



NFA MAIN CAMPUS NEWS LETTER

January 2026

PRINCIPAL'S UPDATE

Welcome to 2026!

We're excited to step into a brand-new year with you and your students. As we settle into January and the long stretch of winter, this season can bring both fresh beginnings *and* some mid-year fatigue. It's completely normal for students (and adults!) to feel a dip in energy or motivation during these colder months. Here are a few gentle tips to help your family navigate the winter blues and start 2026 on a positive note:

Prioritize Light & Movement

Shorter days can take a toll. Encourage your teen to get outside for even a few minutes of natural light each day or incorporate quick movement breaks—stretching, a walk with a friend, or a sport they love.

Keep a Steady Routine

After winter break, returning to structure can feel challenging. A consistent sleep schedule, a clean study space, and predictable routines can make school days feel more manageable.

Stay Connected

Winter can make everyone want to hibernate, but social connection is vital for emotional well-being. Encourage your student to reach out to friends, join a club, or attend school events—they're great ways to boost mood and build community.

Celebrate Small Wins

The school year can feel long from January to spring. Help your student set small, achievable goals—finishing a book, improving a grade, or organizing their planner. Every win builds momentum.

Practice Self-Compassion

Remind your teen (and yourself!) that it's okay to have slower days. Encouraging positive self-talk and taking breaks when needed can make a big difference.

Reach Out if Support Is Needed

Our counseling team is here to help. If your student is struggling, please don't hesitate to contact us—we're always ready to support your family.

Wishing you a warm, hopeful, and healthy start to 2026. We're grateful to partner with you in helping our students grow, learn, and thrive in the months ahead!

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UPCOMING EVENTS

8TH GRADE SELECTION TOUR

WEDNESDAY, JANUARY 7
6 PM

NFA CTE BUILDING SELECTION TOUR

THURSDAY, JANUARY 8
6PM

MARTIN LUTHER KING JR DAY

MONDAY, JANUARY 19

School is closed in honor of Martin Luther King Jr.

JANUARY REGENTS

TUESDAY, JANUARY 20 -
FRIDAY, JANUARY 2

[Schedule Here](#)

[Spanish Version](#)

new year
new beginnings



NFA MAIN SPOTLIGHTS

The Dangers of Vaping

We are writing to address the alarming rise of youth vaping in our community and across the nation. Vaping, whether it contains nicotine or marijuana (THC), poses significant and unique dangers to a developing adolescent brain.

The appealing flavors and sleek designs mask powerful chemicals. Nicotine, often found in high concentrations, is highly addictive and can permanently alter brain chemistry, impacting concentration, impulse control, and learning. For students who already vape, a study shows daily use is rising, indicating a worrying increase in the severity of addiction.

Vaping THC adds another layer of risk. Regular marijuana use can seriously impair cognitive function, worsen mental health issues like anxiety and depression, and is linked to poorer academic performance. Furthermore, unregulated vape products—especially those containing THC—have been tied to severe lung injuries.

We urge all parents to have an open, non-judgmental conversation with their children about these serious health risks. Our school is committed to providing resources to combat this issue and support our students' long-term health and academic potential

[Drop the Vape](#) [Healthy Resources](#)

Hot Cocoa & Conversation

Our Pupil Personnel Staff hosted “Cocoa & Conversation” for our seniors. The event was a great way for seniors to decompress, connect with their peers and chat with our PPS members.



NEW NEWS

BLOOD DRIVES

On December 4th, NFA Main hosted its 2nd Blood Drive of the school year. 53 pints of blood were donated which will save 159 lives!! Our 3rd Blood Drive will be on February 5th from 8 AM - 12 PM.



THE BODEGA AT MAIN

Our student/teacher run NFA Bodega is up and running for the second year. It is a huge success! The Bodega is a place for our student community to receive food, clothing and hygiene products for free.

We are thankful to The Hudson Valley Food Bank for assisting us with food donations. If anyone would like to make a personal donation to our NFA Bodega, here is the link to our donation page [Bodega Donation](#)





NFA MAIN HAS BEEN BUSY

LOOK WHAT WE HAVE BEEN DOING

House Celebrations!!



FOR MORE INFORMATION ABOUT OUR SCHOOL PLEASE VISIT NEWBURGHSCHOOLS.ORG