

FEBRUARY



FLAT ROCK "EAGLES" ~ WEEK AT A GLANCE

Monday February 25 - 20, 2019



Book Fair Begins February 25 – March 1

7:30 a.m. – 8:00 – Math Club Monday @ room 807

3:25 p.m. – 4:30 – Intramural – Boys*

6:00 p.m. – 7:00 p.m. – Track & Field Mandatory Meeting @ Media Center

Tuesday, February 26 - 20, 2019

Book Fair

The Lion's Den Assembly - Boys

3:15 p.m. – 4:30 p.m. – Art Club

3:15 p.m. – 4:00 p.m. – Science Olympiad @ room 805

3:30 p.m. – 5:00 p.m. – Extended Day Program

5:00 p.m. – FRMS B&G 8th Grade Basketball – FRMS vs RSMS @ FRMS

Wednesday, February 27, 2019

Book Fair

3:30 p.m. – 4:30 p.m. – Band: Required Concert Band Rehearsal

Thursday, February 28, 2019

Book Fair

Pretty Girls Rock Assembly - Girls

Band: All State Band Performances (2/28 – 3/2 Thursday - Sunday) @ The Classic Center, Athens

(Only for students selected to participate)

Friday, March 1, 2019

Book Fair

Band: All State Band Performances (2/28 – 3/2 Thursday - Sunday) @ The Classic Center, Athens

8:10 a.m. – 8:40 a.m. – Science Olympiad @ Room 805*

3:30 p.m. – 6:00 p.m. – Symphonic Band Rehearsal*

2:30 p.m. – 3:00 p.m. – Fun Friday

Saturday, March 2, 2019

Band: All State Band Performances (2/28 – 3/2 Thursday - Sunday) @ The Classic Center, Athens

8:30 a.m. – 2:30 p.m. – Science Olympiad Competition @ Northgate HS

*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>



Dear FRMS Parents,

Please complete the survey below to assist Flat Rock Middle School in our School Climate Rating. The Georgia Parent Survey is also available in Spanish. Parents may select the Spanish version within the survey.

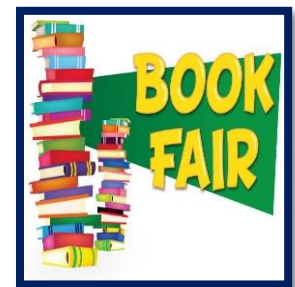
Georgia Parent Survey: <http://gshs.gadoe.org/parents> The Georgia Parent Survey contains 24 questions. Parents may complete the

survey using their personal computer, smartphone, or tablet. Survey responses are anonymous and will be submitted directly to the Georgia Department of Education for analysis. Our School Climate Rating is calculated from the data of the Georgia Parent Survey. School perception is influenced by this information. In addition, families frequently use this data to determine relocation into our district and selecting our school for their child. The data can also have an impact on the following: perception of parent involvement as well as district and state rankings.

Thank you for your time and support in assisting Flat Rock Middle School in making your student successful.

The FRMS Book Fair is just around the corner! Parent volunteers are needed to operate cash registers and help students as needed. The book fair will be **February 25 - March 1** during the school day in the Media Center. If you are able to help out, please go to the website below to sign up:

<https://www.signupgenius.com/go/70a0849aaac2ca46-frms6>



The Eagle Wings is sponsoring the *Pennies for Patients* program which benefits the **Leukemia & Lymphoma Society**. There will be a special treat for the homeroom that raises the most money for this worthy cause. Please visit <https://events.lls.org/pages/ga/Flat-Rock-Middle-School-2019> to donate on behalf of the school. Also, students can earn Hero Gear when they contribute. The campaign will begin Monday, February 11th and conclude Friday, March 1st.



SAVE THE DATE



Flat Rock Talent and Fashion Showcase

Please join us for this fun event

Friday, March 8th at Sandy Creek High School Patriot Hall

7:00 pm – 9:00 pm

Tickets are on sale now for Flat Rock Middle School's Fashion and Talent Showcase. This awesome event will be held on March 8, 2019 at Sandy Creek High School (Patriots Hall). Doors open at 7PM. You do not want to miss the event of the year. Tickets are \$5 in advance \$7 at the door. Tickets can be purchased online <https://squareup.com/market/frmspto> or at school.



Insider's Club

Teaching your kids how to wait.

The life of an author/public speaker usually revolves around trying to turn some seemingly unrelated life experience into a metaphor for use in a book chapter, article, or speech. Right now... right at this moment... I'm waiting in line at our local Motor Vehicle Department. It's often the small things in life that bring us the most joy.

Is waiting part of life? Is learning patience something that will benefit our kids immensely as they travel the winding, and often traffic-jammed road of life? If they don't, will their road end up being far rougher?

You've probably noticed that kids are not born with this skill, and many are not shy about demonstrating their lack of appreciation for anything that delays the immediate delivery of their desires. While this is normal for young children, a danger lies in how it can train us to jump through hoops trying to keep them calm. The faster we give them what they want, the less whining, begging, hassling, and chaos we experience in the short term. Yes, in the short term all seems well. Brave parents understand they can pay now or pay bigger. As such, they embrace the short-term commotion, wisely allowing their kids to experience the healthy struggle of wait time. These parents may provide some brief suggestions to their kids, such as:

- "Some kids decide to concentrate about something they really like. Sometimes that makes the time go faster."
- "Some kids decide to repeat to themselves, 'I can do this. I can do this. I'm big. I can do this.'"
- "Some kids decide to bring a book to read."

Wise parents also demonstrate this skill in front of their kids. Of course, this can be the most challenging part for many of us. While in traffic, while waiting in line at the store, they allow their kids to hear their thoughts. They think out loud: "Waiting is hard. Sometimes it's not very fun. But... it's such good practice. Good things come to those who wait!" Finally, Love and Logic parents notice when their young ones do a good job of waiting, and they demonstrate that good things come to those who wait. While we don't believe in going overboard with rewards, it is fun and effective to occasionally provide a small one. "I noticed that you waited the entire time I was on the phone without interrupting. What do you think about going for ice cream?" Is the ability to delay gratification one of the most important skills we can give our kids?



There will be a mandatory FRMS Track and Field interest meeting for all 7th and 8th grade eligible participants on Monday, February 25th at 6:00 p.m. in the media center.



BLACK HISTORY MONTH 2019



Congratulations to the Sandy Creek Girls and Boys Basketball Teams for Winning the Region Championships again!!

The boys and girls basketball teams will be playing in the *Elite 8 State Championship* game at Sandy Creek on Tuesday, February 26.

The girls will be playing Luella HS @ 6:00 p.m.
and the boys will be playing Thomson HS @ 7:30 p.m.

Good luck on the road to the State Championship! **Gooooooooooooooooo Patriots!!!**