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 and more!

HAPPY FALL!
As the weather begins to cool, make sure to stay connected with your school and community in whatever way you can. There are great things planned at Nyack Middle School and your FRC is here to keep you informed and inspired!

Special thanks go to Christina Hennessy and Linda Pappalardo for their recent staff fundraising efforts benefiting the FRC. YOU ROCK!

IMPORTANT THINGS TO KNOW:
PARENT PORTAL:
This is your direct connection to your child’s academic progress. If you have trouble accessing your account, call the Nyack School District at 845-353-7000.

DONATION STATION
Help families anonymously with specific items in times of need or crisis. Call us to add your name to our email list, or make a request for your family.

HUDSON VALLEY 2-1-1
United Way’s 2-1-1 Helpline is a free, confidential, multilingual service that helps you find answers to Health and Human Services related questions. http://www.hudson211.org/cms/

NYACK LIBRARY TEEN EVENTS
Programs include Crafts, Cooking, Yoga, Comic Book Club, Writing/Math HW Help and much more. For more info go to: http://www.nyacklibrary.org/teens.html. To register, call Kim Naples 358-3370, x236 or email: knaples@nyacklibrary.org.

STUDENT LUNCHTIME GROUPS

BOYS COUNCIL - 6th Gr
Wednesdays, starting late October
A nationally recognized program that supports boys’ developing identities in a strength-based, positive manner.

GIRLS CIRCLE - 6th & 7th Grade
Fridays, starting late October
A nationally recognized program designed to promote strength and resiliency in girls and young women.

POSITIVE ACTION CLUB - 8th Gr
Tuesdays, starting late October
Students have fun while they learn how to manage their time, make good decisions, and tap into their potential.

FREE FLU VACCINE CLINICS
845-638-5645 / 845-364-2512
- Weds, Oct. 10, 1-4pm, Centro de Amigos, 91 Bway, Haverstraw
- Fri, Oct. 19, 1-4pm, Robert Yeager Health Center, Bldg A, Pomona
- Fri, Nov. 2, 1-4pm, Robert Yeager Health Center, Bldg A, Pomona

RAISING DIGITALLY RESPONSIBLE (D & SAFE) YOUTH
October 18 at 7pm
Nanuet Public Library, 149 Church St. Call 845-623-4281, X128 to register

NMS CLUBS STARTING SOON
Check the school website for updates!

Family Resource Centers are sponsored, in part, by Rockland 21C