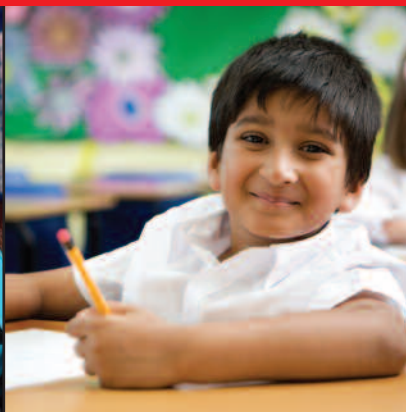


Our mission  
is to ensure  
the optimal  
development  
of every child  
by building a  
comprehensive  
support system  
that links  
family, school,  
and community.

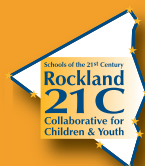
Rockland 21C ... Bringing Families, Schools & Communities Together



Volume 11 • Fall 2011

FRC Activities Report

2010-2011



# About...

## Family Resource Centers (FRCs)

- School Family Resource Centers (FRCs) are places for families to participate in programs, get to know other parents and children, find support and information, and access school, community, and government resources.
- Every FRC encourages family involvement in education, yet each serves unique local goals that help preschool and school-age children to thrive.
- FRC coordinators also identify, develop or find partners to lead both targeted and school-wide strength-based and preventive programs as needed.
- Seven school districts and Rockland BOCES now operate FRC programs in more than forty elementary and middle schools across the county.



### FRC services include:

- Parenting education
- Enrichment activities
- Programs that support early childhood and family literacy, notably story hours and transition events, or that help address obstacles to learning
- Information and referral resources such as health services, employment assistance, translation services, and early education opportunities.







# Family Resource Centers (FRCs)

## **BOCES**

**@ BERC Campus – Nyack**  
131 N. Midland Avenue  
Nyack, NY 10960  
Joan Raynor: 845-348-3504

## **CLARKSTOWN**

**The Clarkstown FRC  
Partnership @ New City  
Elementary School**  
60 Crestwood Drive  
New City, NY 10956  
Lisa Cohen: 845-639-5619

## **EAST RAMAPO**

**Early Childhood Center  
at Kakiat Elementary**  
465 Viola Road  
Spring Valley, NY 10977  
Christine Carbone: 845-577-6585

