

Fruit Cove Middle School

"THE PILOT"



Bi-Weekly Newsletter

October 9, 2020

CHARACTER COUNTS!



Pillar of the Month:
October — Responsibility

3180 Racetrack Rd

"HOME OF THE FLYERS"

904-547-7880

Mission Statement

Fruit Cove Middle School will inspire in all students a passion for lifelong learning, creating educated and caring contributors to the world.

Principal's Corner

Important Dates

October 30
First Quarter Ends

November 3
Teacher Planning Day
Student Holiday

November 11
Veteran's Day
Student/Teacher Holiday

November 18
Report Cards

November 25-27
Thanksgiving Break

December 8
Interims Issued

December 21-January 1
Winter Break

January 4
Classes Resume

January 18
MLK Day

Hello FCMS Families,

I hope you had a great week! I have been visiting many classes this week and I am excited to see how engaged our students are in their learning. Our fabulous teachers are planning lessons that include both our Distance Learners and Brick and Mortar students and it amazes me the level of technology both our students and teachers are using. By the end of next week, our teachers will be using Zoom through Schoology to hold their conferences for the Distance Learners. So far, I am pleased to hear so many positive comments about Zoom. As a reminder, Our new Wednesday dismissal time is 12:00pm. The new bell schedule can be found in this newsletter.

A huge thank you goes out to our PTO for their continued support for our students and teachers. Our school-wide fall fundraiser is currently going on. Students were given a packet of information on Monday and a link was sent out to all parents with all the details. Distance learners can browse the fundraiser items at www.fundshoppe.com. Our school ID is 2648. Orders are due October 19. We have many prizes the students can earn for their participation in the fundraiser! Thank you for supporting FCMS through our fundraiser.

I recognize the role of our parents has increased due to so many of our health and safety protocols. As always, thank you for your support and partnership in helping us to help your student(s) find success.

Thank you,

Mrs. Jacobson

School Hours
7:30am-1:50pm

Wednesday Dismissal
@ 12:50pm

Zoom Authentication Errors

Students must access Zoom through Schoology. Students never sign in to Zoom. They are recognized through the Schoology platform. The first time the access Zoom, there may be a download that installs the extension in their Schoology account.

Do not try to use personal Zoom accounts.

Please use the following link to troubleshoot any student authentication errors using Zoom in Schoology.

https://www-fcs.stjohns.k12.fl.us/wp-content/uploads/2020/10/Student_Zoom_Authentication.pdf

Cafeteria News

Zaxby's will now be sold for on Wednesday for \$2.25 starting Wednesday, October 14.

"Rock Your Socks!" Drive



FCMS National Junior Honor Society and WEB are sponsoring a school-wide sock drive to benefit those who are homeless in St. Johns County. Let's help our fellow St. Johns residents in need by participating in this service project.

The drive begins on Monday, October 12 and runs through Friday, October 16. Socks are one of the top items requested at homeless shelters and we want to help. Please bring in any **new** socks to your homeroom. For each pair of new socks you bring in, you receive one Pilot Point from your homeroom teacher. Distance learners if you would like to participate, we will have a drop off day in the parent pick up loop Thursday, October 15 from 2:30pm to 3pm. Come drop your socks off!

Our goal is 500 pairs of socks. Again, only new socks please. Thank you for your support!

EAR BUDS NEEDED FOR COMPUTER USE



Parents, students will be using school computer labs this year for diagnostic testing, online practice, testing, and more. Students will need to use ear buds.

Teachers will not be able to provide students with ear buds because of safety. We are asking each student to bring a pair of ear buds to school to keep in his/her backpack.

Ear buds do not need to be expensive and can be something that costs less than \$5.00.

Student Water Bottles



Students are encouraged to bring their own water bottles to school each day. Although they cannot drink directly from the water fountains, they can fill their water bottles there. Please do not send students to the clinic for water. With sick or hurt students in the clinic, we cannot have students waiting for water. Thank You.

