



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: 9AM – 2PM
SE HABLA ESPAÑOL

SUMMER CAMP TIME IS HERE ... And the FRC can help!

Finding the right summer camp for your child is not always easy. What do they like? Sports? Art? Music? Theater? Science? Technology? Cooking? Day camp or sleep-away? There are many choices in and around Rockland County.

Here are some great online resources. Keep in mind that program information is always subject to change so please contact providers for the most current information, dates and costs. For more information, contact us at 845-353-7214.

- <http://www.nymetroparents.com/listings/Camp##>
- <http://www.nyparenting.com/camp-guide/>
- <https://mommypoppins.com/new-york-city-kids/camps/great-tech-camps-in-nyc-for-tots-through-teens>
- <http://www.acanynj.org/>
- <http://hvpparent.com/camp-guide>

We Are So Grateful!

Thanks to Evelyn Bautista-Miller, founder of Tender Steps NY, for her bilingual parenting workshop, The Five “E’s of Parenting” held on March 18 and 25th! <https://www.tenderstepsofny.org/>. And thanks to Nyack Library for hosting!

Thanks, also, to Sonia McGowan from EatSmart NY (Cornell Cooperative Extension) for her nutrition presentation to the students of the Waldron Terrace HW Club on March 21st. Students learned how to read nutrition labels, how to make healthier choices, made fresh, fruit snacks and had fun while doing it!

FRC PROGRAMS

DONATION STATION

Help 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.

SPONSOR A STUDENT

Sponsor a student and cover the cost of PTA or school-sponsored, fee-based events, trips or activities for the year.

GRADUATION GOWN DRIVE

Please consider donating \$20 toward the purchase of a graduation gown for one of our 8th grade students! Send check payable to Nyack Middle School or cash to the FRC or MAIN OFFICE **by Apr 15th!**

The 2019-2020 Nyack District Calendar is here! Go to: <http://www.nyackschools.org/> under District Announcements!

IMMIGRATION RESOURCES

- NYS Office for New Americans (ONA) Hotline:
800-566-7636, 9am – 8pm
- FREE Legal Assistance to apply for U.S. Citizenship:
NaturalizeNY, **800- 566-7636**
www.NaturalizeNY.org
- Call /Text Literacy Solutions:
845-826-5022 for FREE help with citizenship application.

MARK YOUR CALENDAR:

- Apr 2 - BOE Meeting, NHS, 7:30pm
- Apr 2 -3 – NYS ELA Testing
- Apr 11 - MS National Jr. Honor Society Induction, 7pm
- Apr 12 – National DAY OF SILENCE
- Apr 16 – BOE Meeting, NHS, 7:30pm
- Apr 18 – NMS PTA Staff Luncheon
- Apr 19 – Good Friday / No School
- Apr 20 – Passover Begins
- Apr 21 – Easter
- Apr 22 – 26 – Spring Recess / No School
- Apr 29 – Schools Reopen
- May 1-2 – NYS Math Testing

DID YOU KNOW?

NAM/BASICS EDUCATION PROGRAM

Free, 6-week class for parents/caregivers of children & adolescents with mental, emotional and/or behavioral health concerns. Learn the facts about mental health conditions, treatment, resources and how to best support your child at home, school & while getting treatment.

Thursdays, Apr 4 – May 9, 6:30p – 9pm
 St. Dominic’s Family Services
 500 Western Hwy, Blauvelt - Training Rm
 Pre-registration required
 Call 845-359-8787 or email familysupport@namirockland.org

PARENT/TEEN SUPPORT GROUPS

MHA of Rockland in Valley Cottage, offers a free monthly support group for parents (and teens) entering high school with an emotional disability. Next Meeting: April 10, 6:30pm. Call **845-267-2172, x281** for more information!