



# 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 and more!



**845-353-7214**  
woctaviano@nyackschools.org  
OFFICE HRS M-F: 9 AM – 2 PM  
**SE HABLA ESPAÑOL**

### WELCOME BACK!

We hope you and your family had a wonderful summer. It's going to be a great school year!

The FRC looks forward to continuing to work toward strengthening the link between family, school and community to ensure the success of **EVERY CHILD**.

### FREE PROGRAMS & SERVICES

- Family Advocacy & Support
- Community Resources including afterschool enrichment, summer camp info, support groups, health services and more.
- Information Articles Library
- Student Lunchtime Drop-In
- Outreach and Information Events
- Charitable Programs: Holiday Giving, Donation Station, Sponsor a Student
- Translation Services
- Waldron Terrace HW Club
- Free School Supplies
- "Take a Free Book" Baskets
- Monthly FRC Newsletter
- Positive Action Club
- Boys Council Program
- Girls Circle Program

If you have ANY concerns, requests or suggestions, please let us know.

**WE ARE HERE TO SUPPORT YOU!**

### SCHOOL SUPPLIES NEEDED

The FRC maintains an inventory of back packs and school supplies for any student who needs them at any time.

**Please consider donating a NEW book bag and/or school supplies incl. binders (1 ½ - 2 inch), pens, pencils, pencil cases, colored pencils, highlighters, loose leaf, dividers, earbuds, 3-5 subject notebooks, etc.**

We need them ALL YEAR LONG. Donations can be dropped off in the Main Office during school hours!

**If you, or a family you know, needs school supplies, please contact us!** We will send items home discretely with your student. Students can also drop by the FRC office during lunch!

Special thanks to **People to People** for their generous school supply donation!



## The Great Nyack Get- Together

A FREE Community Event  
Nyack Memorial Park

**Sat., Sept. 15<sup>th</sup> 12noon - 6pm**

Jet Flyover (3pm), Super Slide, Human  
Foosball, Inflatables and Obstacle  
Course, Live Music

RAIN DATE: Sept. 22nd

### LOOKING AHEAD:

- Sept. 5 – First Day of School
- Sept. 10 & 11 – NO SCHOOL – Rosh Hoshanah
- Sept. 13 – PROJECT SEE Orientation -6<sup>th</sup> Grade Parents – 5:30–6:30pm
- Sept. 13 – BACK TO SCHOOL NIGHT, 6:30pm
- Sept. 19 – NO SCHOOL – Yom Kippur
- Sept. 20 – PTA Meeting, 7pm, Library
- Sept. 27 – PTA Staff Breakfast
- Oct. 8 – NO SCHOOL, Indigenous Peoples Day (aka Columbus Day)
- Oct. 11 – PTA Meeting, 7pm, Library
- Oct. 19 – Halloween Party, 7pm
- Oct. 23 & 24 – Picture Day

### FREE PARENTING COURSE

Learn to help your child develop self-control, reinforce positive behaviors, improve communication and more!

Contact Madlen Setian @ MHA for upcoming dates! **845-267-2172 X 281**  
setianm@mharockland.org

### PARENT-TEEN SUPPORT GROUP

Support for Parents & Teens with Mental Health/ Behavioral Concerns

**6:30pm – 8pm**

**9/12, 10/10, 11/14, 12/12, 1/9 & more**  
**MHA Administrative Office**  
140 Route 303, Valley Cottage, NY

Contact Madlen Setian to sign up!  
**845-267-2172 X 281**  
setianm@mharockland.org