co-ed school, students are offered a step forward toward a more college-like environment, giving them the opportunity to continue to develop their social skills beyond the small school setting they are leaving behind, while still receiving the support of a nurturing atmosphere. If you are in eighth grade, why not call for an appointment to Spend A Day?

Mount Saint Michael Academy

Wakefield
718-515-6400
www.mtstmichael.org

Respect, integrity, perseverance, professional behavior and accountability are the five core values that guide the Mount Saint Michael Academy community, a Catholic, college preparatory school for young men, founded in 1926. Today The Mount has over 800 students of diverse backgrounds. We are the only grades 6 through 12 all-

What makes Aquinas High School unique?



Success Begins Here!



Registration:

Thursday, March 7th 3:30-5:30

685 E. 182nd St., Bronx, NY 10457

718-367-2113, ext. 137

For more information, visit us at www.aquinashs.org

ACADEMICS: Aquinas offers an exemplary college preparatory curriculum with a wide range of Advanced Placement and Honors courses.

TECHNOLOGY: Aquinas provides state-of-the-art technology including iMac computers, Chromebooks, Smartboards and campus Wi-Fi.

PARTNERS: Aquinas offers an internship at the Bronx County Courthouse, a Financial Literacy Program, Bridge-Up Program, PricewaterhouseCoopers Financial Program, among many others.

AFTER-SCHOOL: Aquinas offers a wide variety of activities, clubs and sports.

TRANSPORTATION: Aquinas is easily accessible by bus and train with private MTA dismissal buses.

ST. THERESA SCHOOL

Gives Your Child A Step Ahead
With A Solid Academic Foundation, Catholic Values and
A Warm, Caring Learning Environment



OPEN HOUSE SUNDAY, JANUARY 27TH 12-2PM

Experience the facilities and learn about the activities enjoyed by all our children.

Offering PreK-3 & PKA 4 programs | Kindergarten - 8th Grade for Girls & Boys

- Before and After-School Programs
- Breakfast Program
- Lunch Program
- Children's Choir
- Accelerated Mathematics Program
- Basketball and Cheerleading
- Active & Devoted Home/School Association
- Italian language studies
- Boy and Girl Scout troops
- Mobil Computer Lab
- Smartboards in every classroom
- Physical Education — huge gym
- On-staff School Nurse
- Middle School Robotics Team

CONTACT US FOR MORE INFORMATION

ST. THERESA ELEMENTARY SCHOOL

2872 St. Theresa Ave., Bronx, New York 10461

Telephone **718-792-3688**

Visit our website at sttheresaschoolbronx.org

Father Thomas Derivan, **PASTOR** | Mrs. Josephine Fanelli, **PRINCIPAL**

CARDINAL

SPELLMAN HIGH SCHOOL

60
1959-2019
YEARS
of excellence



Where Boys and Girls with Dreams

Become Men and Women of Vision

REGISTRATION : Wednesday, March 6th from 4:00 to 7:00pm

TACHS CODE 303



CARDINAL SPELLMAN HIGH SCHOOL

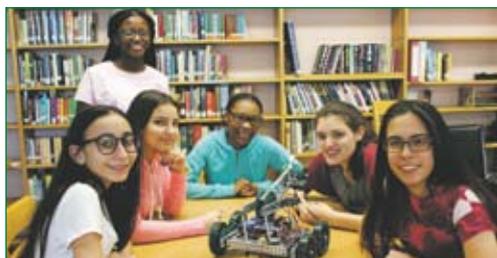
One Cardinal Spellman Place, Bronx, NY 10466

(718) 881-8000 x 206 | Fax (718) 515-6615 | www.cardinalspellman.org



SAINT BARNABAS HIGH SCHOOL

SUMMER ENRICHMENT ACADEMY



MAKE YOUR SUMMER COUNT!

Open to students in grades 6 - 8
Preparing for the Catholic High School (TACHS) entrance exam?
 Enroll in our **SUMMER ENRICHMENT ACADEMY**
 from July 1 - July 19!

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 or call Anissa Osorio at 718-325-8800

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

boys school in NYC. We offer an excellent education, recognized by the U.S. Department of Education as a National Blue Ribbon School of Excellence, at a fraction of the cost of other private schools. Our beautiful 22-acre campus on the border of Westchester County offers over a dozen sports opportunities and includes batting cages baseball, football and soccer fields, and the largest gymnasium in NYC.

St. Anselm School

South Bronx
 718-993-9464
www.stanselmbx.org

Founded in 1908, the school's staff, faculty and administration continue to create a safe and nurturing environment where students: *Achieve academic success, *Learn integrity and values in the Catholic tradition and *Belong to a community that fosters self-confidence and school spirit. The school provides a rigorous educational program designed to prepare students to succeed in the 21st century. Students are taught to master academic skills and develop enthusiastic and wholesome attitudes towards learning. There are several enrichment programs and after school electives to complement its academic curriculum. Applications are welcome for Kindergarten-Grade 8, as well as for FREE state-funded PreK 3 and PreK 4 Programs (UPK).

Saint Barnabas High School

Woodlawn
 718-325-0364

An independent, college preparatory school for young women. For nearly a century, we have fostered a respectful, inclusive environment, with a challenging curriculum and enriching extracurricular activities that help our diverse student population develop the knowledge, critical thinking skills, and confidence essential to succeed. Our school is among the Catholic high schools in the Archdiocese of New York that outperforms all national and state averages for college enrollment, retention and graduation. Take a closer look at Saint Barnabas High School...Where your future begins!

St. Brendan School

Norwood
 718-653-2292
www.stbrendanschoolbronx.org

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

St. Francis of Assisi School

Wakefield
 718-994-4650
www.sfabx.com

An Advanced Accredited School serving Grades Pre-K-3 to 8 offering FREE Pre-K For All (UPK) at two



Online

ACTIVITY GUIDE

at

nyparenting.com/activity-guide

MOUNT ST. MICHAEL ACADEMY

ALL BOYS ~ GRADES 6-12

WHY MOUNT SAINT MICHAEL?



www.mtstmichael.org

- ✓ Students can get on the path to an excellent education early through our Junior High School Program (Grades 6-8).
- ✓ The Mount has newly renovated library/media center, cafeteria and classrooms.
- ✓ Chromebooks are provided by the school to ALL Mount students.
- ✓ The Mount has over 30 athletic teams at Junior High, Freshman, Junior Varsity and Varsity levels.
- ✓ The Mount is one of three schools in the New York metro area that educates students in the tradition of excellence, characteristic of the Marist Brothers.
- ✓ All classrooms are equipped with multimedia SmartBoard technology.
- ✓ The Mount offers more than 30 extracurricular clubs and activities after school.
- ✓ A secure, 22-acre campus with outdoor practice and playing fields.
- ✓ The Mount offers private shuttle bus service throughout Manhattan, The Bronx and Westchester.



