

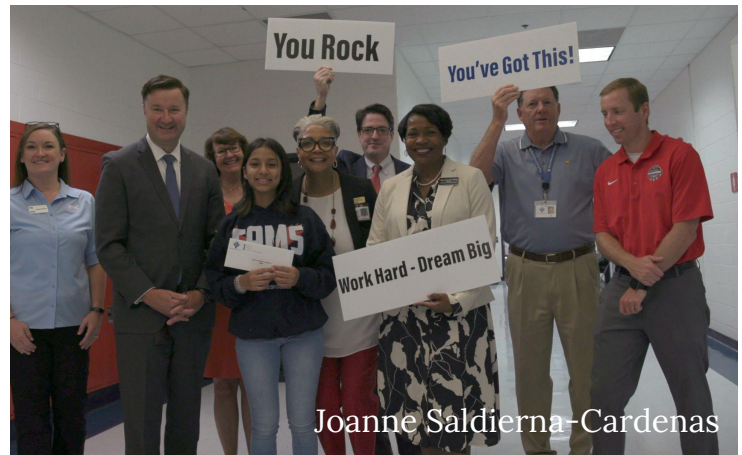
WEEK-AT-A-GLANCE

The latest news and updates from Flat Rock Middle School



LOOKING AHEAD

Mon. 9/18 -
Tue. 9/19 - <u>Intramurals</u> 7:20am (gym) <i>only for registered students</i> <u>Academic team</u> practice until 4:30pm (602) <u>Art club</u> meeting until 4:40pm <u>Volleyball</u> vs. RSMS @FRMS 5pm
Wed. 9/20 -
Thu. 9/21 - <u>Academic team</u> practice 7:15am (704) <u>Intramurals</u> 7:20am (gym) <i>only for registered students</i> <u>Volleyball</u> vs. WMS @WMS 5pm
Fri. 9/22 - Sandy Creek Homecoming Parade 1:45pm



Joanne Saldierna-Cardenas



Edgar Alegria



Zion Simpson

GEORGIA REACH SCHOLARS

Congratulation to **Joanne Saldierna-Cardenas, Edgar Alegria and Zion Simpson**. These three 8th grade Flat Rock students have been selected to be 2023 recipients of the Fayette County REACH Scholarship this year! These are \$10,000 scholarships that are made available to worthy 8th grade students upon their successful completion of high school to attend any college or university in Georgia. Students from all five middle schools must meet certain criteria, apply, interview, and write compelling papers to be selected.

[To listen to the podcast, click here.](#)

Word of the month

Responsible

Leadership

Trait of the week

Persevere- Keep on Trying

STUDENT OF THE WEEK

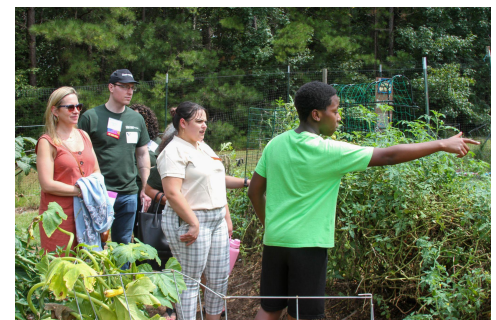


The student 6B has chosen to represent the character trait PERSEVERANCE is **Melanie Velazquez Aguas**.

Melanie is hardworking and dedicated. She is willing to put in the time and effort to succeed, even when things are difficult. She is optimistic with her teachers, peers, and schoolwork, no matter what challenges she encounters. She has a positive outlook on school and a desire to work hard to get good grades and maintain a strong work ethic. In addition to Melanie's academic achievements, she is also a productive and supportive member of the 6B community. Melanie's teachers are consistently impressed by her academic achievement, perseverance, and positive attitude.

USDA "FARM TO SCHOOL" RECOGNITION

Flat Rock Middle School was selected as a site gathering to host representatives from USDA and the GaDOE to showcase the **Farm to School Initiative** through our Food Forest, Student to Community Engagement and Fayette County School Nutrition. This was a great opportunity to highlight the FRMS Food Forest, Mrs. Thompson, and our students on the great work they do every day. Mrs. Wilder, School Nutrition Director, has shared, "**FRMS has one of the most impressive school gardens in our district!**"





Stay connected. Be informed.

