



# 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: 9AM – 2PM  
**SE HABLA ESPAÑOL**

### HAPPY NEW YEAR!

Every holiday season, the **Nyack Family Resource Centers** (FRC) collaborate with their school and community to make this time of year just a little easier for our more vulnerable families. I am continually moved and inspired by the generosity of the Nyack Middle School community.

Thanks to the indomitable efforts of **Mr. Colazzo** and the entire NMS staff, 80 students received holiday gifts.

Once again, the FRC partnered with **Mr. Gabriele** and the **G.O. Club** to collect over 20 coats for adults and children that are being distributed to Nyack families.

In our ongoing efforts to empower families to make their own food and gift choices, the FRC collected **Shoprite, MC/Visa and Target** gift cards to help offset the cost of family celebrations. Thanks to the extraordinary generosity of the Nyack Middle School community, we gave gift cards to over 40 families!

The FRC would like to extend special thanks to **Mrs. Campione, Mrs. Hennessey, Mrs. Albanese and Mrs. Pappalardo** for their fundraising contributions to our holiday drives.

I also want to thank **Mrs. Clancy** for connecting the FRC with Officer Casey and the Orangetown PBA. They adopted one of our families and donated holiday gifts to every member!

### ONGOING FRC PROGRAMS

#### GIRLS CIRCLE - 6<sup>th</sup> & 7<sup>th</sup> Grade

This program promotes strength and resiliency in girls and young women. Led by school social worker, Jeanine Rufo, groups meet every Friday during lunch.

**NEWS:** *In December, students in Girls Circle put together over a dozen "Blizzard Boxes" for Meals On Wheels as a community service project. Great job!!*

#### POSITIVE ACTION CLUB - 8<sup>th</sup> Grade

Students have fun while learning to manage their time and make good decisions! Led by Dornzella Milligan, Student Assistance Counselor at Nyack High School, this program is offered every Thursday during lunch.

#### BOYS COUNCIL - 6<sup>th</sup> Grade

Students meet every Wednesday during lunch to have fun, make connections and develop their identities in a positive way.

#### 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.

#### WINTER HAT/ GLOVE DRIVE



Please donate **NEW** hats, gloves and scarves for adults and children.

**DEADLINE: JANUARY 31<sup>st</sup>**

Please drop off your donations in the **BOX near SECURITY DESK @ NMS**

### MARK YOUR CALENDAR:

- Jan 2 – School Re-Opens
- Jan 8 – LOTE Midterm
- Jan 9 – LOTE Midterm
- Jan 10 – English Midterm
- Jan 13 – Social Studies Midterm
- Jan 14– Science Midterm – Part 1, 8<sup>th</sup> Gr
- Jan 14 – BOE Meeting, NHS, 7:30pm
- Jan 15 – Science Midterm
- Jan 16 – Math Midterm
- Jan 17 – End of 2<sup>nd</sup> quarter
- Jan 20 – NO SCHOOL – Martin Luther King Day
- Jan 20- Jan 24 – NO NAME CALLING WEEK!
- Jan 22 – 8<sup>th</sup> Gr Incoming Freshman Parent Orientation, NHS, 7pm

### DID YOU KNOW?

#### E-CIGARETTES/VAPING ARE NOT A SAFE ALTERNATIVE TO SMOKING!

<https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Facts-For-Parents-About-E-Cigarettes-Electronic-Nicotine-Delivery-Systems.aspx>

**GET YOUR FLU VACCINE!** The Health Dept. provides flu vaccines, Fridays until 3/27, 11am - 12pm, by appointment only. Call (845) 364-2534 to make an appointment. You can also check with your doctor or visit [www.flu.gov/](http://www.flu.gov/) for more clinic locations.

**PARENTS HELPING PARENTS** is dedicated to making sure that no parent goes through a crisis alone. They provide parents of teenagers and adult children with info., referrals, techniques and support needed to restore harmony and control to their lives and their homes. Visit <http://www.phpny.org/> or call 845-230-8045 for the date/time of next group meeting in Nanuet.