**Eldorado Elementary**  
5 Eldorado Drive  
Chestnut Ridge, NY 10977  
Nida Sharif: 845-577-6150

**Elmwood Elementary**  
43 Robert Pitt Drive  
Monsey, NY 10952  
Frances Pizarro: 845-577-6160

**Fleetwood Elementary**  
22 Fleetwood Avenue  
Chestnut Ridge, NY 10977  
Nida Sharif: 845-577-6170

**Grandview Elementary**  
151 Grandview Avenue  
Monsey, NY 10952  
Julie Ennis: 845-577-6260

**Hempstead Elementary**  
80 Brick Church Road  
Spring Valley, NY 10977  
Christine Carbone: 845-577-6270

**Kakiat Elementary**  
465 Viola Road  
Spring Valley, NY 10977  
Joanne Robinson-Silas:  
845-577-6100

**Lime Kiln Elementary**  
35 Lime Kiln Road  
Suffern, NY 10901  
Julie Ennis: 845-577-6280

**Margetts Elementary**  
25 Margetts Road  
Monsey, NY 10952  
Frances Pizarro: 845-577-6190

**Summit Park Elementary**  
925 Route 45  
New City, NY 10956  
Joanne Robinson-Silas:  
845-577-6290

## **NANUET**

**Nanuet FRC  
@ George Miller Elementary**  
50 Blauvelt Road  
Nanuet, NY 10954  
Rose Ann Mercado: 845-627-4889

**Highview Elementary**  
24 Highview Avenue  
Nanuet, NY 10954  
Rose Ann Mercado: 845-627-4889

**A. MacArthur Barr  
Middle School**  
143 Church Street  
Nanuet, NY 10954  
Rose Ann Mercado: 845-627-4889

## **NORTH ROCKLAND**

**Gerald F. Neary Elementary**  
20 George Street  
Haverstraw, NY 10927  
Myriam Saravia: 845-942-3469

**West Haverstraw Elementary**  
71 Blauvelt Avenue  
West Haverstraw, NY 10993  
Myriam Saravia: 845-942-3180

## **NYACK**

**Liberty Elementary**  
142 Lake Road  
Valley Cottage, NY 10989  
Yesenia Polanco: 845-353-7247

**Nyack Middle School**  
98 South Highland Avenue  
Nyack, NY 10960  
Lisa Retallack: 845-353-7214

**Upper Nyack Elementary**  
336 Broadway  
Upper Nyack, NY 10960  
Rachel Berlin: 845-353-7268

**Valley Cottage Elementary**  
26 Lake Road  
Valley Cottage, NY 10989  
Julie Kassel: 845-353-7291

## **RAMAPO CENTRAL**

**Cherry Lane Elementary**  
1 Heather Drive  
Suffern, NY 10901  
Lisa Kloenne: 845-357-3988 X303

**R.P. Connor Elementary**  
13 Cypress Road  
Suffern, NY 10901  
Denise Kane: 845-357-2858 X129

**Sloatsburg Elementary**  
11 Second Street  
Sloatsburg, NY 10974  
Charlene Vasilik:  
845-753-2720 X214

## **SOUTH ORANGETOWN**

**@ William O. Schaefer School**  
140 Lester Drive  
Tappan, NY 10983  
Margaret Umbrino: 845-680-1314

# FRC Outcomes

Every year, Family Resource Centers are charged with developing one carefully crafted goal for a specific group of people, and to measure whether they are able to achieve a useful change in belief or behavior. In cases where the goals are not achieved, the scrutiny entailed in monitoring the use of strategies or program improvements should make it possible to tweak and improve the programs for the future. What follows are outcome statements resulting from this past school year's work, or synopses of other successes.

## Clarkstown

188 out of 200 students who attended a **FRC-run Community Service Fair** reported that they now knew more about local volunteer opportunities (**91%**). 16 students took action and volunteered in their community after attending the fair (**8%**).

## East Ramapo

**Kakiat:** After participating in the **FRC's six-week walking club**, about 1 in 4 parents reported positive health benefits. Half of the parents reported that the program offered their families an opportunity to spend time together (22 out of 48 parents, or **46%**). Previous reports made it clear that parents value having a pedestrian-friendly place in which to walk.

**Fleetwood:** Teachers reported increases in reading and writing scores for the **65** children who participated in the two **FRC-created literacy tutoring programs**. For the before-school program, the district provided early buses for the Fleetwood students, and for the program's tutors who were from Chestnut Ridge High School's Honor Society. Third-grade students tutored first and second grade students during the recess program. These programs were so successful that the FRC coordinator plans to run them next school year.

**Grandview:** The focus of this project was on the **playgroup** that the district's coordinators do jointly for any family with preschoolers that live within the district, in conjunction with Finkelstein Library (and at the library's central location). The **playgroup** builds a sense of community among its participants, while also acting as a platform for school outreach and providing some of the fundamentals of early learning. The coordinator set a target goal that at least **20%** of the attendees who had children eligible for universal preschool (UPK) would enroll them. The coordinators shared information about universal prekindergarten, how it works, and how to apply. No doubt some of the parents would have applied anyway, but they all appreciated the opportunity to make informed decisions about selecting preschool programs, etc. **47%** of the eligible children were successfully enrolled in UPK.

**The Early Childhood Center:** After participating in the **FRC-run playgroup series**, 22 of the 34 parents reported that they were now playing more with their children (**65%**), and 15 parents reported reading more with their children (**45%**). 26 parents indicated that they were employing the positive parenting strategies they learned at the playgroup sessions with their children (**75%**).





## Nanuet

After attending the Nanuet FRC-sponsored “**Getting Ready for School**” playgroup series offered once a week throughout the school year, each one of the **13** children who participated was able to recognize and write his or her name, cut on a straight line, cut out shapes, identify at least 3 shapes, follow directions during circle time with few reminders, and share and wait his or her turn. 8 out of 13 could identify at least 9 letters in the alphabet (**62%**). The Universal Pre-kindergarten teacher who facilitated the **playgroups** reported that in her opinion 11 of the children are either reasonably or well prepared for kindergarten (**85%**), and two are somewhat prepared (**15%**). The teacher also reported that if these children had not participated in the playgroup series, “the majority of them would not have been prepared” for kindergarten.