CLICK ON THE IMAGES FOR MORE INFORMATION

Missing Assignment Assistance Saturday

SEPTEMBER 30TH 10AM-NOON

Flat Rock Middle School
EAGLES
#whereeaglessoar

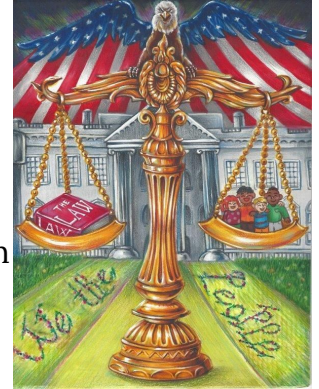
- A 2 hour supervised distraction free environment for your student to complete missing work
- NOT 1 on 1 tutoring
- Student must bring charged Chromebook, supplies needed & know what assignments they have to work on

Register your student now, click here.

For questions, contact Mrs. Cannington at cannington.brenda@fcboe.org

CONSTITUTION DAY POSTER CONTEST

All students are invited to celebrate Constitution Day, September 17, 2023 by participating in the Fifteenth Annual U.S. Constitution Day Poster Contest. To enter, design an 8-1/2 x 11 poster showing how you have benefited from the freedoms embodied in the U.S. Constitution, click here to complete an [entry form](#), and mail it in. Entries must be postmarked by October 2, 2023.



SMASH Tutoring Schedule September Opportunities

Monday	Tuesday	Wed.	Thursday	Fri.
Sept. 11	Sept. 12	13	Sept. 14	15
Math 6th grade	Math 8th grade		Math 7th grade	
	ELA 6th grade		Science 8th grade	
Sept. 18	Sept. 19	20	Sept. 21	22
Math 6th grade	Math 8th grade		Math 7th grade	
	ELA 7th grade		Science 8th grade	
Sept. 25	Sept. 26	27	Sept. 28	29
Math 6th grade	Math 8th grade		Math 7th grade	
	ELA 8th grade		Science 8th grade	

Students Meeting After School for Help

- Tutoring sessions will be held after school until 4:30pm.
- Students must have transportation home, there will be no bus transportation available.
- Students can only sign up for their specific grade level classes.
- Students can attend more than one tutoring session a week.
- Space is limited to 15 students per session.
- Registration is required to attend.
- If you have any questions, email Mrs. Cannington at cannington.brenda@fcboe.org.

Sign Up Links:

[ELA Math](#) [Science](#)

ANNUAL TITLE 1 MEETING & 3 FAMILY WORKSHOPS

Join us to learn about our 2023-2024 school improvement goals, our Family Engagement Policy and our School Compact. Then stay to attend our workshops on:

- Conscious Discipline with Mrs. Kelley
- STEAM at Home with Mrs. Thompson
- IC, Schoology & ParentSquare with Mrs. Lohr

Lite breakfast items will be provided.

WILL TAKE PLACE DURING OUR FIRST MAAS

Flat Rock Middle School
EAGLES
#whereeaglessoar

SATURDAY, SEPT. 30TH 10-NOON

For questions, email Mrs. Cannington at cannington.brenda@fcboe.org

Parent University WORKSHOPS SATURDAY, SEPTEMBER 30TH 10-12PM

ANNUAL PARENT MEETING
With Mrs. Cannington

Whether you are dropping your student off for our first MAAS of the school year or are interested in any/all of our 30 minute workshops we welcome all our parents/guardians to attend our first "parent university".

Join us to learn about our 2023-2024 school improvement goals, our Family Engagement Policy and our School Compact.

Lite breakfast items will be provided.

STEAM AT HOME: ECLIPSE PARTY
With Mrs. Thompson

We are lucky enough to experience 2 Solar Eclipses! This fun class will cover what an eclipse is and ideas for viewing them safely and cheaply!

- eclipse art with kids
- building solar eclipse viewers
- sun viewing party
- presentation on eclipses
- eclipses in literature, art, music, movies, etc.

INFINITE CAMPUS, SCHOLOGY & PARENT SQUARE
With Mrs. Lohr

A workshop to assist families in navigating our three online resources, how to set up notifications, and what to look for in each platform. If you haven't set up your Infinite Campus account yet, email Mrs. Lohr prior to the workshop to get your activation code. Handouts will be provided.