MOUNT SAINT MICHAEL ACADEMY

4300 Murdock Avenue, Bronx, NY 10466
(718) 515-6400 | www.mtstmichael.org

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 6pm
- * Comprehensive Science Program
- * Art and Music Programs
- * Physical Education Program
- * Guidance & Counseling Services
- * AFFORDABLE TUITION!!

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

* **FREE** Full Day PreK 3 and PreK 4 UPK Programs 8:15am - 2:45pm

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

OPEN HOUSE
Every Wednesday
9am to 11am

APPLY NOW

2019-2020 School Year
Pre-Kindergarten through Grade 8

685 Tinton Avenue, Bronx, NY 10455 | 718-993-9464 | www.stanselmbx.org



Saint Barnabas High School



Educating young women in a respectful, inclusive environment with a challenging curriculum and enriching extracurricular activities that help our diverse student body develop the knowledge, critical thinking skills, and confidence essential to succeed.

Saint Barnabas High School – Where Your Future Begins!

425 East 240 Street, Bronx, NY 10470

718.325.8800

www.stbarnabashigh.com



St. Thomas Aquinas Elementary School

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

“Founded in Faith, Growing with Confidence”

St. Thomas Aquinas School is proud to announce the addition of FREE Full Day Universal Pre-Kindergarten for the 2018-2019 school year! Our school is also a proud participant in the new Blended Learning Initiative bringing advanced technology and instructional innovation into the classroom resulting in higher test scores and increased subject comprehension.



All St. Thomas Aquinas students enjoy the benefits of:

- Early Drop off 7:15 am
- Guidance Counselor
- After School Program until 6:00pm
- State of the Art Wireless Access
- Computer Lab and Smartboard Technology
- Title I Services: Reading, Math & ESL Resource Room/SETSS (for eligible students with IESP)
- FREE Breakfast & Hot Lunch Programs
- Phys Ed, Art & Music Programs
- After School Piano Lessons
- Daily Prayer and Weekly Masses

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

“Celebrating over 100 years of Academic Excellence in the West Farms-South Bronx Community”

convenient neighborhood locations. We have a newly renovated STEM lab and enrichment programs include: French, Art, Music, Gym, and Technology and Remedial Afterschool Programs. We also offer extracurricular activities including Basketball, Volleyball, Drama Club, Book Club, Yearbook and Graphic Design. St. Francis of Assisi @ Corry Academy is an annex to St. Francis of Assisi School which opened its doors in October 2012 offering a premier early childhood program in a newly renovated building. At the Corry Academy, we celebrate the individuality of the early learner and offer an enriching and nurturing environment grounded in the philosophy that young children learn through play. Our thematic-based instruction is aligned with the New York State Pre-Kindergarten Foundations for the Common Core.

St. Helena School

Parkchester / Castle Hill
718-892-3234

www.sthelenaschoolbronxny.org

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

St. Raymond Elementary School

Parkchester
718-597-3232

www.straymondelementary.org

The school offers full-day academic programs for Pre-K3 through Grade 8 in a safe, nurturing and academically motivating environment, and a broad array of extracurricular activities. Our offerings include Catholic faith formation; advanced level math and science; Italian; honors and enrichment programs; academic intervention and remediation programs; a full-time art teacher and strong music program; SMART Boards in all classes; primary and middle grade libraries; two science labs; two computer labs; a full sports program and fitness center; before- and after-school programs; school nurse; air-conditioned classrooms, moderate tuition, and financial assistance for those who qualify.

St. Theresa School

Pelham Bay
718-792-3688

www.sttheresaschoolbronx.org

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

New York family



Sign up for our Camps Newsletter!

Our camps newsletter is a round-up of stories, advice, and education for parents seeking the best camp experience for their child.

WWW.NEWYORKFAMILY.COM/NEWSLETTER-SIGN-UP

ST. BRENDAN'S SCHOOL

APPLYCATHOLICSCHOOLSNY.ORG

FOSTERING SPIRITUAL, CULTURAL, AND PHYSICAL GROWTH

UPK4 to 8th Grade After-School - Music, Art, and Computer Enrichment - Basketball, Drama Club, Chess, Choir, Robotics

The philosophy of St. Brendan's School is to provide a quality Catholic education so that each child can develop his/her full human potential. We place the teachings of the Catholic faith at the core of the curriculum so that religious values permeate all subject areas.

We continue to welcome all who seek and appreciate a value-centered, quality education.

268 East 207th Street, Bronx, NY 10467
718-653-2292
stbrendanschoolbronx@gmail.com
StBrendanSchoolBronx.org




St. Francis of Assisi School

Apply Today!

New Student Enrollment for PreK3 & K-8 is Now Open!
sfabx.com

FREE UPK Enrollment Available
Please Enter Either Site Code:

CORRY ACADEMY (St. Francis @ Corry Academy 4321 Barnes Ave.): **11XAQL**
ST. FRANCIS OF ASSISI SCHOOL (4300 Baychester Ave.): **11XADN**

St. Francis of Assisi School Offers:

- FREE Breakfast Program • Afterschool Enrichment Program • Sports Program
- French Language Program • Art Program • Musical Theatre Program
- Yearbook • Integrated Technology w/ Google Classroom • STEM Lab
- 1:1 Chrome Books • Monthly School Mass

Call and schedule a tour today and experience firsthand, *"Where Integrity and Academic Excellence Meet!"*

4300 Baychester Ave, Bronx, NY 10466
718-994-4650 • sfabx.com



St. Raymond Elementary School

Celebrating Excellence in Catholic Education for 150 Years

Christ-Centered Education in a Safe, Nurturing and Academically Motivating Environment

