

FOUR RIVERS FLASH: October 13, 2017

Announcements:

- Free Canon Inkjet Printer, original box, never used. First to contact Peter (pgarbus@fourriverscharter.org) gets it.
- Please remember to wear a helmet if riding a bike to school. Not only is it a smart and responsible thing to do, it's required by law for those 16 and under in MA.

Reminders and Calendar Information:

- Franklin Youth Legislative Forum 10/20
- School closed for teacher in-service 10/27
- End of Year Soccer Event 11/2
- No early dismissal on 11/3
- Student Led Conferences - 11/8 and 11/9 click on the [PicATime Link](#) to schedule a 30 minute conference with your child's advisor . Please contact Carolyn Wood if you are unable to access the scheduling program or if you are unavailable for the times offered.
- School closed for Veteran's Day - 11/10
- Intensives for Div 2 & 3 - 11/17-22
- Early dismissal at 12:30 - 11/22
- School closed 11/23 & 11/24 for Thanksgiving

FAMILY RESOURCES

- Friday October 20th (3:30-5:30) Four Rivers will hold the Franklin Youth Legislative Forum. This is an opportunity for students and youth to present ideas and current issues to legislative officials and peers to make any concerns known. There will be pizza. There will be snacks and there will be many people ready to listen. For more information, contact Matt Leaf mleaf@frcps.org or Kathy Leone kleone@frcps.org
- Families for Depression Awareness is presenting a free Coping with Stress and Depression webinar on Wednesday, November 1 at 7:00 PM ET/ 4:00 PM PT. Esteemed Presenter, Dr. Elisha Goldstein, will discuss incorporating mindfulness techniques into a busy schedule. The program is designed for families, caregivers, employees and management personnel, and anyone interested in mental health resources. Register to join us for the live webinar!
- The Unitarian Society of Northampton and Florence is offering a high school Our Whole Lives (OWL) program. Free program; registration accepted till 10/20/2017 [click here for more information](#)
- Parents Helping Parents and Baystate Franklin Medical Center offer a weekly parent support group that meets every Friday from 5:30 to 7:00pm. This service is confidential, anonymous, and free. The group at 164 High Street, Greenfield, MA. If you know of any parents who might benefit from this service, please encourage them to call the facilitator Dorian @ 413-624-0280 or Ellie at Parents Helping Parents at 617-926-5008 x102. General information about how the parent support works can be found on the PHP web site at www.parentshelpingparents.org. Ellie Edroas, Program Director Community Parent Support Groups, Parents Helping Parents.

Questions: contact Carolyn Wood in the main office, #413-775-4577 (cwood@frcps.org)