LEARNING WITH LOHR INFINITE CAMPUS, SCHOLOGY & PARENTSQUARE

CONSCIOUS DISCIPLINE
With Mrs. Kelley

Conscious Discipline for parents is an approach that emphasizes the importance of adult self-regulation in modeling and teaching children effective emotional management and conflict resolution. It shifts the focus from traditional punitive methods to understanding and changing the adult's behavior as a means to guide children positively.

FOR MORE INFORMATION, CONTACT MRS. CANNINGTON AT [CANNINGTON.BRENDA@FCBOE.ORG](mailto:cannington.brenda@fcboe.org)

STEAM LINKS

September: FRMS Food Box

September: STEAM at Home

Sept/Oct: Scarecrows in the Food Forest Contest & Exhibition

Oct. 7th: Food Forest Fall Festival

Oct. 21st: International Observe the Moon Night

For questions, contact Mrs. Thompson at thompson.sarah@fcboe.org

FRMS 6TH GRADE INTRAMURALS

MEETS TWICE/MONTH 7:20-7:55AM

SPACES STILL AVAILABLE, SIGN UP BY PAYING THE FEE ON MY SCHOOL BUCKS

\$25 ON MY SCHOOL BUCKS: 6TH GRADE INTRAMURAL FEE-FRMS

QUESTIONS? CONTACT COACH TYLER AT [TYLER.SYNTARA@FCBOE.ORG](mailto:tyler.syntara@fcboe.org)

DID YOU KNOW?

At Flat Rock you can request a conference with your student's teachers anytime during the year. They are done with the 4 teacher team to give you an understanding of your student in their academic classes. Email your student's team lead to schedule a meeting (in person or via Zoom).

Community Events

CLICK ON THE IMAGES FOR MORE INFORMATION

SIGN UP NOW!

BASKETBALL LEAGUE

Be a part of the *intentional sports experience* everyone is talking about!

UPWARD SPORTS

How Do I Sign Up?

New Hope North Baptist Church
Gym-Fayetteville GA
551 New Hope Rd
Fayetteville, GA 30214

Registration Information

Register Online at:
<https://registration.upward.org/UPW84835>

The registration cost per child for **Basketball is \$135.00.**
Discounts Available For Multiple Siblings!
Deadline for registration is **11/20/2023.**
Sign Up Now!!!
(While Spaces Are Available)

Evaluation and Orientation

Evaluations will be held **Saturday, November 4, 2023, from 9AM - 12PM.**
New Hope North Gym
551 New Hope Rd, Fayetteville, GA 30214

More Information Will Be Sent Out Via Email As We Get Closer To The Season.
Practices Will Begin The Week After Thanksgiving.

Who Do I Contact

Al Mead or TaJuanna Taylor
tajuannat@newhopebc.org
678-827-7917

All fun.

No filter.

Imagine it—you and your forever friends. Dreaming up adventures. Making the whole world sparkle with your own personal brand of magic.



Join us for a **FREE Girl Scout Community Fall Festival on Sun Sep. 24, 2023, at IPM at Camp Meriwether in Luthersville, GA 30251.**

There will be ponies, roasted marshmallows, crafts, hatchet throwing and much more.

Girl Scout troops are available for girls in the following counties: Fayette, Spalding, Pike, Lamar, Upson and Butts

RSVP now using the QR code so we can be expecting you!

[JoinGirlScoutsATL.com](https://www.girlscouts.org/join)



girlscouts
of greater atlanta

Be a Girl Scout.

© 2022 Girl Scouts of the USA. All Rights Reserved.

VIRTUAL S.T.E.P.

FALL 2023 Session

Systematic Training for Effective Parenting

Presenter – *Maria Sherrod*

Dates:

MONDAYS

6:30 pm – 8:00 pm

September 11, 18, 25
October 2, 16, 23, 30
November 6

*No Meeting on Oct. 9th

This course will be held on Google Meet for all Fayette County parents.

Register using this QR Code:



SCAN ME
Ph# 770-460-3565

*Gain confidence in your approach to parenting!
*Better understand your child's behavior.
*Learn strategies to help your child become responsible for their behavior!

ENROLLMENT NO LONGER POSSIBLE
AFTER 3RD NIGHT OF CLASS.

Register for the course by scanning the QR Code above or click this link:

[S.T.E.P. Course Registration Form](#)

Please register early! Books are limited!



