



FLAT ROCK "EAGLES" ~ WEEK AT A GLANCE

Monday, January 14, 2019

Report Cards Go Home Today

7:30 a.m. – 8:00 a.m. - Math Club

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

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

Tuesday, January 15, 2019

7:30 a.m. – 8:00 a.m. – FBLA: Officer Meeting @ room 704

3:10 p.m. – 4:30 p.m. – Photo Club

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

Wednesday, January 16, 2019

6:00 a.m. – Field Trip: 6A @ Camp Jekyll – Students return on 1/18 @ 6:00 p.m.

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

Thursday, January 17, 2019

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

Friday, January 18, 2019

A/B Ice Cream Social

FBLA: Gaming Fridays Fundraiser

8:30 a.m. – 1:30 p.m. – Field Trip: 8th STEM @ Center for Performing Arts Newnan

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

*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>

PRINCIPAL'S CORNER

January 11, 2019

Dear Flat Rock Parents and Guardians,

Happy New Year and welcome to the second semester of the 2018-19 school year! I hope that you enjoyed a relaxing time during the holiday break with family and friends. Our students have transitioned back into their academic routines very well. Report cards for the semester will be distributed to students on Monday, January 14. Given our smooth start, I am confident that 2019 will be a positive one for our school community.

Updates and Reminders:

- It is important for all students to arrive to school on time. The homeroom period provides students with only a 10-minute transition to first period, which begins the day of learning. Please be advised of our school attendance and tardy policy by referring to the FRMS handbook on our website.
- As you know, technology is everywhere! In prioritizing the learning environment, it is our priority to minimize distractions and interruptions in classes during the day while at school. Because of this, students are not allowed to use or have on their person any cellular phone or other communication device during school time. These items must be kept in the student's locker, powered off. If there is an emergency during the day, please feel free to contact the school so that a message can be given to your child. We appreciate your support in protecting the school environment so that teachers and students are not interrupted and students can get a break from their phones.
- Flat Rock Middle School has maintained a 5-Star rating for the past two years on our school climate star rating. **It is that time of year again that we ask all parents to complete the Georgia Parent Survey that factors into Flat Rock's School Climate Star Rating within the College and Career Ready Performance Index (CCRPI).** The survey may be completed using your personal computers, smartphone, or device. The Georgia Parent Survey has 24 questions and should take no more than 5 – 10 minutes to complete. This data is submitted directly to the Georgia Department of Education. **It is important that we have parental input from our school community. You may access the following link here: <http://gshs.gadoe.org/parents>**
- As the school year has progressed, we've seen an increase in student's that arrive to school by car. Due to this, there have been longer lines in the morning than usual. To assist in helping this process go quicker, please remember that students should exit their vehicle in the mornings diligently at any place along the front drop-off area. They should not wait until their car is at the end of the drop-off. Also, please be alert to the one-way direction of the traffic for safety purposes. Students are not to be dropped off in the parking areas. Following this process allows students to enter the building sooner and the traffic line to move steadily.

As always, thank you for your support of Flat Rock Middle School. We look forward to an awesome new year!

Jade Bolton

Tech Saturdays 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: February 9 10:00 a.m. – 11:00 a.m. – Using Spreadsheets with Google Sheets



The National Beta Club is an organization for 4th through 12th grade students in the United States. Its purpose is "to promote the ideals of academic achievement, character, leadership and service among elementary and secondary school students." It is the largest independent, non-profit, educational youth organization in America. And for more than 80 years, it has prepared today's students to be tomorrow's leaders.

Betaclub.org

Attention: All 7th and 8th grade students that would like to participate in the **Beta Club** this year have one last opportunity to submit an application. Please stop by room 807 or go on the FRMS website and download the application. Applications are due on Wednesday, January 16th. This will be the last opportunity during the 2018 - 2019 school year.

If you have any questions or concerns, please contact Ms. Evans or Ms. Williams.

evans.regina@mail.fcboe.org / williams.monique@mail.fcboe.org

Attention Runners!

There will be an informational meeting for anyone interested in participating in Track & Field for the 2019 season. The meeting will take place during club time on Friday, January 18 in the gym. If you have any questions please see Coach Latimer, Coach Evans or Coach Tyler.



NEWS FROM NURSE ROWELL

Dear Parents,

Our school had multiple cases of the flu (influenza) confirmed in December.

The flu is a contagious respiratory illness caused by a seasonal influenza virus which can spread easily from person to person. Symptoms of the flu include a fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), however not everyone will have a fever, cough, sore throat, a runny or stuffy nose, body aches, headache and feeling tired. Some people, more common in children than adults, may also vomit or have diarrhea. If one household member has flu symptoms, the rest of the family is more likely to develop symptoms.

The flu virus spreads mainly by droplets made when people with the flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose. The incubation period is from one day before symptoms develop and up to 5-7 days after becoming sick.

The single best way to prevent the flu is to get a flu vaccine (flu shot or nasal spray vaccine) each season between September and January. While everyone should get a flu vaccine each flu season, it's especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications. This high risk group includes children younger than 5, Adults 65 years of age and older, pregnant women and people with medical conditions. For more information, visit <https://www.cdc.gov/flu/index.htm> or call 1-800-CDC-INFO for the most current information about the flu.

The school staff is taking steps to prevent the spread of flu in your child's school and in their classroom. Educate and encourage students to cover their mouth and nose when they cough or sneeze. Remind students to practice good hand washing. Continually assess students in the classroom and send them to the clinic for evaluation if they have flu symptoms. Clean surfaces and items in the classroom daily with approved disinfectant. Separate sick students from healthy students in the clinic.

Here are a few things you can do to help at home.

- Teach your children to wash their hands often with soap and water or an alcohol-based hand rub.
- Teach your children not to share personal items like drinks, food and utensils, and to cover their coughs and sneezes with tissues or use their sleeve when a tissue is unavailable.
- Keep sick children at home for at least 24 hours AFTER they no longer have a fever or do not have signs of fever, WITHOUT using fever-reducing drugs.
- DO NOT send children to school if they are sick. Any children who are determined to be sick while at school will be sent home. Please inform the school if your child is diagnosed with a confirmed case of the flu.
- If your child becomes sick or you have questions concerning the flu, please contact your health care provider.

Thank you for your cooperation.

Jennifer Rowell RN, BSN
FRMS School Nurse
770-969-2830 ext.4



Thanks for reading! Our goal is to help as many families as possible. Dr. Charles Fay

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?