

# The Buzz of P993 Queens

Going and Growing Strong

Volume 23 – SEPTEMBER - DECEMBER

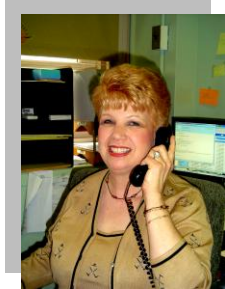
FALL 2010

## WELCOME BACK TO SCHOOL

### Principal's Message

Dear Parents & Guardians:

I would like to extend a warm welcome to the entire P993Q family of staff, students and Parents/Guardians as we begin another productive school year (2010-2011).



I hope that everyone enjoyed a healthy restful summer and come to P993Q revitalized, refreshed, renewed and ready to take on the many new challenges, initiatives and exciting education programs set forth for our students during this school year.

At P993Q we thrive on providing a safe and nurturing environment for all. This environment will focus on your child's individual goals and objectives while always raising the benchmarks for success.

Our interdisciplinary teams will work together to coordinate "best practices" socially, emotionally and academically for our students, new and old.

We urge you to be an active participant in our school community. Please attend scheduled special events and meetings. Keep in close contact with your child's teachers, related service providers and parent coordinator.

We cannot be the "best" without your ongoing involvement and support.

I look forward to meeting with you in September to begin another successful school year.

Sincerely  
Jacqueline Zaretsky, Principal

We thrive on providing a safe and nurturing environment for all our kids.

## P993 SCHOOL DAY START AND END TIME - BY SITE

### SITES

P993 at 130, 208, and 499

Start: 8:00

End: 2:50

### SITES

P993 at 41, 191, 72, FSSA and LICHs

Start: 8:10

End: 3:00

### SITES

P993 at Cardozo HS

Start: 8:15

End: 3:05

### INSIDE THIS ISSUE

*Principal's Message*

*Parent Coordinator - Words of Welcome*

*Message From The Parent Association*  
*Schools Bus Reminders*

*Heath Corner*

*Resources for Parent & Students*

*..and much more.....*

Bridge the gap between the home and school by being proactive in your children education and development

## Parent Coordinator Words of Welcome

Dear Parents/Guardians:

Welcome back to school! The new (2010-11) school year has just started and we have several new students and (of course) parents. As mandated (by the Chancellor's regulation A-660) the Parent Association (PA) conducted its annual election last June (18<sup>th</sup>) which resulted in the re-election of some of the executive members and election of others. The following are the official results:

- a. Co-Presidents: Luz Pinto & Cesar Olivas,
- b. Treasurer: Yalila Hernandez,
- c. Secretary: Sumara Malik,
- d. Executive officers: Belinda Barnett-Andrea, Mohammad Hussain, Nuzhat Khan, and Tiffany Hanratty,

Our school recognizes that at the start of the new school year (September 2010) there will be several parents of newly admitted students – those who weren't present at the time of the elections, hence weren't factored in the election process. Therefore, the group has agreed to convene a special elections addendum in order to provide the new parents the opportunity to be nominated and elected in the executive committee.

Remember that as a parent or guardian of a student attending P993Q you're automatically a member of the PA.

A diverse leadership body brings new and unique energy and ideas. In collaboration with the parent coordinator, Neville Waldron, the PA co-presidents, Luz Pinto and Cesar Olivas, and other executives are working on strategies to engage and assist in providing support to parents across P993Q. The first phase of the strategy is to participate in the schedule localized "Getting To Know You"

meetings at various (P993Q) school sites to identify and engage parents, especially those who have not been involved in the association in the past and also for the parents of newly admitted students.

We are continuing to try to find parents who have leadership skills and would be willing to help others that may be in need of supports. These parents will in turn spear-head small groups of parents who are less likely to participate in group sessions because of various reasons. By the end of fall we're expecting to establish a functional support group within the PA. We're calling on all parents of students of P993Q to participate in this continuing effort, which will result in enhancing the PA and consequently a new partnership between the home, school and community.

