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Special thanks to the following individuals for their assistance with this project:

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For more information on Norristown CTC,
please contact:
Angela S. Bell, Esq.
Community Mobilizer
3125 Ridge Pike
Eagleville, PA 19403
610-630-2111 ext. 236
www.NorristownCTC.org

Leadership for Norristown Area
CTC for Youth is provided by:

Big Brothers Big Sisters Association
of Montgomery County
East Norriton Township and Police Dept.
Family Services
Girl Scouts of Freedom Valley
Interagency Council of Norristown
The Lincoln Center
Montgomery County Department of
Economic and Workforce Development
Montgomery County Health Department
Montgomery County Juvenile Probation
Montgomery County OIC
Norristown Area School District
Norristown Family Center
Norristown Municipality and Police Dept.
Norristown Weed and Seed
West Norriton Township and Police Dept.

(partial list only)

SUMMER

2011

**COMMUNITIES
THAT CARE**

Recreation & Resource Guide

FOR THE GREATER NORRISTOWN AREA

EMPLOYMENT OPPORTUNITIES

HEALTH TIPS

CAMPS

ACTIVITIES & EVENTS



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Norristown Area
Communities
That Care



for Youth

Norristown Area Communities That Care for Youth

Keeping Kids Safe and Drug Free

What is Communities That Care?

Communities That Care (CTC) is a risk-focused approach to reducing adolescent problem behaviors through community mobilization and planning. Local citizens and community leaders work together to identify the risk factors that increase the likelihood of problem behaviors developing, and enhance the protective factors that can shield youngsters from problems. The risk and protective factors are used to implement a comprehensive plan to step ahead of the problems with far-reaching and long-lasting solutions.

What are Risk Factors?

Risk factors, such as availability of drugs, family management problems, academic failure, and favorable attitudes toward problem behaviors, are those conditions that increase the likelihood that a child will develop one or more behavior problems in adolescence. Communities That Care attempts to identify and reduce or counter the risks present in the community, home and school.

What are Protective Factors?

Protective factors, like individual characteristics, bonding, healthy beliefs and clear standards, are aspects of adolescents' lives that counter risk factors or provide a buffer against them. A key strategy of Communities That Care is to enhance the protective factors that promote positive behavior, well being, and personal success.

CTC Risk Factors

The Norristown CTC for Youth Board has identified four priority risk factors that can lead youth in the greater Norristown area to adopt problem behaviors:

1. Family Management
2. Lack of School Commitment
3. Alienation and Rebelliousness
4. Availability of Drugs and Firearms

Norristown CTC Community Vision

The Norristown Area Communities That Care initiative strives to create a healthy community for youth and families through opportunities and collaboration efforts that will promote a safe, caring and educated environment for all.

What Can You Do?

Some of the things you can do to help make a difference in the lives of our youth are:

- Share in the decision making by joining our CTC for Youth Prevention Board.
- Lend your expertise (e.g. grant writing, PR, graphic design, program development).
- Spread the word about CTC to friends, family and community.
- Donate your services to support youth-based organizations, agencies or programs.

Other FUN PLACES To Visit

ACADEMY OF NATURAL SCIENCES

1900 Ben Franklin Pkwy., Phila., Mon.-Fri. 10 a.m.-4:30 p.m., Weekends 10 a.m.-5 p.m., \$12 Ages 13 & up, \$10 Ages 3-12, Free ages 3 & under. 215-299-1000 or www.ansp.org

AFRICAN AMERICAN MUSEUM

701 Arch St., Phila., Tues.-Sat. 10 a.m.-5 p.m., Sun. Noon-5 p.m., \$10 Adults, \$8 Ages 4-12 and Students with ID. 215-574-0380 or www.AAMPmuseum.org

AMERICAN HELICOPTER MUSEUM AND EDUCATION CENTER

1220 American Blvd., West Chester, Wed.-Sat. 10 a.m.-5 p.m., Sun. Noon-5 p.m., \$10 Adults, \$8 Children and Students, Free Ages 2 & under. 610-436-9600 or www.helicoptermuseum.org

CRAYOLA FACTORY

30 Centre Square, Easton, Summer hours: Mon.-Sat. 9:30 a.m.-5 p.m., Sun. 11 a.m.-5 p.m., \$9.75 Adults and Children, Free Ages 2 & under. 610-515-8000 or www.crayola.com/factory

