



Sign up for important updates from Mrs. F. Cowart.

Get information for **Niagara Falls High School** right on your phone—not on handouts.

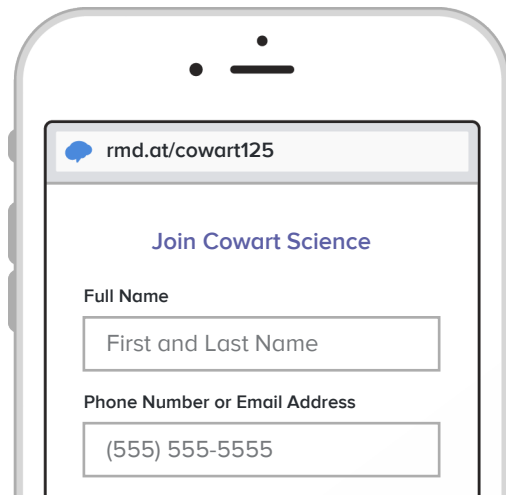
Pick a way to receive messages for **Cowart Science**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/cowart125

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message **@cowart125** to the number **81010**.

If you're having trouble with **81010**, try texting **@cowart125** to **(716) 335-9830**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/cowart125 on a desktop computer to sign up for email notifications.