



# 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: 9:00AM – 2:00PM  
**SE HABLA ESPAÑOL**

### HAPPY NEW YEAR!

Every holiday season, the **Nyack Family Resource Centers (FRC)** collaborate with their school and community to make this time of year a little easier for our more vulnerable families. And every holiday season, I am moved and inspired by the incredible kindness and generosity of our community.

Thanks to the incredible efforts of **Mr. Collazo** and the staff, **80** students received holiday gifts this year.

The FRC partnered with **Mr. Gabriele** and the **NMS G.O. Club** to collect well over **40** coats for adults and children that will be distributed to Nyack families.

In our efforts to empower families to make their own food and gift choices, the FRC collected **Shoprite, MC/Visa and Target** gift cards to help offset the cost of family celebrations. This year, we distributed gift cards to **33** families!

Special thanks goes to **Jerry Caiafa** for his donation of NMS sweatshirts and sweatpants for EVERY student and staff member! And thank you to St. Catharine's Church (Blauvelt), Michelle and Frank Clements, and the AOH Ladies/Blauvelt Division, for their donations of gift cards, coats and other clothing items.

The FRC would also like to extend a special thank you to **Mrs. Campione, Mrs. Albanese, Mrs. McGee, and Mrs. Pappalardo** for their fundraising efforts and contributions to our holiday drives!

### ONGOING FRC PROGRAMS

#### GIRLS CIRCLE - 6<sup>th</sup> & 7<sup>th</sup> Grade

This program promotes strength and resiliency in girls and young women. This group meets every Friday during lunch.

*In December, Girls Circle completed a dozen "Blizzard Boxes" for Meals On Wheels as a community service project. Great job for a great organization!*

#### POSITIVE ACTION CLUB - 8<sup>th</sup> Grade

Students have fun while learning to manage their time, make good decisions, and make a difference! Club meets every Tuesday during lunch.

#### BOYS COUNCIL - 6<sup>th</sup> Grade

Students meet every Wednesday during grade lunch to have fun, make connections and develop their identities in a positive way. Thanks to Mr. Lopez, Mr. Smith, Mr. DePalma, Mr. Collazo and Mr. Johnson for your participation!

#### 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.

#### WINTER ACCESSORIES DRIVE

The G.O. Club is collecting **NEW** hats, gloves and scarves for adults/children. Please drop off your donations in BOX near SECURITY DESK

**DEADLINE: January 31st**

### MARK YOUR CALENDAR:

- Jan 2 – School Re-Opens
- Jan 11 – Ski Trip
- Jan 11 – 8<sup>th</sup> Grade Elective Assembly
- Jan 15 – BOE Meeting, NHS, 7:30pm
- Jan 17-18 – World Language Midterm
- Jan 18 – End of 2<sup>nd</sup> quarter
- Jan 21– School Closed – MLK Day
- Jan 22-25 – SS, Math, Sci, ELA Midterms
- Jan 23 – 8<sup>th</sup> Gr Incoming Freshman Parent Orientation, NHS, 7pm

### DID YOU KNOW?

#### FREE PARENTING WORKSHOPS

The Nyack FRCs will be partnering with Tender Steps of NY, Inc. (<https://www.tenderstepsofny.org/>) to bring free parenting workshops to Nyack District families this spring at Nyack Library. Check back for more details!

#### E-CIGARETTES/VAPING ARE NOT A SAFE ALTERNATIVE TO SMOKING!

Tell your kids the truth about vaping: <https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Facts-For-Parents-About-E-Cigarettes-Electronic-Nicotine-Delivery-Systems.aspx>

#### GET YOUR FLU VACCINE ASAP!

It's not too late! The Health Dept. offers flu vaccine every Friday until March 1st, from 11am to 12pm, by appointment only. Call (845) 364-2534 for more info. and to make an appointment. You can also check with your doctor and your child's doctor, or visit [www.flu.gov/](http://www.flu.gov/) for places to get the flu vaccine in our area.