OPEN HOUSE

January 29..... 9:00 AM - 11:00 AM

OPEN HOUSE & REGISTRATION*

February 20..... 6:00 PM
March 20..... 6:00 PM

REGISTRATION* & INFORMATION

February 12, 14, 19, 21 & 27..... 9:00 AM - 11:00 AM
March 5, 7, 14, 19, 21..... 9:00 AM - 11:00 AM

**Children must be present at registration. Student interviews may be required.*



TOURING TUESDAYS
January 29
February 12
March 19
April 9

AFFORDABLE TUITION
FREE EARLY DROP-OFF
FREE BREAKFAST PROGRAM

PROGRAM HIGHLIGHTS:

- Faith-Centered Education
- Full-Day Pre-K 3 and Pre-K 4 Programs
- SMART Boards in Every Classroom
- State-of-the-Art Library, Computer & Science Labs
- Math Initiative
- Honors & Enrichment Programs
- Advanced Level Math & Science
- Remediation Program
- Fitness Center, Sports & Physical Education
- Extended Day Academic Programs
- Extracurricular Activities
- Fully Air-conditioned Classrooms

AFFORDABLE FULL-DAY PRE-K 3 PROGRAM

FREE PRE-K FOR ALL (Universal Pre-K for 4-year-olds)

Limited Seating for All Grades. Register Early!



St. Raymond Elementary School

Fr. James Cruz, Pastor | Eugene Scanlon, Interim Principal

2380 East Tremont Avenue, Bronx, NY 10462

718-597-3232 • www.straymondelementary.org

bronxdesign.com

Plan a SUMMER of FUN!

Camp leaves lasting impressions, creates unforgettable memories, and helps define our youth. Make sure to visit our free and family-friendly Camp Fairs and speak directly with camp directors to find the best camp for your child (be it day camp or sleepaway camp). Brought to you by New York Family and the American Camp Association, New York and New Jersey, these Camp Fairs allow you to have your questions answered and receive early registration discounts.

Saturday, Feb 2, 2019 12-3pm,
Tribeca/Battery Park

Saturday, Feb 9, 2019 12-3pm,
Cobble Hill

Sunday, Feb 10, 2019 12-3pm,
Park Slope

Saturday, March 9, 2019 12-3pm,
Gramercy Park

Sunday, March 10, 2019 12-3pm,
Upper West Side

To learn more and sign up today, visit newyorkfamily.com/camps!

PRESENTED BY



New York family

SPONSORED BY



NOMINATE YOUR TEACHER FOR A Blackboard Award

The prestigious Blackboard Awards honor local schools, principals, and teachers of excellence from nursery through high school and from every educational sector: Public, private, charter, and parochial. We're currently accepting nominations for the 2019 Blackboard Awards for teachers. It's your chance to honor some of our city's most important unsung heroes.

SUBMIT YOUR NOMINATION!

If you love your child's teacher, please submit a nomination at blackboardawards.com! The deadline for nominations is Friday, April 5, 2019.



A WORLD OF FUN!

Mark your calendar for the second-annual World's Fare festival on May 18-19, 2019! The World's Fare at CitiField is reimagining one of the most iconic fairs. Over 100 vendors will come together in New York City's most diverse borough and unite through authentic food, drink and music curated by the city's leading culinary advocates. The World's Fare will be a grand celebration, advocating equality and diversity in the food industry, and promoting incredible male and female talent that make New York City's food scene so unique.

To learn more and to buy tickets, visit theworldsfare.nyc.



Digital Camp Guide 2019

Check it out on
[www.nyparenting.com/
camp-guide/](http://www.nyparenting.com/camp-guide/)

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 directbehavioralservices@gmail.com
www.directbehavioralservices.com

Private pay also accepted.

CONFETTI party place

Clowns • Characters
Face Painting • Balloon Art • Magic
Games • Cotton Candy • Popcorn

Paint Nites for Adults & Kids too!

Party Room available for Birthday & Baby Shower Celebrations!

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

[/ConfettiPartyPlace](https://www.instagram.com/ConfettiPartyPlace) [/ConfettiPartyPlace](https://www.facebook.com/ConfettiPartyPlace)

3190 Westchester Avenue, Bronx, New York 10461

A vibrant advertisement for the Gazillion Bubble Show. It features a woman in a dark, shimmering dress blowing a large, colorful bubble. The background is a dark blue space with stars and a bright green and blue light beam. The text 'Gazillion Bubble Show' is written in large, colorful, bubbly letters. Below it, a quote reads: 'INGENIOUS BUBBLE WIZARDRY.' -THE NEW YORKER. At the bottom, contact information is provided: Telecharge.com or 212.239.6200, For groups or birthdays call 866.642.9849, New World Stages 340 W. 50th St., and the website GazillionBubbleShow.com.

**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

How to Help Kids Lose Weight

When your child's body mass index becomes a problem

We've all done it as parents. We have rewarded our child with a promised snack or a treat. Maybe it was an ice cream for a good report card or a dessert for winning a game. Food, after all, is a comfort, but when these small rewards turn into habits, you may have a real problem.

"I can't really remember how it started," says Laura Pellegrino of Clinton Hill, Brooklyn. "It certainly wasn't a conscious decision, but I always wanted to have my daughter feel satisfied and happy. When she was a baby, I began comforting her with a bottle and it later turned to a snack here and there." Pellegrino's daughter, Theresa, is a bright-eyed, 8-year-old who last year weighed 125 lbs., a typical weight of an adult woman.

Unfortunately, this story is anything but unusual. According to the Centers for Disease Control and Prevention, in American children ages 2-19, 16.9 percent of them are considered obese, and the American College of Cardiology reports that 33 percent are overweight. Furthermore, researchers from Columbia University report obesity as the biggest overall health threat facing the country. Child obesity has reached epidemic rates and become one of the leading health concerns in the country. It can cause heart disease, high blood pressure, high cholesterol, early onset of puberty, liver disease, diabetes, and shortened life span. There are several reasons for the growth of child obesity, ranging from practical to emotional, and treatment is likewise, multifaceted, which can overwhelm parents. The first line of defense is knowing where and how to begin.

