



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 and District information, translation services, school supplies & more!



845-353-7214
 woctaviano@nyackschools.org
 OFFICE HRS M-F: 8:30AM – 1:30PM
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WELCOME BACK!

We hope you and your family had a wonderful summer and are ready to start a brand new school year. The FRC is looking forward to working with you and your family to make this the best school year ever!

FREE PROGRAMS/SERVICES

- Advocacy & Support
- Community Resources: After-school enrichment, student volunteer opportunities, summer camp assistance, family services, support groups, medical/insurance providers and much more
- Information Articles Library
- Student Lunchtime Drop-In
- Outreach and Information Events
- Charitable Programs including Holiday Giving, Donation Station, Sponsor a Student and Book-Bag Buddies
- Translation Services
- Waldron Terrace HW Club
- Free School Supplies
- "Take a Free Book" Baskets
- Monthly FRC Newsletter
- "New" Positive Action Student Program

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

WE ARE HERE TO HELP!

ONGOING PROGRAMS

FREE SCHOOL SUPPLIES & BACKPACKS:

Thanks to a generous donation from **People to People** and contributions from members of our school community, the FRC has an inventory of back packs and school supplies for any child who needs them.

If you, or a family you know, could use some school supplies, please contact the FRC today! We will gladly send the items home discretely with your student.

If you would like to make a donation of school supplies - especially 2 inch binders, loose-leaf and dividers - you can drop them off in the school Guidance Office anytime during school hours.

DONATION STATION:

This program helps families anonymously with specific items in times of need or crisis. Please call today to have your email added to our donation request list, or to make a specific request.

SPONSOR A STUDENT:

A family, or families, can sponsor one student and cover the cost of all PTA and school-sponsored, fee-based events, trips or activities for the entire school year. Please call if you're interested!

If at ANY time, you cannot afford to cover the cost of a PTA and/or school-sponsored event/program, please call the FRC. All calls and requests are CONFIDENTIAL.

LOOKING AHEAD:

- Sept. 15 – 6th Grade Parents – Project SEE Orientation Meeting, 5:30pm
- Sept. 22 – BACK TO SCHOOL NIGHT, 7pm
- Sept. 28 – PTA Meeting, 7pm, Library
- Oct. 3 & 4 – NO SCHOOL – Rosh Hashanah
- Oct. 5 - 7 – Project SEE (6th Grade)
- Oct. 10 – NO SCHOOL, Columbus Day
- Oct. 12 – NO SCHOOL, Yom Kippur
- Oct. 21 – Halloween Bash, 6:30-8:30pm
- Oct. 25 – Picture Day
- Oct. 26 – SEPTSA Meeting
- Nov. 7, 10 & 16 – Parent Teacher Conf.
- Nov. 8 – NO SCHOOL - Election Day

FREE PARENTING COURSE

Join Dr. Vahid Najafi for his **FREE, six session course** that will focus on skill development for parents and guardians.

Learn to stay calm and help your child develop self-control, reinforce positive behaviors, open lines of communication and enrich relationships with your children!

**Sept 22, 29, Oct. 6, 13, 20, 27
6pm-8pm**

MENTAL HEALTH ASSOCIATION
 140 Route 303, Valley Cottage, NY
 For more info, call Madlen Setian
**845-267-2172, X 281 or email:
 setianm@mharockland.org**