



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 ESPAÑOL

MONDAYS IN MARCH ARE FOR PARENTING SKILLS

Starting March 5th, join us at the Nyack Center for a FREE series of parenting workshops every Monday in March. Thanks to Evelyn Bautista-Miller from Tender Steps NY for joining our team to bring this important program to Nyack families. Different topics weekly!
<https://www.tenderstepsofny.org/>

FRC & TENDER STEPS NY Presents PARENTING WORKSHOP SERIES

Mondays in March - FREE

6:30pm – 7:30pm

Nyack Center, 58 Depew Avenue
 Childcare/Dinner/Raffles!

CALL 845-353-7214 TODAY!

FRC PROGRAMS

Call 845-353-7214 for Program Info!

GRADUATION GOWN DRIVE

Please consider donating \$20 toward the purchase of a graduation gown for some of our 8th grade students! Send a check, payable to Nyack Middle School, to the FRC by March 23rd!

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 who need 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.

MARK YOUR CALENDAR:

- Mar 5 – FRC Parenting Workshop, 6:30pm, “Parent-Child Relations”
- Mar 8 – 8th Grade March Madness Basketball Game
- Mar 8 – College Fair Day
- Mar 9 – NO SCHOOL-Superintendent’s Day
- Mar 9 – MS Play, The Lion King, 7pm
- Mar 10 – MS Play, The Lion King, 7pm
- Mar 12 – FRC Parenting Workshop, 6:30pm, “Your Child’s Self-Esteem”
- Mar 19 – FRC Parenting Workshop, 6:30pm, “Managing Difficult Behaviors”
- Mar 22 – Waldron Terrace Family Night
- Mar 26 – FRC Parenting Workshop, 6:30pm, “Teaching Internet Safety”
- Mar 29 – Career Day
- Mar 30 – NO SCHOOL / Good Friday

FLU SEASON IS NOT OVER!

The flu is not just a really bad cold! It can cause mild to severe illness.

Although there are no Health Dept. flu vaccine clinics scheduled at this time, you can call (845) 364-2534 to make an appt. to get a flu shot. You can also check with your doctor, your child’s doctor, or visit www.flu.gov/ to find flu vaccine clinics in your area.

The flu vaccine is free if you are: 65 years and older (with ID/ proof of age), have Medicare/Medicaid (with card), are uninsured or underinsured. If not, there is a \$25 fee. For more information visit: <https://www.health.ny.gov/diseases/communicable/influenza/seasonal/>

Sign Up Online for Spring Sports!

Registration opened, Feb. 19th

<https://nyack-ar.schooltoday.com/>

Looking for Summer Camp Info? Call Your FRC Coordinator TODAY!

FREE IMMIGRATION LEGAL CLINIC

Friday, March 2, 10am – 3pm

The Church of St. Joseph
 245 North Main St, Spring Valley

APPOINTMENTS ONLY!

CALL 347-921-0631 or EMAIL:
 CCCSCOMMCLINICS@gmail.com



Nyack Family Resource Centers Present
PARENTING WORKSHOP SERIES
 For Elementary and Middle School Parents

Workshops Facilitated by Evelyn Bautista-Miller, Founder, Tender Steps of NY, Inc.

WIN WEEKLY RAFFLE PRIZES!

FREE PROGRAM!
 Come to one workshop or all of them!

Mondays, 6:30pm* – 7:30pm
 *Doors Open at 6:15pm
 THE NYACK CENTER
 58 Depew Avenue, Nyack

- March 5 - Improving Parent-Child Relations
- March 12 - Building Your Child’s Self-Esteem
- March 19 - Managing Difficult Behaviors
- March 26 - Teaching Internet Safety

Childcare & Pizza Dinner Provided. Se Habla Español
 For More Information Call Your FRC at 845-353-7214

TO REGISTER: Please complete form below and return to your school’s FRC or call 845-353-7214

Parent Name: _____ Student Name(s): _____ Grade(s): _____
 Tel/Cell No: _____ Email: _____

I plan to attend the following workshops (check ALL that apply):
 Improving Child-Parent Relations
 Building Your Child’s Self-Esteem
 Managing Difficult Behaviors
 Teaching Internet Safety

I will require childcare for my children. Please indicate no. of children: _____

QUESTIONS? Call Wanda Octaviano (FRC) at 845-353-7214 or email: woctaviano@nyackschools.org