While the children attended the playgroup sessions, many of their parents participated in the **English as a Second Language class** offered to them and facilitated by **Nanuet’s Preschool Special Education** Committee chair. Siblings received homework help from a middle-school student, while a high-school student assisted the teacher with the playgroup.

Because of information provided by **Child Care Resources of Rockland**, the Nanuet FRC was able to offer the playgroup series to children living in Nanuet who had not been able to enroll in universal preschool due to a lack of available slots or funds. **100%** of the families and children who were recruited for the playgroup actually attended.

Finally, all of the children were offered the opportunity to participate in Nanuet’s summer enrichment program that was designed to continue the mission of preparing children for school, and many attended this program as well. Funding from United Way of Rockland County helped this program run as long as it did.

**The following schools hired new coordinators:** Nyack’s Liberty Elementary, Ramapo Central’s Cherry Lane and RP Connor and East Ramapo’s Elmwood/ Margetts Elementary. New coordinators are not expected to complete an outcome project.

## The Parent-Child Home Program

Since 2002, in partnership with several school districts, Rockland 21C has collaborated to bring the research-proven, early childhood literacy, parenting and school readiness program Parent-Child Home (PCHP) to Rockland. PCHP operates in Rockland thanks to grants from the County of Rockland and United Way. Home visitors are provided by the Rockland AmeriCorps Program. PCHP, offered in conjunction with East Ramapo, Nanuet, North Rockland, and Nyack\* school districts, can:

- Enhance interactions between parents and toddlers.
- Increase use of positive parenting behaviors.
- Improve child behaviors related to social-emotional development and self-regulation skills.
- Increase pre-literacy skills.
- **67 families were served** throughout the initiative.

\* Nyack runs a similar program to PCHP.



## Rockland 21C thanks...

...the following organizations and individuals for their support of our literacy campaign, “**Reading Today, Graduating Tomorrow.**” Their support will enable Rockland 21C to sustain and grow Parent-Child Home.

### **\$1,000+**

Michael and Nelly Bly Arougheti  
Simona and Jerome Chazen

### **\$500+**

Pfizer  
Erik L. Simon

### **\$200+**

NY Schools Insurance Reciprocal

### **\$100+**

Jennifer A. Hatch & Susanne A. Smith  
Linda Glasgal  
Robin & Robert Laufer  
Anne Nissen and David Platt  
Peter E. Sherry & Maria Magistro-Sherry

### **\$25+**

Richard Nassisi

Donations received as of October 12, 2011.



## Nyack

**Valley Cottage Elementary:** Of the parents who were asked by the FRC coordinator if they had employed strategies learned in one of the **FRC's academic-skills-focused workshops** at home, **75%** said yes. Workshop topics and activities focused primarily on literacy and math. The FRC coordinator worked in partnership with the principal and teachers to develop these programs to support the school curriculum.

### Upper Nyack Elementary:

An estimated **25%** of ESL families (17 parents and children) who had not previously tended to participate often in school events, did attend **"Family Reading Night"**, as a result of the FRC's intensive relationship-building with English Language Learner families and the ESL teacher who encouraged students to attend the event. Families ate a delicious dinner and then selected books donated by school families to fill a bag with and bring home. Later in the evening, the families enjoyed hearing the books read to them by the principal and the reading and ESL teachers.

**Nyack Middle School:** **90%** of the parents who attended the FRC workshop **"Staying Connected in the Middle School Years - Pre-Teen Sexuality"** had conversations on the topic after participating in the workshop, whereas only **60%** had had such a conversation before the workshop. (This workshop was one of a series of "Staying Connected" workshops that the FRC designed and implemented.) Every student who attended reported that they now understood their parents' values and beliefs about sex, an increase of **25%** from before the workshop. **99%** of the students reported that one of the places they learned about human sexuality was from their parents, an increase of **34%** compared to before the workshop. Workshop presenters included a district parent who is a professor of Human Sexuality at Pace University and a South Nyack police officer.

## North Rockland

**Neary:** Every one of the **49** families participating in or having recently graduated from the **Parent-Child Home (PCHP)** and who was of school age attended at least two school events – from kindergarten orientation, to family fun nights, workshops, a child care fair, or other activities. The FRC coordinator and PCHP home visitors encouraged PCHP families to attend these events and made them feel welcome when they arrived at the school.

