

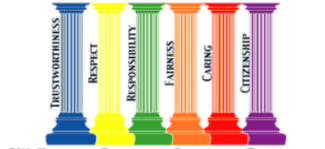
Fruit Cove Middle School "THE PILOT"



Bi-Weekly Newsletter

September 16, 2022

CHARACTER COUNTS!



ST. JOHNS COUNTY SCHOOL DISTRICT

Pillar of the Month:
September — Fairness

Important Dates

October 14
First Quarter Ends

October 17
Teacher Planning Day-
Student Holiday

October 25
Report Cards

November 11
Veterans Day - Student/
Teacher Holiday

November 17
Interims Issued

November 23-25
Thanksgiving Break -
Student/Teacher
Holiday

December 21
Second Quarter/First
Semester Ends
12:50pm Dismissal

School Hours
7:30am-1:50pm

Wednesday Dismissal
@ 12:50pm

The building is open
from 7:00am to
3:00pm.

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.

Family Survey

Cognia, the organization that oversees our district's accreditation, is conducting a review of our school district this year. Cognia has created surveys specifically for families in our school district. Please complete Cognia's Family Survey to assist the district in our continuous improvement process.

Please click this link to take the survey:

<https://eprovesurveys.advanc-ed.org/surveys/#/action/197512/p2065>

Thank you for your feedback!

B6 Club News



New membership applications are available now with Mrs. Bass in portable 8. B6 Club is a leadership club that represents all 6 Pillars of Character Education (Be all 6=B6). Students will need to fill out the application and have 2 teacher recommendations (forms for recommendation are attached to application). B6 Club meetings will be held on THURSDAYS after school (1:50-2:50). Our first official meeting will be held on THURSDAY, SEPTEMBER 29th – only students with complete applications submitted to Mrs. Bass can attend meetings.

NJHS News



NATIONAL
JUNIOR
HONOR
SOCIETY

NJHS Induction ceremony will be on Thursday, September 29, at 6:00PM, in the school auditorium. New inductees need to be here by 5:40 in order to line up for the procession in.

NJHS and WEB are sponsoring a sock drive beginning Monday, September 19 through Wednesday, September 28. Please send in new or slightly used pairs of socks to help the homeless. Socks are the number one requested item for the homeless. Donations will be distributed to our local homeless shelters. Any questions or concerns, please let Mrs. Doemel, Ms. Farbo, or Ms. Alford know.



Minecraft Club



2022 Minecraft club coming to FCMS.
Use this QR code to complete an application.
Application closes on Sept 30. Hope to see you there.

World Cup Fan Club



Attention World Cup fans! If you are collecting this year's Panini FIFA World Cup sticker album, stop by room 460 to see Mr. Blanton! Get help organizing your collection, learn how to make a spread sheet, trade your duplicates with other students, or just stop by to see what all the fuss is about! Come by any day after school except Wednesdays!

Testing News

Please check the testing tab on the FCMS Website. There you will find a parent letter that describes the new FAST testing for Reading and Math. Also there you will find calendars that show the testing dates for Progress Monitoring 1 and Progress Monitoring 2. If you have questions, please email our testing coordinator Debra Dill at debra.dill@stjohns.k12.fl.us

Don't stress.
Do your best.
Forget the rest.

Future Educators of America Club

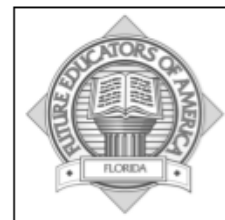
Where: Ms. Carroll's Room 660

When: 3rd Wednesday Each Month @ 1pm

How: Applications available from Ms. Carroll or Ms. Hilts

Why: To learn more about becoming a teacher, demonstrate leadership skills, and make connections with others around you in FCMS

Requirements: Parental Permission, Teacher Recommendation, and 2.5 GPA



FCMS Chess Club



Membership applications are available now with Mrs. Bass in portable 8. Students will need to fill out the application and have 2 teacher recommendations (forms for recommendation are attached to application). Chess Club meetings will be held on TUESDAYS after school (1:50-2:50). Our first official meeting will be held on TUESDAY, SEPTEMBER 27th – only students with complete applications submitted to Mrs. Bass can attend Chess Club meetings.

Disability History and Awareness Weeks

The first two weeks of October are Disability History and Awareness Weeks! Section 1003.4205, Florida Statutes, entitled *Disability History and Awareness Instruction*, was signed into law in 2008. It requires school districts to designate the first two weeks of October as Disability History and Awareness Weeks and also promotes providing instruction for students in all public schools to expand student knowledge, understanding, and awareness of individuals with disabilities, disability history, and the disability rights movement.

Library News



Welcome to the 2022/2023 School Year!

Hours: 7:10am—1:50pm Monday, Tuesday, Thursday, Friday
7:10am—12:50pm Wednesday

Please check the [Media Center homepage](#) for updates and visit our **Virtual Library!** Find informative videos on Schoology, using the library catalog, and much more!

