

MARCH 2018

Florenceville Middle School

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Welcome March!

The FMS staff very much appreciated all of the treats and wonderful food that were shared with us during Staff Appreciation Week. Many thanks to all of you that took the time to bake treats, decorate the staff room, and send in positive notes of appreciation. We truly felt special!

SPRING FUNDRAISER

Participating in fundraisers is what sometimes allows us to do a bit extra for our students! As we shared with you before March Break, our school has again partnered with Jolly Farmer to sell spring hanging baskets as a fundraiser! We are setting a goal for each student to sell two baskets – that would be just over 400 beautiful plants. You can hang them as-is, or as some parents did last year, you may choose to break the flowers apart and plant in smaller pots!

This fundraiser will help to offset the cost of school wide student activities and presentations at FMS, and costs associated with teams, groups, clubs, and events where students must travel off campus – such as to the AYR Motor Centre. Please remember that we have extended the date for the fundraiser to March 23rd, so have your orders in! The order envelope will be accessible on the school website as well.

NATIONAL NUTRITION MONTH

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, let's 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.

UPCOMING EVENTS

March 2018

- 5-9th – March Break
- 14th – School Newsletter, Pi Day
- 20th – Blood Donor Clinic
- 21st – Science Fair, Chess Fair
- 22nd – HPV Vaccine, School Dance
- 27th – No School: Teacher PL Day
- 30th – No School: Good Friday

April 2018

- 2nd – No School: Easter Monday
- 4th – School Newsletter
- 10th – Report Cards Issued
- 10th – 12th – Spring Book Fair
- 12th – Evening Parent Teacher
- 13th – Morning Parent Teacher
- 19th – MADD Canada Presentation (Grades 7/8)
- 20th – Heritage Fair, Grade 6
- 28th – Grade 8 Yard Sale



SCHOOL SPORTS

A giant thank you to Corey Orchard and Abby Derrah for coaching a successful season of basketball! Both the girls' and boys' teams had a great season, and we are very proud of their development! Volleyball is not in full progress, and we are pleased to welcome Luke Rouselle, Julia Higgins, Hillary Demerchant, and Victoria Rouselle who are coaching two girl's teams, as well as Sandra Castenada and Sabbir Ahmed who will be coaching the boy's team. We wish everyone luck with the season!

HOW TO FOSTER YOUR CHILD'S SELF-ESTEEM

Self-esteem is how people feel about themselves, both inside and out. People with good self-esteem generally have a positive outlook, accept themselves and feel confident. Having good self-esteem doesn't mean a person is arrogant or self-centered. It means appreciating your own self-worth and importance, taking responsibility for your actions, and showing respect and care for others.

Why is self-esteem important?

Your child's self-esteem affects how well they do day-to-day. It affects their relationships with you and with others, and has an impact on how they do at school in social situations. Later in life, it will affect how they do in the workplace. Positive self-esteem helps children to have the courage to be their own person, believe in their values, make the right decisions under pressure, interact with others, and handle stress and life's challenges.

What can I do to help foster my child's self-esteem?

- The most important thing is to show your child lots of love and acceptance. Show them that you love them by spending time with them and by giving them lots of hugs and affection.
- Focus on your child by playing games with them and listening when they talk. Show interest in their activities, projects, and problems.
- Provide structure and rules, and be consistent! Decide on and enforce clear rules and limits that are right for your child's age and stage. Tell them what you expect, and what the consequences will be if the rules are not followed. This helps them feel safe and secure, and gradually grow more confident about making their own decisions.
- Help your child learn from their mistakes. Talk about what can be done differently next time, and how they can control their own behaviour.
- Provide your child with responsibilities and opportunities to contribute in the home. For example, assign family chores or ask for help preparing dinner. This teaches your child that they are important.
- Offer choices and the chance to problem-solve, appropriate to your child's age and stage, so that your child learns that they have control over their life.

For more information, please see the full article at https://www.caringforkids.cps.ca/handouts/foster_self_esteem.

FMS FOOD FEST

To celebrate Nutrition Month we are hosting our First Annual FMS Food Fest. Students in grades 6-8 will be creating tasty, nutritious & easy to prepare lunch and snack recipes. Two teams of 9 students have been identified as the leaders for this activity. The FMS Food Fest student teams will prepare a variety of recipes and offer samples for taste testing during nutrition and lunch breaks. As they are preparing the food they will document the process and create step-by-step student friendly instructions. Students who sample the tasty creations will then have an opportunity to learn how to create them under the guidance of the FMS Food Fest student teams.

BREAKFAST PROGRAM

In the past few years, we have noticed that many of our students are not eating breakfast and many are not eating lunch. Research shows positive links between nutrition and student academic achievement, as well as behaviour. We are pleased that we are continuing to build on the FMS breakfast program to help support students in their learning. Each day, students have the choice between three food groups: grain product, fruit, and dairy.

We were very pleased that with a monetary donation from local Tim Horton's locations, as well as volunteers from McCain's, we are now providing students with a hot breakfast option every Wednesday. Items such as egg wraps, pancakes, and egg sandwiches are now available to students on these days.