Know the numbers

First, you must find out how your child's numbers stack up. Ask your pediatrician about your child's weight in correlation to healthy ranges.

"Pediatricians generally calculate a body mass index (BMI) at each yearly physical," explains Dr. Jennifer Gruen of Village Pediatrics in Westport, CT. "The BMI is an estimation of body fat based on height and weight. We also plot the BMI on a graph to compare a child's number to other children their age. For children, a BMI percentile of 85-95 percent is considered overweight and over 95 obese."

In Pellegrino's case, her pediatrician first advised her that her daughter was considered obese. She found the news troublesome but didn't know how to change anything, so she sought out a nutritionist who clued her into the daily requirements for a then 7-year-old.

"By having a list of foods and acceptable portions, it helped me to monitor exactly how much Theresa should be eating," she says. Theresa has since lost 19 lbs.

Talk it out

Emotions are vital in the weight loss process. Even initially speaking with your child about a weight problem can be a very sensitive subject. Dr. Joanna Dolgoff, a Manhattan pediatrician and child obesity expert in Child and Adolescent Weight Management, says in her new book, *Red Light, Green Light, Eat Right*, that parents should be truthful but tactful as well. "Most overweight children know they are overweight. Even if you haven't pointed it out, their peers probably have." She says that if parents avoid bringing up the subject, it will only result in kids thinking it shameful to talk about. Instead, she advises parents to speak in terms of "we" instead of "you." Say "we" are going to eat healthier, and "we" are going to get more active. Dr. Dolgoff also encourages parents to be open about their own weight struggles and explain why certain foods are healthier than others. Always be available for support and praise your child for making healthy conscious choices.

Other important advice from Dr. Dolgoff is to be positive. It's imperative not to express negativity or fatalism, by saying it's in your child genes and they have no power over getting fit. Don't make fun of your child's weight—ever! Don't become the food police and forbid or force any foods, which can result in rebellion. Most of all, Dr. Dolgoff stresses that you should never put your child on a popular fad diet because children need a healthy balance of all foods, even carbs and fats, to help them develop properly.

Walk it off

For Martha Bentley of the Lower East Side, her son's weight problem occurred from a matter of convenience.

"I work up to 10 hours a day and when I

get home, I'm tired. So I began doing things for convenience, like ordering pizza and filling up Mark's lunchbox with bags of chips and cookies to throw in with a sandwich. They were easy to grab in the morning. Mark was very slim throughout the second grade, even though he ate all the junk food. But I noticed last year that he began growing out of all his pants faster than usual."

Mark is in the third grade and now wears a size 12 in pants and has grown an inch. Just a year ago he wore a size 14. Bentley says she had to make big lifestyle changes to get him healthy, which included cutting down her work hours, preparing healthy meals, and getting him involved in activities.

"Mark would come home from school and sit on the couch all afternoon playing video games, but my mother watched him and she was elderly, so my hands were tied. Now I come home earlier and make taking a walk part of our daily routine."

Dr. Gruen agrees that technology and lack of time spent exercising play a big role in child obesity rates.

"Modern life has contributed greatly to the general increase in our children's weight. Children rarely walk anywhere as part of their daily routine (walking to school, to the ballfield...). Sports tend to be structured (as in Little League) instead of running to the corner playground with friends after school. This limits real exercise to children who can afford to play, and want to play in an organized fashion. And even for these children, these sessions are also often shorter than when kids went out to play for hours after school as well. Dual-income families also often mean children are in after-school care programs, or home alone after school, which also limits access to exercise," Dr. Gruen says. She adds: "Modern technology such as cellphones, game stations, and computers also encourage stationary entertainments. Recent estimates have suggested that children are spending up to seven hours a day on technology and TV!"

This inactivity combined with poor quality food choices is a recipe for weight gain. In addition, common ingredients found in many kid's snacks contain high-fructose corn syrup, a cheap food and drink additive that contributes to the obesity epidemic.

"Our digestive system operates largely on



secretion or suppression of two hormones: ghrelin and leptin. Ghrelin increases your appetite while leptin tells your brain 'I'm full,'" Dr. Gruen explains. "High-fructose corn syrup suppresses leptin, making it harder for your brain to register satiety. It never shuts off ghrelin, however." This causes a child to never be satisfied and look for more and more food.

Change habits

According to Dr. Jason Kronberg of the Pediatric and Adolescent Sports Medicine and the Pediatric and Adolescent Medicine of Long Island: "The hardest part of breaking the obesity cycle is changing dietary habits. Studies have shown that after age 13, the chance of changing one's eating habits is slim. Most people have developed eating habits at that age that stay with them for their entire

lives. The important issue is getting parents to change their habits that will filter down to their children."

Patty Straffalino, of Yonkers, agrees, "I have to admit that I didn't realize how much my poor eating habits contributed to my daughter, Maria, being overweight."

Straffalino says that she had been overweight her whole life and didn't want her daughter to experience the same pain she went through growing up as an overweight child. When Maria came home from school and was crying because her classmates had ridiculed her weight, it was a wake-up call. She immediately put her entire family on a healthy eating plan. "Seeing Maria devastated hurt me because I knew I was in charge of the food that came into the house."

Straffalino says she never told her

daughter she had to lose weight, but focused instead on being healthy. Maria has gotten slimmer and lost 14 lbs., Straffalino has lost 36 lbs., and her husband has lost 21 pounds in the past 10 months.

While no parent wants to watch her child suffer the repercussions and health problems that come with obesity, every child can get healthier with a little help. As Pellegrino says: "I learned throughout this whole process that everyone can do small things that add up to better

health, and it will be tough, yet certainly doable. But it all starts with the parent."



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

calendar



BIRD BRAINED

Calling all budding birdwatchers and naturalists! The Great Backyard Bird Count 2019 is your chance to help conservation researchers keep track of different bird populations as part of Wave Hill's commitment to global citizen science and the study of Ornithology. On February 16, with your assistance, checklists submitted will help researchers learn how about the

birds' health and how to best protect them. Naturalist Gabriel Willow will lead this walk. Complimentary hot chocolate and coffee will be served following the Count. No experience necessary; birdwatchers of all levels are welcome. Pre-registration is not required. The Count begins at 10am. This event is free with Garden admission. *Wave Hill* [675 West 252nd Street. wavehill.org.]

