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| January 2021 |
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Florenceville Middle School



# Upcoming Events

**January 2020**

7th – First day back to school

8th – School Newsletter

16th – Crabbe Mountain Ski Trip A

23rd – Crabbe Mountain Ski Trip B

24th – Calithumpians, MADD Grade 8 Presentation

27th – NO SCHOOL – PL Day

30th – School Dance (Tissues!)

**February 2020**

5th – School Newsletter

10th – 14th – Staff Appreciation

17th – NB Family Day: NO SCHOOL

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| 2021 Has Arrived!  Just like that, it is a new year! We were happy to see our Falcons on Monday and will spend time reviewing routines and procedures with students to ensure a smooth transition back to school. With the new year we have welcomed some new challenges in the form of returning to the Orange Zone. What does this mean? We will be working hard to keep students safe and healthy by increasing our mask usage. Students and staff are required to always wear their masks unless eating, working independently at their desks, and during physical activity during PE classes.  We are also asking that you bring your attention to the following reminders of school procedures and policies:  **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 any court document pertaining to custody information, or call Sally at the office to make other arrangements to ensure we have a copy on file.    **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, as it is important for your child’s well-being that we always have a current number by which to contact you.  **Cell phones and Gum**  Don’t forget! Cellular devices are to remain in your child’s bookbag from the time that they arrive at school until the time that leave. If your child texts or calls you from their cellular device during the day, we appreciate your support in reminding them of our expectation. |
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## We’ve Got your back program

We’ve Got Your Back River Valley is a nonprofit program that will offer a “Weekend Backpack” for students that includes food for those in need. If your family could use this support, please fill out the form that will be sent home this week via email.

## Many thanks

Although Covid-19 has brought many changes to our daily lives, we were excited to have a chance to celebrate with our Falcons before the Christmas break. Students enjoyed a day of fun that included a trip to the AYR Motor Center, and we also had a wonderful brunch provided by our Home and School with donations from the Bath Lions Club and McCains. Thank you so much for the volunteers that made this brunch happen!

## Athletics

Basketball tryouts will begin this week! (Add info)

## Making sleep count for youth

Sufficient duration and quality of sleep is important for good physical and mental health.

Sufficient sleep contributes to:

* Healthy growth and development
* Improved mood and concentration
* Better academic performance

In Grade 6: 47% of boys and 44% of girls report they are tired when going to school in the morning

In Grade 10: 75% of boys and 62% of girls report they are tired when going to school in the morning

Data is from the 2013/2014 Health Behaviour in School-aged Children (HBSC), a research study that aims to gain insight into youth health and well-being, and their social contexts.

