



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

**Monday, May 04, 2020 – Friday May 08, 2020**

**CONTINUE VIRTUAL LEARNING**

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It’s been six long weeks of virtual learning. Flat Rock halls are empty. The 8:10 bell rings, but there’s no movement, no morning broadcast or afternoon announcements. There’s silence from the band and orchestra rooms, no melodies sung out of chorus, no drills in the gym, no rushing off to connections, or long lunch lines. The office is dark. There’s no late check-ins/early check-outs, no visits to the nurse or project interviews with the principal. There’s no showcases, sports practices or school events. Oh WOW... and we are missing every bit of it.

During this time of uncertainty, we find comfort in the hope that our students and FRMS families are safe and healthy in their homes. We just will not feel whole again until we hear and see our students roaming the halls once more.

**UNTIL THEN, STAY STRONG FLAT ROCK NATION!**





Due to the closure of our school building access to everyone until the end of the year, we've begun the process of faculty packing and retrieval of personal items. The faculty plan began this week with all safety precautions set in place per the CDC. Employees were given the choice to come or not into the building to pack. While they are in our school building all faculty members are wearing masks and practicing social distance. Teachers have also begun the process of emptying student lockers.

We have a plan for students to collect their personal items left in the building. The pickup process will take place the last week of school in a safe and organized manner, as provided by district protocol. Be advised students will NOT be allowed in the building but our plan will be shared soon.

In the meantime, continue to engage in virtual learning with all classes as this has become our new normal. As things change in the new world of covid19 shelter in place and in safety precautions, we continue to make adjustments within the school. Please know that we are here for you. If you have any questions or concerns continue to reach out by email.

L- Ms. Reed from team 7A was spotted responsibly packing up her room this week.

### 2020 Census Digital Action Weekend: May 1-3

More than half of the households in our nation have responded to the 2020 Census, that's nearly 80 million responses! Remember data collected by the Census is used to determine how much funding our local community receives for public services and how many seats our state receives in Congress. It is because of this that we encourage everyone to participate in the digital action weekend. Provided is a link with tips on how to participate while still social distancing and staying safe during these uncertain times.

[2020CensusDigitalActionWeekResouces](#)

### Chromebook Update

Recent changes in school operations may lead to reduced usage for Chromebooks. Fayette County Board of Education has provided a letter that highlight steps you should take to help ensure that the battery in your child's Chromebook doesn't fail after sitting idle for an extended period of time. [Click HERE](#)

### Leadership Word of the month for April

*~Diligence~*

**To strive for excellence in everything you do.**

**Leadership Trait of the Week**

**April 27<sup>th</sup> – May 1<sup>st</sup>**

**“Zeal”**

**Noelle Boyd**

**“Student of the Week”**

**Zeal - great energy and enthusiasm in pursuit of an objective.**



What impresses the team most about this student, is her highly intellectual acumen who is always willing and eager to learn new things. She is always the first to volunteer to assist a teacher or a classmate in need. Furthermore, she is extremely serious with her studies and consistently communicates with teachers when questions arise regarding assignments. In addition to academic excellence, this student is also an athletic force who already has a day named after her in the city of Tyrone because of her dominance in Track and Field. In addition, she also holds the current record as State Champion in Shot Put. During the month of February, Noelle represented the team, and FRMS in a poetry recitation at the Martin Luther King Day event in the city of Tyrone where she impressed the audience with a poem she wrote. Due to this student's passion for learning and helping others, team 7B is honored to recommend Noelle Boyd as this week's student of the week.

# We're in this Together!

With the spread of COVID-19, emotional and behavioral health is more important than ever. To support our Flat Rock School Community, the School Counselors are committed to providing access to as much information and as many coping resources as possible. Sometimes students may believe that they should not show their emotions, especially strong ones. Studies show that talking about negative emotions reduces their intensity and duration.

One article suggests getting kids to talk: "What worries you about COVID-19? How has this experience changed your daily life? Changed you? What is the hardest part of this for you? What can I do that will help?" By talking with kids about these issues, we are creating an atmosphere where they can ask important questions. Let them know that we are going to be safe as a family and that you will do everything you can to stay safe as well. (Dr. John Ackerman, Nationwide Childrens' Hospital)

## **What can we help you with?**

Here is a link to the Counseling Resources webpage at FRMS: <https://www.fcboe.org/counselingresources> You will find links on many family topics there. The page is regularly updated. If you can't find what you are looking for, please contact us at [kendrick.bryan@mail.fcboe.org](mailto:kendrick.bryan@mail.fcboe.org) (6th grade and 8B) or [burnett.dionne@mail.fcboe.org](mailto:burnett.dionne@mail.fcboe.org) (7th grade and 8A, 8C) If you need or your student needs to talk, we can give you a call. Please complete the contact form for Counselors on Flat Rock's website. We are here for you and your student.

## **Reminder from our Media Specialist Ms. Upshaw**

### Returning Library Books

- Return library books to the blue bin next to the front doors of FRMS.
- Available: May 04 - May 22, 8am – 4:30pm (not available on weekends)
- Late fines for library books have been suspended for this year, so do not worry about books your student left at school.
- Remember that free ebooks are available for students to read. I am attaching a list of ebook resources that are available for students. I continue to update the list so check the FRMS Media Center Blackboard page for the most up-to-date information. Please email Cassie Upshaw ([upshaw.cassie@mail.fcboe.org](mailto:upshaw.cassie@mail.fcboe.org)) with any questions. [Ebook Resources](#)



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