



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
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HAPPY NEW YEAR!

Every holiday season, the **Nyack Family Resource Centers** (FRCs) 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, over 80 students received holiday gifts this year (hoodies and other winter accessories).

This year, the FRC partnered with **Mr. Gabriele** and **G.O. Club** students to collect over 40 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. For Thanksgiving, we distributed gift cards in the amount of \$50 each to 18 families. We did it again for the holidays but, this time, we were able to assist 20 families!

The FRC extends special thanks to **Arsenal Elite Athletics, Mrs. Campione, Mrs. Albanese, Mrs. McGee, and St. Catharine's Church** for their fundraising efforts and donations!

ONGOING FRC PROGRAMS

GIRLS CIRCLE - 6th & 7th Grade

Girl Circle is a free, nationally recognized program designed to promote strength and resiliency in girls and young women. Led by school social worker, Jeanine Rufo, groups meet every Friday during 6th & 7th grade lunch.

POSITIVE ACTION CLUB - 8th Grade

Students have fun while learning how to manage their time, make good decisions, tap into their potential, and make a difference! Led by Dornzella Milligan, Student Assistance Counselor at Nyack High School, this program is offered every Thursday to 8th graders during lunch.

BOYS COUNCIL - 6th Grade

Students meet once a week to have fun, make connections and develop their identities in a positive way. Working with guidance counselor, Edgar Lambert, the FRC offers this program every Wednesday during 6th grade lunch.



WINTER HAT/ GLOVE DRIVE

Please help Nyack families by donating **NEW** hats, gloves and scarves for adults and children.

DEADLINE: JANUARY 26th

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

MARK YOUR CALENDAR:

- Jan 2 – School Re-Opens
- Jan 8 – OCADA Meeting, 7pm
- Jan 9 – MS Art Exhibit Opens, Hilltop
- Jan 9 – BOE Mtg, NHS, 7:30pm
- Jan 15 – School Closed – MLK Day
- Jan 19 – End of 2nd Quarter
- Jan 22-25 – Midterm Exams
- Jan 23 – BOE Mtg, NHS, 7:30pm
- Jan 24 – Gr.8 Incoming Freshman Parent Orientation at NHS, 7pm

DID YOU KNOW?

FREE PARENTING WORKSHOPS Coming this Spring -- The Nyack FRCs will be partnering with Tender Steps of NY, Inc. (<https://www.tenderstepsofny.org/>) to bring a series of free parenting workshops with dinner and childcare to Nyack District families this spring at The Nyack Center. Check back soon for more details!

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

Tell your kids the truth about vaping: <https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Facts-For-Parents-About-E-Cigarettes-Electronic-Nicotine-Delivery-Systems.aspx>

HRH Care/Urgent Care Clinic in Nyack is OPEN! 84 N. Highland Ave. Call 845-770-9980. Family Practice also available.

NYS HEALTH INSURANCE COVERAGE OPEN ENROLLMENT-Deadline: 1/31/18 (no later than 1/15 for coverage starting 2/1) <https://nystateofhealth.ny.gov>