ELMWOOD PARK ZOO

1661 Harding Blvd., Norristown, Open daily 10 a.m.-5 p.m., \$12 Adults, \$9 Children ages 2-12. 610-277-DUCK or www.elmwoodparkzoo.org

FRANKLIN INSTITUTE SCIENCE MUSEUM

222 North 20th St., Phila., Daily 9:30 a.m.-5 p.m., \$15.50 Adults, \$12 Children ages 4-11. 215-448-1200 or www.fi.edu

GREAT VALLEY NATURE CENTER

Rt. 29 & Hollow Rd., Devault, Mon.-Sat. 9 a.m.-5 p.m., \$50 family membership. 610-935-9777 or www.gvnc.org

INDEPENDENCE NATIONAL HISTORIC PARK

Liberty Bell, 526 Market Street, Phila. Independence Hall, 520 Chestnut Street, Phila. Open daily, 9 a.m.-5 p.m., Free. 215-597-8787 or www.nps.gov/inde

LONGWOOD GARDENS

1001 Longwood Rd., Kennett Square, Summer garden hours: Sun.-Thurs. 9 a.m.-6 p.m., Fri. and Sat. 9 a.m.-10 p.m., \$18 Adults, \$8 Ages 5-18 with valid ID, Free Ages 4 & under. 610-388-1000 or www.longwoodgardens.org

MORRIS ARBORETUM

East of the University of Pennsylvania 100 East Northwestern Ave., Phila., Weekdays 10 a.m.-4 p.m., Weekends 10 a.m.-5 p.m., \$16 Adults, \$7 Students and Children ages 3-17, Free Ages 2 & under. 215-247-5777 or www.morrisarboretum.org

NATIONAL CONSTITUTION CENTER

525 Arch St., Phila., Mon.-Fri. 9:30 a.m.-5 p.m., Sat. 9:30 a.m.-6 p.m., Sun. Noon-5 p.m., \$12 Adults, \$11 Students with ID, \$8 Children ages 4-12, Free Ages 3 & under. 215-409-6600 or www.constitutioncenter.org

PHILADELPHIA MUSEUM OF ART

26th St. & Ben Franklin Pkwy., Phila., Tues.-Sun. 10 a.m.-5 p.m., \$16 Adults, \$12 Students, Free Ages 12 & under. 215-763-8100 or www.philamuseum.org

PHILADELPHIA ZOO

3400 West Girard Ave., Phila., Daily 9:30 a.m.-5 p.m. \$18 Adults, \$15 Ages 2-11, Free Ages 2 and under. 215-243-1100 or www.philadelphiazoo.org

PLEASE TOUCH MUSEUM

Memorial Hall in Fairmount Park 4231 Avenue of the Republic, Phila., Mon.-Sat. 9 a.m.-5 p.m., Sun. 11 a.m.-5 p.m., \$15 Children and Adults, Free Under 1 year. 215-581-3181 or www.pleasetouchmuseum.org

RIVERBEND ENVIRONMENTAL EDUCATION CENTER

1950 Spring Mill Rd., Gladwyne, Mon.-Fri. 9 a.m.-5 p.m., Sun. 10 a.m.-4 p.m., Free. 610-527-5234 or www.riverbendec.org

THE SCHUYLKILL CENTER FOR ENVIRONMENTAL EDUCATION

8480 Hagys Mill Rd., Phila., Trails open daily: 8:30 a.m.-4:30 p.m., No admission fee charged. 215-482-7300 or www.schuylkillcenter.org

SESAME PLACE

100 Sesame Road, Langhorne. Open daily June 18-Aug. 7, 10 a.m.-9 p.m., Single day admission \$55.99, Free Under 23 months. 215-752-7070 or www.sesameplace.com

UNIVERSITY OF PENNSYLVANIA MUSEUM OF ARCHAEOLOGY & ANTHROPOLOGY

3260 South St., Phila., Tues. 10 a.m.-5 p.m., Wed. 10 a.m.-8 p.m., Thurs.-Sun. 10 a.m.-5 p.m., \$10 General, \$6 Child (ages 6-17) and Students with ID. 215-898-4000 or www.penn.museum

WATER WORLD

655 Schuylkill Road, Phoenixville, Mon. & Tues. Noon-7 p.m., Wed.-Fri. Noon-8 p.m., Sat. 11 a.m.-8 p.m., Sun. 11 a.m.-7 p.m. \$8-\$23 Weekdays, \$9-\$25 Weekends. 610-935-1290 or www.waterworldrec.com

