



# Sign up for important updates from J. Oshields.

Get information for **Maurine Cain Middle School** right on your phone—not on handouts.

Pick a way to receive messages for **7th Grade Football 2019**:

**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/cainfb7](http://rmd.at/cainfb7)

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 **@cainfb7** to the number **81010**.

If you're having trouble with **81010**, try texting **@cainfb7** to **(856) 347-4497**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/cainfb7](http://rmd.at/cainfb7) on a desktop computer to sign up for email notifications.