



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

IT'S COLD OUT THERE!

And your Family Resource Center (FRC) has a supply of hats, gloves and scarves for any student who needs them. Thanks to Mr. Gabriele and his G.O. Club for collecting all of these winter items!

FRC & TENDER STEPS NY Presents "The Five E's of Parenting"

A Two-Part Parenting Workshop
 Mondays, March 18 and 25th

NYACK LIBRARY

59 S. Broadway, 6-8pm

FREE Program/Dinner/Raffles

Call 845-353-7214 for more information.

THE TRUTH ABOUT VAPING/JUULING: BE INFORMED!

Vaping use among middle schoolers has seen a dramatic increase in recent years.

The company, Juul, markets an assortment of flavors with high nicotine content and devices that look like USB drives. For youth, vaping can be highly addictive and interfere with brain development. In addition, many chemicals like glycerin and propylene glycol are found in some vapes.

Do your research and talk to your child about the dangers of vaping. Here are some great links to get you started!

- <https://health.usnews.com/wellness/family/articles/2018-10-02/what-parents-can-do-about-teens-vaping>
- https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipsheet_508.pdf

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

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): _____
 Tel/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

MARK YOUR CALENDAR:

- Feb 1 – Start of Black History Month
- Feb 5 – BOE Meeting, NHS, 7:30pm
- Feb 12-14 – MS PTA Valentine's Day Sale
- Feb 14 – PTA Meeting – FRC Presentation on Summer Camps, 7pm NMS Library
- Feb 15 – Principals' Breakfast, NMS Library, 9am – 10am
- Feb 18 - 22 – Winter Break – No School
- Feb 26 – VAPING Presentation, Waldron Terrace HW Club, 5:30pm

MHA Parent & Teen Support Group

Feb. 13, 6:30pm – 8pm
 140 Rte 303, Valley Cottage. Support for teens with an emotional disability.
<http://www.mharockland.org>

HOMEWORK CLUB @ NMS

Teacher staffed HW Clubs are available every Tues, Weds & Thurs, 3pm – 3:45pm

HOMEWORK HELP @ NYACK LIBRARY (Teen Room)

Math homework help every Wednesday at 6:30pm. Please bring your assignment with you.

Writing homework help every other Thurs, 3pm. Bring any type of writing assignment and get help editing or structuring your work. Call 845-358-3370 for more information.

HARRY POTTER CLUB @ VALLEY COTTAGE LIBRARY

Discuss *Chamber of Secrets*, answer trivia questions, make a craft and earn points for your house. **Next meeting, Feb. 21 at 7:15pm.** To register, visit: www.vclib.org