1 FRIDAY

“Jungle Explorers”. Families with children ages 3-6 can visit West Farms Library for a jungle-themed performance by Urban Stages. During this interactive show, young jungle explorers can help Bianca the Butterfly find her courage with the aid of monkeys and a Venus flytrap. Be prepared to dance and sing! Pre-registration is not required. nypl.org. 10:30am. Free. *West Farms Library, 2085 Honeywell Avenue. nypl.org.*

Choose Your Own Adventure For Kids. Take your pick of activities during Choose Your Own Adventure at Parkchester Library! Ages 6 and up can choose to play a variety of card and board games, or create a unique craft to take home. This program is free. All materials will be provided. Pre-registration is not required. nypl.org. 3-4pm. Free. *Parkchester Library, 1985 Westchester Avenue. nypl.org.*

Marvel Memory Game Tournament. Visit Hunts Point Library in the Bronx for a Marvel Comics-themed “Memory” tournament! Will you win this super matching game? See if you can beat your friends and the clock during this free afternoon program. All ages welcome. Pre-registration is not required. 4pm. Free. *Hunts Point Library, 877 Southern Boulevard. nypl.org.*

For The Love Of Chocolate. Join the Bartow-Pell Mansion Museum for an evening of chocolate-tasting! Chocolatier Diane A. Holland of Blue Tulip Chocolates will teach participants about different varieties of international



Full Bloom

It may still be chilly winter, but flower fans can escape to a tropical garden paradise this month! Beginning on February 23, the Orchid Show celebrates its 17th year at the New York Botanical Garden with an homage to the wealth of orchids and rich cultural history of Singapore. Singapore is home to more than 220 native orchid species. Native and hybrid orchids alike have become synonymous with the nation. During daylight hours, visitors

can enjoy an authentic Singapore vibe with tributes to the Singapore Botanic Gardens’ vertical hanging habitats, tours of the garden and orchid care demonstrations. The Orchid Evening activities will also make sure that the fun will continue after the sun has set. This event is free with an All-Garden Pass. All ages are welcome. Runs during Garden hours through Sunday, April 28. *New York Botanical Garden [2900 Southern Boulevard. nybg.org.]*

chocolate during this two-hour program. Taste eight kinds of chocolate and bring home a sample. Pre-registration is required. 7-9pm. \$45. *Bartow-Pell Mansion Museum, 895 Shore Road. (718) 885-1461. bartowpellmansionmuseum.org.*

2 SATURDAY
Hibernators Weekend.
Humans are not the only

ones who hibernate during the winter! Kiddos can spend the weekend learning about local plants and animals that hibernate when the weather gets chilly. Through a family art workshop where kids can make a toad, bear, or groundhog mask, and by joining educators from Volunteers for Wildlife, children can learn about different survival techniques used by animals during the colder months. Visit website for various times. Registration required for some events. Daily, through February 3, 9:30am. Free with garden admission. *Wave Hill, 649 West 249th Street. wavehill.org.*

3 SUNDAY
Hibernators Weekend. See February 2

9 SATURDAY
Family Art Project: Love For Seals. Does your child love seals? Then visit Wave Hill this weekend for a seal-themed Family Art Project! Families with kids of all ages can listen to a seal story, and create a stuffed seal sock puppet for themselves or to gift to a loved one on Valentine’s Day. All materials will be provided. Pre-registration is not required. Daily, through February 10, 10am-1pm. Free with garden admission. *Wave Hill, 649 West 249th Street.*

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 calendar@newyorkfamily.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!

wavehill.org.

Tremont Prince And Princess Tea Party. Ages 12 and under are invited to the Tremont Library in the Bronx for a Prince and Princess Tea Party! Guests can come dressed in their fanciest gowns and royal attire for an afternoon of tea and conversation. This interactive program is designed to teach kids how to interact in a social setting and will teach basic table manners and etiquette. Pre-registration is required. Limited to 20 children. 2pm. Free. *Tremont Library, 1866 Washington Avenue. nypl.org.*

Harry Potter Book Night 2019: Hogwarts School Of Witchcraft And Wizardry. Calling all Wizards and Muggles alike! Head to Westchester Square Library for its third annual Harry Potter Book Night! Come dressed as your favorite character for Potter-themed activities and a Hogwarts house sorting session. Refreshments will be served. Pre-registration is not required. 2-4pm. Free. *Westchester Square Library, 2521 Glebe Avenue. nypl.org.*

10 SUNDAY

Family Art Project: Love For Seals. See February 9

Victorian Valentine Workshop. Bring the family to the Bartow-Pell Mansion Museum for a Victorian Valentine Workshop! During this family-friendly program, all ages can learn about the history of valentines and how Victorians made cards using printed “scraps.” Museum visitors are then invited to create their own unique cards for loved ones. Pre-registration is required. 11am-12:30pm. \$10. *Bartow-Pell Mansion Museum, 895 Shore Road. (718) 885-1461. bartowpellmansionmuseum.org.*

11 MONDAY

Little Irish Steppers. Join



Dog Days

Calling all dog-lovers! The 143rd Annual Westminster Kennel Club Dog Show will take place on February 11-12. Established in 1877, the Westminster Kennel Club is America’s oldest organization dedicated to the sport of purebred dogs. Today 204 breeds and varieties of dogs compete in Best of Breed judging at Piers 92/94 with the winners advancing to Group and Best in Show competitions at Madison Square Garden. Breed judging will take place during the day (from 8am-4:30pm) at the Piers, and Groups, Junior Showmanship, and Best In Show will be judged evenings at Madison Square Garden. Tickets range from \$40-65. *Madison Square Garden & Piers 92/94 [4 Pennsylvania Plaza; 711 12th Avenue, Manhattan westminsterkennelclub.org.]*

Mosholu Library for its Little Irish Steppers program! Ages 2-5 can dance, clap, and stomp along to traditional Irish music and songs during this morning celebration presented by Urban Stages. Adult supervision is required during this program. Pre-registration is not required. 11am. Free. *Mosholu Library, 285 East 205th Street. nypl.org.*

15 FRIDAY

FURTHER AFIELD

“Sesame Street Live!: Make Your Magic”. The word of the day is magic! Join Elmo, Abby, Cookie Monster, and more as your “Sesame Street” favorites discover the magical moments in everyday life. February 15 at 11am; February 16-17 and 23-24,

10:30am, 2pm, and 5:30pm; February 8, 11am and 2:30pm; and February 21-2, 11am. For all ages. \$39 and up. Children under 1 may attend without a ticket. *Madison Square Garden, West 32nd Street and 7th Avenue, Manhattan. (212) 465-6741. msg.com.*

16 SATURDAY

Family Art Project: Exotic Desert Dwellers. Dreaming of warmer weather? Check out Wave Hill this weekend for a Family Art Project dedicated to the desert! Visit the garden’s Cactus and Succulent House to sketch plants that thrive in the heat. Afterwards guests can use tempura paint and sand to create desert-themed artwork.

