



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 **2nd 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/pbob2

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

The image shows a smartphone screen with the Remind app interface. At the top, there's a header with the Remind logo and the URL 'rmd.at/pbob2'. Below that, the title 'Join 2nd Hour Health' is displayed. 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 **@pbob2** to the number **81010**.

If you're having trouble with **81010**, try texting **@pbob2** to **(757) 383-7614**.

* Standard text message rates apply.

The image shows a smartphone screen with a text message interface. The 'To' field contains the number '81010'. The 'Message' field contains the text '@pbob2'.

Don't have a mobile phone? Go to rmd.at/pbob2 on a desktop computer to sign up for email notifications.