



## Florenceville Middle School December 2014 Newsletter

School Vision - "All students will be given the opportunity and support to become responsible citizens."

School Mission - "The mission of FMS is to develop students who are intellectually, technologically, physically and socially ready for their place in the 21<sup>st</sup> century world."

### December is here!

Although December is a shorter school month than others, it is packed with many opportunities and events for students.

#### Acts of Giving

On Friday, December 5, FMS students will be again placing a focus on kindness and highlight the N for nurturing in our FALCON Code through the Acts of Giving activity day. Throughout the day, students will be involved in a number of different activities which place the focus on doing for others. From decorating to singing to baking to reading to younger students, FMS students will perform Acts of Giving throughout the school and community. Several of these activities will be taking place off-site; students involved in off-site activities will be bringing home a permission slip to leave school grounds with an adult or we will be calling from the school to confirm that s/he has your permission to do so.

#### Has your contact information changed?

Please be sure to notify us when your phone numbers or email addresses change. It is important for your child's well-being that we have a current number by which to contact you at all times.

#### Christmas Dinner

This year's FMS Christmas dinner will take place on Wednesday, December 10<sup>th</sup>. We are looking for 2 servers and 2 dishwashers to come volunteer their time from 11:15 to 1:00 that day to help out; if you would be willing to do so, please contact Jane in the main office (392-5115). We do ask each student to bring in \$2 to help offset the cost of the meal. **Please note: Christmas dinner is the only meal served in our cafeteria that day.**

#### Farewells in November and December

We were very pleased to have former student, Madisen Carter, complete the On-the-Job-Training component of her Child and Youth Care Program with us this fall. Congratulations to Madisen on her graduation last Friday! She made a wonderful contribution to our school during her time with us and will be missed by students and staff. Christmas holidays will also bring farewells for two FMS staff members. Congratulations and best wishes to Mme Hamilton as she heads out on Maternity Leave. She will be welcoming a new addition to her family in the new year. We look forward to her return to FMS in the future. We will also be sending best wishes for a wonderful and healthy retirement to Mr. Brymer as he closes a chapter in his teaching career with us this fall. We have been privileged to have Mr. B. as a part of the FMS family for a number of years, in a number of roles. He has impacted many students and staff members over the years with his kind disposition and gentle wisdom. He will be greatly missed, but we look forward to hearing about his retirement adventures!!!

#### Are you de-cluttering over the holidays?

Keep FMS in mind as you clean out the old to make room for the new over the holidays. The first fundraiser for the Grade 8 Trip to Quebec City is an indoor Yard Sale on Saturday, January 24<sup>th</sup> in the FMS gym. We would appreciate any donations you would like to make to this cause and look forward to seeing many of you come out to find great deals that Saturday morning!

#### Guests at our Last Rally

We finished off November with special guests at our monthly rally. The UNB Reds Women's Soccer Coach and two players helped us celebrate Sports Day in Canada with some words of wisdom about the many benefits of being engaged in sports. Many thanks to Sharon Johnston of the Florenceville-Bristol Recreation Department for coordinating this visit!

#### Book Fair

Our Book Fair was a HUGE success. Our total sales of \$1842 means that \$857 will come directly back to the library for new acquisitions. Many, many thanks to all students, teachers and parents/guardians who supported the fair. Our librarian, Ms. Hathaway, noted that students were very well behaved. She would also like to extend a special thank you to the student volunteers who did a super job assisting her! FMS will host another Book Fair in the spring.

#### The last day before Holidays

The last day of School is December 19<sup>th</sup>. It is a **full day** for students and staff. Students return on Tuesday, January 6<sup>th</sup>, 2015.

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## **December 2014**

*5<sup>th</sup>: Acts of Giving Activity Day*

*10<sup>th</sup>: FMS Christmas Dinner*

*12<sup>th</sup>: Drama Opening Night*

*13<sup>th</sup>: Drama Dessert Theatre*

*19<sup>th</sup>: Last Day of School*

## **January 2015**

*5<sup>th</sup>: Professional Learning Day  
for staff. No students*

*6<sup>th</sup>: Students return*

*7<sup>th</sup>: January newsletter goes  
home*

*24<sup>th</sup>: Yardsale Fundraiser in the  
gym*

*26<sup>th</sup>: PSSC meeting in the library  
at 7:30 pm*

*29<sup>th</sup>: FMS Dance (fee will be juice  
for the breakfast program –  
bottled, tetra packs, or frozen  
concentrate)*

*30<sup>th</sup>: Rally Day*

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## **Our athletic teams**

Badminton season continues until December 5<sup>th</sup>. Students at all grade levels were involved in playoffs this or last week and the season will culminate in Friday's zone tournament in Nackawic. Good luck to all those participating! Many thanks to our coaches, Mrs. Jurczak, Ms. Hamilton and Mr. Oakes.

Basketball follows badminton and our boys and girls teams are underway in preparations for the season which continues until the end of February. Mr. Jared Joudry is coaching the boys' team and Ms. Catherine Barry is coaching our girls. Basketball is a busy season with many costs associated with referees and tournaments. Once team selection is finalized, team members will be asked to pay the user fee of \$80.

## **The Annual Drama Production is almost ready to share!!**

This year's drama endeavour is a Christmas production entitled **Jam'z Christmas Carol**. Opening night is Friday, December 12<sup>th</sup> at 7:00pm. Tickets are \$7.00 and are available from members of the cast and crew, as well as at the door. They will also perform the production as a Dessert Theatre on Saturday, December 13<sup>th</sup> at 7:00 pm. The cost of tickets for the dessert theatre is \$10. Come on out and enjoy a production to which many students and adults have dedicated much time and energy this fall. Many thanks to all family members who helped out along the way as well as the many hours dedicated by Mrs. Carr, M. Clair and Ms. Carter.

## **Keeping Families informed**

Thank you for continuing to listen to School Connects voice messages and read emails from your child's homeroom teacher. We hope that the software incompatibility between our new Student Information System and the School Connects messaging that sends messages to your phone and email at the same time will soon be resolved. In the

meantime, we would encourage you to consult the school web page for information about school activities and events. It has recently had a new face lift and Mrs. K has brushed up on her web page skills in order to post the School Connects messages that come to the phone in the "Latest News" section of the web page so that you can follow up what you may have heard on the phone message by reading it online. We hope this helps with keeping communication between school and home alive. Other sections of the website have been updated to reflect more current information. Check it out!! <http://fms.nbed.nb.ca>

## **Healthy Eating During the Holidays**

Food is everywhere during the holiday season making it hard to stick with healthy eating and exercise habits. With a little planning you can make it through the season without spinning out of control. Below are some ideas to help you and your family:

- Eat regularly. Skipping meals can lead to over eating. In the holiday rush, do not forget breakfast. By eating regular meals, you will be less tempted to overeat.
- Load up with color. 'Tis the season for red and green. Fill half of your plate with vegetables and fruit. This will increase your intake of these healthy foods and will also help balance out high calorie foods. Choose fresh veggies, leafy green salads, fruit and vegetable soups as starters to holiday meals or healthy snacks.
- Enjoy your holiday favorites. Enjoy the special foods like short bread cookies, peanut butter balls, pies and stuffing but watch your portion sizes. Use smaller plates. Do not feel that you need to clean your plate at every meal or snack. Pass on high calorie foods that you may have at other times during the year. Review your food choices before you make the decision about what you add to your plate. Decide which foods are worth taking and what you want to ignore. Enjoy what you have on your plate.
- Be active. Balance out holiday eating with holiday activities. Go for a family walk to look at the lights, build a snowman, do an extra lap while at the mall or walk an extra block.