Sports Information

VOLLEYBALL SCHEDULE 2020-2021

GAME SCHEDULE

5:30 girls 6:30 boys



OCTOBER 13	AWAY	GAMBLE ROGERS
OCTOBER 15	HOME	MILL CREEK
OCTOBER 20	HOME	PALM VALLEY
OCTOBER 22	BYE	
OCTOBER 27	AWAY	SEBASTIAN
OCTOBER 29	AWAY	SWISS POINT
NOVEMBER 2	HOME	VALLEY RIDGE
NOVEMBER 5	AWAY	PACETTI BAY
NOVEMBER 10	HOME	LANDRUM
NOVEMBER 12		PLAY OFF
NOVEMBER 17		SEMI
NOVEMBER 19		CHAMPIONSHIP

Athletic Website: www-fcs.stjohns.k12.fl.us/athletics

Library News



The library works a little differently this year!

Students may borrow books from our library collection, but they need to put them on hold using our [online catalog](#). The books can be picked up when the student gets a Schoology message that it is ready or the books will be delivered to them in the classrooms.

Students may also checkout eBooks from our digital collection available on [MackinVia](#).

Please check the [Media Center homepage](#) for more directions and information about using the library this year and an introduction to the 2020/21 Sunshine State Young Reader titles.

2020/21 Sunshine State Young Readers Program

- Read an SSYRA book (Hard cover or eBook)
- Take a 25 point Schoology quiz on the book and score over 60% (2 attempts).
 - Interested students will be added to an SSYRA Course in Schoology.
 - Earn a Schoology badge for that book that is worth 5 PBIS points!
 - Try to collect all 15 badges!

Interested students should message Mrs. Jaeger in Schoology

There is a bin outside the main doors into the library for book return.

Join the Library Schoology group for more information and programs all year!
Access Code = T9XN-ZSHZ-CZJQZ

Yearbook Information



iReady Information

For our Distance Learner students and parents, here is the website we use for iReady.

<https://i-readycentral.com/view-resource/?id=35541>

Schoology Parent Access Codes

If you need your parent access code, please email your child's homeroom teacher.

FCMS WEB NEWS

Check out our new Instagram Pages @ FCMSWEB!

School Website

<<http://www-fcs.stjohns.k12.fl.us>>

Visit often for up-to-date information about our school!

Don't forget to check the Peachjar
for eflyers about community events.

peachjar eflyers

Updated Bell Schedule 2020-2021

6th Grade	7th Grade/ 8th Grade Lunch time is dependent on your 4 th period teacher	
Homeroom/Period 1 7:30 – 8:16 (46)	Homeroom/Period 1 7:30 – 8:16 (46)	Homeroom/Period 1 7:30 – 8:16 (46)
Period 2 8:20 – 9:06 (46)	Period 2 8:20 – 9:06 (46)	Period 2 8:20 – 9:06 (46)
Period 3 9:10 – 9:56 (46)	Period 3 9:10 – 9:56 (46)	Period 3 9:10 – 9:56 (46)
Period 4 10:00 – 10:46 (46)	Period 4 10:00 – 10:46 (46)	1 st Lunch (w/Period 4) 10:00 – 10:30 (30)
Period 5 10:50 – 11:36 (46)	2 nd Lunch (w/Period 4) 10:50 – 11:20 (30)	Period 4 10:34 – 11:20 (46)
3 rd Lunch (w/Period 5) 11:40 – 12:10 (30)	Period 5 11:24 – 12:10 (46)	Period 5 11:24 – 12:10 (46)
Period 6 12:14 – 1:00 (46)	Period 6 12:14 – 1:00 (46)	Period 6 12:14 – 1:00 (46)
Period 7 1:04 – 1:50 (46)	Period 7 1:04 – 1:50 (46)	Period 7 1:04 – 1:50 (46)

Wednesday

6th Grade	7th Grade/ 8th Grade Lunch time is dependent on your 4 th period teacher	
Homeroom/Period 1 7:30-8:00 (30)	Homeroom/Period 1 7:30-8:00 (30)	Homeroom/Period 1 7:30-8:00 (30)
Period 2 8:04-8:34 (30)	Period 2 8:04-8:34 (30)	Period 2 8:04-8:34 (30)
Period 3 8:38-9:08 (30)	Period 3 8:38-9:08 (30)	Period 3 8:38-9:08 (30)
Period 4 9:12-9:42 (30)	Period 4 9:12-9:42 (30)	1 st Lunch (w/Period 4) 9:12-9:42
Period 5 9:46-10:16 (30)	2 nd Lunch (w/Period 4) 9:46-10:16	Period 4 9:46-10:16 (30)
3 rd Lunch (w/Period 5) 10:20-10:50	Period 5 10:20-10:50 (30)	Period 5 10:20-10:50 (30)
Period 6 10:54-11:24 (30)	Period 6 10:54-11:24 (30)	Period 6 10:54-11:24 (30)
Period 7 11:28-12:00 (32)	Period 7 11:28-12:00 (32)	Period 7 11:28-12:00 (32)

PTO NEWS

Friends & Family Fundraiser

The Friends & Family Fundraiser runs through October 19!

