



## **SUMMERFEST '23 - June 3rd, 3-8pm - CHESTER PARK**

The weather is warming up (slowly), so that must mean SummerFest is around the corner! And, heading back to where it all began - Chester Park! This gem on the north end of Pelham is the perfect spot to be together and enjoy a full day of fun for all ages. With lots to enjoy for your \$20 admission bracelet and also tickets available to purchase add-on activities, everyone can choose what they enjoy—kids and adults alike!

All the details are [here](#), including a way to buy admission in advance. This is Pelham Together's one annual fundraiser which we rely on to make sure [our programs and resources](#) reach as many Pelham youth and families as possible. Please join us for a great day!



## PELICONES ICE CREAM ENTERS SEASON

4!

Pelicones Ice Cream by Pelham Together is getting geared up for another season of selling ice cream from everyone's favorite vintage ice cream truck. If your teen (14+) is interested in being part of the staff this summer, let them know about the first informational meeting, May 15th, 7:30pm at Huguenot Church Library. No commitment, just come and hear about the various positions, many of which are paid!

And if you're thinking of including Pelicones at your next party, stay tuned for the start of the season in June!

A poster for a 'Therapy Dogs!' event. It features a cartoon illustration of a golden retriever sitting on the left. The text on the right reads 'THERAPY DOGS!' in large white letters, followed by 'MAY 11TH 3:15-4:15' and 'Outside of PMHS main entrance'. At the bottom right, it says 'SIGN UP IN THE MORNING ANNOUNCEMENT EMAILS!'. The Pelham Together logo is at the bottom left, and the text 'Hosted by Pelham Together, PMHS, and the PMHS PTA' is at the bottom center.

**THERAPY DOGS!**  
MAY 11TH  
3:15-4:15  
Outside of PMHS  
main entrance

**SIGN UP IN THE  
MORNING  
ANNOUNCEMENT  
EMAILS!**

**PELHAM TOGETHER**  
Hosted by Pelham Together,  
PMHS, and the PMHS PTA

In celebration of May being Mental Health Awareness Month, Pelham Together partnered with PMHS and the PMHS PTA to bring our high school students THERAPY DOGS to help de-stress during testing. Studies have shown that being around animals can help reduce anxiety, tension, and stress hormones, and even lower our blood pressure and heart rate!

Also this month, you can find weekly social media posts about various mental health topics, including eating disorders, ADHD, and more. As we post them, we'll add them to our website blog, which you can find [here](#).



**COMMUNITY ART PROJECT BEGINS AT  
THE  
PELHAM MARKETS!**

The Pelham Together Middle School Club has developed a plan to promote KINDNESS! The kids are currently collecting all types of fabric in all colors!! Towels, T-shirts, blankets, sheets, curtains, you name it and they'll take it! Please drop off at the PMS main entrance or send in with your middle-schooler. If it's white, they will dye it, but they'd prefer all kinds of colors! Using the fabric, they will create a woven mural around the trees in Gazebo Park.

High school kids will help, and families are invited to participate together. Let's show our kids how much we all CARE ABOUT KINDNESS!!

The project will take place over several Sundays during the Pelham Markets. We are looking for some adult volunteers to oversee the project each Sunday, so please email Jen Silvester at [jen.silvester10@gmail.com](mailto:jen.silvester10@gmail.com) if you're interested.

You can add to the mural on any Sunday from May 21st - June 14th. Everyone is welcome! If you have a middle school student who would like to be involved in the planning, please encourage them to reach out to Ms. Kitay at school, or email her at [jkitay@pelhamschools.org](mailto:jkitay@pelhamschools.org), or Danielle Marrero at [dmarrero@pelhamtogether.org](mailto:dmarrero@pelhamtogether.org).



**IS YOUR TEEN LOOKING FOR A SUMMER  
JOB?  
LOOK NO FURTHER!**

Pelham Together hosts a job board where local employers post jobs for youth aged 14-22. As we get closer to the summer, we will have more and more opportunities, so keep checking back! Last summer there were many postings for camp counselors, local businesses, lifeguards, and child care.

Click the button below to see what's out there!

If you have a job to post, please click [here](#).

## TECH TALK

Lately we've come across a few things that we thought were very worthwhile and are sharing them with you here.

### 1. Sarah Trombley, Thoughts From A Digital Mom

Sarah is a Pelham mom with a background in the digital world who writes a very informative blog about tech use.

She uses her expertise and her own experience to cut through the mountain of information out there and offers very practical and useful tips for parents. And in case anyone is considering a smartwatch as a graduation gift, her latest post includes some thoughtful suggestions. We

highly recommend it!

Click [here](#) to check it out!

### 2. Mayo Clinic article about Screen Time for kids

This article lays out the concerns around screens in very straightforward terms, how to determine limits for different aged kids, and what types of things you might want to address in advance (since you may not be there when it happens. . .).

Read more [here](#).



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Our mailing address is:

Pelham Together  
901 Pelhamdale Avenue  
Pelham, NY 10803

FB: @pelhamtogether

Insta: pelhamtogetherfamilies

Ph: (914) 738-0482

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