For more information on the PA, contact co-presidents Ms. Luz Pinto or Mr. Cesar Olivas email [75q993pa@schools.nyc.gov](mailto:75q993pa@schools.nyc.gov) or parent coordinator, Neville Waldron – 718-224-0490 & 347-563-4390  
email: [nwaldron2@schools.nyc.gov](mailto:nwaldron2@schools.nyc.gov)

Best Regards

Neville Waldron, Parent Coordinator



## Message from the Co-Presidents of the Parent Association (PA)

Dear Parents and Guardians:

Our names are Luz Pinto & Cesar Olivas, Co-Presidents of the Parent Association (PA) at P993. We are taking this opportunity to welcome you to a new school year. Whether

you are a returning or a new parent to P993, you are already part of our PA. As a new year of growth and development for our kids starts, we invite you to get involved in our Parent Association community and school programs. Getting involved does not cost you any money, it is free! There are several ways to become involved; including, attending monthly scheduled general PA meetings, attending school leadership meetings (SLT), attending CCSE meetings, attending workshops and helping other parents, and we are sure you can come up with your own ideas. Please join us in our PA, where we exchange and share positive ideas. Together we can work to make the school a better place for all of our kids. We can be the greatest support for each other.

Ms. Luz Pinto & Mr. Cesar Olivas  
Co-President, Parent Association of P993

FOR GENERAL INFORMATION ABOUT  
THE NYC DEPARTMENT OF  
EDUCATION CHECK THE WEBSITE

<http://schools.nyc.gov/>

Help Your Child Succeed In  
School. Join The Parent  
Association. It Is Free!



## SCHOOL BUS - REMINDERS

General PA meetings, except where indicated (holiday or other activity), will be on the 3rd Friday of each month, starting 9:30 AM. They usually take place at PS 993Q @PS 130 school site. In case we are unable to hold a meeting on the scheduled date and or venue, alternative arrangements will be set by the committee. In such cases, we make every effort to send home a notice about the change at least one week in advance. The full schedule of the PA monthly general meeting will be sent home to you on a separate calendar note. We look forward to meet you and greet you at our next PA meeting, at our PS 130 site at 200-01 42nd Avenue, Bayside, NY 11361.

If you have any questions or wish to become an active parent member, please contact Ms. Luz Pinto at (347) 524-3394, or Mr. Cesar Olivas at (917) 817-3067. Also, you can always reach Neville Waldron, our school Parent Coordinator, at (718) 224-0490. Great things await our kids if we work together, so don't hesitate to join us.

Together, we can make all good things happen!

**The Office of Pupil Transportation** strives to keep parents up to date on any changes affecting services their children receive. Please log on to our website frequently to access the most current information available.

- **FIRST WEEKS OF SCHOOL** - Parents should be aware that the first few weeks of school are always a transitional period and as such population changes and address changes affect routes and they are adjusted quite frequently. We ask that parents be patient and understanding during this period.
- **KEEP INFORMATION CURRENT** - It is essential that this office have the most up to date information, i.e., telephone numbers (home and work), address changes (include apartment number), change of school, etc. Please inform your child's school immediately of any changes.

- **SESSION TIME AND CALENDAR** - Parents please take note of your child's session time and school calendar. Parents should make themselves aware of half days and holidays and make the appropriate arrangements for their children. If you are not sure of the dates, check with your child's school.
- **SAFETY** - As drivers we should allow extra travel time in order to reach our destination safely. Parents should instruct their children to be cautious while crossing streets and when boarding and disembarking the bus. Children are easily distracted and accidents happen in a split second. It is important that they be aware of their surroundings at all times. The more we educate our children to be defensive pedestrians the safer they will be.

- **PASSING SCHOOL BUSES** - It is not permissible to pass a school bus when red lights are flashing. Section 1174 of the Vehicle and Traffic Law says in part that " drivers shall stop the vehicle before reaching school bus when there is in operation on school bus a red visual sign ...or until signaled by the (bus) driver or a police officer to proceed".

- **THINK SAFETY AT ALL TIMES**  
It's best to walk ten feet ahead of the bus before crossing.  
Make eye contact with the bus driver  
Make the safety wave indicating that you are ready to Cross the street.  
Wait for the bus driver to return the safety wave before crossing.