Brick and mortar families: look for your child's catalog that includes cookie dough, gift wrap, candles, popcorn and more.

Distance learners: you can browse the fundraiser items at www.fundshoppe.com. Our school ID is 2648. You can choose to have the items shipped to your home or to school.

Purchases shipped to the school will arrive before Thanksgiving.

Please see Mrs. Jacobson's email that was sent on Monday for more information. Thank you for your support of FCMS!

Spirit Wear Shop

The Spirit Wear Shop will open online with limited inventory on Wednesday, October 14 at 7 p.m. We will post the link on the Facebook page, so please follow us at:

<https://www.facebook.com/stjohnscountyflorida/>



SUPPORT OUR SCHOOL! SHOP ONLINE Sell Additional Items to Family & Friends at: **FUNDSHOPPE.COM**



REGISTER YOUR STUDENT TODAY!

1. Go To **FUNDSHOPPE.COM** and Click "REGISTER"
2. Enter Your **SCHOOL ID #** Located On Your Parent Letter
3. Complete **PARENT REGISTRATION** and **CONFIRM EMAIL**
4. Log-In & Click "ADD" in the "YOUR CHILDREN" Section
5. Enter the **RED 7-DIGIT STUDENT ID #** On Your Order Form
6. Complete Required Fields and Click "ADD CHILD"

ONCE YOU REGISTER YOUR STUDENT(S), OUR SITE WILL SEND YOU AN EMAIL with a link that will allow you to access the fundraising site. Please share the link on social media with family & friends, giving them access to support your fundraising efforts!

OVER 500 PRODUCTS ONLINE!

Orders are Shipped Directly to the Customer for a Small Shipping Charge.

FREE SHIPPING TO CUSTOMER!

On all orders over \$85!

FREE SHIP TO SCHOOL!

Allows ALL Products to be Purchased by Credit Card Online AND Delivered to the School on the Product Delivery Date!

PLEASE DO NOT WRITE ITEMS PURCHASED ONLINE ON YOUR ORDER FORM OR YOU WILL RECEIVE DOUBLE MERCHANDISE

QUESTIONS OR INFORMATION?

Please Contact 864-236-7238.

PTO NEWS

Opt Out - Direct Contribution Program

As an alternative to participating in school fundraisers, many parents prefer to support our school by way of donations made directly to the PTO. This option makes it easier for parents to support multiple students. In addition, because donations are direct contributions, they are TAX DEDUCTIBLE! The school receives 100% of the funds, which they use for student activities and school enhancements, and you receive a benefit at tax time...everyone wins! Thank you in advance for your generosity and continued support of the PTO, our school, and most importantly the students.

See Opt-Out form on the next page.

Join the FCMS PTO!

Please take the time to join the FCMS PTO. The PTO provides so much for Fruit Cove Middle School's staff, teachers and our children. **Members who join by October 16 will be entered in a drawing to win a Family 4-Pack of Icemen Hockey Tickets!** Your PTO membership and involvement provides many events, items and programs throughout the school year, including:

- Support for programs such as WEB Leaders
- School enhancements including classroom laptops
- Flyer Bucks Rewards for students
- Book fairs and supplies for the library
- Dances and events
- Special gifts, awards and events for 8th graders
- Teacher and staff appreciation meals, treats and gifts
- Opportunities for parent involvement, and more

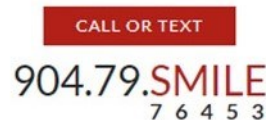
You can join the PTO at <https://www.fcmspto.com/join-the-ptu>.

To learn more about other programs supported by the PTO, please join us at our monthly meetings.
Together we can make a difference!

Thank you to our 2020-2021 Blue Angel Partners in Learning,
Joy Orthodontics and Smiles by Glenos!



Dr. Jessica Crews D.M.D., M.S. • Dr. Helsey Wahl D.M.D., M.S.