Special Thanks to Our Lead Sponsor:



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June • Activities & Events

ACTIVITY	AGES	DATES/TIME	LOCATION	CONTACT	COST
Annual Children's Mental Health Awareness Day	All	June 5 11 a.m.-1 p.m.	Elmwood Park Zoo	610-292-5039 cpechere@montcopa.org	Free
Free zoo admission for the first 250 people. Free face painting, food, resource tables, and prizes! Sponsored by the Montgomery County Office of Behavioral Health.					
The Magic of Brian Richards	4 and up	June 11 1:30 p.m.	Montco-Norristown Public Library	Connie Hillman 610-278-5100 ext. 144	Free
The library's summer reading program gets off to a magical start!					
Norristown PAL/ CTC Youth Rally	All	June 18 Noon-3 p.m.	Norristown PAL 340 Harding Blvd.	610-278-8040 www.greaternorristownpal.org	Free
Contests, games, food and more. Sponsored by Norristown PAL and Norristown Area Communities That Care for Youth (CTC).					
International Food Fest and Dancing	5-12	June 27 1-4 p.m.	Montco-Norristown Public Library	Connie Hillman 610-278-5100 ext. 144	Free
Sample some tasty treats from around the world and enjoy live Indian dancing (2 p.m.).					





June 2011



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5 Annual Children's Mental Health Awareness Day	6	7	8	9	10	11 The Magic of Brian Richards
12	13	14	15	16	17	18 Norristown PAL/CTC Youth Rally
19	20	21	22	23	24	25
26	27 International Food Fest and Dancing	28	29 Guitar Lessons	30		

Bike Safety:

On your bike, ride with the traffic and away from parked cars.

Never ride in between parked or moving cars.

Obey all traffic signs.

Always wear bike helmet that fits your head — not too big or too small.

When riding your bike, make sure it has reflectors.



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July • Activities & Events

ACTIVITY	AGES	DATES/TIME	LOCATION	CONTACT	COST
Guitar Lessons	9-12	June 29 July 6, 13, 20 2 & 2:30 p.m.	Norristown PAL 340 Harding Blvd.	610-278-8040 www.greaternorristownpal.org	Contact PAL for info
Sponsored by Greater Norristown PAL.					
Drum Circle	12-18	July 6 1 p.m.	Montco-Norristown Public Library	Asha Verma or Isabelle Sender 610-278-5100 ext. 0	Free
Play rhythms on a variety of different instruments.					
Drawing with Troy	12-18	July 13 1 p.m.	Montco-Norristown Public Library	Asha Verma or Isabelle Sender 610-278-5100 ext. 0	Free
Learn from or just watch the artist at work! Materials will be provided. Bring your friends!					
Let's Salsa!	12-18	July 22 1 p.m.	Montco-Norristown Public Library	Asha Verma or Isabelle Sender 610-278-5100 ext. 0	Free
We're having a salsa party! Making salsa, listening to salsa music, dancing salsa style, and, of course, eating our chips and salsa.					





July 2011



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6 Drum Circle Guitar Lessons	7	8	9
10	11	12	13 Drawing with Troy Guitar Lessons	14	15	16
17	18	19	20 Guitar Lessons	21	22 Let's Salsa!	23
24	25	26	27	28	29	30
31						

Childhood Obesity

Make exercise a fun activity for the entire family. Take a long walk, ride a bike, or play a sport with your children regularly.

Encourage children to eat nutritious meals and replace high fat snacks with low calorie options, like fruit or yogurt.

Replace TV time with a physical activity, such as exercising or playing a sport.

Lead by example. If your children see you exercising and making healthy food choices, then they are more likely to do the same.



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August • Activities & Events

ACTIVITY	AGES	DATES/TIME	LOCATION	CONTACT	COST
Basketball Camp	7-14	August 1-12 9 a.m.-3 p.m.	Norristown PAL 340 Harding Blvd.	610-278-8040 www.greaternorristownpal.org	Free
Sponsored by Greater Norristown PAL. Features basketball drills, scrimmages, and instruction from local high school and college players. Lunch provided.					
National Night Out	All	August 2 6-9 p.m.	Carver Center	Doris Smith Starks dsmithstarks@norristown.org	Contact Town Watch or NPD
Sponsored by Town Watch and the Norristown Police Department.					
Henna Party	12-18	August 3 1 p.m.	Montco-Norristown Public Library	Asha Verma or Isabelle Sender 610-278-5100 ext. 0	Free
Watch an Indian film while getting a Henna tattoo, learn how to wrap a sari and taste some traditional Indian snacks. Remember, Henna is all natural and results may vary. Parental permission required.					
Sports Authority Skateboard Expo and Ice Cream Social	12-18	August 10 1 p.m.	Montco-Norristown Public Library	Asha Verma or Isabelle Sender 610-278-5100 ext. 0	Free
Sponsored by Sports Authority. Prizes! Ice cream flavors "invented" by teens. Meet outside the library.					