All materials will be provided. Pre-registration is not required. Daily, through Feb. 17, 10 am – 1 pm. Free with garden admission. *Wave Hill, 649 W. 249th St., Bronx. wavehill.org/events/family-art-project-hibernation-station-5.*

Great Backyard Bird Count 2019.

Calling all budding birdwatchers and naturalists! Here’s your chance to help conservation researchers keep track of different bird populations as part of Wave Hill’s commitment to global citizen science and the study of Ornithology. With your assistance, checklists submitted will help researchers learn how about the birds’ health and how to best protect them. Naturalist Gabriel Willow will lead this walk. Complimentary hot chocolate and coffee will be served following the Count. No experience necessary; birdwatchers of all levels are welcome. Pre-registration is not required. 10 am – 1 pm. Free with garden admission. *Wave Hill, 649 W. 249th St., Bronx. wavehill.org/events/great-backyard-bird-count-2019.*

FURTHER AFIELD

“Sesame Street Live!: Make Your Magic”. See February 15

17 SUNDAY

Family Art Project: Exotic Desert Dwellers. See February 16

FURTHER AFIELD

Intrepid Sea, Air & Space Museum Kids’ Week: Full STEAM Ahead. The Intrepid Sea, Air and Space Museum will host its annual Kids Week festival from Sunday, February 17–Saturday, February 23. During Kids Week, visitors will have the opportunity to participate in dozens of fun-filled activities, live animal shows, hands-on workshops, musical performances, special guests and interactive demonstrations

that the whole family will enjoy. This year, the Kids Week theme is Full STEAM Ahead, where science, technology, engineering, arts, math and fun take center stage. *Intrepid Sea, Air & Space Museum, West 46th Street and 12th Avenue, Manhattan. intrepidmuseum.org/KidsWeek.*

“Sesame Street Live!: Make Your Magic.” See February 15

18 MONDAY

Orienteering For Kids. In this high-tech age, learning how to read a map can be tricky for children. Elementary school-age kids are invited to Pelham Bay Park for an orienteering workshop! Urban Park Rangers will teach participants how to use a compass and map to find objects hidden throughout the Park. Pre-registration is not required. nycgovparks.org. 1-2:30pm. Free. *Pelham Bay Park, Watt Avenue and Middletown Road. nycgovparks.org.*

FURTHER AFIELD

Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead. See February 17

19 TUESDAY

Nature Exploration Hike. Join the Urban Park Rangers for a Nature Exploration Hike in Van Cortlandt Park! In celebration of the NYC Parks Department's annual Kids Week, children can hit the trail for an hour-and-a-half walk through the Park. Who knows what your little hikers will spot during this invigorating outdoor program. 1-2:30pm. Free. *Van Cortlandt Park South and Broadway. (212) 875-5656. nycgovparks.org.*

FURTHER AFIELD

Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead. See February 17

20 WEDNESDAY

Songs That Count. Visit the



Zoo Much Fun!

What kid wouldn't want to get the inside secrets of how the zoo is made? Now they can bring that dream to life at The Zoo: Exhibit Design at the Bronx Zoo on February 23. At this fun event, learn how a zoo exhibit is created and get the behind the scenes scoop on every step of the process! Ages 5 and up will discover how an exhibit is designed by visiting an existing exhibit, participating in an up-close animal encounter, and more. The group will end the morning with a tour of the Zoo's exhibit design workshop. All children must be accompanied by an adult. Pre-registration is required. Program begins at 9am. Tickets are \$100 per person. *Bronx Zoo [2300 Southern Boulevard. bronxzoo.com.]*

Throgs Neck Library this Wednesday for Songs that Count! During this morning program, ages 4 and under can enjoy movement and counting activities while dancing to live music. Musicians from Turtle Dance Music will help little ones create an original song based on the objects that were counted that day. Kids will also have the opportunity to interact with Turtle Dance Music's instruments. Pre-registration is not required. 11am. Free. *Throgs Neck Library, 3025 Cross Bronx Expressway. nypl.org.*

Birds Of Prey. Join Crotona Park for an afternoon of live bird demos and more during Birds of Prey. Visitors will have the opportunity to see red-tailed hawks up close during this bird viewing. The Urban Park Rangers

will be on hand to discuss the life cycle of these majestic birds. Binoculars will be distributed on a first-come, first-served basis. Pre-registration is not required. 1-2:30pm. Free. *Crotona Nature Center in Crotona Park, Crotona Park East and Charlotte Street. nycgovparks.org.*

FURTHER AFIELD

Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead. See February 17

21 THURSDAY

Jr. Keepers: Repiles. Young animal enthusiasts can visit the Bronx Zoo this Thursday for a Jr. Keepers workshop on reptiles! Kids in grades 3-5 will learn how zookeepers care for, feed, and clean up after the Zoo's snakes, lizards, and turtles. There

will also be close-up animal encounters and skill-practicing sessions. Pre-registration is required. bronxzoo.com. 9am-12pm. \$50. *Bronx Zoo, 2300 Southern Boulevard. tickets.wcs.org.*

Urban Forest Exploration.

