

FEBRUARY 2018

Florenceville Middle School

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Flying into February!

The school year is flying by! It is hard to believe that February is already here! Please encourage your child to be proactive by packing their school bag and checking the weather so that they can ensure they are dressed appropriately.

Contact Information

We continue to ask for any changes in contact information to be communicated with the office. As well, in the event of an early closure, if you no longer require a personal phone call but feel that the talkmail or email is appropriate, please let your child's homeroom teacher know. This will save us making individual phone calls if unnecessary.

PINK SHIRT DAY

On February 28th, FMS will be celebrating "Pink Shirt Day." Students are encouraged to wear a pink article of clothing in support of anti-bullying.

ASD-W has begun a new initiative to support safe schools. Students can access PSST World, which is a web-based forum for reporting concerns about bullying, abuse, and dangerous behaviour. In a presentation yesterday, we reviewed what bullying is. The definition we use for bullying at FMS is behaviour that is repeated, intentional, and in which there is a power imbalance. Students were introduced to the site, and posters were placed throughout the school. Students are always welcome to discuss and share concerns with adults in the building, but also may choose to use this site.

COMMUNITY FOOD SMART: UPPER RIVER VALLEY

Want to save money on healthy food? Your community is participating in a bulk food buying group, which means purchasing with others to reduce the cost of fresh fruits and veggies! For more information, please contact urvfoodsmart@gmail.com or call 506-391-9819

PHYSICAL EDUCATION

It is an expectation at the middle level that students change 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 part of the FALCONS Code, students should be demonstrating Accountability by arriving to all classes prepared; in Phys Ed class, that means having a change of clothes including sneakers.

As part of our New Brunswick Curriculum, students all participate in Physical Education. Please note that students are not given the options to not participate in Phys Ed either because they 'forgot their gym clothes' (we have extra clothes that are washed after each use!) 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 sit out of Math class, they are not expected to sit out of Phys Ed. A student who is well enough to be at school is well enough to participate in Phys Ed classes. We certainly will make accommodations around documented illness

UPCOMING EVENTS

February 2018

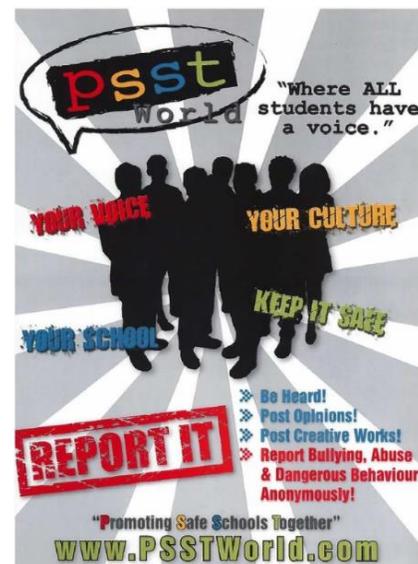
2nd – Rally Day
7th – School Newsletter
12th – 16th – Staff Appreciation
19th – NB Family Day: NO SCHOOL
20th – TNB Young Company @ CNHS
27th – PL Day – Early Dismissal
28th – Pink Shirt Day

March 2018

5-9th – March Break
14th – School Newsletter, Pi Day, Science Fair (Grade 8)
20th – Blood Donor Clinic
22nd – HPV Vaccine, School Dance
27th – No School: Teacher PL Day
30th – No School: Good Friday

GRADE 8 PLANNING

We will be having a grade 8 celebration planning meeting on Monday, February 12th in Ms. Rioux/Ms. Pearson's classroom at 6pm. See you there!



and injury, and would appreciate your communicating with us directly by email, phone or note any concerns that you may have.

DONATIONS

We are still willing to accept donations of lego, gently used board games, and puzzles with a puzzle mat! Also, we would love to have donations of your time! Volunteers are welcome here at FMS – if you are interested in supporting with a club (crochet, art, knitting, book club, mechanics club, etc.) we would love to hear from you! For more information, or to offer your support, please contact Mrs. Pearson at cindy.pearson@nbed.nb.ca.



National Nutrition Month 2018

March is Nutrition Month! Public Health Dietitians from Horizon and Vitalité, along with Dietitians of Canada, want to help you Unlock the Potential of Food to enhance your life, improve your health, inspire children, fuel your activities and bring people together.

Having trouble staying energized? Think about eating regular meals and snacks, as needed. Avoid going long periods of time without eating. Snacking can be part of a healthy eating pattern and is a great way to get all the nutrients the body needs in a day. Some healthy snacks may include vegetables with hummus, trail mix, fruit and nut butters and high fibre granola bars. Want to set your kids up for a lifetime of healthy habits? Teach them to shop and cook! Have your kids help make a grocery list and get them involved in the kitchen with meal preparation. This could include washing and chopping up vegetables and setting the table for a meal. This will give them the power to discover better health as they grow.

Lifestyle, including what we eat, is a major influence on disease prevention. Healthy eating habits that include vegetables, fruit, whole grains, healthy fats and healthy protein sources such as legumes, nuts, seeds, meat, poultry, fish and dairy may help prevent type 2 diabetes, heart disease, stroke, dementia and some types of cancer. A bite of prevention goes a long way!

Food can promote healing! Food is crucial for the human body because it provides nutrients, which are used by the body for daily activity, growth, repair, and all bodily functions. Keep your immune system healthy by making better choices.

Food brings us together. Sit down and enjoy meals with family or friends! Sharing meals allows people to connect with each other, lets parents model good healthy habits, and improves quality of life by letting us stop and take a breath and appreciate the people around us and the food we are eating.

Physical Activity



Being Physically Active

To help children develop habits that will last a lifetime, an active, healthy lifestyle must start early in life as it is the place where children practice their skills. Physical activity has benefits at every age, and helps kids:

- ◇ Keep their heart and lungs strong and healthy
- ◇ Become more flexible,
- ◇ Develop strong bones,
- ◇ Keep a healthy body weight,
- ◇ Lower the risk of several diseases and health problems,
- ◇ Improve their mood and self-esteem,
- ◇ Do better in school, and
- ◇ Feel better about their bodies.



Non-sport based activities appeal to more people in general than sport type activities. Some examples of idea/activities to do at home:

- ◇ Bush Walking, Power walking, Race walking, Cycling on and off road, skateboarding, swimming, dancing to music, playing tree tag, skating, sliding, etc. These are all examples of things one could do to engage yourself and your children in actively moving.

Submitted by: Ross Campbell BPE,BED, MED