August 2011



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Basketball Camp 1	Basketball Camp National Night Out 2	Basketball Camp Henna Party 3	Basketball Camp 4	Basketball Camp 5	6
7	Basketball Camp 8	Basketball Camp 9	Basketball Camp Skateboard Expo 10	Basketball Camp 11	Basketball Camp 12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Take Care of Your Teeth

Brush and floss after each meal when possible (or at least in the morning and before bed).

Reach to brush molars that are in the back of the mouth.

Spit out toothpaste and rinse with water.

Limit the number of sweets. Replace junk food with fruits, cheese, yogurt and dark, leafy vegetables (calcium is important for strong teeth).



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On-Going • Activities & Events

ACTIVITY	AGES	DATES/TIME	LOCATION	CONTACT	COST
Teen Summer Reading Program	12-18	June 11-August 13	Montco-Norristown Public Library	Asha Verma or Isabelle Sender 610-278-5100 ext. 0	Free
<p>Register online at www.mc-npl.org. Every 600 minutes (10 hours) of reading anything or listening to audio books earns you a gift card to Wal-Mart. Write a review and you are entered in the weekly grand prize! Max 4 per person. While supplies last.</p>					
Tennis Lessons (Beginner)	7-17	June 27- August 12 Monday-Friday 9 a.m.-Noon	Contact PAL for info	610-278-8040 www.greaternorristownpal.org	\$70/individual
<p>Balls, racquets, t-shirt provided. Sponsored by Greater Norristown PAL.</p>					
Tennis Lessons (Advanced)	7-17	June 27- August 12 Monday-Friday 1-4 p.m.	Contact PAL for info	610-278-8040 www.greaternorristownpal.org	\$70/individual
<p>Balls, racquets, t-shirt provided. Sponsored by Greater Norristown PAL.</p>					
Summer Movie Madness	All	June 28, July 5, 19 July 26, Aug. 2, 9 1 p.m.	Montco-Norristown Public Library	Connie Hillman 610-278-5100 ext. 144	Free
<p>When the heat goes up, come in and cool down with a movie and some popcorn.</p>					



On-Going • Activities & Events

ACTIVITY	AGES	DATES/TIME	LOCATION	CONTACT	COST
Chess		July 6, 13 July 20, 27 6-8 p.m.	Norristown PAL 340 Harding Blvd.	610-278-8040 www.greaternorristownpal.org	Contact PAL for info
Sponsored by Greater Norristown PAL.					
Travels with the Magic Tree House	Grades 1-4	Mondays July 11-August 1 1 p.m.	Montco-Norristown Public Library	Connie Hillman 610-278-5100 ext. 144	Free
Book talk and activities based on the popular series.					
Tiny Trekkers Story Times	3-5	Wednesdays July 6-27 10:30 a.m.	Montco-Norristown Public Library	Connie Hillman 610-278-5100 ext. 144	Free
Stories from around the world for the wee folk.					
LEGO Build	5-12	July 18, 20, 22 3-4 p.m.	Montco-Norristown Public Library	Connie Hillman 610-278-5100 ext. 144	Free
Drop in and make some out-of-this-world creations with LEGOs.					



SUMMER Camps • Around The Area

Camp Millie

Camp Millie is a summer camp where grieving children and young teens can find friendship, support and have loads of fun! Our Beach Blast theme promises exciting opportunities for campers to explore feelings and reflect on memories while recognizing personal strengths and developing new ways to cope. Children and teens, ages 6-14. Monday, June 27-Thursday, June 30, 9 a.m.-1:30 p.m. Cost is \$100 per camper and includes t-shirt, activities, swimming, snacks, and lunch on the last day. Sibling discounts offered. Camp held at Variety Club Camp & Developmental Center in Worcester. For registration information, contact Lois Harris at 610-222-4115 or lh@bereavementcenter.org.