Did you know that the Bronx's Pelham Bay Park is the largest park in New York City? As part of the city's Parks Department's Kids Week, children can explore the Park's forest with the Urban Park Rangers. Discover where Native American settlements were located, and learn about the biodiversity of the area during this hour-and-a-half program. Pre-registration is not required. 1-2:30pm. Free. *Pelham Bay Park, Watt Avenue and Middletown Road. nycgovparks.org.*

FURTHER AFIELD

Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead. See February 17

“Sesame Street Live!: Make Your Magic.” See February 15

22 FRIDAY

The Zoo: Dr. Zoolittle's Family Adventure. Discover how to care for zoo animals at the Bronx Zoo! Ages 5 and up will learn how Zoo vets keep the animals healthy during this hour-and-a-half program. Participants can give a practice check-up to stuffed animals using scales, thermometers, and stethoscopes. Afterwards the group will take a tour of the Zoo's Wildlife Health Center. Pre-registration is required. 9-10:30am. \$100. *Bronx Zoo, 2300 Southern Boulevard. tickets.wcs.org.*

“The Rock Show”. Presented by Rockness Music, this show at Castle Hill Library incorporates movement and dramatic play alongside catchy music. The songs will inspire your kids to dance and sing along! Recommended for ages 8 and under. Adult supervision is

required during this program. Pre-registration is not required. 12pm. Free. *Castle Hill Library, 947 Castle Hill Avenue. nypl.org.*

Winter Scavenger Hunt. Families with children of all ages are invited to Van Cortlandt Park for a Winter Scavenger Hunt! During the winter season, animals and plants adapt to the cold weather. Park Rangers will lead the group on a hunt to discover these changes throughout the Park. Pre-registration is not required. 1-2:30pm. Free. *Van Cortlandt Park, Van Cortlandt Park South and Broadway. (212) 875-5656. nycgovparks.org.*

FURTHER AFIELD
Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead. See February 17

“Sesame Street Live!: Make Your Magic”. See February 15

23 SATURDAY
The Zoo: Exhibit Design. Learn how a zoo exhibit is created during this program at the Bronx Zoo! Ages 5 and up will discover how an exhibit is designed by visiting an existing exhibit, participating in an up-close animal encounter, and more. The group will end the morning with a tour of the Zoo's exhibit design workshop. All children must be accompanied by an adult. Pre-registration is required. 9-10:30am. \$100. *Bronx Zoo, 2300 Southern Boulevard. tickets.wcs.org.*

The Orchid Show: Singapore. The Orchid Show celebrates its 17th year at the New York Botanical Garden with an homage to the wealth of orchids and rich cultural history of Singapore. Singapore is home to more than 220 native orchid species. Native and hybrid orchids alike have become synonymous with the nation. During daylight hours, visitors can enjoy an authentic



Erika Kapin

STEAM Engine

Get ready to move full STEAM ahead! Science, technology, engineering, arts, math and fun take center stage all week at the Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead. With science demos, animal shows, maker spaces and more, there's something for

everyone. Check website for schedule. Daily, 10am-5pm; February 17-23. For all ages. Free with admission. \$33 adults, \$24 children 5-12, children 4 and under free. *Intrepid Sea, Air & Space Museum [Pier 86, West 46th Street & 12th Avenue, Manhattan. intrepidmuseum.org.]*

Singapore vibe with tributes to the Singapore Botanic Gardens' vertical hanging habitats, tours of the garden and orchid care demonstrations. The Orchid Evening activities will also make sure that the fun will continue after the sun has set. Daily, 10am-6pm. Free with an All-Garden Pass. *New York Botanical Garden, 2900 Southern Boulevard. nybg.org.*

Family Art Project: Ubuntu — I Am Because We Are. Head to Wave Hill this weekend to create an art project inspired by the African word ubuntu, loosely translated as humanity towards others. All ages can grab inspiration from visiting artist Tijay Mohammed's artwork to create a mixed-media portrait of a loved one. African wax fabric and other materials will

be provided. Pre-registration is not required. Daily, through February 24, 10am-1pm. Free with garden admission. *Wave Hill, 649 West 249th Street. wavehill.org.*

Family Night Karaoke. Take the stage for Family Night Karaoke at the Tremont Library in the Bronx! All ages can grab the mic and belt out their favorite tunes during this one-hour program. This event is free. Pre-registration is not required. nypl.org. 3-4pm. Free. *Tremont Library, 1866 Washington Avenue. nypl.org.*

FURTHER AFIELD
Intrepid Sea, Air & Space Museum Kids' Week: Full STEAM Ahead. See February 17

“Sesame Street Live!: Make

Your Magic”. See February 15

24 SUNDAY
The Orchid Show: Singapore. See February 23

Family Art Project: Ubuntu — I Am Because We Are. See February 23

FURTHER AFIELD
“Sesame Street Live!: Make Your Magic”. See February 15

25 MONDAY
The Orchid Show: Singapore. See February 23

26 TUESDAY
The Orchid Show: Singapore. See February 23

27 WEDNESDAY
The Orchid Show: Singapore.
 See February 23

Library Card Sign Up Celebration. Sign up for a library card at Riverdale Library during its Library Card Sign Up Celebration! Those who already have a card are also welcome to join in the festivities. There will be stories, movement, and play for children, and book displays and talks for adults. Plus stick around for complimentary cupcakes! 4pm. Free. *Riverdale Library, 5540 Mosholu Avenue. nypl.org.*

28 THURSDAY
The Orchid Show: Singapore.
 See February 23

LONG-RUNNING FURTHER AFIELD
“Yeti, Set, Snow!” An original story and production from the Swedish Cottage Marionette Theatre, “Yeti, Set, Snow!” is the story of a young girl named Widget, and her friend, Twig, who encounter a yeti named Pascetti on the first snow day of the winter season. Pascetti, who lives on a mountain top nearby, dislikes the snow. Through songs and snow day activities, Pascetti discovers not only that snow can be fun, but also the value of friendship. Daily, through February 24, 11:30am-6pm. \$8-12. *Central Park, Sheep Meadow, 1802 65th Street Transverse, Manhattan. cityparksfoundation.org.*

How Many Zombies Are Too Many Zombies? In this interactive game at the New York Hall of Science, players take on the role of scientists helping the

