

WEEK AT A GLANCE

Latest news and updates from Flat Rock Middle School



LOOKING AHEAD

Monday, March 8, 2021

Track Tryouts - 3:30 pm

Tuesday, March 9, 2021

Track Tryouts - 3:30 pm

Cheer Interest Meeting - 5:30 pm

Wednesday, March 10, 2021

Track Tryouts - 3:30 pm

PTO meeting via [Zoom](#) at 6:30pm

Thursday, March 11, 2021

County Vaccination Day (Virtual Learning)

Friday, March 12, 2021

District PL Day (Virtual Learning)

CONGRATULATIONS FLAT ROCK EAGLES 2021 FAYETTE COUNTY CHAMPIONS!



The 8th grade FRMS Boy's Basketball team capped an undefeated season with a 55-40 victory over a tough and talented Bennett's Mill Middle School team. They came out with a lot of aggression and energy to jump out to a 22 point halftime lead and held on to win the 2021 Fayette County Championship. The team was led by an impressive performance from Jared White and tremendous rebounding from Jacob Norris and Osakilo Okeke.

MAAS SESSION SIGN UP

If you would like to sign your student(s) up for our **Missing Assignment Assistance Session (MAAS)** taking place tomorrow, Saturday March 6th from 10am-12pm [click here](#). This is a great opportunity for students with missing assignments to get them completed in a distraction free school environment supervised by our teachers.

LADY EAGLES

Our FRMS Lady Eagles closed out the basketball season 4th in the Fayette County Playoffs!

We are so proud of their hard work, dedication and amazing efforts this season.

You ladies ROCK!



Leadership Word of the Month for March

SELF-DISCIPLINE

Having a strong sense of self-control in order to reach a desired goal or to rise to your commitments or principles.

Leadership Trait of the Week

March 1st - March 5th

“Character”

understanding, caring about, and acting upon becoming positive and a role model.

“Student of the Week”

Gabriella Vejarano



This student has shown over the year that not only do they have the self-discipline to succeed in an uncertain and stressful environment, but they can also retain their positive and helpful character. The student is an active participant in classes, and greets the teacher and other students every day. They are always the first to offer to lead breakout rooms, help other students catch up or understand assignments, and have also been known to lead students in group-work for assignments they have already completed, helping others succeed instead of taking time off for themselves. Team 6B is lucky to have a student with the strength of character this student shows. Congratulations Gabriella Vejarano!

POWER OF PARENTS

PARENT WORKSHOP

DATE

Wednesday, March 10, 2021

TIME

6:30 pm

PLACE

FRMS PTO Mtg
Zoom

CONTACT

Kenisha Washington
Community Health Educator
Power of Parents Facilitator
404-984-3613
kenishawashington@avpride.com



**74% OF TEENS SAY
THEIR PARENTS ARE
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ON THEIR DECISIONS
ABOUT DRINKING**



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PTO MEETING

Join us Wednesday March 10th via [Zoom](#) for our monthly meeting. We will have a guest speaker joining us to talk about having intentional conversations with our kids about the dangers of substance abuse.

COUNSELORS CORNER

We are continuing the Career Exploration series this week. Links to the websites from each article can be found on the Counseling page of the FRMS [website](#) and in Schoology. This is good information for all students, but especially 8th graders as they head to High School and start down a "Career Pathway."

[Find Something New](#) is a recently launched website created by the Ad Council to inspire and empower Americans to achieve career success! Packed with Videos from People in all kinds of careers.



FLAT ROCK ATHLETIC NEWS

FLAT ROCK CHEERLEADING

Coach Tyler invites all parents of rising 7th and 8th graders to join her for an interest meeting on Tuesday, March 9th, 5:30pm in the gymnasium.

Cheer Clinic

Monday, March 22nd-Wednesday, March 24th (Mandatory) 3:30pm-5:00pm
Tryout Thursday, March 25th 4pm



FRMS Track tryouts will be held on March 8-9-10 after school. All 3 days are mandatory. All interested 7th and 8th graders must be academically eligible and have a current physical on file with FRMS Nurse Rowell.

Forms are located [here](#).

