YOUR FRC AT WORK!

March was a busy month full of FRC student activities and parent presentations.

Special thanks to Beatrice Mattaway from Willow Tree Yoga who brought yoga to the students of the Waldron Terrace HW Club on Thursday, March 23rd for our WALDRON TERRACE FAMILY YOGA NIGHT. Everyone learned new ways to stretch, relax and find focus. NAMASTE!

FAMILY TECHNOLOGY NIGHT was held at the Nyack Center on March 28th. Yesenia Polanco and Lisa Retallack from Nyack Schools, along with all of the FRC Coordinators, met with parents to review the District’s new “Going Green” policy, provide a tour of the Nyack Center’s new computer lab, and teach parents how to access important school information online. Thanks to Kim Cross and Nicole Hines for all their support.

Nyack FRC programs and services were spotlighted on March 30th at the Nyack Center during the NYACK DISTRICT COMMUNITY FORUM. One of the greatest things about the Nyack FRC’s is the team of coordinators that makes it all happen. It is an honor to work with with Julie Kassell (Valley Cottage FRC) Rachel Berlin (Upper Nyack FRC), Silvia Henry (Liberty FRC) and Joanne Wallace, Asst. Coordinator. We work together so we can be here for YOU!

GIVING BACK: 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
A family, or team of families, can sponsor one student and cover the cost of all PTA and school-sponsored, fee-based events, trips or activities for the school year.

BOOK BAG BUDDY PROGRAM
When you shop for supplies this Fall, shop for TWO! Put together a brand new book bag full of school supplies and drop off at NMS the first week of school!

FAMILY COMPUTER TIME AT NYACK CENTER!
58 Depew Ave, Nyack
Meet with Wanda Octaviano or Yesenia Polanco for help setting up emails, social media accounts, and access your child’s school info. Every Tues, 5-8pm and every Weds, 9-11am. SE HABLA ESPAÑOL

TEEN PROGRAMS - VALLEY COTTAGE LIBRARY
110 Route 303, Valley Cottage
Register online: www.vclib.org
- Teen Yoga, Mon, 5/8 at 7pm
- Jewelry Making, Weds, 5/17 at 7pm
- Teen Yoga, Weds, 5/24 at 7pm
- Valley Cottage WRITES: Creative Writing Program, Weds, 5/24 at 7pm

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