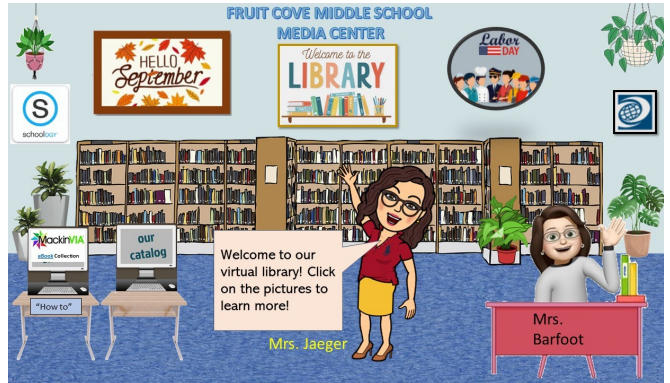
Don't forget to check out our eBook library at [MackinVia](#).

Students may check out three books at a time and keep them for two weeks.

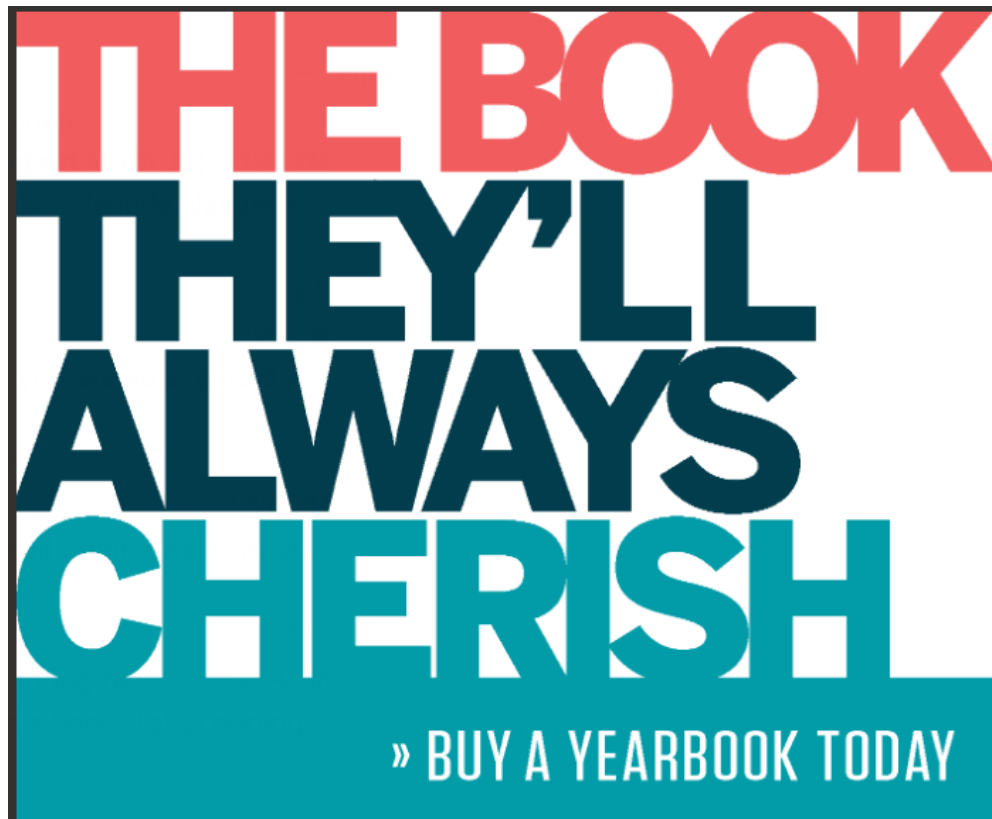
Overdue book notices are sent by email every Wednesday at 9:00am. There are no overdue fees, however, students who lose or damage a book are responsible for the cost of the item. Payments can be made using SchoolPay: \$10 for paperback books, \$20 for hard cover books. Contact Mrs. Jaeger for details.

Parents who wish to restrict titles their child may check out in the school library should complete the form linked below and return it to your child's teacher or the media center. This link is also available on the media center homepage. No form is necessary if there are to be no restrictions.

[Library Book Access Form](#)



Yearbook Information



Health Clinic News

Please be aware of this district policy:

NO ONE CAN PICK UP OR GIVE ANYTHING TO YOUR CHILD UNLESS THEY ARE ON THE DESIGNATED EMERGENCY CONTACT LIST.

Please review your list and make any additions/changes necessary. This is for the safety of your child. You may email this information to Marjorie.connolly@stjohns.k12.fl.us with a copy of your (guardians) drivers license and we will update this information. Please provide the names and phone numbers of the contacts.

School Advisory Council News

Additional parent representation is needed on SAC.

SAC is the best way to know what is going on at FCMS and to have a voice in how SAC funds are spent. Meetings are on the 2nd Tuesday of each month at 3:00 in the Media Center. The first meeting is scheduled for Tuesday, September 13.



Contact vicki.barfoot@stjohns.k12.fl.us for any questions or to express interest in joining.

What is SAC?

- ◆ A council of parents, school faculty and staff, and other community and business members that meet to address the needs of the school, as related to the school improvement plan.
- ◆ FCMS SAC meets once a month, on the second Tuesday of each month at 3pm. Meetings will be available in person and virtually to accommodate needs and preferences. Our first meeting will be held on Tuesday, September 13th at 3pm in the Media Center and on Microsoft Teams.

