



FLAT ROCK “EAGLES” ~ WEEK AT A GLANCE

NOVEMBER 19 – 23: NO SCHOOL – THANKSGIVING BREAK

Monday, November 26, 2018

7:30 a.m. – 8:00 a.m. - Math Club

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

Tuesday, November 27, 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. – Basketball: B&G 7th Grade Basketball - FRMS @ RSMS

Wednesday, November 28, 2018

Thursday, November 29, 2018

10:30 a.m. – 1:30 p.m. - Field Trip: Mrs. Fuller’s Class @ Legacy Theatre

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. – Basketball: B&G 7th Grade Basketball - FRMS @ BMS

Friday, November 30, 2018

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

Saturday, December 1, 2018

8:00 a.m. – 4:00 p.m. – Band: District Honor Band Auditions @ Eddie White Academy

*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.

Dear Parents and Friends,

In this season of thankfulness, I am blessed to have many things to be grateful for in my life. As I reflect on these, I'd like to share just a few from all of us; we are thankful for the students who come to school every day that are ready and prepared to learn—they give us all a daily reminder of what is important and why we are here. We are thankful for the support of our parents who have created an outstanding partnership with the school so that the children that we share grow and thrive in this learning journey. I am thankful for every employee within the walls of Flat Rock Middle because I see daily how much they really care about the students and have their best interests at heart. Our faculty is so grateful to our many volunteers who enthusiastically sacrifice and contribute much to our school. Finally, parents, we are grateful for the opportunities you provide for us to work together. We realize that you share your most valuable possession with us every day and in most cases work hard to advocate to be a part of your child's education, safety, and well-being.



I would like to wish you and your families a happy, healthy, and relaxing Thanksgiving holiday.

We'll see you November 26!

Sincerely,

Jade Bolton



FLEXIBLE LEARNING CENTER
2ND SATURDAY OF EVERY MONTH

REGISTER FOR A SESSION USING THIS LINK
(770) 969-2834 or (478) 231-8372
Email: carby.natell@mail.fcboe.org
www.fcboe.org/frms

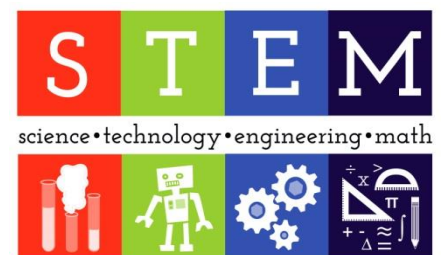
Is a STEM and **Parent Power** initiative designed to expose parents, students and other community stakeholders to educational technology resources that we use in the classroom. Many of these tools have practical applications beyond the classroom and can teach our students workforce development skills. 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, December 8th 10:00 – 11:00 – Graphic Design with Canva

STEM NEWS

Please enjoy the sights and sounds of teachers and students in our **STEM** program. Click on [this link](#) to access our Quarterly Newsletter and be sure to follow us on Twitter: [@EagleSTEM](#) and subscribe to our [YouTube Channel](#).



Flat Rock Spirit Wear Order Flat Rock Spirit Wear now through December 19th

Click on the link and place your orders. It's as easy as:

1. Pick one of the three logos (see below)
2. Select red or blue color
3. Select shirt style
4. Select size.

<http://www.3dprintingnow.biz/flat-rock-shop>

2018 - 19 SPIRIT WEAR

LOGO 1  LOGO 2  LOGO 3 

REDS VISIT: [HTTP://WWW.3DPRINTINGNOW.BIZ/FLAT-ROCK-SHOP](http://www.3dprintingnow.biz/flat-rock-shop) TO ORDER **BLUES**

 MEN'S TEE \$14	 DRI FIT TEE \$17	 LADIES V-NECK \$19	 MEN'S TEE \$14	 DRI FIT TEE \$17	 LADIES V-NECK \$19
 DRI FIT HEATHER TEE \$18	 RAGLAN TEE \$18	 CREW NECK SWEAT \$20	 DRI FIT HEATHER TEE \$18	 RAGLAN TEE \$18	 CREW NECK SWEAT \$20
 SHORT SLEEVE HOODIE \$25	 1/4 ZIP PULLOVER \$30	 HOODED SWEAT \$25	 SHORT SLEEVE HOODIE \$25	 1/4 ZIP PULLOVER \$30	 HOODED SWEAT \$25



REAL LIFE CENTER-TOGETHER, WE CAN MAKE A DIFFERENCE! NEIGHBOR HELPING NEIGHBOR.

The Real Life Center is a non-profit organization serving families in Fayette and Coweta counties that are going through difficult times. Flat Rock Families showed up and showed out again with the **"I Can, We Can Give a Can project."** It was a great success!

Special thanks to the **FBLA** and **BETA Club** members, committed staff and students of Flat Rock. Thanks again for all the hearts and hands that came together. Happy Thanksgiving!

Leadership Word of the Month for November



Responsibility – Taking care of one's self and others; to carry out a duty or task carefully and thoroughly.

Leadership Trait of the week: November 12th – November 16th

Accountable – Able to justify your actions or decisions;
Completely responsible for what happens

Melissa Villagomez

Student of the Week

This student is reliable, dependable and conscientious and demonstrates Flat Rock's PBIS expectations on a daily basis. She is always respectful, responsible, considerate, patient and consistent. When she makes a decision she is able to justify it and take complete responsibility for that decision. According to one of her teachers, this student is "always on point." For these reasons, the student of the week this week is **Melissa Villagomez**



 **Love and Logic**

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

Many parents ask, "Is it really possible to raise well-adjusted kids while at the same time trying to manage an incredibly hectic and stressful work and family life?" One mom described their situation:

We try to live a simple, frugal lifestyle. Even with keeping our spending as low as possible, both of us still have to work full schedules just to provide for the basics. With three young children things get crazy. The house almost always feels like a mess, and we have very little time and energy left over to spend with the kids. Both of us feel horribly guilty about this much of the time.

Some parents spend almost no time with their kids because they are addicted to work, addicted to buying extra stuff, addicted to selfish activities or all three. Many others, however, find themselves having to work their fingers to the bone because they simply don't have a choice. Here are some words of encouragement... and some tips... for this second type:

- **Many well-adjusted adults grew up with exceptionally busy parents.**

The key seems to be this: As children, they were not shielded from their family's economic struggles. Their parents were honest about the challenges and consistently modeled hopeful, positive attitudes. As such, they internalized the truth that they were deeply loved even though their parents weren't able to spend as much time with them as they wanted.

- **Remember that guilt often interferes with good parenting.**

When we allow guilt to interfere with our ability to set and enforce loving limits and expectations, our kids suffer.

- **Don't be afraid to ask for help with supervision.**

Kids of all ages need good supervision. Without it, even very good kids often get involved in drugs, alcohol, early sex, and other high-risk behaviors.

- **You are doing a good and noble thing by taking care of the needs of your family.**

This is wonderful modeling, and it sends a powerful message of love to your kids.