### West Haverstraw:

When compared to the previous school year, **52** more families (an additional **15%**) attended the **FRC's literacy activities** as a result of intensive relationship building with individual parents, and provision of translation services.



## Ramapo Central

**Sloatsburg:** All of the families who had children enrolled in kindergarten (**57** families) participated in the FRC-run program **"Parents as Reading Partners"** (PARP is a New York State PTA program that encourages parents to read with their children for at least fifteen minutes every day). This was a **60%** increase in number of participating kindergarten families when compared to the previous school year. The FRC coordinator visited kindergarten classes bi-weekly to encourage the children to read with their parents every day and gave them incentives for reaching their reading goals. Families who participated in the program requested that it be extended from ten to thirteen weeks.

While the FRC focused on encouraging more kindergarten families to participate, **two-thirds** of the children in grades 1-5 also participated in the program.



## Rockland BOCES

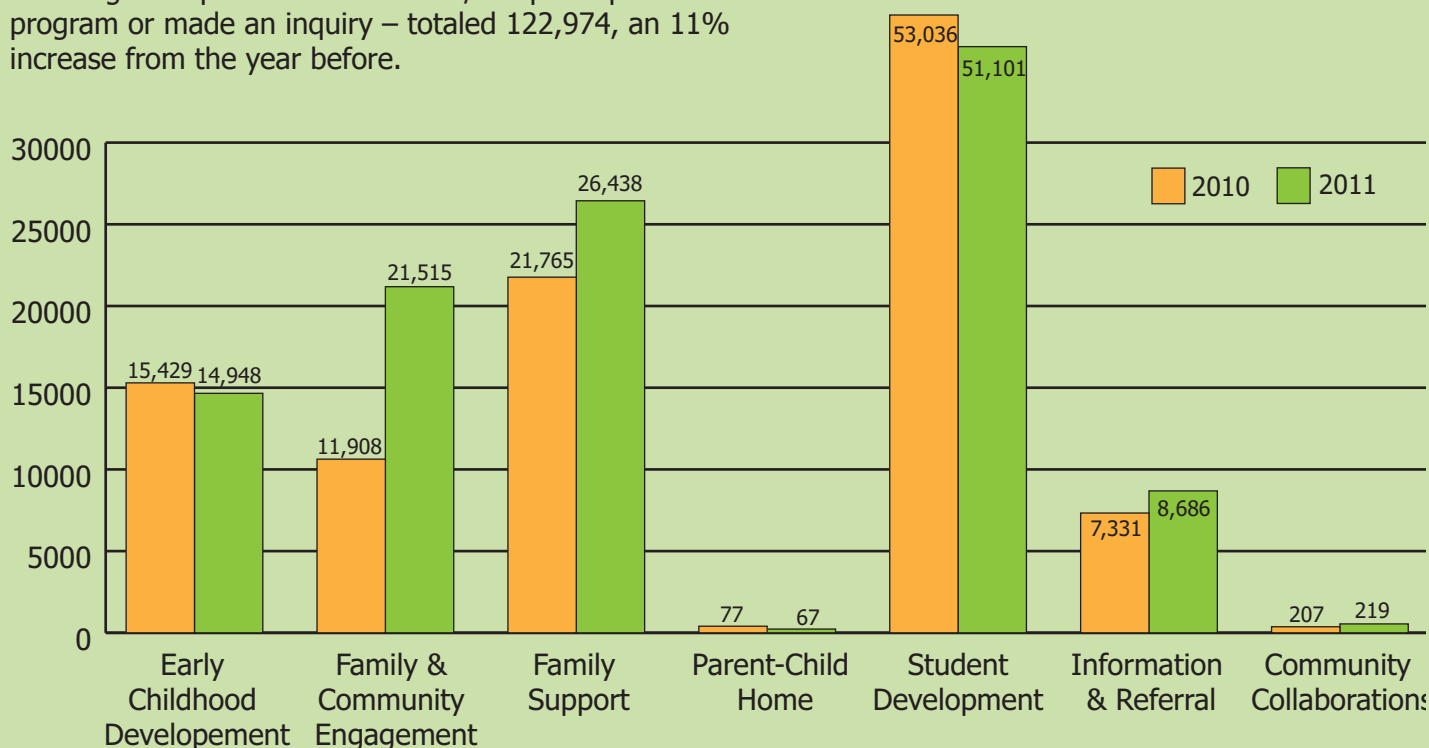
Of the 61 students enrolled in Hilltop School's summer school, **57** participated in the FRC-run program **"Drop Everything and Read"** (**93%**). All **57** students read at least 25 minutes at home or at school every week for 5 consecutive weeks (**100%**).

