

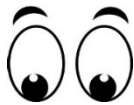
PHA Post



Family Housing: August 2018

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For community events and updates, check out our website at <http://www.phaplattsburgh.com/>

Reminders

Telephone numbers

Have you recently changed your telephone number? Call PHA at 518-561-0720 extension 224 or extension 229 to update your number in our records.



Smoke-Free Housing

Effective **July 30, 2018**, as required by HUD, all apartments and community areas at Plattsburgh Housing Authority, as well as all outside areas within 25 feet of a building (within 40 feet for senior high rise buildings) went **smoke-free**. Tobacco Cessation Services are being offered **at no cost** to PHA residents interested in quitting (contact Elise at 518-314-3633). Also, if you are ready to start your journey to a tobacco free life, there will be a 7-week "Butt Stops Here" program offered at PHA starting in October 2018 (more details to come)!!

Back to School Time

As a parent or caregiver, you are your child's first and most important teacher. When parents/caregivers are involved in their children's education, they achieve more and have a more positive attitude toward school.

Here are some tips to help your child succeed in school:

- ✓ Get to know your child's teacher(s) – attend open houses and parent-teacher conferences
- ✓ Ask about homework – what it is and when it is due. Check to make sure it is done.
- ✓ Provide a quiet place to study without distractions
- ✓ Make sure your child gets a good night's sleep each night.
- ✓ Have a positive attitude about school and learning.
- ✓ Check the school's website regularly to stay informed.
- ✓ Get involved – volunteer at a school dance, book fair or sporting event.
- ✓ Get to know your child's friends.
- ✓ Celebrate school successes.
- ✓ Encourage your child to read on a daily basis

Using these tips can have a great impact on your child's future. Success in school will make both you and your child proud of their accomplishments!

School Supplies

JCEO in Plattsburgh is accepting applications to receive school supplies until the end of August. Contact the JCEO office at 54 Margaret Street, Plattsburgh, NY for more information.

Inspirational Corner

"Integrity is doing the right thing, even when no one is watching."

~ C.S. Lewis ~

Plattsburgh Housing Authority

518-561-0720

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