What are the duties of parent, business, and community representatives

- ◆ Members act as a resource for SAC in the areas of community related issues that affect the school and its students.
- ◆ Members serve as a communications link between SAC, business, community, and parent groups.

The agenda for the meeting on Tuesday, September 13 is as follows:

1. Introductions
2. Review By-Laws
3. Principal updates
4. School Improvement Plan

See you there!

Attendance

We have an all-new “[Attendance Information](#)” tab on our website! If you have general questions about attendance at FCMS, you will find the answers there. Also, there is information and access to the two ways you can report your student’s absences: our digital absence form and a printable absence form. You are required to send one of these to the school within 48 hours of your student returning to school after an absence. If you have further questions about attendance, please contact Ginny Michalski, ginny.michalski@stjohns.k12.fl.us, FCMS Guidance/Attendance Clerk.

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.

FRUIT COVE VOLLEYBALL 2022



TRYOUT INFORMATION

6TH GRADE GIRLS: Monday, August 22, (2-4PM)

7TH GRADE GIRLS: Tuesday, August 23, (2-4PM)

8TH GRADE GIRLS: Friday, August 26, (2-4PM)

BOYS: Monday, August 29, (2-4PM)

*****CALL BACKS:** Tuesday, August 30, (2-4PM)

PRACTICE INFORMATION

Girls' and boys' practices will begin on Thursday, September 1st from (2-4). There will be a mandatory parent and player meeting on Thursday, September 1st following practice at 4PM. Practices will be every day after school from (2-4). Practices on Wednesdays will be from (1-3). After September 19th, there will not be practices on Tuesdays or Thursdays which are game days. Students provide their own transportation home from practices and to all home and away games.

GAME INFORMATION

Girls games start at 5:30pm Boys games start at 6:30pm Tickets are \$3

Tuesday- September 20: LMS@FCMS

Thursday- September 22: SMS@FCMS

Tuesday- September 27: FCMS@SPMS

Thursday- September 29: FCMS@MMS

Tuesday- October 4: FCMS@PBMS

Thursday- October 6: FCMS BYE

Tuesday- October 11: GRMS@FCMS

Thursday- October 13: MMS @FCMS

Tuesday- October 18: FCMS @LMS

Thursday- October 20: FCMS @SMS

Tuesday- October 25: SPMS @FCMS

Thursday- October 27: PBMS@FCMS

Tuesday- November 1: FCMS BYE

Thursday- November 3: FCMS@GRMS

Tuesday- November 8: Playoff Semi-Final – 1 vs 4 and 2 vs 3 *Highest Seeded Team Hosts

Thursday- November 10: Championship Games

GO FLYERS!

Thoughts from the Guidance Department

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.

PTO NEWS

★ ★ ★ ★
Bring your best dance moves to *kick-off* a new school year at FCMS

WELCOME BACK DANCE

Sign-up via Cheddar Up link below
(ONLY 400 SPOTS AVAILABLE)
Ticket Includes: 2 pieces of pizza, cookie, & drink
Snacks available for purchase.

09.30.2022 | FRI | 6-8PM | \$10
Wear your favorite TEAM shirt or FCMS spirit wear and jeans
all outfits must comply with dress code



WELCOME BACK DANCE! The welcome back dance will be September 30, 2022 from 6-8 PM. Wear your favorite team jersey/FCMS Shirt to represent! Tickets will be \$10 (includes 2 pieces of pizza, drink, and cookie.)

Tickets are available to purchase via the link: <https://my.cheddarup.com/c/welcome-back-dance>

WELCOME BACK DANCE VOLUNTEERS NEEDED! We are looking for many volunteers to help run the dance and we need your help to make this a success! You can use this sign up genius to volunteer. <https://www.signupgenius.com/go/10c0e4bafa723a5fdc25-welcome>



FRUIT COVE MIDDLE SCHOOL

Fall Catalog Fundraiser Reminder

09/26/22 THROUGH 10/21/22

Sales are placed online and items are shipped directly to your home in time for Thanksgiving!!

Catalog packets will go home with your student on Monday, September 26, 2022

Fun For The Entire Family

For questions, reach out to Jennifer Edwards at fcmstpfundraising@gmail.com



PTO NEWS

Thank you to our 2022-2023 Blue Angel Partners in Learning!





ST JOHNS COUNTY SCHOOL DISTRICT
IN COLLABORATION WITH
ST JOHNS COUNTY PUBLIC AGENCIES

PRESENTS

CONNECTING FAMILIES TO COMMUNITY RESOURCES

October 4th, 2022: All parents and guardians are invited to join us as we meet virtually with local community agencies to learn more about the resources and services that are available to children and families in St Johns County

Join on your computer, mobile app, or room device via link below

[Click here to join the meeting](#)

**Or call in (audio only) 904-420-0831
Phone Conference ID: 200 422 557#**



This meeting will be held via Microsoft Teams platform

6:00 PM – 7:30 PM

10/4/22



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
GETFORTIFYFL.COM



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fldoe.org