



FLAT ROCK “EAGLES” ~ WEEK AT A GLANCE

Monday, March 18, 2019

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

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

Tuesday, March 19, 2019

7:30 a.m. - School Council Meeting

3:15 p.m. – 4:30 p.m. – Photo Club

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

Wednesday, March 20, 2019

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

Thursday, March 21, 2019

12:00 p.m. – 5:00 p.m. – Band: All Bands – LPGE

5:30 p.m. – 7:30 p.m. – Track Meet: FRMS + WMS @ WWHS

Friday, March 22, 2019

Report Cards Go Home

8:30 a.m. – 12:00 p.m. – Field Trip: SPED – NCG Cinema

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>



Insider's Club



Check out the article below, regarding R-E-S-P-E-C-T and the ways it is earned and learned.

I was tempted to title this article, "Gaining the Respect you Deserve." My reluctance involves the common psychological result of believing that we're owed something. When I believe that my kids must respect me because I inherently deserve it as their elder and their provider, I set the stage for resentment and damaged relationships.

Something better... purer... more noble... happens when we view respect as something we want for both parties. This implies that this important commodity is something that's learned and earned through experience.

Respect is Learned and Earned

Sooner or later most kids develop sewage detectors. This sophisticated network of neurons allows them to sniff out the slightest hint of hypocrisy. When we believe we deserve, and therefore must demand respect, we are likely to behave in ways that trigger this alarm. Demanding respect due to our perceived entitlement to it usually leads us toward failing to walk the talk.

Let's consider how a Love and Logic parent or educator might discuss the concept of respect:

- "I believe the best way to gain respect is to show people what it looks like.
- Because of this, I promise to do my best to treat you like I hope to be treated.
- I'm not perfect. There will be times when I mess up.
- If you ever feel I've been disrespectful, please let me know by whispering, "I'm not sure that's respectful." When both of us are calm, I'll listen to your opinion.
- Respect doesn't mean I will always do what makes you happy in the short term. Instead, it means I will do what will help you enjoy a responsible life.
- Respect means seeking the good of others... even when doing so isn't popular.

Kids tend to demonstrate the greatest respect for adults who are both loving and powerful. That's the love and logic of Love and Logic.



Cheer Clinic- Monday, March 25th - Wednesday, March 27th 3:20-5:00

Tryout- Thursday, March 28 @ 4:00 p.m.

Leadership Word of the Month for March

SELF DISCIPLINE: Having a strong sense of self-control in order to reach a desired goal or to rise to your commitments or principles.

Leadership Trait of the week: March 11 – March 15



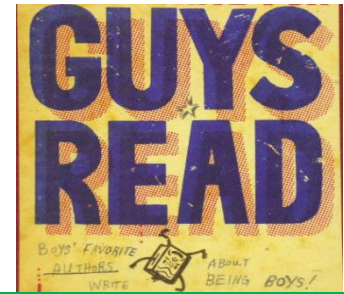
Courageous - the attitude of facing or dealing with anything recognized as dangerous, difficult, or painful, instead of avoiding it.



Student of the Week

This week's student of the week is absolutely fearless in the face of difficulties and challenges. She doesn't hold back or shy away from any task, whether academic or social, or even performing arts. She advocates for herself when needed, and because of her positive attitude, everyone considers it an honor to have the opportunity to help. She has developed constant optimism and always has a sunny disposition. If she falls down, she gets right up again and carries on. Her attitude and performance inspires each one of her teachers to have the courage to face our troubles. This week we honor the one and only, "Speed Racer," Glory Fortuchang.

Attention All boys, 6th-8th grade, if you are an avid reader like so many others at Flat Rock, consider joining the "Guys Read" club. This group will be meeting on designated Club Fridays. If interested, THERE IS STILL TIME! Fill out the form that's located on our school website to sign-up. You can also see Mr. Hynson in room 906 to get the form as well. We will be meeting soon to discuss books that we have selected to read together. Sign up today!



Attention all 6th and 7th grade girls!

Volleyball season is just around the corner and we want you to check out the fastest growing activity in all of women's sports. There will be an informational meeting on Friday during club time in the gym for all 6th and 7th grade girls interested in finding out more about Lady Eagles Volleyball and about the sport in general. If you have any questions please contact Coach Thacker.



FRMS students got the backstage tour at Chick-fil-a today to learn about the different types of goods and services produced in Georgia, the benefit of free trade and the influence of Georgia's economic growth and development.

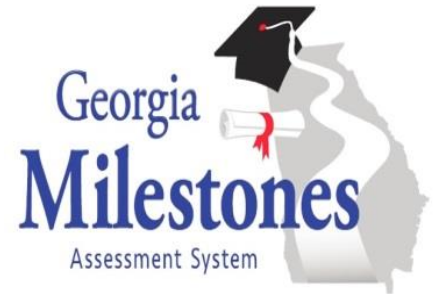


GEORGIA MILESTONES ASSESSMENT INFORMATION



6th Grade Georgia Milestones **MATH** Test Prep
 Classroom #612
 Thursday, March 21st & Thursday, March 28th
 3:15pm - 4:15pm
 (This activity is open to **ALL 6th grade students.**)

Please see the link below for study guides that can be used to prepare for the **Milestones** assessments. Once on the *Georgia Department of Education* website, simply click on the grade appropriate *EOG/Study Resource Guide*. Great resources are provided for parents to help students in studying for the Georgia Milestones Assessment.



<http://www.gadoe.org/Curriculum-Instruction-and-Assessment/Assessment/Pages/EOG-Study-Resource-Guides.aspx>

Dear Parents,

Students in sixth, seventh, and eighth grades will take the Georgia Milestones Assessment on various days beginning from 8:30-12:00 Friday, April 13th through Tuesday, May 1st. Please see the test schedule below and plan accordingly for any appointments that might take place for your child during this time frame as we cannot interrupt the testing environment for student check in or out. It will also be imperative that your student comes to school prepared on their test days with their chrome books fully charged so as to eliminate any technical difficulties that could occur during the Milestone testing session. Expect more information to be sent via IC as the dates are soon approaching.

TESTING DATES	TESTING GRADES
Tuesday 4/9	8 th Grade ELA Section I
Wednesday 4/10	8 th Grade ELA Section II
Thursday 4/11	8 th Grade ELA Section III
Friday 4/12	6 th & 7 th Grade ELA Section I
Monday 4/15	6 th & 7 th Grade ELA Section II
Tuesday 4/16	6 th and 7 th Grades ELA III
Wednesday 4/17	8 th Grade Math Section I
Thursday 4/18	8 th Grade Math Section II
Friday 4/19	8 th Grade Science
Monday 4/22	8 th Grade Social Studies
Tuesday 4/23	6 th & 7 th Grade Math I
Wednesday 4/24	6 th & 7 th Grade Math II
Monday 4/29	8 th Grade Algebra I
Tuesday 4/30	8 th Grade Algebra I
Wednesday 5/1	8 th Grade Physical Science