The Driver will check traffic in both directions. When it is safe to cross, the driver will return the safety wave.

(source:<http://www.opt-sfns.org/opt/>)

Office of Pupil Transportation  
44-36 Vernon Boulevard  
Long Island City, NY 11101  
Customer (718) 392-8855)

## Transportation Information

### Our Mission

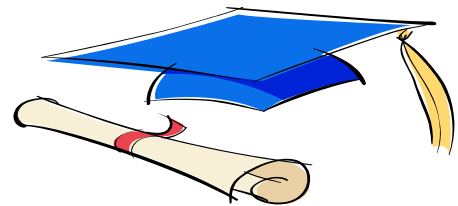
The mission of the Office of Pupil Transportation (OPT) is to ensure that all eligible New York City students receive safe, clean, and timely transportation to and from school.

### What OPT Does

OPT coordinates transportation services to and from school for eligible students in both public and non-public schools. Transportation services include stop-to-school busing, door-to-door busing and student MetroCards for use on public transportation.

### Parents and Guardians,

To find for your child's bus route use the Student Transportation Information Search on the following website (<http://schools.nyc.gov/Offices/Transportation/default.htm>), check the yellow card (**What to Know! Who to Call!**), or contact the school.



## EDUCATION CORNER

### Here are the TEN COMMANDMENTS of READING ALOUD by Mem Fox:

1. Spend at least ten wildly happy minutes every single day reading aloud.
2. Read at least three stories a day: it may be the same story three times. Children need to hear a thousand stories before they can begin to learn to read.
3. Read aloud with animation. Listen to your own voice and don't be dull, or flat, or boring. Hang loose and be loud, have fun and laugh a lot.
4. Read with joy and enjoyment: real enjoyment for yourself and great joy for the listeners.

5. Read the stories that the kids love, over and over and over again, and always read in the same 'tune' for each book: i.e. with the same intonations on each page, each time.

6. Let children hear lots of language by talking to them constantly about the pictures, or anything else connected to the book; or sing any old song that you can remember; or say nursery rhymes in a bouncy way; or be noisy together doing clapping games.

7. Look for rhyme, rhythm or repetition in books for young children, and make sure the books are really short.

8. Play games with the things that you and the child can see on the page, such as letting kids finish rhymes, and finding the letters that start the child's name and yours, remembering that it's never work, it's always a fabulous game.

9. Never ever teach reading, or get tense around books.

10. Read aloud every day because you just love being with your child, not because it's the right thing to do. This is as important for fathers as it is for mothers! AND TEACHERS TOO!!!!

So be sure that you start this school year off right by including READ ALOUDS across your day - each and every day!!

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## **RESOURCES FOR PEOPLE WITH DISABILITIES**

### **Resources for Children with Special Needs, Inc. (RCSN)**

#### **Services: Multiple Resources**

116 East 16<sup>th</sup> Street, Fifth Floor

New York, NY 10003

212-677-4650

E-mail: [info@resourcesnyc.org](mailto:info@resourcesnyc.org);

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

Visit our Database on the Web™ at

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

### **Queens Parent Resource Program**

Services: Family Reimbursement; Medicaid Service Coordination;

Family Support Outreach; Family Assistant Services,

After School Respite; In-home Respite and much more

112-40 Francis Blvd, Q/Ville, NY 11429

Tel: 718-736-8690; Fax: 718-736-8690/96

### **Samuel Field Y**

#### **Services: After School Programs**

For Children With developmental Disabilities

Services include door to door transportation from school to home.