Camp Rainbow

Camp Rainbow is a week-long residential camp near Schwenksville that is open to deserving children, ages 7-16, living in Montgomery County. Weekly sessions run from July 3-August 12. This is a free camp, but requires a recommendation from a referring agency. For more information and an application, go to www.camprainbowinc.com.



Camp Strong

This camp is offered to any student in the Norristown Area who is looking to have fun in the sun this summer. Campers participate in age-appropriate programs including arts and crafts, games, life skills, weekly field trips, talent shows, and wildlife presentations, just to name a few. Meals and snacks are provided to all campers. Campers swim daily at Norristown High School Pool and Audubon Outdoor Pool (formerly Markley Farms Swim Club). Fridays include trips to Phillies games, Dorney Park, Seaport Museum, Camden Aquarium, and Mill Grove Park for outdoor workshops, hiking, canoeing, and archery. Children must be 5 years old prior to June 14, 2011, and can be as old as 15 years old. Monday, June 20-Friday, August 26 (no July 4th). Fees vary upon residence. Camp held at Roosevelt High School. For more information, call Erica Genuardi at 610-539-2974 or e-mail egenuardi@fvymca.org.

SUMMER Camps • Around The Area



Camp Xtreme

Camp Xtreme is a math and science enrichment program that is designed to teach and energize the minds of students throughout the summer. The all-inclusive program provides meals, swimming and educational trips for one low price. Individual reading, tutoring and Valley Forge National Park nature study are part of the STEM based curriculum. Limited spaces available. Ages 7-15. June 20-August 12. \$85 per week (pre-pay). Camp is held at 1101 Arch Street, Norristown. For information, contact Denise Ashe at 610-279-9700 or deashe@aol.com.

Director's Cut ACPPA Community Art Center Summer Intensive

In July, join us for a month-long arts intensive as we explore multidisciplinary arts. We will study set and costume design, learn about choreography and composition, and write and direct film shorts. All art explorations will culminate in a student created and produced Variety Show and Exhibition to be held Friday, July 29, at 6:30 p.m. This year, an additional three weeks of camp have been added to accommodate families needing further child care. Pre-Intensive meets June 27. Post-Intensive meets August 1-12. All participants of All Access Backstage will meet in age-appropriate groups from 9 a.m.-Noon. An optional extended day program is available until 3 p.m. on the days that participants attend the Intensive. Lunch is provided for extended day students. Ages 3-13. June 27-August 12. Cost: \$80-\$465 depending on length. Camp held at ACPPA Community Art Center. For information, contact Amy Grebe at 484-681-4847 or info@acppa.net.

Elmwood Park Zoo Summer Camp

For the true animal lover, we have the ultimate behind-the-scenes experience. Elmwood Park Zoo understands the importance of teaching children about wildlife and environmental conservation. Our summer camp program motivates children by bringing live animals right into our classrooms. Although our camps are all about fun, the real message is about being a part of something much larger, and that the most important thing we can do to help save the planet is to have compassion and kindness for the other lives that live here. Weekly sessions begin June 20. June 20-July 22 for 6-8 years old; July 25-August 12 for 9-11 years old; August 15-19 for 12-13 years old. \$250 per week. 20 percent discount for multiple weeks or multiple children. Camp is held at the Elmwood Park Zoo, 1661 Harding Blvd., Norristown. For information, call 610-277-3825 ext. 236 or e-mail education@elmwoodparkzoo.org.



SUMMER Camps • Around The Area

Greater Norristown Art League's Summer Camp for Children

Activities include drawing skills, sculpting, printmaking, mixed media, and collages. Ages 6-14. Nine weekly sessions in June, July and August. 10 a.m.-2 p.m., Monday through Friday. \$125 per week. Camp held at 800 West Germantown Pike, East Norriton. Registration via email is preferred. For details, go to www.gnal.org, email contact@gnal.org or call 610-539-3393.



Kids The Heart of the Arts Summer Camp

Students take part in activities in theater, music, art, and dance. Guest performers and special activities are a part of the camp. Ages 5-14. Camp begins June 27 and runs daily to July 29 (off July 4). There are three plans: 9 a.m.-1:15 p.m.; 9 a.m.-3:15 p.m.; and 9 a.m.-5:15 p.m. Cost: \$370-\$430 (depending on length of plan). Camp held at the Montgomery County Cultural Center, 208 DeKalb Street, Norristown. For information, contact Executive Director Fran Doyle at 610-279-1013 or doy208@aol.com.

