

# Florenceville Middle School January 2017 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."



## Welcome 2017!

As we re-start and remind students of the importance of routines and procedures, we would also ask your attention to the following reminders of school procedures and policies:

### Contact Information

If your contact information has changed, including home phone, work phone, cell phone, email address and/or mailing address, please be sure to have your child bring that information to **Sally** in the main office so that we may update our records. She can then pass on these updates to the teachers. It is important for your child's well-being that we have a current number by which to contact you at all times.

### Custody Information

By law, schools are required to provide, on request from non-custodial parents, information about a student's education, except when a court order prohibiting access of a parent to a child exists. If there is a current, valid court order prohibiting access to this child, the responsibility rests with the custodial parent to provide the school with a copy of this document. Please send in a copy of such a form if it exists or call Jane at the office to make other arrangements for our having a copy on file.

### Getting back into the routines

Having a break is awesome and we trust that our students and families had a wonderful time being 'off-script' for a couple of weeks. However, as I reminded students on Tuesday, it's time for all to jump back into good routines and habits and ensure they are making healthy and responsible choices, including those we reinforce through the FALCONS code. We have made strides this school year in reinforcing positive physiological choices at school, like including a water bottle in their school supplies; purchasing water refill stations for each floor; extending the Nutrition Break slightly to ensure each person has the chance to grab a snack, make a trip to the washroom and get themselves ready for the next classes; and dedicating a specific time and space for eating at lunchtime. We often remind them of healthy habits like frequent hand washing and other universal precautions.

Where we visibly see our students needing more support is in making healthy choices around sleeping patterns. We know and understand that the pre-teen and teen biological clock is not always aligned with the school day; however, there are specific strategies that can be in place in the home that can help minimize the blatant fatigue we are seeing in students. Some are very open about their late nights and recount tales of device use into the wee hours! We hope you would support us by giving consideration to which of the following strategies might help your child develop healthy habits around nighttime routines:

- Discuss with them the number of hours of rest and sleep their body needs and help them establish a bedtime routine.
- Encourage them to stop screen time as a part of this bedtime routine. (Generally, one hour before sleep time is recommended.)
- Help them ensure they have a clutter-free, sleeping area. Help them make good decisions about comfort for sleeping including what is comfy wear as well as enough/but not too many blankets, stuffed animals, etc.

- Help them determine what level of light best meets their needs. Total darkness? A night light? (A red light bulb is one way to provide light without engaging the brain with a ‘it’s a light – you should be awake!’ signal.)
- Have computers, gaming consoles and TVs in common areas rather than bedrooms. Make bedrooms the haven for ‘changing and sleeping’.
- Put a ‘device basket’ in a common area in the house, like the kitchen, so that students are not distracted by blips, beeps and lights in their bedrooms, nor are texting, using social media or gaming late at night.
- Turn off you modem or Wi-Fi access during sleep hours so the temptation to go online is eliminated.
- Model these behaviours yourself and promote wellness for everyone in the household.

Middle school students are in a developmental stage where they want (and sometimes demand!) freedoms and choice-making alternatives beyond what they are yet ready to do responsibly; healthy choices around sleeping patterns is an area where we would especially appreciate your support. We want to have the opportunity to work with your children when they are at their best. Let’s leave the zombies for the TV shows. ☺

## Physical Education

It is an expectation at the middle level that students are changing clothes for Phys Ed classes for comfort, ease of movement and hygiene. Most importantly, students must wear sneakers in the gym for their own and others’ safety. As a part of the FALCONS Code, students should be demonstrating Accountability by arriving to all classes prepared; in Phys Ed class, that means change of clothes, including sneakers.

We would also note that students are not given the option to just not participate in Phys Ed, either because they ‘forgot their gym clothes’ (we have them problem-solve around that) or because they ‘just don’t feel like it’. There are no electives in the Middle School Curriculum, and in the same way that we would not expect a student to be able to sit out of Math class, they are not expected to sit out of Phys Ed. A student who is well enough to be in school is expected to be participating fully in Phys Ed classes. We are certainly prepared to make accommodations around documented illness and injury and would appreciate your communicating with us directly by email, phone or note any concerns you have about factors that may minimize their movement in the gym.

### AYR Motor Centre Activity Day

For a number of years, we had scheduled physical activity days around an outdoor weather theme prior to Christmas and March Break holidays. The weather has not been particularly cooperative in that regard over the last few years. So when we were looking for an alternate way to provide Physical Activities beyond what we typically offer, we looked to the Ayr Motor Centre facility in Woodstock. We were incredibly pleased with the day we went before Christmas Break. It was a great day! It was wonderful to see the engagement level of students as they had options to swim, skate, and try a new and varied activities in the field house (3 gyms) throughout the day. As you may recall, we also provided them lunch that day and the pizza and fruit were a big hit! A rough estimate of the per student cost for that day was about \$11. We offset the majority of that cost using student fee and school raised funds for the December event. We have a few ideas about how to improve the day and are planning to go again in March, (the Friday before March Break). Families should note that the cost is such that we will be asking students to bring \$5 for that event this time around.

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### January 2017

11<sup>th</sup>: PSSC meeting at 7:00 pm.

**You are welcome to attend any PSSC meeting as an observer.**

17<sup>th</sup>: Blood Donor Clinic

26<sup>th</sup>: FMS Dance

28<sup>th</sup>: Boys BBall Invitations  
Tournament at John Caldwell  
School, Grand Falls

### February 2017

1<sup>st</sup>: FMS Newsletter

20<sup>th</sup> – 24<sup>th</sup>: Book Fair

**March Break is March 6 – 10,  
2017.**

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