



FRC Connections

Monthly News, Information and Events of the Nyack Middle School and Family Resource Center

THE NYACK MIDDLE SCHOOL FRC WANTS TO HELP YOU HELP YOUR CHILDREN SUCCEED

Call Wanda Octaviano, your FRC Coordinator, for parenting support, community resources, school information, translation services, school supplies & more!



845-353-7214

woctaviano@nyackschools.org
OFFICE HRS M-F: 8:30AM – 1:30PM
SE HABLA ESPANOL

WINTER IS HERE!

And so is the need to take special care to **stay healthy and prevent spreading illness at school!** Thanks Nurse Lynn!

- Wash hands often with soap and water especially after coughing, sneezing or blowing your nose, and always before eating.
- Avoid touching your eyes, nose or mouth in school.
- Don't share food, utensils, beverages.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue into the trash and wash your hands.
- Cough and sneeze into your sleeve or elbow instead of your hands if you don't have a tissue.
- Stay home when sick, especially with fever (100.0 and up), persistent cough/wheezing, unexplained rash, vomiting and diarrhea.
- In general, students should stay home until symptom free for 24 hours, and see a doctor when symptoms are severe/persistent.

COAT DRIVE UPDATE

Thanks to everyone who contributed to the FRC and G.O. Club Coat Drive!

Over 30 coats were collected for men, women and children, along with tons of winter hats, gloves and scarves! Items will be delivered to **People to People**. Thanks to **Mr. Gabriele** and his student team!

FRC PROGRAMS

Call 845-353-7214 for Program Info!

GIRLS CIRCLE - 6th & 7th Grade

Girl Circle is a free, nationally recognized program designed to promote strength and resiliency in girls and young women. Begins Fri, Feb. 3rd.

POSITIVE ACTION CLUB -8th Grade

Starting Tues, Jan. 31st, 8th graders can have fun while they learn how to manage their time, make good decisions, tap into their potential, and make a difference!

SCHOOL SUPPLIES

WE NEED BINDERS! Please drop off donations in the Guidance Office during school hours. Thank you!

DONATION STATION

Help students and families anonymously with specific items in times of need or crisis. Call the FRC to be added to our email list, or to make a specific request for your family.

STUDENT DROP-IN

Students in need of a break, a light snack, school supplies or who just want to talk are welcome to stop by the FRC office during their lunch periods.

NYACK LIBRARY TEEN PROGRAMS

Call 845-358-3370, ext. 236 for more info or to register for: Junior Docent Program (Hopper House), Creative Writing, Yoga, Volunteer Opportunities and more!

MARK YOUR CALENDAR:

- Feb 8 – PTA Meeting, 7:30pm, Library
- Feb 9 – OCADA Coalition, 7pm
- Feb 10, 7pm; Feb 11, 2pm and 7pm – SHREK The Musical Jr. - \$12 per ticket
- Feb 15 – SEPTSA Meeting, 7pm, Library
- Feb 17 – Principal's Breakfast, 9am
- Feb 20 – 24 – Mid-Winter Recess
- Feb 27 – School Reopens

PATIENT PARENTING

Improve Your Parenting Skills!

Presented in English & Spanish
Dr. Vahid Najafi, PhD



Weds, Feb. 1, 8, 15, 22, Mar. 1 & 8
7pm-8:15pm

ONE TO ONE LEARNING

640 N. Midland Avenue, Nyack

Contact Rosa Liyim to register

845-267-2171, ext. 283

liyimr@mharockland.org

FREE PROGRAM | Se Habla Español

FREE TRANSPORTATION TO DOCTOR APPTS!

From your house to Main, Twin or Suffern **Refuah Health Center** Locations
CALL 845-425-4623 or c: 845-708-3084

Have **MEDICAID?** You can arrange **FREE** Transportation to Doctors' Appointments!
CALL Medicaid Office 845-364-3040