Patrician Society Summer Day Camp

The camp will open on July 5 for its 31st season providing boys and girls with recreational and educational activities Monday through Friday from 8:30 a.m.-2:30 p.m. The camp operates in six, one week sessions with space for 40 children in each session. Children may enroll in one or more sessions. The camp is conducted by a four-person adult staff, all of whom have prior child care experience. The typical camp schedule includes arts and crafts, sports, games, field trips, swimming, and other activities. A boxed lunch is provided for any child who wishes to have it. Ages 5-11. July 5-August 12. \$30 per child, per session. Camp is held at 703 Green Street, Norristown. For information, contact Joseph Maccolini at info@patriciansociety.org or 610-272-6316.



SUMMER Camps • Around The Area

Theatre Horizon Summer Camp

An action packed drama camp taught by Philadelphia area theatre professionals. Young actors spend the week working as a team to create a play full of drama—full of drama, comedy, suspense, mystery, and action. They are guided through playwriting, fun improvisational games and acting exercises that encourage creativity and self confidence. Students will also learn the basics of stagecraft, how to speak loudly and clearly, how to work in teams, how to accept and respect others' ideas, and how to criticize constructively. On the last day, they perform their world premiere play for an audience using props and costumes. Ages 5-14. June 19-August 25. Cost: \$120-\$160 (depending on age and location). Camp held in Abington, Cheltenham, Haverford, Lower Merion, Norristown, Northampton, Plymouth, Radnor, Upper Dublin, Upper Merion, and West Norriton. For details, contact Michael McElroy at 610-283-2230 or michael@theatrehorizon.org.

Ultimate Summer Soccer Camp

Summer soccer clinic run by Jeffersonville Soccer Club. Players will focus on basic developmental drills. Toward the end of the week, each coordinator will work on assigned positions and specific areas of the field. Camp for boys and girls in East and West Norriton and Norristown, ages 6-14. July 25-29, 5:30-7:30 p.m. Camp held at Norristown Area High School. Cost is \$75 per player. Family discounts available. For a registration form, go to www.jeffersonvillesoccerclub.com.

West Norriton Summer Day Camp

Various activities offered, including arts and crafts, daily sporting activities, special guest appearances, day trips, movies, bowling, roller skating, and plays. Ages 5-13. Camp will run 6 weeks from June 27-August 5. Camp hours are 8:45 a.m.-3 p.m., Monday through Friday. Cost is \$250 (township resident) and \$350 (non-resident). Camp held at Marshall Street Elementary School. Registration packet available at West Norriton Township Building. For details, call 610-630-1251 or go to www.westnorritontwp.org.



Attention NASD Parents:

Don't Wait—Vaccinate Your Kids Now!

For attendance in ALL GRADES in 2011-2012, children need the following:

- 4 doses of tetanus* (1 dose on or after the 4th birthday)
- 4 doses of diphtheria* (1 dose on or after the 4th birthday)
- 3 doses of polio
- 2 doses of measles**
- 2 doses of mumps**
- 1 dose of rubella (German measles)**
- 3 doses of hepatitis B
- 2 doses of varicella (chickenpox) vaccine or history of the disease

**Usually given as DTP or DTaP or DT or Td*

***Usually given as MMR*

Children attending 7th grade in 2011-2012 need the following:

- 1 dose of tetanus, diphtheria, acellular pertussis (Tdap) (if 5 years has elapsed since last tetanus immunization)
- 1 dose of meningococcal conjugate vaccine (MCV)

These requirements allow for medical reasons and religious beliefs. If your child is exempt from immunizations, he/she may be removed from school during an outbreak. Pennsylvania's school immunization requirements can be found in 28 PA.CODE CH.23 (School Immunization).

DON'T WAIT... VACCINATE NOW!

For more information on vaccination requirements, contact your healthcare provider or
the Montgomery County Health Department at 610-278-5145.



Parks • In The Area

Norristown Farm Park

2500 Upper Farm Road, Norristown (off of Germantown Pike). Walking, hiking, bicycling, picnicking, fishing. 610-270-0215.