58-20 Little Neck Parkway, Little Neck, NY 11362

### **New York State Institute on Disability**

Services: Family Reimbursement; Psychosocial and Psychological Evaluations; family outings for recreation,

sports and entertainment

Tel: 718-494-6457 Fax: 718-494-6461

### **Community Resources & Services for Children**

Services: Service Coordination for Medicaid & non-Medicaid recipients,

Medicaid Waiver, After school program, Family Transport Reimbursement, Grandparents

Assistance, support groups, Educational Workshop

90-04 161<sup>st</sup>. Street, Suite 401

Jamaica, NY 11432

Tel: 718-206-3400 Fax: 718-206-0559

### **IYAHU Social Services**

Services: Service Coordination (MSC) for Medicaid & non-Medicaid recipients,

Medicaid Waiver, After School Program, Family Transport Reimbursement,

Residential Habilitation, Respite, After School, Attending IEP Meetings, etc.

71 Franklin Avenue, Ste. 215, Hempstead, NY 11550

Tel: 516-280-5930 Fax: 516-590-5933 Email: [iyahoss@yahoo.com](mailto:iyahoss@yahoo.com)

*DAYLIGHT SAVINGS TIME  
SUNDAY NOVEMBER 7, 2010  
Remember to set your clocks back one hour*



After DST is over, clocks are turned back an hour, effectively moving an hour of daylight back from the morning to the evening. Interesting way to remember this:

"Spring forward, Fall back"

### THE STATUS OF PARENT INVOLVEMENT

Parent involvement at P993 has grown tremendously over the last few years. It is gradually reaching a level at which the parent are becoming comfortable participating and coordinating parent related activities. Our parent association has stepped up to the challenge of self empowerment. However, although we're making much progress we still have a long way to go before declaring total success, in a fully functioning and involved parent community.

Six years ago with the intervention of the DOE new parent initiative of having full time parent coordinators at each public school, our school commenced an intensive effort to build an involved parent community. Led by the principal and parent coordinator along with support from the guidance counselors, we commenced organizing resource workshops for parents based on the children needs. At first attendance was limited to a few parents but gradually evolved into the double digits and beyond. The build-up of parent attendance was possible due to a number of factors, ranging from outreach by the parent coordinator, to parents receiving additional resources to support their children through the department of education and also from resource

agencies outside the department. From the parent side the response was due to many factors such as, simply curiosity to know more about the school and to find out how they could help, and to the invitation from the parent coordinator on resources that could benefit them and their children.

Our parent involvement has reached beyond parents showing up at meetings as listeners or chair warmers. Parents are now functionally involved in coordinating and managing PA activities. At P993 the PA and the parent coordinator have established a functional partnership through coordinating family events, including resource workshops and weekend recreational events.

Furthermore, over the past three years we've experienced our fastest escalation of parent involvement and highest frequency and numbers (2008-09:824 vs. 2009-10:1566 = 89% increase) of events. This is, in part, triggered by numerous factors including, the intensity and level of supports and outreach by the parent coordinator, the quality of education and services children receives at the school, and also the partnership established between the parent association and the parent coordinator. Unlike in the past, many parents are now proactively within and beyond our school community. To mention a few: Within the school community parent are involved in the parent association, providing support services to other parents that need help, participating at resource workshops which targets helping other parents, participating as members of the school's SLT, and parent leadership groups. At the wider DOE citywide level parents are active at the DOE president council, and the CCSE. Outside the school community parents are also active, this includes but is not limited to functioning at a number of relevant resource activities which serves to help children and peoples with disabilities, including resource fairs, conferences and seminars, city and state wide legislative conferences, etc. This level of involvement adds up to a critical mass of empowerment of the parent community. Unfortunately, although this degree of parent involvement is significantly higher than past years it only represents a small (20% to 30%) percentage of our parent community. This represents far above the average of parent involvement in NYC public schools however, it clearly shows that there is much more work to be done in getting parents involved.

The underlying principle of our school and also our common goal is to do what would best help the child to maximize his or her potential – doing what is best

for the child. Once parents understand this message a degree of trust is established. Once the degree of trust is established a common and possibly functioning relationship emerges, after which time all parties are on equal grounds to positively support the education and development of the child.

Our continuing message to all parents is to roll up your sleeves and get involved in your school community. Remember, our school is your school and your child's school. Let us continue to build it.

