



NFA MAIN CAMPUS NEWS LETTER

September 2026



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, enthusiasm, and eagerness to learn throughout our school community. Our teachers and staff have been working hard to create engaging classrooms and a positive school environment where every student feels supported, valued, and inspired to reach their full potential.

We are incredibly grateful for your partnership and continued support as we work together to help your child succeed. This year promises to be filled with exciting opportunities for growth, learning, and achievement, and we look forward to celebrating the many successes our students will experience 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 as a school community!

The NFA Administrative Team

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

**NATIONAL HISPANIC
HERITAGE MONTH
SEPTEMBER 15 - OCTOBER 15**



PINK DAY

FRIDAY, OCTOBER 2

Wear **PINK** to show your awareness for all types of Cancer.



PROGRESS REPORTS

WEDNESDAY, OCTOBER 21

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



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

World Mental Health Awareness Day is 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 model healthy coping strategies for your children.

NEW NEWS

BLOOD DRIVE

THURSDAY, SEPTEMBER 24, 2026

NFA MAIN CAMPUS WILL HOLD ITS FIRST BLOOD DRIVE OF THE SCHOOL YEAR. AS ALWAYS MANY STUDENTS, FACULTY, STAFF AND COMMUNITY MEMBERS WILL BE DONATING. WE THANK THEM! REMEMBER... ONE DONATION SAVES THREE LIVES



WELCOME BACK TO SCHOOL NIGHT

THURSDAY, SEPTEMBER 24, 2026

5:30 - 8 PM (DOORS OPEN AT 5PM)

FAMILIES WILL SPEND THE EVENING FOLLOWING THEIR CHILD'S SCHEDULE. THIS IS A WONDERFUL OPPORTUNITY TO MEET WITH YOUR CHILD'S TEACHERS, LEARN MORE ABOUT THEIR CLASSROOM EXPERIENCES, AND HEAR ABOUT ALL THE EXCITING THINGS HAPPENING THROUGHOUT THE SCHOOL YEAR!