## South Orangetown

**William O. Schaefer:** **50%** of the parents who participated in the **playgroup sessions at the park** reported that they took their children to the park more often after learning about the positive impact play has on children's social, emotional, and cognitive development.

## FRC use across Rockland County

In the 2010-11 school year, aggregate use of FRC services – counting each person each time he/she participated in a program or made an inquiry – totaled 122,974, an 11% increase from the year before.

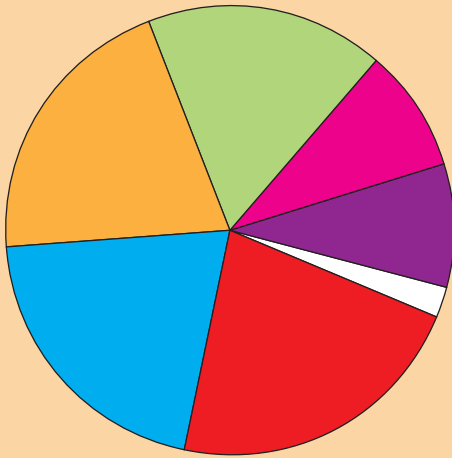




# 8,686

# Requests

## Information and Referral Requests Handled by FRCs in Rockland County\*



### Requests in 2010-2011

- 2% Family Crisis/Intervention
- 9% Parenting
- 9% Health Services
- 17.1% Translation
- 20.3% Educational Support
- 20.4% Child Care/Preschool
- 22.2% Basic Needs/Social Services Support

\*Two schools had staff transitions during the 2010-11 school year that impeded reporting.

† Donation Station is an FRC program through which school staff and parents anonymously donate items to meet family needs, as circulated thru email.

†† Network refers to a strength-based coordinated children's services program that is a partnership between county agencies, schools, and nonprofits for children and youth who are in need of positive support.

This is the preliminary year of reporting out on this data so it should be seen as a pilot.

### Basic Needs/ Social Service Support

Clothing/shoes . . . . .	618
Holiday assistance . . . . .	547
Food . . . . .	298
'Donation Station' requests† . . . . .	240
Financial assistance . . . . .	76
Employment . . . . .	61
Housing . . . . .	53
GED . . . . .	37
<b>TOTAL</b> . . . . .	<b>1930</b>

### Child Care/Preschool

Afterschool/enrichment programs . . .	681
Universal Pre-K . . . . .	575
Early education & care programs . . .	400
Before-school programs . . . . .	119
<b>TOTAL</b> . . . . .	<b>1775</b>

### Educational Support

Homework . . . . .	341
Home call or visit . . . . .	315
Attendance/school bus . . . . .	294
Mentoring/tutoring . . . . .	241
School supplies . . . . .	216
ESL classes . . . . .	138
Behavior problems . . . . .	131
Other . . . . .	53
CSE meeting support . . . . .	40
<b>TOTAL</b> . . . . .	<b>1769</b>

### Formal Translation Requests

Family/child request . . . . .	864
School staff request . . . . .	583
Outside request . . . . .	42
<b>TOTAL</b> . . . . .	<b>1489</b>

### Health Services

Medical services & clinics . . . . .	243
Vision/eyeglasses . . . . .	115
Dental services & clinics . . . . .	112
Child Health Plus insurance . . . . .	109
Immunizations . . . . .	105
Nutrition/obesity . . . . .	62
WIC . . . . .	30
<b>TOTAL</b> . . . . .	<b>776</b>

### Parenting

Parenting information . . . . .	525
Parenting education resources . . . .	219
<b>TOTAL</b> . . . . .	<b>744</b>