We are a family. Last Friday we *rocked* our best “pink-out” look to show our support for Mrs. Vandergrift. She is an amazing woman and a fighter. We can't wait for her to return next month.
#victoryforvandergrift

UN VISTAZO DE LA SEMANA

Las últimas noticias y actualizaciones de Flat Rock Middle School



PROXIMA SEMANA

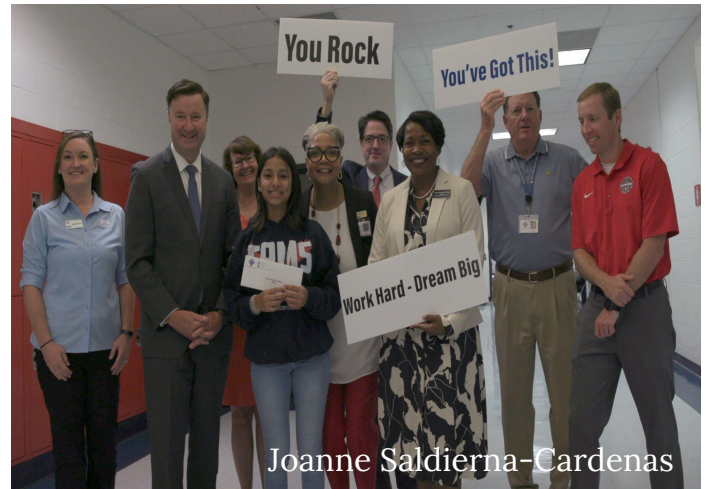
Lunes. 9/11 -

Martes. 9/12 - 7:20am-7:55 Deportes Intramurales. Solo para estudiantes registrados (Gimnasio)
Práctica del grupo Académico hasta 4:30pm (602)
Reunión del Club de Arte hasta 4:40pm
Volleyball vs. RSMS @FRMS 5pm

Miercoles. 9/13 -

Jueves. 9/14 - Práctica del grupo Académico a las 7:15am (704)
7:20am-7:55 Deportes Intramurales. Solo para estudiantes registrados (Gimnasio)
Volleyball vs. WMS @WMS 5pm

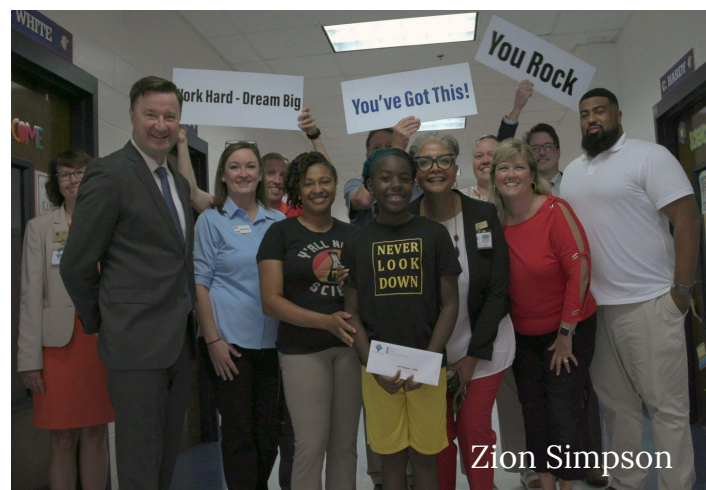
Viernes. 9/15 - Sandy Creek Homecoming Parade 1:45pm



Joanne Saldierna-Cardenas



Edgar Alegria



Zion Simpson

ESTUDIANTES DE GEORGIA REACH SCHOLARS

Felicitaciones a **Joanne Saldierna-Cardenas, Edgar Alegria y Zion Simpson**. ¡Estos tres estudiantes de 8vo grado de Flat Rock han sido seleccionados para recibir la beca REACH del condado de Fayette de 2023! Estas son becas de \$10,000 que están disponibles para los estudiantes ganadores de 8vo grado cuando finalicen exitosamente la escuela secundaria y puedan asistir a cualquier Universidad en Georgia. Los estudiantes de las cinco escuelas intermedias deben cumplir con ciertos criterios, postularse, ser entrevistados y redactar trabajos convincentes para ser seleccionados.