“Center for Calamity Control” simulate a zombie outbreak. Facilitators introduce participants to mathematical modeling and the ways they can be used to simulate, analyze and make predictions about the complex real-world phenomenon. At the end, players see graphs detailing the population swings and can see different results through play. Daily, through February 28, 9:30am-5:30pm. Free with NYSCI Admission. *New York Hall of Science, 47-01 111th Street, Queens. nysci.org.*

MOCA Fest 2019. The Museum of Chinese in America (MOCA) is excited to announce MOCA FEST 2019, an eight-week Lunar New Year celebration at MOCA to welcome the Year of the Pig and the start of year 4717 on the Chinese calendar. Festivities will include the launch of MOCA’s new shop in partnership with Pearl River Mart; Lunar New

Year-themed programs and children’s activities; MOCA’s Night Market; a Family Festival; and a Lunar Soiree. All proceeds go to the Museum of Chinese in America. 11am-6pm. General admission \$12; children under 12 in groups of less than 10, free; students and seniors \$8. *Museum of Chinese in America, 215 Centre Street, Manhattan. mocany.org.*

X: Times Square Valentine Heart Design Winner. X (2019), Reddymade’s winning design for the 11th annual Times Square Valentine Heart Design Competition, explores how love emerges within communities. An “X” evokes many expressions of interpersonal and civic love. Round openings at the centers of the planes combine into heart shapes when viewed from different angles. X will be up throughout February. *Times Square, Manhattan. arts.timessquarenyc.org.*

Advertise with us!

New York
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

Still a Place for Juice at Breakfast?

Parents are serving less fruit juice—but is that a mistake?

Once a staple on family breakfast tables, fruit juice seems to have lost its mojo. Derided as being “full of sugar” and vilified by pediatricians and family medicine doctors, parents are serving less fruit juice.

But is that a mistake?

Take orange juice, for example.

According to Food and Drug Administration definitions, it’s an excellent source of vitamin C, and a good source of potassium, folate, and thiamin. A little-known nutrient—unique to oranges and their juice—is a flavonoid called hesperidin, which provides anti-inflammatory activity and affects gene regulation.

Calories? Only 110 in an eight-oz. glass.

Other fruit juices are no slouch in the nutrient department. Grape, grapefruit, mango, pineapple, pomegranate, prune, and tangerine juice all provide significant amounts of vitamins, minerals, and phytonutrients.

“Too often, 100-percent juice is lumped in with other sweet beverages, particularly soft drinks and fruit punch,” says Dr.

Robert Murray, professor of Pediatrics, Gastroenterology and Nutrition at Ohio State University. “They are not the same. Fruit juice contains natural sugars, not added sugars, and preserves the nutrients and bioactive components of whole fruit with the exception of fiber.”

Interestingly, kids who drink fruit juice eat more fruit, according to Dr. Murray.

“Currently in the U.S. among toddlers and young children, juice comprises 50 percent of daily fruit servings. Among older children, teens, and adults, it’s 33 percent. Efforts to increase whole fruit consumption have not been very successful, even as consumption trends of 100-percent juice have fallen over the past 20 years. This suggests that 100-percent juice does not displace whole fruit, but augments it. For that reason reducing or eliminating 100-percent fruit juice from a diet usually is not compensated with whole fruit, cutting total fruit intake per day and lowering the individual’s diet quality.”

How much, how often?

The Dietary Guidelines for Americans state that people should choose 100-percent fruit (or vegetable) juice without added sugars.



Eight ounces of 100-percent juice provides at least one serving of fruits or vegetables and can help meet the recommended amount of four-and-a-half total cups of fruits and veggies each day. The Guidelines also recommend a daily limit of one cup.

The report states that juice drinkers eat more whole fruit and have higher quality diets (with more fiber) compared with non-juice drinkers.

In moderation, juice can even play a role in weight management.

“Substantial excess consumption of juice can add calories, which can lead to weight gain. But consumed at recommended levels of one serving per day of fruit, there does not appear to be a higher risk of obesity,” Dr. Murray says.

The research backs this up. A comprehensive review performed by the Academy of Nutrition and Dietetics for its Evidence Analysis Library examined the association between 100-percent fruit juice and weight in children ages 2-18. It concluded the evidence does not support an association between 100-percent fruit juice consumption and weight status in children.

One-hundred percent of what?

When selecting a juice, look for 100-percent juice on the label. One misleading practice by some companies is to add 100-percent vitamin C to a fruit punch or beverage. So be careful when you see the term “100 percent;” make sure it refers to the percent of juice, not simply added vitamin C.

As a registered dietitian nutritionist, I believe there is a place for both whole fruit and fruit juice in the diet. With many people not consuming enough fruit, a combination of whole fruit and fruit juice is a highly effective way to meet the fruit shortfall.



Christine Palumbo is a registered dietitian nutritionist and Fellow of the American Academy of Nutrition and Dietetics. She is a 2018 recipient of the Medallion Award from the Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.



WHERE THERE'S A Y
THERE'S A WAY

SUMMER CAMP

★ 10% EARLY BIRD DISCOUNT*

 **DAY CAMP OPEN HOUSES: 10:00 AM – 3:00 PM**

January 26 | March 23 | April 27 | May 18

SLEEPAWAY CAMP OPEN HOUSES: 1:00 PM – 4:00 PM

January 27 | April 7 | May 5



YMCANYC.ORG/CAMP

*Pay in full by 4/27 for 10% Early Bird Discount | Financial Assistance Available





BRONX

Excellence



Bronx Charter School for Excellence

is a network of free, public charter schools open to district residents. Candidates are selected through a blind lottery system.

Apply for the lottery online at
ExcellenceCommunitySchools.org

Our program is based on an award-winning **K-8 National Blue Ribbon** curriculum.

Bronx Excellence 1 Elementary K-4
Bronx Excellence 1 Middle 5-8
1952-1960 Benedict Ave
Bronx, NY 10462
718-828-7301

Bronx Excellence 2 Elementary K-4
1804 Holland Ave
Bronx, NY 10462
718-892-1276

Bronx Excellence 3 Elementary K-3
3956 Carpenter Ave
Bronx, NY 10466
718-882-0231

Bronx Excellence 4 Elementary K-2
3956 Carpenter Ave
Bronx, NY 10466
347-773-3100

Bronx Excellence 5 Elementary K-1
New Campus! TBD

#REACHexcellence