### Family Crisis/Intervention

"Network" families†† . . . . .	82
Mental health/counseling referral . . .	43
Other . . . . .	33
Homeless . . . . .	32
Family Court . . . . .	8
Support family at hospital . . . . .	5
<b>TOTAL</b> . . . . .	<b>203</b>

## Did you Know...

- ... **Youth under 18 years old comprise 28% of Rockland's population, an increase of 9% from 2000.** In NYS, this increase was only 2%.
- ... Nearly **24% of Rockland's children received food stamps** in 2010 and **26% of children in grades K-6 received free or reduced school lunch.**
- ... In the 2009-10 school year, the percentage of **students in Rockland's eight public school districts with Limited English Proficiency averaged 6.5%.**
- ... **Families living below the poverty level increased by 9% between 1999 and 2009. Children living below the poverty level increased by 21% between 1999 and 2009.** During the same time, **the poverty level in NYS decreased by 5%.**
- ... **Children enrolled in Child Health Plus increased by 36%** since 2005.
- ... **Children living in linguistically isolated households increased by 37%** between 2000 and 2009. During that same time, NYS had a 4% decrease in this category.
- ... **Children under six years old with all parents in the work force increased by 20%** between 2000 and 2009. In NYS, this number increased by 14%.





## Student Development Programs

- **51,101 Attendees**
- Support learning
- Support the development of the whole child and build his/her protective factors
- Provide some primary prevention
- Extend the school building's use and increase its value as a community asset



## Family & Community Engagement

- **21,515 Attendees** (an increase of 9,607 from last year)
- Link community assets and services
- Enhance family-school communication
- Help parents/guardians support their children as learners
- Build social support networks



## Family Support Programs

- **26,438 Attendees** (an increase of 4,673 from last year)
- Bring in partners who provide services and programs to families
- Help families function well so their children can succeed
- **8,686 Information & Referral Requests handled** (an increase of 1,355)
- **332 Robust Family Relationships**

## Early Childhood Development Programs

- **14,948 Attendees**
- Assists smooth entry into kindergarten
- Helps parents and children form an early and positive relationship with the school
- Offer families free exposure to the fundamentals of early education
- Connect some children to more intensive supports such as preschool special education services
- Let parents support each other



# Professional Development Provided by 21C



## Topics Covered in 2010-2011

- Organizing and operating large events and story hours
- Fundamentals of literacy
- Training for provisional FRC coordinators before civil service exams. (Interested members of the public also invited.)
- Recognizing abnormal behaviors in children.
- Preschool and School-age child development
- Educating and interacting with the public /Training on how to make a speech
- Child Abuse and SAVE training
- Training on healthy school and community environments
- An expert on measurement and theory of change discussed possible measurements of early literacy programs with staff

## Monthly Coordinator Meetings

Leaders of county organizations present updates on their programs or insights into their content area at many meetings, taking advantage of the efficiency of meeting with the group all at once. Coordinators may share information on activities taking place in their school, district, or area, or issues they see with the outside organizations. If asked, coordinators would say they learn the most from each other's successes, challenges, and insights. Topics of broad interest are presented by 21C staff and guests.

## Support for Developing Strong FRC Outcomes

Each FRC undertakes an outcome-guided project every year, except those staffed by new coordinators. This ensures continuous improvement and accountability. An outside expert provides training and one-on-one support.

## List Serve

Participate in Rockland's own listserve, CATI (pronounced "katie"). Occasional information about events in Rockland, national developments in community schools, nonprofits, job openings.

To subscribe, visit Rockland 21C's website and look for the image of a fountain pen. On the right side of the page that opens, you will see subscription information.



## FRC New Coordinator Trainings

This training series is primarily facilitated by Rockland 21C staff to equip coordinators with the fundamentals of operating a Family Resource Center.

## Symposia

21C offered a symposium in the spring on "How Children and Youth Learn and Grow in a Stressful World," that was attended by school staff and members of other organizations that work with children and families. Rockland 21C also co-sponsored the Rockland County School Health Coalition's 5th Annual symposium, "Connecting Health with Learning."



