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# JANUARY 2018

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## Florenceville Middle School

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### Welcome to 2018!

A new year and a fresh beginning! As we re-start and remind students of the importance of routines and procedures, we would ask 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 a copy of such a form if it exists, 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> it is important for your child's wellbeing that we have a current number by which to contact you at all times.

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### GETTING BACK INTO THE ROUTINE

We trust that our students and families had a restful and relaxing break for the past couple of weeks. However, as I have been reminding students on the morning announcements, it is time to get back into the routines and procedures here at school. Students will spend some time reviewing the FALCONS code and discussing how to make responsible choices. We expect that middle school students are going to make mistakes, will disagree with us and each other. When this happens, we will work to support students in making better choices, and resolving conflict. We continue to see an increase in students who question our authority to set expectations, to correct their behaviour when they don't meet the expectations and to apply consequences when applicable. We remind them that with a family of our size (over 225!) we need to operate consistently in order to create and maintain the positive learning and working environment where we can all grow and learn. We will work as a team, with you included, to focus our attention on meaningful learning and supporting students with healthy decision making.

We are also noticing a number of students that require more support in making healthy choices around sleeping patterns. Sleep helps to fuel growing bodies and brains. According to Caring for Kids ([caringforkids.cps.ca](http://caringforkids.cps.ca)), to be at their best, students this age need between 9 and 10 hours of sleep every day. Many students are very open about their late nights spent watching television, playing games, and receiving text messages in the wee hours. We hope that you would support us by considering some new strategies with bedtime routines. The following is an excerpt from the above mentioned website.

### Why is it so hard to get enough sleep?

There are many reasons. Some you may be able to control and some you may not.

You probably have a very busy life, but you still need "downtime" to relax, unwind and spend time with friends. This usually happens at the expense of sleeping. Many teens also crave the quiet privacy of a late night after parents have gone to bed.

When you think about all the other things you need to do (homework, socializing, sports, chores, part-time jobs, etc.), getting to bed early enough to get 9 hours of sleep can seem very hard.

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### UPCOMING EVENTS

#### January 2018

8<sup>th</sup> – First day back to school  
10<sup>th</sup> – School Newsletter  
25<sup>th</sup> – School Dance  
27<sup>th</sup> – Family Literacy Day

#### February 2018

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

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### GRADE 8 PLANNING

We will be having a grade 8 celebration planning meeting on Monday, January 15<sup>th</sup> at 6pm in Ms. Rioux's/Ms. Pearson's teaching classroom. Please attend if you would be willing to support in the planning of a year-end celebration/trip!

Here are some suggestions:

- **Have a relaxing bedtime routine.** Have a light snack (such as a glass of milk) before bed. Try to go to bed at about the same time every night. Keep your room cool, dark and quiet but open the curtains or turn on the lights as soon as you get up in the morning.
- **Always fall asleep in your bed.** Use your bed for sleeping only. Avoid doing homework, using a computer or watching TV while in your bed. Try to be in your bed with the lights out for at least 8 hours every night.
- **Napping during the day can make it difficult to fall asleep.** If you want to nap, keep it short (less than 30 min). Definitely don't nap after dinner.
- **Get exercise every day,** but avoid very hard exercise in the evening.
- **Avoid caffeine** (coffee, tea and colas) after mid-afternoon. Don't use any products to help you sleep such as alcohol, herbal products or over-the-counter sleep aids.
- **Limit screen time before bed.** Using electronic media and being exposed to the screen's light before trying to sleep can make it harder to fall asleep.
- On weekends, no matter how late you go to bed, try to **get up within 2 hours to 4 hours of your usual wake time.** This is especially important if you have trouble falling asleep on Sunday nights.
- **Make sure you are not trying to do too much.** Do you still have some time for fun and to get enough sleep? If you are having trouble sleeping because you have too much on your mind, try keeping a diary or to-do lists. If you write things down before sleep, you may feel less worried or stressed.

## AYR MOTOR AND WONDER

Just before the Christmas break, our students had the chance to visit the AYR Motor Centre in Woodstock, as well as watch Wonder at the theatre. It was a great day that allowed students various options of activities to choose from throughout the day, and the movie was well received by students. We were very pleased with the day, and had many compliments about how polite, respectful, and well behaved our FALCONS were!

## DONATIONS, ANYONE?

January is often a time for organizing and decluttering. As you do so, if you have any Lego, Kinnects, or magnetic building blocks, we would love to have them! A number of our students enjoy these hands on activities, and we are looking at building our collection.

## KEEPING CHILDREN SMOKE-FREE

January is Tobacco Reduction Month, and this is a good time to think about how to keep your child's environment smoke free

### Tobacco Facts:

- Tobacco smoke contains over 4000 chemicals including at least 70 which are carcinogenic or cause cancer.
- The top 6 toxins which are released when a tobacco product is burned are: tar, nicotine, carbon monoxide, formaldehyde, hydrogen cyanide and benzene.
- Besides cancer, smoking is responsible for many other diseases
- Because children breathe faster than adults, they are particularly sensitive to second hand smoke. Asthma rates are much higher in children whose parents smoke, and children are more likely to develop ear infections if exposed to second hand smoke.
- E-cigarettes or vaping is not recommended by Health Canada because of possible health risks, nicotine poisoning and addiction. Nicotine free or flavoured vaping products are also not recommended.

### Tips for Talking to Children:

- Take advantage of opportunities to let your child know about the harmful effects of tobacco.
- If your children are involved in sports, remind them that remaining smoke free will help their performance in physical activity.
- Talk to your child about peer pressure and practice how to refuse smoking or vaping.

### What Else You Can Do:

- Quit Smoking, being a positive role model is important
- Protect your child from second hand smoke
- Speak out and support smoke free spaces in our communities.

**Need Help?** Go to: [www.smokershelpline.ca](http://www.smokershelpline.ca) or call 1-877-513-5333

**Resources:** NB anti-tobacco Coalition: <http://www.nbatc.ca/en/>

Health Canada: <https://www.canada.ca/en/health-canada/services/health-concerns/tobacco.html>