

# APRIL

## Flat Rock “Eagles” ~ Week at a Glance Virtual Learning Edition

Monday, April 20, 2020 – Friday April 24, 2020  
**CONTINUE VIRTUAL LEARNING**



### Leadership Word of the month for April

*~Diligence~*

To strive for excellence in everything you do.

### Leadership Trait of the Week

April 13<sup>th</sup> – April 17<sup>th</sup>

“Industry”

Deisy Anaya Plascencia

“Student of the Week”

**Industry - energetic and devoted activity at any work or task.**



Deisy has demonstrated an enthusiasm to continue learning. She not only is at every virtual learning class, but she also comes to the study sessions/assignment help meetings that are available for all students who need more instructional guidance. She helps her peers who may have questions about an assignment as well as offers any needed feedback. Deisy exemplifies a great employability skill to be internally motivated to work instead of becoming isolated during this unique time. Congratulations Deisy!



With the abrupt change to our daily routines, the uncertainty of so many factors, and a house full of cabin fevered children we know emotions are at an all-time high. Here is a short article on how to manage these emotions and know that it is perfectly normal to feel how you do. We understand and we are here for you.





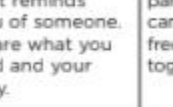
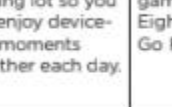

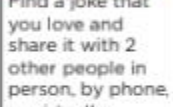
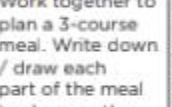
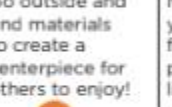
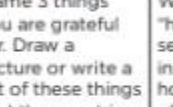
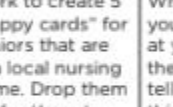
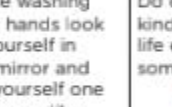
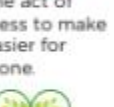
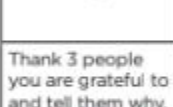
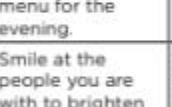
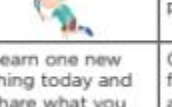

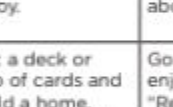
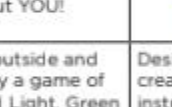





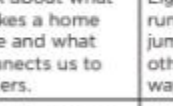
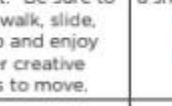

<https://www.mynewsletterbuilder.com/email/newsletter/1414455836>

## Caring Connections Calendar

Authentic connection provides a buffer against the negative effects of stressful situations. As you and your family cope with the life changes caused by COVID-19, use activities from the Caring Connections Calendar to enjoy restorative moments of bonding, beauty, and joy. These activities:

- build connection and strengthen relationships
- cause our brains to release feel-good chemicals and hormones
- enhanced empathy, better sleep, and improved self-esteem

### **CARING CONNECTIONS: Strengthening Relationships by Practicing Kindness, Being Grateful, and Spending Quality Time With Those We LOVE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Do something helpful for a family member or friend.</p> 	<p>Connect with a relative to say hello and chat.</p> 	<p>Count your blessings: List the kind things others have done for you.</p> 	<p>Create and then share a card or a piece of art with someone you love.</p> 	<p>Go outside and find one thing that reminds you of someone. Share what you find and your why.</p> 	<p>Create a cell phone / device parking lot so you can enjoy device-free moments together each day.</p> 	<p>Find a deck of cards and play a game like Crazy Eights, Spoons or Go Fish.</p> 
<p>Find a joke that you love and share it with 2 other people in person, by phone, or virtually.</p> 	<p>Work together to plan a 3-course meal. Write down / draw each part of the meal to share as the menu for the evening.</p> 	<p>Go outside and find materials to create a centerpiece for others to enjoy!</p> 	<p>Name 3 things you are grateful for. Draw a picture or write a list of these things and then post in a prominent place.</p> 	<p>Work to create 5 "happy cards" for seniors that are in a local nursing home. Drop them off for them to enjoy.</p> 	<p>While washing your hands look at yourself in the mirror and tell yourself one thing you like about YOU!</p> 	<p>Do one act of kindness to make life easier for someone.</p> 
<p>Thank 3 people you are grateful to and tell them why.</p> 	<p>Smile at the people you are with to brighten their day.</p> 	<p>Learn one new thing today and share what you learned with someone.</p> 	<p>Choose a favorite song(s) and enjoy a spontaneous dance party.</p> 	<p>Get a deck or two of cards and build a home. Talk about what makes a home safe and what connects us to others.</p> 	<p>Go outside and enjoy a game of "Red Light, Green Light." Be sure to run, walk, slide, jump and enjoy other creative ways to move.</p> 	<p>Design and create a musical instrument. Enjoy a sharing concert.</p> 
<p>Ask someone to do what you LOVE to do today.</p> 	<p>Send a message or letter to someone you cannot be with today.</p> 	<p>Find a favorite book and read it or share it with someone.</p> 	<p>Enjoy a scavenger hunt with someone. Both write lists of 5 things the other person will look for, switch lists and then GO!</p> 	<p>Notice 5 things that are beautiful within your world. Share your ideas with someone.</p> 	<p>Learn how to play hopscotch and then PLAY!</p> 	<p>Thank someone and tell them how they make a difference for you.</p> 

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Please share what happens when you do an act of caring on the PBIS Flipgrid at <https://flipgrid.com/e8cf0afb> or by scanning this QR Code:



In addition to the benefits already mentioned, students will earn 9 PBIS points for every post. We look forward to seeing your acts of caring!

# FRMS TikTok Contest



- ★ **Entry Fee**
  - Once you post your TikTok, your PBIS account will be charged. Please make sure you have 50 points to spend. If you don't, your entry will be deleted.
  - **Teacher entries are FREE.**
- ★ **Prizes**
  - Drawings will be held from all the entries to win Chick-fil-A gift cards.
  - Prizes will be mailed to your home address as listed in IC.
- ★ **TWO Grand Prize Winners!**
  - The entry that gets the most LIKES wins a Grand Prize!
  - The entry selected by FRMS Administrators wins a Grand Prize!
  - The Grand Prize is a Chick-fil-A prize pack and FRMSEagles FAME. Your entry will be posted on all of our social media sites and in the WAAG.
- ★ **Entry Requirements**
  - Videos can be any category: animals, humor, dance, music, outdoors, or whatever you decide.
  - Max time for videos is 30 seconds.
  - Audio and video must be SCHOOL APPROPRIATE.
  - Engage your family and/or friends; just remember social distancing!
- ★ **How to Enter**
  - Post your video to Flipgrid by using the QR code above or by using this [link](#).
  - You must login with Google using your school email.
- ★ **How to Vote**
  - Use the QR code or this [link](#) to view your schoolmates' videos.
  - You must login with Google using your school email.
  - Click LIKE for your faves.

Your voluntary entry indicates consent for your video to be shared publicly.

**Deadline to enter: Friday, May 1, 2020**