Any questions can be directed to:

Girls Head Coach -

white.melinda@mail.fcboe.org

Boys Head Coach -

burks.kentrell@mail.fcboe.org

SANDY CREEK CHEERLEADING

Interest meeting for Rising 9th Graders

Competition Cheer Meeting

Date: Tuesday, March 9th at 6:30pm

Location: SCHS Media Center

Contact: Coach Holt

holt.shannon@mail.fcboe.org

Sideline Cheer Meeting

Date: Wednesday, March 10th at 6:30pm

Location: SCHS Media Center

Contact: Coach Purdy

purdy.april@mail.fcboe.org

COVID-19 Weekly Report

Fayette County Public Schools posts a weekly report each Friday to its website and social media accounts showing the number of positive cases and quarantines per school for the week. Please note that the update is a snapshot in time (not a real time report) and that positive cases and/or quarantines may be added after the report is posted. Click [here](#) to access the report.

The advertisement features a red and white color scheme. At the top, the word "EAGLES" is written in large, bold, red capital letters. Below it, "GAME DAY" is written in a similar font, enclosed in a white rectangular box with a red border. Underneath that, the word "APPAREL" is written in smaller red capital letters. Below the text, there are two images of clothing: a black long-sleeved t-shirt with a red and white eagle logo and the word "BASKETBALL" printed on it, and a grey zip-up jacket with a red and white eagle logo on the chest. Below the images, the text "SHOW OFF YOUR EAGLE PRIDE" is written in red capital letters. At the bottom of the advertisement, there is a red banner with white text that reads "20% OFF EVERYTHING". Below this banner, there is a white box with a red border containing the text "USE CODE: GAME21". Below the box, the text "SALE ENDS 3.8.21" is written in small red capital letters. At the very bottom, there is a red button with white text that reads "SHOP NOW". To the right of the button, there is a small logo for "SIDELINE STORE" with the word "SIDELINE" in red and "STORE" in white.

UN VISTAZO DE LA SEMANA

Últimas noticias y actualizaciones de Flat Rock Middle School



PROXIMA SEMANA

Lunes, Marzo 8, 2021

Pruebas de Track - 3:30 pm

Martes, Marzo 9, 2021

Pruebas de Track - 3:30 pm

Reunion de Interés de Porristas - 5:30 pm

Miércoles, Marzo 10, 2021

Reunion de PTO via [Zoom](#) a las 6:30pm

Pruebas de Track - 3:30 pm

Jueves, Marzo 11, 2021

Día de Educacion Virtual

Viernes, Marzo 12, 2021

Día PL del Distrito (Día de Educacion Virtual)

FELICITACIONES AGUILAS DE FLAT ROCK CAMPEONES DEL CONDADO 2021!



El equipo de Baloncesto masculino de FRMS de 8vo grado coronó una temporada invicta con una victoria de 55-40 sobre un equipo duro y talentoso de la Escuela Bennett's Mill Middle. Salieron con buena agresión y energía para saltar a una ventaja de 22 puntos en el medio tiempo y aguantar para ganar el Campeonato del Condado de Fayette 2021. El equipo fue liderado por una actuación impresionante de Jared White y un tremendo rebote de Jacob Norris y Osakilo Okeke.

REGISTRO PARA LA SESIÓN DE MAAS

Si desea inscribir a su(s) hijo(s) en nuestra Sesión de Asistencia para Tareas Pendientes que se llevará a cabo el Sábado 6 de Marzo de 10a-12p, [haga click aquí](#). Esta es una gran oportunidad para que los estudiantes completen las tareas pendientes en un ambiente escolar libre de distracciones y supervisado por nuestros maestros.

LADY EAGLES

¡Nuestras Lady Eagles de FRMS cerraron la temporada en blanco en los Playoffs del Condado de Fayette! Estamos muy orgullosos de sus continuos esfuerzos esta temporada.

Excelente trabajo señorita!



Palabra de Liderazgo del Mes de Marzo

AUTODISCIPLINA

Tener un fuerte sentido de autocontrol para alcanzar una meta deseada o estar a la altura de sus compromisos o principios.

