



# Sign up for important updates from T. McLaughlin.

Get information for **Forest Grove High School** right on your phone—not on handouts.

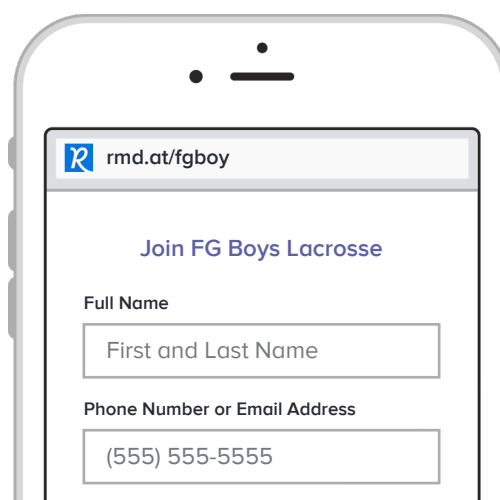
Pick a way to receive messages for **FG Boys Lacrosse**:

**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/fgboy](https://rmd.at/fgboy)

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 **@fgboy** to the number **81010**.

If you're having trouble with **81010**, try texting **@fgboy** to **(206) 673-5262**.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/fgboy](https://rmd.at/fgboy) on a desktop computer to sign up for email notifications.