Planting Seeds: Thompson grows a love of learning
Flat Rock Middle STEAM careers teacher Sarah Thompson leads through hands-on initiatives, like the Food Forest

The Honor Role PODCAST
When Excellence and Creativity Merge

Palabra del mes

Responsabilidad

Liderazgo

Atributo de la semana

Perseverar- Seguir Intentándolo

ESTUDIANTE DE LA SEMANA

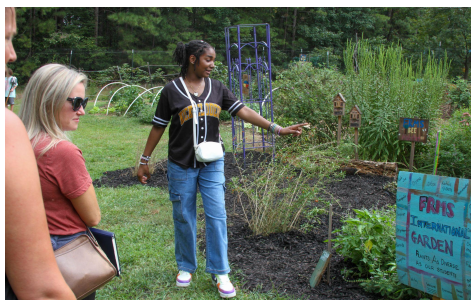


La estudiante que 6B ha elegido para representar el rasgo de carácter de PERSEVERANCIA es **Melanie Velazquez Aguas**.

Melanie es trabajadora y dedicada. Está dispuesta a dedicar tiempo y esfuerzo para tener éxito, incluso cuando las cosas se ponen difíciles. Es optimista con sus profesores, compañeros y con el trabajo escolar, sin importar los desafíos que encuentre. Tiene una perspectiva positiva de la escuela y el deseo de trabajar duro para obtener buenas calificaciones y mantener una sólida ética de trabajo. Adicionalmente a los logros académicos de Melanie, ella también es un miembro productivo y solidario de la comunidad de 6B. Los profesores de Melanie están constantemente impresionados por su rendimiento académico, perseverancia y actitud positiva.

RECONOCIMIENTO DE LA USDA “DE LA GRANJA A LA ESCUELA”

Flat Rock Middle School ha sido seleccionado como el lugar de reunión para albergar a los representantes de la USDA y del GaDOE para mostrar la **Iniciativa De La granja A La Escuela** a través de nuestra Granja de Alimentos, de la Participación de los Estudiantes en la Comunidad y de la Nutrición Escolar del Condado de Fayette. Esta fue una gran oportunidad para destacar a La Granja de Alimentos de FRMS, a la Sra. Thompson y a nuestros estudiantes por el gran trabajo que realizan todos los días. La Sra. Wilder, Directora de Nutrición Escolar, compartió: **“¡FRMS tiene uno de los jardines escolares más impresionantes de nuestro distrito!”**





Manténgase conectado. Esté informado.

HAGA CLICK EN LAS IMÁGENES PARA MÁS INFORMACIÓN

Sábados de Ayudas para Tareas Pendientes

SEPTIEMBRE 30 DE 10AM A 12PM

- Un espacio de 2 horas, supervisado y libre de distracciones para que su hijo complete las tareas pendientes
- No es una tutoría 1 a 1
- El estudiante debe traer su Chromebook cargado, los útiles necesarios y saber en qué tareas tiene que trabajar.

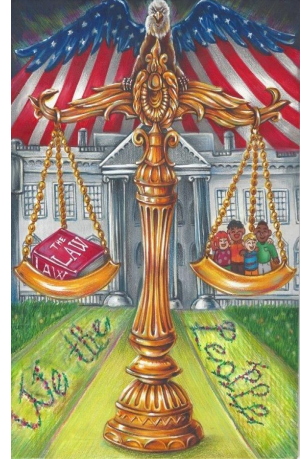
Regístre a su hijo ahora, haga click aquí

Si tiene preguntas, comuníquese con la Sra. Cannington en cannington.brenda@fcbos.org



CONCURSO DE CARTELES DEL DÍA DE LA CONSTITUCIÓN

Todos los estudiantes están invitados a celebrar el Día de la Constitución, 17 de Septiembre de 2023 participando en el **15vo Concurso Anual de Carteles del Día de la Constitución de los Estados Unidos**. Para participar, diseñe un póster de 8-1/2 x 11 mostrando cómo se ha beneficiado de las libertades consagradas en la Constitución de los EE. UU., haga click para completar el [Formulario de Inscripción](#), y envíelo por correo. Las inscripciones deben tener un sello de correo del 2 de Octubre de 2023.