Atributo de Liderazgo de la Semana

Marzo 1 - Marzo 5

“Carácter”

Comprender, preocuparse y actuar para volverse positivo y un modelo a seguir.

“Estudiante de la Semana”

Gabriella Vejarano



Este estudiante ha demostrado a lo largo del año que no solo tiene la autodisciplina para tener éxito en un entorno incierto y estresante, sino que también puede conservar su carácter positivo y útil. El estudiante es un participante activo en las clases y saluda al maestro y a los demás estudiantes todos los días. Siempre son los primeros en ofrecerse para liderar las salas de grupos pequeños, ayudar a otros estudiantes a ponerse al día o comprender las tareas, y también se sabe que guían a los estudiantes en el trabajo en grupo para las tareas que ya han completado, ayudando a otros a tener éxito en lugar de tomarse un tiempo libre para ellos mismos. El equipo 6B tiene la suerte de tener un estudiante con la fuerza de carácter que muestra este estudiante. ¡Felicidades Gabriella Vejarano!

REUNION DE PTO

Únase a nosotros el Miércoles 10 de Marzo a través de [Zoom](#) para nuestra reunión mensual. Tendremos un invitado especial que se unirá a nosotros para hablar sobre tener conversaciones intencionales con nuestros hijos sobre los peligros del abuso de sustancias.

ESPACIO DE LOS CONSEJEROS

Continuamos con la serie de Exploración de Carreras Profesionales (Career Exploration) esta semana. Los enlaces a los sitios web de cada artículo se pueden encontrar en la página de Consejería de la [página web](#) de FRMS y en Schoology. Esta es una información importante para todos los estudiantes, pero especialmente para los estudiantes de 8vo grado que se dirigen a la Escuela Secundaria y que comienzan una "Trayectoria Profesional (Career Pathway)"

[Find Something New](#) es un sitio web creado recientemente por el Ad Council para inspirar y capacitar a los Estadounidenses para que logren el éxito profesional. Está lleno de Videos de Personas de todo tipo de Carreras Profesionales.



POWER OF PARENTS PARENT WORKSHOP


DATE
Wednesday, March 10, 2021

TIME
6:30 pm



PLACE
FRMS PTO Mtg
Zoom

CONTACT
Kenisha Washington
Community Health Educator
Power of Parents Facilitator
404-984-3613
kenishawashington@avpride.com

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FRMS Manténgase conectado. Está informado.



NOTICIAS DE ATLETISMO DE FLAT ROCK

PORRISTAS DE FRMS

La entrenadora Tyler invita a todos los padres de los estudiantes de 6to y 7mo grado a asistir a una reunión de interés el Lunes 9 de Marzo a las 5:30 pm en el gimnasio.

Clínica de Porristas

Lunes, 22 de Marzo-Miércoles, 24 de Marzo (Obligatorio) 3:30pm-5:00pm

Pruebas el Jueves 25 de Marzo a las 4 p.m.



Las pruebas de Track FRMS se llevarán a cabo el 8, 9 y 10 de Marzo después de la escuela. Es obligatorio asistir a los 3 días. Todos los estudiantes interesados de 7º y 8º grado deben ser académicamente elegibles y deben tener un examen físico actualizado en el archivo de la enfermera de FRMS, la Sra. Rowell.

Los formularios se encuentran [AQUÍ](#).

Cualquier pregunta puede dirigirla a:

-Entrenador principal de niñas white.melinda@mail.fcboe.org

-Entrenador principal de niños burks.kentrell@mail.fcboe.org

PORRISTAS DE SANDY CREEK

Reunión de interés para Padres y Estudiantes que pasan a 9no grado

Reunión de Porristas Secundarias

Fecha: Martes 9 de Marzo a las 6:30 pm

Ubicación: SCHS Media Center

Contacto: Entrenador Purdy

purdy.april@mail.fcboe.org

Reunión de Porristas de Competencia

Fecha: Miércoles 10 de Marzo a las 6:30 pm

Ubicación: SCHS Media Center

Contacto: Entrenador Holt

holt.shannon@mail.fcboe.org



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