



# NOVEMBER



## FLAT ROCK “EAGLES” ~ WEEK AT A GLANCE

### Monday, November 5, 2018

7:30 a.m. – 8:00 a.m. - Math Club

**8:30 a.m. – 2:45 p.m. – Field Trip: 8C @ iFly**

3:15 p.m. – 5:00 p.m. – Step Team Practice\*

3:25 p.m. – 4:30 p.m. – Intramurals: Girls

### Tuesday, November 6, 2018

3:10 p.m. – 4:30 p.m. – Art Club

3:15 p.m. – 5:00 p.m. – Step Team Practice

3:30 p.m. – 4:30 p.m. – STEAM Club

5:00 p.m. – 8:00 p.m. – Basketball: B&G 7th Grade Basketball - BMS @ FRMS

### Wednesday, November 7, 2018

**Scoliosis Screening: 6<sup>th</sup> and 8<sup>th</sup> grades only**

**8:30 a.m. – 3:30 p.m. - Field Trip: 7A STEM - Rock Ranch**

### Thursday, November 8, 2018

**8:30 a.m. – 1:30 p.m. - Field Trip: 7B @ CNN Center**

**STEM: Laser Fest by GA Tech @ Burch Elementary (6<sup>th</sup> 11:15-11:45) (8<sup>th</sup>-1:45-2:15) (7<sup>th</sup> 12:45-1:15)**

2:15 p.m. – 8:00 p.m. – Academic Bowl Team: Clements

3:15 p.m. – 5:00 p.m. – Step Team Practice

3:30 p.m. – 4:30 p.m. – STEAM Club

### Friday, November 9, 2018

**9:00 a.m. – 10:00 a.m. - Veteran’s Day Assembly**

3:30 p.m. - 5:30 p.m. – Symphonic Band Rehearsal\*

### Saturday, November 10, 2018

**10:00 a.m. – 11:00 a.m. – TECH Saturday: Web Design with Google Sites**

\*Parents please keep in mind our 15 minute rule that all students must be picked up within 15 minutes after athletic events, after school practices, rehearsals and other activities, or your child may be prohibited from participating in future events **Attention: All Transportation changes must be made before 2:00 pm and early dismissals must be made before 2:50 pm each day for adequate communication time. All lost and found items are cleared out and donated to charity the last school day of the month. Please be sure to check it regularly.** The above dates and more can be viewed on our school website at <http://www.fcboe.org/frms>. Be Informed and Stay Connected with Flat Rock Middle School



<http://www.fcboe.org/frms>



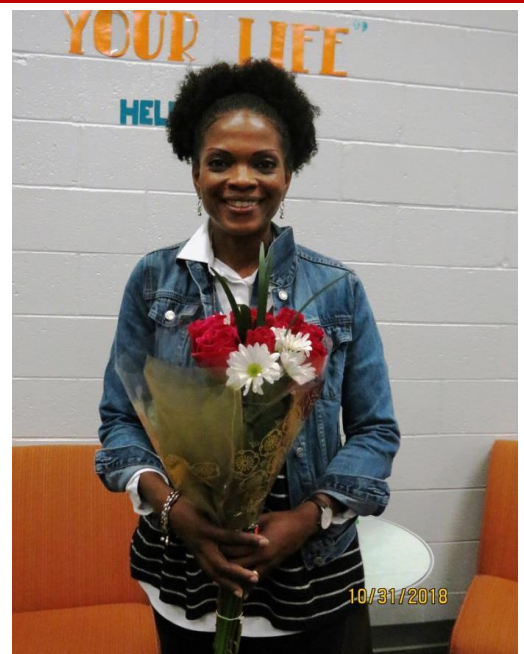
GaSTC Fayette is an annual technology competition for students in Fayette County School Systems. Students participated in a variety of events including animation, digital game design, photo production, mobile apps to a name a few. Flat Rock had an awesome day at the competition placing in 18 categories. All first place winners will advance to the regional competition in January, Way to go Flat Rock!!



Dear Flat Rock Family,

Preparations are underway for our annual Veteran's Day ceremony. This year it will take place on **November 9 in the Flat Rock Middle School gym**. In an effort to recognize all the veterans associated with the students, families and staff, we are collecting photos and information so that we might create a multimedia presentation. Please include the student or staff name, the veteran's name, the relation between the two, branch of service, rank (optional), dates of service, conflicts and/or locations and any additional information you would like to include (commendations, merits, awards, etc.) You may choose to send your photos and information via email to [buck.ray@mail.fcboe.org](mailto:buck.ray@mail.fcboe.org) or you may drop it off in the front office. Photos will be returned home via your student as quickly as possible. Thank you in advance for helping us honor our veterans.