SMASH Tutoring Schedule

Oportunidades para Septiembre

Monday	Tuesday	Wed.	Thursday	Fri.
Sept. 11	Sept. 12	13	Sept. 14	15
6to Grado Matemática	8vo Grado Matemática		7mo Grado Matemática	
	6to Grado Ingles		8vo grado ciencias	
Sept. 18	Sept. 19	20	Sept. 21	22
6to Grado Matemática	8vo Grado Matemática		7mo Grado Matemática	
	7mo Grado Ingles		8vo grado ciencias	
Sept. 25	Sept. 26	27	Sept. 28	29
6to Grado Matemática	8vo Grado Matemática		7mo Grado Matemática	
	8vo Grado Ingles		8vo grado ciencias	

- Las sesiones de tutoría se llevarán a cabo después de la escuela hasta las 4:30 p. m.
- Los estudiantes deben tener transporte a casa, no habrá transporte en autobús escolar disponible.
- Los estudiantes solo pueden inscribirse en las clases específicas de su nivel de grado.
- Los estudiantes pueden asistir a más de una sesión de tutoría por semana.
- El espacio está limitado a 15 estudiantes por sesión.
- Es necesario registrarse para asistir.
- Si tiene alguna pregunta, envíe un correo electrónico a la Sra. Cannington a cannington.brenda@fcbos.org.

Haga click en la clase a continuación para registrarse. [Ingles](#) [Ciencias](#) [Matemáticas](#)

REUNIÓN ANUAL DE TÍTULO 1 & 3 TALLERES PARA FAMILIAS

Únase a nosotros para conocer nuestras metas de mejora escolar para 2023-2024, nuestra Política de Participación Familiar y nuestro Acuerdo Escolar. Luego quedése para asistir a nuestros talleres sobre:

- Disciplina de Conciencia con la Sra. Kelley
- STEAM en Casa con la Sra. Thompson
- IC, Schoology y ParentSquare con la Sra. Lohr

Se proporcionarán alimentos ligeros de desayuno.

TENDRÁ LUGAR DURANTE NUESTRO PRIMER MAAS (SÁBADO DE AYUDA CON TAREAS PENDIENTES)



SÁBADO 30 DE SEPTIEMBRE 10AM A 12PM

Si tiene preguntas, envíe un correo electrónico a la Sra. Cannington en cannington.brenda@fcbos.org



TALLERES SABADO, SEPTIEMBRE 30 10-12PM

REUNION ANUAL DE PADRES CON

Ya sea que vaya a dejar a su hijo para nuestro primer MAAS del año o que esté interesado en alguno o todos nuestros talleres de 20 minutos, damos la bienvenida a todos nuestros padres/tutores a asistir a nuestra primera "Universidad Para Padres". Únase a nosotros para conocer nuestras metas de mejora escolar para 2023-2024, nuestra Política de Participación Familiar y nuestro Acuerdo Escolar. Se proporcionarán alimentos ligeros para el desayuno.

STEAM EN CASA: FIESTA DE ECLIPSE

¡ITENEMOS LA SUERTE DE EXPERIMENTAR 2 ECLIPSES SOLARES! ESTA DIVERTIDA CLASE CUBRIRÁ QUE ES UN ECLIPSE Y ALGUNAS IDEAS PARA VERLOS DE FORMA SEGURA Y ECONÓMICA!

- ARTE DE ECLIPSE CON NIÑOS
- CONSTRUYENDO VISORES DE ECLIPSES SOLARES.
- FIESTA PARA VER EL SOL
- PRESENTACIÓN SOBRE ECLIPSES
- ECLIPSES EN LITERATURA, ARTE, MÚSICA, CINE, ETC.

INFINITE CAMPUS, SCHOOLGY & PARENT SQUARE

Un taller para ayudar a las familias a navegar por nuestros tres recursos en línea, como configurar notificaciones y que buscar en cada plataforma. Si aun no ha configurado su cuenta de Infinite Campus, envíe un correo electrónico a la Sra. Lohr antes del taller para obtener su código de activación. Se proporcionarán folletos de información.

LEARNING WITH LOHR INFINITE CAMPUS, SCHOOLGY & PARENTSQUARE



DISCIPLINA CONSCIENTE

La Disciplina Consciente para padres es un enfoque que enfatiza la importancia de la autorregulación de los adultos a la hora de modelar y enseñar a los niños una gestión emocional y una resolución de conflictos eficaces. Cambia el enfoque de los métodos de castigo tradicionales a comprender y cambiar el comportamiento del adulto como medio para guiar a los niños positivamente.