Central Perkiomen Valley Park

1 Plank Road, Schwenksville (between Routes 29 and 73). Hiking trails, biking, fishing, picnicking. 610-287-6970.

Lower Perkiomen Valley Park

101 New Mill Road, Oaks (Rt. 422 and Egypt Road). Baseball, softball, playground, picnicking. 610-666-5371.

Green Lane Park

2144 Snyder Road, Routes 29 & 63, Green Lane. Fishing, boating, picnicking, hiking trails, mountain biking trails, family camping, tennis, sand volleyball courts, playgrounds, Education Center with environmental classes. 215-234-4528.

Mill Grove/Audubon Wildlife Sanctuary

1201 Pawlings Road, Audubon. Historic mansion and wildlife display. Works by John James Audubon in gallery. Hiking, bird watching. 610-666-5593.

Upper Schuylkill Valley Park and Wildlife Center

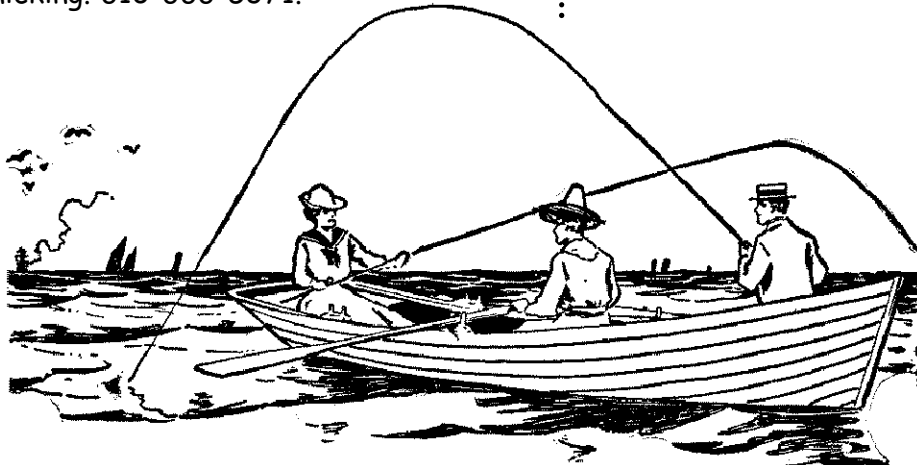
1600 Black Rock Road, Royersford. Boating and fishing, wild animal and raptor display at the park's Wildlife Center. 610-948-5170.

Evansburg State Park

Germantown Pike at Skippack Creek Road, Skippack Township. Hiking, fishing, mountain biking, picnicking, playground, ballfields. 610-409-1150.

Valley Forge National Historical Park

Route 23, Valley Forge. Auto touring, biking, bird watching, nature walks, interpretive programs. Welcome Center open 9 a.m.-5 p.m. daily. 610-783-1077.



20 (Simple) Things Parents Can Do to Keep Kids Alcohol and Drug Free

Study after study supports the fact that parents are the most powerful tool in keeping their children alcohol and drug free. As parents, you do not need to spend money to accomplish this goal. It is spending time together that truly makes a difference. Not sure where to start? Check out what other Norristown area families are doing.

10 Things Parents Can Do to Keep Their Kids Alcohol and Drug Free

1. Have a loving family environment where your children know they can talk to you about how they feel and what they are going through.
2. Be a good role model for your children. Don't do drugs or abuse alcohol.
3. Make sure your kids know how to contact loved ones when they are in a bad situation.
4. Know your kids' friends and keep negative influences away from them.
5. Spend quality time with your kids: Have regular family dinners. Hold family movie/game nights. Do chores side-by-side. Take pictures and make a family album. Play dress up.
6. Make sure they are educated on the dangers of alcohol and drugs.
7. Do not allow your kids access to alcohol in your home.
8. Let your children know the consequences of drinking or doing drugs.
9. Enroll them in positive activities.
10. Value education: Go to the library together. Check their homework. Attend school events.

10 Fun, Alcohol and Drug Free Activities Kids Can Do With Their Families

1. Play sports
2. Movie and game nights
3. Read books together
4. Go to the library
5. Attend church
6. Make scrapbooks; work on hobbies
7. Take trips
8. Go to the park and play ball, tag, or jump rope
9. Eat dinner at the table
10. Play make believe, sing songs, do puzzles

Employment Rules & Youth Empowerment

Q: What are working papers?

A: The Application for Employment Certificate is required for all youths ages 14 to 17 before an employer can hire them.

Q: How do you get them?

A: The forms are available at the high school guidance office.

Q: When do you need them?

