



# 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: 8:30AM – 1:30PM  
**SE HABLA ESPAÑOL**

## MONDAYS IN MARCH ARE FOR PARENTING SKILLS!

On March 18<sup>th</sup> and March 25<sup>th</sup>, the Nyack FRCs will be sponsoring a two-part parenting workshop. Special thanks to Evelyn Bautista-Miller from Tender Steps NY for joining our team to bring this important program to Nyack families. <http://tenderstepsofny.org>. Please join us!

## FRC PROGRAMS

### GRADUATION GOWN DRIVE

Please consider donating \$20 toward the purchase of graduation gowns for some of our 8<sup>th</sup> grade students! Send a check, payable to Nyack Middle School, to the FRC by March 22<sup>nd</sup>.

### DONATION STATION

Help students and 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.

### STUDENT DROP-IN

Students who need a break, a light snack, school supplies or who just want to talk are welcome to stop by the FRC office during their lunch period.

## MARK YOUR CALENDARS!

- Mar 5 – BOE Meeting
- Mar 7 – PTA Meeting, NMS Library, 7pm
- Mar 8 – NMS Play, 7pm
- Mar 9 – NMS Play, 2pm and 7pm
- Mar 10 – Move clocks 1 hour ahead!
- Mar 12 – Mar 13 - Spring Pictures
- Mar 18 – Parenting Workshop, Nyack Library, 6pm
- Mar 19 – BOE Meeting
- Mar 22 – NO SCHOOL – Superintendent’s Day
- Mar 25 – Parenting Workshop, Nyack Library, 6pm
- Mar 28 – Career Day / College Fair
- Mar 29 – PTA 8<sup>th</sup> Grade Olympics

## FRC & TENDER STEPS NY Presents

### “The Five E’s of Parenting”

A Two-Part Parenting Workshop

**Mondays, March 18 and 25<sup>th</sup>**

### NYACK LIBRARY

59 S. Broadway, 6-8pm

FREE Program/Dinner/Raffles

Call 845-353-7214 for more information

## FREE INCOME TAX PREPARATION IN ROCKLAND COUNTY

February 1 through April 15, 2019

Returns are prepared on a first come, first serve basis. Proof of identity is required for return to be completed.

### Walk-In Sites in or near Nyack:

- Nyack Library – Mondays, 9:15am – 2pm
- Valley Cottage Library – Fridays, 10am – 2pm
- New City Library – Tuesdays & Saturdays, 9am – 2pm
- Nanuet Library – Wednesdays, 10am – 2pm

For information regarding documents you need to bring, or for more locations in Spring Valley, Suffern, Pearl River and more, call your FRC at 845-353-7214.

### SPRING SPORTS SIGN UP

7<sup>th</sup> & 8<sup>th</sup> Graders

Registration opened, Feb 18<sup>th</sup>, online:

<https://nyack-ar.schooltoday.com/>

### Looking for Summer Camp Information? Call your FRC Coordinator Today!

### KNOW YOUR RIGHTS

Everyone has rights. Meet Immigration Attorneys and Learn about Yours!

**Wednesday, March 13, 6:30pm  
 Haverstraw Elementary School**

16 Grant Street, Haverstraw

Call 845-626-826-5022/845-499-4563, ext. 3

*Sponsored by NYS Office for New Americans, Literacy Solutions NY, Inc. and Empire Justice Center*



Nyack Family Resource Centers Present

**The Five “E’s” of Parenting:  
 A Free, Two Part Workshop**

Mondays, March 18th and March 25th  
 6pm - 8pm  
**NYACK LIBRARY**  
 59 S. Broadway (Downstairs in Community Meeting Room. Enter back of library. Metered parking is available.)

Join us for a powerful, two-part presentation on how understanding THE FIVE E’S -- Empower, Exposure, Experiment, Exclusivity and Execution -- can improve your parenting skills!

Childcare & Pizza Dinner Provided. Se Habla Español! For More Information Call Your Family Resource Center at 845-353-7214

Facilitated by Evelyn Bautista-Miller, Founder/President, Tender Steps of NY, Inc.

**WIN WEEKLY RAFFLE PRIZES!**

TO REGISTER: Please complete form below and return to your school’s FRC or call 845-353-7214

Parent Name: \_\_\_\_\_ Student Name(s): \_\_\_\_\_ Grade(s) \_\_\_\_\_  
 Yo/Cell No: \_\_\_\_\_ Email: \_\_\_\_\_

YES, I plan to attend this two-part parenting workshop on March 18 and March 25, 2019  
 I WILL require childcare for my children. Please indicate no. of children: \_\_\_\_\_

QUESTIONS? Call Wanda Octaviano (FRC) at 845-353-7214 or email: woctaviano@nyackschools.org