ENLACES DE STEAM

Septiembre: Caja de Alimentos de FRMS

Septiembre: STEAM en Casa

Sept/Oct: Concurso y Exposición de Espantapájaros en La Granja de Alimentos

Oct. 7: Festival de Otoño de La Granja de Alimentos

Oct. 21: Noche Internacional de Observación de la Luna

Si tiene preguntas, comuníquese con la Sra. Thompson en thompson.sarah@fcbos.org

DEPORTES INTRAMURALES DE 6TO GRADO DE FRMS

2 REUNIONES POR SEMANA 7:20AM-7:55AM

AÚN QUEDAN ESPACIOS DISPONIBLES, REGÍSTRESE HACIENDO EL PAGO EN MY SCHOOL BUCKS

\$25

EN MY SCHOOL BUCKS: PAGO DE DEPORTES INTRAMURALES DE 6TO GRADO - FRMS

PREGUNTAS? CONTACTE A LA COACH TYLER EN SYNTARA@FCBOE.ORG

DID YOU KNOW?

En Flat Rock puede solicitar una conferencia con los maestros de su hijo en cualquier momento durante el año. Las conferencias se realizan con el equipo de 4 maestros para brindarle un mejor entendimiento del desempeño de su hijo en cada clase académica. Envíe un correo electrónico al líder del equipo de su hijo para programar una reunión (en persona o mediante Zoom).

PARA MÁS INFORMACIÓN, CONTACTE A LA SRA. CANNINGTON EN CANNINGTON.BRENDA@FCBOE.ORG

Eventos de la Comunidad

HAGA CLICK EN LAS IMÁGENES PARA MAS INFORMACIÓN

SIGN UP NOW!

BASKETBALL LEAGUE

Be a part of the *intentional sports experience* everyone is talking about!

UPWARD SPORTS
PLAYERS FOR LIFE

How Do I Sign Up?

New Hope North Baptist Church
Gym-Fayetteville GA
551 New Hope Rd
Fayetteville, GA 30214

Registration Information

Register Online at:
<https://registration.upward.org/UPW84835>

The registration cost per child for **Basketball is \$135.00.**
Discounts Available For Multiple Siblings!
Deadline for registration is **11/20/2023.**
Sign Up Now!!!
(While Spaces Are Available)

Evaluation and Orientation

Evaluations will be held **Saturday, November 4, 2023, from 9AM - 12PM.**
New Hope North Gym
551 New Hope Rd, Fayetteville, GA 30214

More Information Will Be Sent Out Via Email
As We Get Closer To The Season.
Practices Will Begin The Week After Thanksgiving.

Who Do I Contact

Al Mead or TaJuanna Taylor
tajuannat@newhopebc.org
678-827-7917

All fun. Imagine it—you and your forever friends. Dreaming up adventures. Making the whole world sparkle with your own personal brand of magic.

No filter.

Join us for a **FREE Girl Scout Community Fall Festival on Sun Sep. 24, 2023, at 1PM** at Camp Merlwether in Luthersville, GA 30251.

There will be ponies, roasted marshmallows, crafts, hatchet throwing and much more.

Girl Scout troops are available for girls in the following counties: Fayette, Spalding, Pike, Lamar, Upson and Butts

RSVP now using the QR code so we can be expecting you!

[JoinGirlScoutsATL.com](https://www.girlscoutsatl.com)

Be a Girl Scout.

© 2022 Girl Scouts of the USA. All Rights Reserved.

VIRTUAL S.T.E.P.

FALL 2023 Session

Systematic Training for Effective Parenting
Presenter – *Maria Sherrod*

Dates:
MONDAYS
6:30 pm – 8:00 pm

September 11, 18, 25
October 2, 16, 23, 30
November 6

*No Meeting on Oct. 9th

This course will be held on Google Meet for all Fayette County parents.

Register using this QR Code:

SCAN ME
Ph# 770-460-3565

*Gain confidence in your approach to parenting!
*Better understand your child's behavior.
*Learn strategies to help your child become responsible for their behavior!

ENROLLMENT NO LONGER POSSIBLE AFTER 3RD NIGHT OF CLASS.

Register for the course by scanning the QR Code above or click this link:
[S.T.E.P. Course Registration Form](#)

Please register early! Books are limited!



We are a family. Last Friday we *rocked* our best “pink-out” look to show our support for Mrs. Vandergrift. She is an amazing woman and a fighter. We can’t wait for her to return next month. **#victoryforvandergrift**