A: You must fill out a new Application for Employment Certificate every time you apply for a job if you are 14 or 15 years old. You will receive a yellow working permit once your application is completed and returned to the high school. If you are 16 to 17 years old, you need only fill out the form one time. You will then be issued a blue transferable work permit which you should laminate and keep if you change jobs or have more than one job.

Q: What documentation is needed to fill out the application?

A: You need the signature of your parent or guardian and proof of age, such as a birth certificate, passport or baptismal certificate. You need a physical or a physician must stamp your form if you have passed a physical in the last year. Your employer must fill in the questions on the back of the form if you have already obtained the job.

Q: What hours can I work?

A: If you are 14 or 15, you may work no more than 3 hours a day on a school day and a maximum of 18 hours a week and 40 hours during a non-school week. You may not work after 7 p.m. or before 7 a.m. During summer vacation, you may work until 9 p.m. If you are 16 or 17 years old, you can work no more than 8 hours on any given day for a maximum of 28 hours during the week PLUS a total of 16 hours on the weekend. You may not work after midnight Sunday through Thursday or before 6 a.m. on any day.

Montgomery County Youth Empowerment Program

This program offers one-on-one career guidance, GED preparation, skill training options and mentoring at no cost to participant. Next Step advisor will provide skills assessment and help the individual develop a career path. The advisor will also help clients get into free classes and tests to earn the GED. Job training will then include internships, apprenticeships, job shadowing and paid and unpaid work experiences and classes at local community colleges or technical centers. For more information, call the Montgomery County Department of Economic and Workforce Development at 610-292-4596.

Norristown Area Communities That Care for Youth (CTC) is a group of community members working together to help our youth become the best they can be. CTC supports the following strategies:

Brief Motivational Intervention (BMI)—

Targeted counseling for youth cited for a first offense underage drinking and referred by the District Judge.

Call Kerri Hunsberger
(The Lincoln Center) at
610-277-3715 ext. 243

Truancy Abatement Initiative—

NASD staff and community partners promote attendance and education of youth through a variety of programs and services.

Call Sgt. Michael Crescitelli at
610-270-0977 or Kelly Brown at
610-630-2111 ext. 232

Guiding Good Choices and Staying Connected With Your Teen—

5-week programs designed to assist parents in preparing their children/teens to make positive decisions and identifying the early warning signs of substance abuse.

Call Alissa McBride at
610-630-2111 ext. 239

Norristown Police Department SafeKids—
A 3-pronged initiative that minimizes the risks that children face at home, school and in their community.

Call Officer Brian Saxon at
610-270-0977

Life Skills Training—

A national model substance abuse prevention curriculum for 5th-8th grade students that strengthens decision-making and resistance skills.

Call Cassandra Iannetta at
610-630-2111 ext. 233

**SPARKS
(Strong Parents Actively Raising Kids Safely)—**

A free family counseling program that helps families of students dealing with attendance concerns.

Call Vivann Schorle at
610-630-2111 ext. 257

24 Take-Out/Underage Drinking Enforcement, Responsible Alcohol Management Program (RAMP), Sticker Shock—
Various underage drinking prevention and enforcement efforts.

Call Alissa McBride at
610-630-2111 ext. 239

52 Pick-Up/Drug Patrols—
Police details targeting street level drug dealers with two primary objectives: stop open-air, street corner drug sales/related violence and identify/target areas youth frequent to obtain drugs.

Call Sgt. Michael Crescitelli
at 610-270-0977



Don't smoke your future

HAVE THIS



WEAR THESE



RISK THIS...



Norristown Area
Communities
That Care



for Youth

610-630-2111 ext. 236
www.norristownctc.org

**Marijuana will cost you...
Debunk the myth**

FIND YOUR 25th HOUR

10 MINUTES AT THE BUS STOP



Everyone could use an extra hour each day to talk to their kids, but who can find the time?

That elusive 25th hour. The time you need to keep up with your kid's life. People are discovering it every day. It's easier than you think to stay involved in your child's life. Have a conversation with your kids. In the car. Grocery shopping. At the bus stop. While doing laundry. **No deep thoughts, no birds and bees, just "Can you tell me about your day?" can make all the difference.**

Robin found an extra hour in her day... here's how:

10 minutes waiting for the bus
20 minutes over dinner
20 minutes doing laundry
10 minutes before bed

= The 25th Hour

The **25th** Hour

Every minute adds up to something special.

Tell us how you discovered your 25th hour (610) 630-2111 or www.FindYour25thHour.org

