



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 almost 50 winter accessory items!


HOMEWORK CLUB REMINDER

Teacher-staffed HW Club is available to students every Tues, Weds & Thurs after school, 3pm – 3:45pm.

FRC & TENDER STEPS NY Presents PARENTING WORKSHOP SERIES

Mondays in March, 6:30pm – 7:30pm

Nyack Center, 58 Depew Ave.
 Come to one workshop or all.
 FREE Program/Dinner/Raffles!
CALL 845-353-7214 TODAY!



Nyack Family Resource Centers Present PARENTING WORKSHOP SERIES
 For Elementary and Middle School Parents

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

WIN WEEKLY RAFFLE PRIZES!

FREE PROGRAM!
 Come to one workshop or all of them!

Childcare & Pizza Dinner Provided. Se Habla Español
 For More Information Call Your FRC 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: _____

I plan to attend the following workshops (check ALL that apply):
 Improving Child-Parent Relations
 Building Your Child's Self-Esteem
 Managing Difficult Behaviors
 Teaching Internet Safety

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



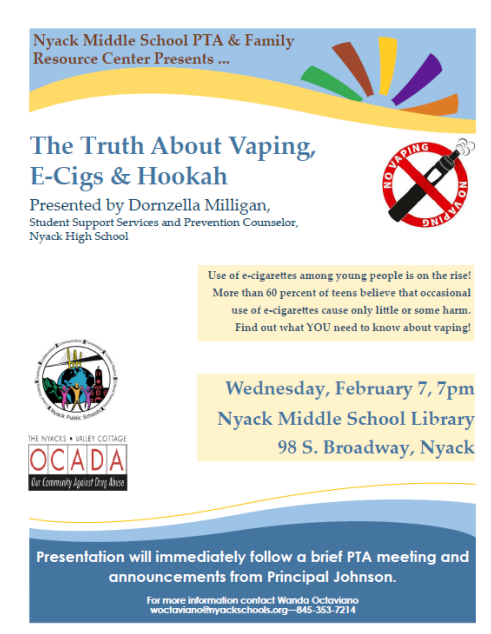
FRC PRESENTATION

THE TRUTH ABOUT VAPING

Use of e-cigs is on the rise among middle and high school students. Find out what YOU need to know!

Weds, Feb. 7th at 7pm, NMS Library

Presented by Dornzella Milligan,
 Student Support Services and Prevention Coordinator, Nyack High School



Nyack Middle School PTA & Family Resource Center Presents ...

The Truth About Vaping, E-Cigs & Hookah
 Presented by Dornzella Milligan,
 Student Support Services and Prevention Counselor,
 Nyack High School

Use of e-cigarettes among young people is on the rise! More than 60 percent of teens believe that occasional use of e-cigarettes cause only little or some harm. Find out what YOU need to know about vaping!

Wednesday, February 7, 7pm
 Nyack Middle School Library
 98 S. Broadway, Nyack

Presentation will immediately follow a brief PTA meeting and announcements from Principal Johnson.

For more information contact Wanda Octaviano
 woctaviano@nyackschools.org – 845-353-7214

FREE IMMIGRATION LEGAL CLINIC

Friday, March 2, 10am – 3pm

The Church of St. Joseph
 245 North Main St, Spring Valley

APPOINTMENTS ONLY!

CALL 347-921-0631 or EMAIL:
 CCCSCOMMCLINICS@gmail.com

MARK YOUR CALENDAR:

- Feb 1 – Start of Black History Month
- Feb 5 – OCADA Meeting, NHS, 7pm
- Feb 6 – BOE Meeting, NHS, 7:30pm
- Feb 8 – Black Achievement Awards, RCC, 7pm
- Feb 7 – MS PTA Meeting, 7pm
- Feb 7 – VAPING Presentation, NMS Library, 7pm
- Feb 12-13 – MS PTA Valentine's Day Sale
- Feb 14 – Valentine's Day
- Feb 15 – MS PTA Bounce Night
- Feb 16 – Rockland Read-In
- Feb 19 - 23 – Winter Break

FROM OUR LOCAL LIBRARIES:

FREE INCOME TAX ASSISTANCE

VALLEY COTTAGE LIBRARY

Fridays, 10am– 2pm, Feb 2- April 13
 Taxpayers with low or moderate income can receive free assistance with preparation of their personal tax returns.
845-268-7700

HOMEWORK HELP

NYACK LIBRARY-TEEN ROOM

General HW Help – First Wednesday of the Month, 4:30 – 5:30pm. Help in any subject!

Math HW Help – Every Thurs, 6-7pm.

For more info about these and other teen programs, email Kim Naples, Nyack Library Teen Librarian: knaples@nyacklibrary.org
845-358-3370.

Need community service hours?

Call Your Neighborhood Library!