# About...

# Rockland 21C

## 21C Board of Directors

Harriet Cornell, Chairperson  
Mary Jean Marsico, Vice Chair  
Dennis Fleming, Treasurer  
Debra Thomas, Secretary  
Karen Oates, Finance Chair

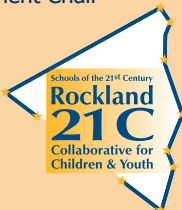
Roberta Zampolin, Human Resources Chair  
Bryan Burrell, Long-Range Planning Chair  
Jane Brown, Board Development Chair

Kim Cross  
Joan Facelle  
Daly Flanagan  
Vedeta Hanley  
Julie Kassel  
Elena D. Lavalas  
Miggy Lopez  
Mark McNeill  
Timothy O'Neill  
Arlene Sandner  
Susan Sherwood  
Erik Simon

Christopher St. Lawrence  
Ouida Foster Toutedon  
Margaret A. Umbrino  
C. Scott Vanderhoef  
Cliff Wood  
Walter Woodhouse

...

Anne Nissen, Administrator  
Rebecca Christner  
Operations & Communications Manager



## To support schools and FRC programs, Rockland 21C...

- **Provides professional development** through peer meetings, annual conferences, guest speakers, and field trips.
- **Identifies and suggests new strategies and models** such as the "Parent-Child Home Program", and strategies for helping immigrant families.
- **Connects to national models**, notably Yale's Schools of the 21st Century program and the Coalition for Community Schools.
- **Promotes annual planning accountability** and monitoring of program outcomes.
- **Fosters inter-district sharing** of best practices and nurturing this unique suburban model.

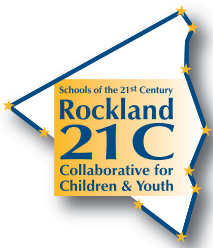
## To broker and leverage community investment, Rockland 21C...

- **Promotes a county-wide commitment** by rallying a varying continuum support from the county, towns, the state, and nonprofits.
- **Looks for opportunities to build capacity** such as by partnering with Rockland AmeriCorps, or the "Steps" program of the health department.
- **Partners or aids in development of joint grant applications** such as the US Department of Education's Full-Service Community Schools (FSCS) and New York State Department of Education's Literacy Zone programs.

## To facilitate a countywide commitment to children and families, Rockland 21C...

- **Serves as a recognized intermediary** for community partners who wish to share information with schools and families, or whom we represent on initiatives such as Youth Fest, Census 2010, the Steps program of the health department, and the Supplemental Education Summit.
- **Promotes a vision** of the importance of parental engagement and family support to children's school success.
- **Promotes** community cohesion and understanding that schools are neighborhood assets.
- **Gauges** Rockland family needs and strengths, and acting accordingly.





65 Parrott Road, Bldg. 10  
 West Nyack, NY 10994  
 Phone: (845) 627-5437  
 Fax: (845) 627-2934  
 www.rockland21C.org

**Return Services Requested**

NONPROFIT ORG  
 US POSTAGE PAID  
 MONSEY NY  
 PERMIT NO. 9416



I am really excited about working with our “Parent-Child Home Program” preschool families this year. I love seeing them come to the school for school events, workshops, and playgroups because I see them becoming part of our school in a tangible way. When families are really engaged in this process, it makes all my work worthwhile.

—Myriam Saravia, Neary Elem. School

We are so excited to be working on a literacy theme this year. We are piloting an after-school book club for some of our elementary school students, and offering a program to preschool parents to develop their children’s literacy skills so they are prepared for kindergarten.

— Lisa Cohen,  
 Clarkstown FRC  
 Partnership

I am really looking forward to working at Grandview to build its volunteer reading program. This is my first time being involved with the program and I am hoping to expand the number of volunteers that come to read with the students.

—Julie Ennis,  
 Grandview  
 Elem. School



Our goal this year is to encourage our families to exercise their minds and their bodies by offering a Family Fitness Night, after school enrichment activities, and our “Parents as Reading Partners” program. By focusing on both fitness and literacy and supporting our families in these areas, we believe our children will learn, grow, and thrive!!

— Charlene Vasilik  
 Sloatsburg Elem. School

Our summer reading program, “Drop Everything and Read”, at Hilltop School was so successful we plan to continue it by offering it for six weeks in the fall. Students will sign up to read at home, log their time and a parent or guardian will sign their log sheet so we can tally the time spent reading. Students will receive incentives each week to help encourage them to keep reading.

— Joan Raynor, BOCES FRC

