



# NFA MAIN CAMPUS NEWS LETTER

October 2025



## PRINCIPAL'S UPDATE

We are off to a wonderful start to the school year! It has been such a joy to welcome our students back into the building. We are already seeing their energy, excitement, and eagerness to learn. Our teachers and staff have been working hard to create engaging classrooms and a positive school environment where every student feels supported and inspired.

We are grateful for your partnership and continued support as we work together to help your child succeed. This year promises to be filled with new opportunities for growth, learning and achievement. We look forward to celebrating many successes along the way.

Thank you for entrusting us with your child's education. We are excited about the year ahead and all that we will accomplish together.

### Attendance Matters

Attendance in school is linked to student success!! If your child is out of school, please send in a note upon his/her return to school.

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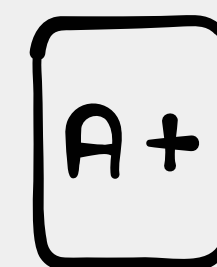
## UPCOMING EVENTS



### PINK DAY

FRIDAY, OCTOBER 10

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### PROGRESS REPORTS

FRIDAY, OCTOBER 23

Progress Reports will be available on Parent Portal. Please contact your child's teacher with any questions or concerns.



### SPIRIT WEEK

OCTOBER 20-25

Spirit Week will take place from Monday, October 20 through Saturday, October 25th. Further information will follow shortly





## PRINCIPAL'S UPDATE CONTINUED

### Scheduling Update

Please be advised that the add/drop period for classes concluded on September 30th. Should you have any concerns regarding your student's current course enrollment or academic progress, we respectfully request that you first contact your child's teacher. The teacher is the primary resource for addressing specific questions, providing support, and discussing any challenges your child may be experiencing in their class.

### World Mental Health Awareness Day

This World Mental Health Awareness Day (October 10th), we are spotlighting the crucial role that stress management plays in overall family wellness. The pressures of school, work, and life can add up quickly, but a few small, consistent habits can make a big difference.

Here are three simple, science-backed strategies to help your family navigate daily stress:

- **Controlled Breathing:** Teach your child (and practice yourself!) the 4-7-8 method: Breathe in quietly through the nose for a count of four, hold the breath for a count of seven, and exhale completely through the mouth for a count of eight. Doing this just three times can calm the nervous system.
- **Establish a "Tech-Free Zone":** Designate at least 30 minutes before bedtime as a no-screens period. Blue light interferes with sleep, and restful sleep is one of the most powerful tools against stress and anxiety. Encourage reading a book or quiet conversation instead.
- **Connect with Nature:** Stepping outside, even for 10 minutes, has a measurable calming effect. Take a short walk, simply sit on a park bench, or notice the trees and sky. This simple act helps ground us and reduce feelings of being overwhelmed.

We encourage you to use this month to start a conversation about emotional well-being and to

## DISTRICT NEWS

### SUPERINTENDENT'S CONVERSATIONS SERIES

Dr. Jackie Manning Campbell, Superintendent of Schools, would like to hear from you! Please complete this brief survey, so her upcoming [Community Conversations Series](#) is tailored for our families! We look forward to collaborating with our families as educational partners.



### TEXTING BEGINS!

The district will begin sending texting messages this fall. To receive the messages, make sure your cell phone number is correct in the cell phone field. The number can be listed twice if that is your primary number. All parents/guardians who wish to receive a text should make sure their number is listed in the correct spot in their personal Parent Portal Account.

### WALL CALENDARS

Wall calendars will be distributed to the youngest and only child of each family soon. You will find it in your child's backpack. Families can always add letter days and school/district events to their Google calendar for the most up to date information.