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FCMS – PTO Direct Contribution Form

Your Name: _____

Address: _____

Phone: _____

Email: _____

Student Name(s)

Grade and Homeroom Teacher

Desired Contribution Amount: _____

Suggested amount: \$50 per student or \$75 per family. This is just a guideline, however, and any amount is appreciated.

- Your cancelled check serves as your receipt for tax purposes. An acknowledgement letter will be sent for cash donations. Please let us know if you prefer an acknowledgement letter either way.
- You only need to return this form if you are participating in the program by providing a contribution. ***Please return this form along with your donation (cash or check) in an envelope labeled PTO and give to your students homeroom teacher.***

For Office Use Only

Amount: _____

Check Number: _____

Cash: _____

Received By: _____

Thoughts from the Guidance Team



10 Stress Busters for Teens

Posted Nov 19, 2014 on Psychologytoday.com by Raychelle Cassada Lohmann Ph.D.

What Is Stress?

Today's youth pack a lot into their busy schedule. Is it any wonder that approximately 8% of the adolescent population has an anxiety disorder? Stress can play a toll on a teens' mental and physical health. Did you know teens are reporting levels of stress higher than adults report? That

is cause for concern.

As teens feel the pressure to succeed in a nation that promotes competitiveness, they may be losing out on something very important: their childhood. Why are we pushing our youth so hard? How can we teach them to cope? Following are 10 tips to help them deal with the everyday pressure of stress.

1. Eat Healthy. If you truly want to reduce your stress levels, then you have to take care of yourself. Begin by watching what you eat. If you eat a lot of junk food or even skip meals, then how can you expect to perform your best? Just as a car needs good fuel to run, your body needs nutrients to run efficiently.

2. Sleep. Your body needs rest. According to the National Sleep Foundation teens need between 8.5 and 9.25 hours of sleep. Don't skip on sleep because you have a lot to do; you will perform better if you get a good night's rest. Sleep is your body's automatic meditation mode. It helps you regroup and relax so you'll be ready to tackle the next day's tasks with a clearer mind.

3. Get Moving. It's not uncommon to get so bogged down that the last thing you want to do is get up and move. If you're thinking, "I don't have time to exercise," think again: A study published in the Journal of School Health shows that just two hours of extra exercise each week can improve your school performance. So not only is exercise good for you, it can help your grades. Sounds like a win/win.

4. Me Time. Take some time out of your busy day and spend it with a very important person: You. You need time to relax and have fun. It's important to schedule some time into your busy day to do something you enjoy, like seeing a movie, reading a book, going shopping, or hanging out with friends.

5. Friend Time. Don't give your friends the shaft when school, athletics, clubs, work, etc., consume your time. Friends serve an important role in helping you cope. Don't keep them out of your life because you're busy; you need them.

6. Find Balance. Don't take on more than you can accomplish at once. Find a way to balance all of the things that are on your plate. You can start by making a to-do list and crossing off anything that doesn't need your immediate attention. Practice managing your time and prioritizing what needs to be done so that you can work smarter, not harder.

7. Go Outside. How much time do you spend outside on a given day? If you said not much, then go outdoors. Research has shown that being outside improves your mood, which can improve your performance. Just a few extra minutes a day can make a big difference.

8. Take a Breath. One quick way to calm yourself quickly is to breathe. Often when you're anxious you breathe from your chest rather than from your abdomen. When you breathe from your chest your breath is shallow and you don't get the full benefit that a deep breath provides. Try this: Lie on the floor and put one hand on your chest and the other on your stomach; now take a breath like you normally would. Do you feel your chest rise and fall or do you feel your abdomen inflate like a balloon? The goal is to have your abdomen inflate and deflate. Keep practicing taking deep, slow abdominal breaths. You should feel yourself start to relax.

9. Find Your Sense of Humor. Laughter is often the best medicine for a stressed-out day. When you laugh your body begins to relax and release feel-good endorphins. Laughter can also keep you healthy by boosting the immune system, which stress likes to suppress. So go ahead watch a funny show, or crack a joke with a friend and notice how a little laughter can change your entire mood.

10. Get Your Zen On. Meditation is a great way to melt the stress away.



FORTIFYFL

SUSPICIOUS ACTIVITY REPORTING APP

FortifyFL is a suspicious activity reporting tool that allows you to instantly relay information to appropriate law enforcement agencies and school officials.



#FORTIFYFL
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