## HEALTH CORNER

### A Healthy Child Is Ready To learn

*A healthy body supports a healthy mind! So nurture your child's physical well-being:*

#### **To teach your child about good nutrition:**

- Offer him a variety of foods each day: include a mix of fresh fruits, vegetables and low-fat dairy products.
- **Limit sweets. Treats like candy and cake are just that – treats.**
- 
- 
- **Offer water. Don't go overboard on juice and sweetened drinks.**
- **Eat together. At mealtime be a role model for proper eating habits.**
- **Don't label foods as "good" or "bad." Instead, talk about healthy portions and making smart food choices.**

#### **To promote exercise:**

- **Go out and play! Toss a ball. Take a walk. Experts suggest that kids get at least an hour of physical activity each day.**
- **Don't drive when you can walk. Is the store just around the corner? Skip the car and grab your sneakers.**
- **Limit TV time. Couch potatoes aren't born, they're made. So don't let your child "veg out" in front of the tube.**

#### **To preserve rest time:**

- **Be sure your child gets 10 to 11 hours of sleep each night. That's the amount experts recommend for school-age kids.**
  - **Enforce a regular bedtime.**
  - **Adopt a nightly routine that includes quiet activities (no TV).**
  - **Beware of hidden caffeine in things like cocoa.**
- [www.parent-institute.com](http://www.parent-institute.com)

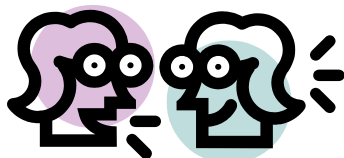
Newsletter Compiled & Edited by Neville Waldron, Parent Coordinator  
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Email: [nwaldron2@schools.nyc.gov](mailto:nwaldron2@schools.nyc.gov)

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Linda Johnson, Teacher

Contributions of Articles and other information were made by staff members of P993Q, extracted from the internet, and many other resource agencies, which support the cause of the students of NYC District 75 public schools.

**REMEMBER TO CHECK YOUR CHILD BACKPACK EVERY DAY FOR IMPORTANT INFORMATION INCLUDING:**

- 1. HOMEWORK**
- 2. RESOURCES THAT COULD HELP YOU AND YOUR CHILD**
- 3. INFORMATION ABOUT THE SCHOOL**
- 4. PARENT EVENTS AND OPPORTUNITIES**



**"Speech is Equally Important at Home & at School"**



*Translation and Interpretation Unit hotline, which is accessible only to schools and internal DOE offices.*

<http://schools.nyc.gov/Offices/OFEA/SupportforFamilies/TranslationandInterpretation>

## **Translation and Interpretation Unit**

*The Department of Education's Translation & Interpretation Unit was established to help families bridge the language barriers that can keep them from getting involved in their children's education*

*The Translation and Interpretation Unit was created in 2004 as a resource to help schools and offices communicate with non-English proficient families. In 2006, Chancellor's Regulation A-663 was implemented to formalize the Department's commitment to providing language services to non-English proficient families.*

*In the 2007-08 school year, the Office for Family Engagement and Advocacy and the Translation and Interpretation Unit launched citywide Native Language Forums. At these forums, we provided more than 60 presentations in the eight major foreign languages spoken in the City.*

*The Unit also provides translation of written materials to schools at the request of principals. Examples of written materials translated for schools include letters, school meeting notices, school calendars, and school newsletters. The Unit also provides one-to-one, over the phone interpretation services to schools. These services facilitate conversations between parents and school staff members.*

*Non-English speaking parents have a right to request interpretation services and schools must honor the request by phoning the*

## **SAVE THE DATE**

### **Queens Council on Developmental Disabilities Presents:**

### **The Family Support Conference**

### **BRIDGE TO FULFILLMENT**

**Friday, November 12, 2010  
LaGuardia East Sheraton  
135-20 39<sup>th</sup> Ave, Flushing, NY**

### **FREE Conference for FAMILIES**

**For Information about the  
conference please contact:  
Patty Finnegan-Knapp: 718-380-  
3000 Ext 355/  
pfinnegan@queenscp.org  
James Magalee: 718-736-8690 Ext  
104/ james.magalee@qprc.net**

*Have A Happy Fall*