



Sign up for important updates from Ms Roberts.

Get information for **Hartland Consolidated School** right on your phone—not on handouts.

Pick a way to receive messages for **1st Hour Health**:

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/pbob1

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

The image shows a smartphone screen displaying the Remind app's sign-up page. At the top, there's a header with the Remind logo and the URL 'rmd.at/pbob1'. Below this, the title 'Join 1st Hour Health' is centered. There are two input fields: 'Full Name' with a placeholder 'First and Last Name', and 'Phone Number or Email Address' with a placeholder '(555) 555-5555'.

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

Text the message **@pbob1** to the number **81010**.

If you're having trouble with **81010**, try texting **@pbob1** to **(757) 383-7614**.

** Standard text message rates apply.*

The image shows a smartphone screen displaying a text message interface. The 'To' field contains the number '81010'. The 'Message' field contains the text '@pbob1'.

Don't have a mobile phone? Go to rmd.at/pbob1 on a desktop computer to sign up for email notifications.