**CONGRATULATIONS TO  
MRS. BOWEN  
2018-19  
FLAT ROCK MIDDLE SCHOOL  
TEACHER OF THE YEAR!**



10/31/2018

## TECH SATURDAYS

SHARING EDUCATIONAL TECHNOLOGY TOOLS WITH STUDENTS, PARENTS AND OTHER COMMUNITY STAKEHOLDERS

FLEXIBLE LEARNING CENTER  
2ND SATURDAY OF EVERY MONTH

REGISTER FOR A SESSION USING THIS LINK  
(770) 969-2834 or (470) 231-8372  
Email: carly\_marshall@mail.fcboe.org  
www.fcboe.org/frmc

Is a STEM and **Parent Power** initiative designed to expose parents, students and other community stakeholders to educational technology resources that we use in the classroom. Many of these tools have practical applications beyond the classroom and can teach our students workforce development skills. For the 2018 - 2019 school year, we'll leverage the **Flexible Learning Center** to host technology sessions, each session will last an hour on the second Saturday of every month. We will provide light refreshments and request participants to make a charitable donation so we can continue to offer Tech Saturdays throughout the school year.

### Next Session

**Saturday, November 10th - Web Design with Google Sites**



Leadership Word of the Month for **OCTOBER: CARE**  
To feel concern or interest; to attach importance to something

Leadership Trait of the week: **October 29<sup>th</sup> – November 2**

**Self-Control** – The ability to control one's emotions and behavior, especially in difficult situations.

**Tighler Allen**  
**Student of the Week**

CTAE teachers would like to nominate Tighler Allen for student of the week. Tighler demonstrate self-control in a variety of situations. Tighler maintains a cheerful and pleasant disposition regardless of the circumstances. She is able to set goals for herself and focus to see her goals through to completion. Tighler avoids acting impulsively. It would not be surprising to see Tighler atop Mt. Everest in the future.

## SCOLIOSIS SCREENING FOR 6<sup>TH</sup> AND 8<sup>TH</sup> GRADES IS NOVEMBER 7, 2018

An IC blast was sent on October 17 about the screening. If you DO NOT want your child to be screened please print and complete the form and have your child return it to the clinic.



**Congratulations to Mrs. Davis and the Flat Rock School Nutrition Team!**

**They won a free pizza party sponsored by Kelloggs**



## RESILIENCE

Have you ever seen a kid just crumble at the first hint of difficulty? More teachers are noticing this and are pointing out the tremendous need for their students to develop *resiliency* and determination.

I recently watched a mom at a park, hovering near her toddler who was attempting to climb a short flight of steps to a slide. As soon as the little guy paused and struggled to get his foot up to the bottom step (which was designed for toddlers), Mom swooped over and lifted him to the top of the steps. Then she waited at the bottom, reassuring him all the while. Fortunately, Mom was soon distracted by one of her other kids “needing help” and before she realized it, the boy was ascending the steps and sliding down like a pro. Good news for that little boy’s resilience development.

We know kids are going to go through some struggle in life and that is a *good* thing. We also know there won’t always be someone there to solve all their problems or verbally coddle them.

The abilities to 1) manage unfavorable events and to 2) continue with challenging tasks are top predictors of success in many areas (including academics and relationships). We must not rob kids of the gift of struggle – a crucial ingredient in the resiliency formula.

One of the easiest ways to begin developing resiliency with children is simply asking them how they are going to handle problems. Resisting our urge to quickly solve the problem for them or tell them what to do, we can make a soft, empathetic sound and ask, “Hmm, what do *you* think *you’re* going to do?”

Just the act of thinking about solutions begins the powerful process of owning and solving problems. We want kids to believe solutions don’t have to come from an outside source, but can come from inside. Whether they come up with great solutions or not, just the act of wrestling with the problem will begin to strengthen their “resiliency muscles.”

We encourage you to run this simple experiment any time you see your child encounter a minor problem or struggle. See if you notice a difference in their willingness to solve problems and attack challenges. We would love to hear your results