

NOVEMBER 2025

Florenceville Middle School

8794 Main Street, Florenceville-Bristol, NB E7L-3G2
FMS.nbed.ca 506-392-5115



UPCOMING EVENTS

November 2025

- 5th – Remembrance Day Service
- 5th – School Newsletter
- 10th – Improvement Planning *No School
- 11th – Remembrance Day *No School
- 13th – World Kindness Day!
- 13th – School Picture Retake Day!
- 117th – 21st – Diversity and Respect Week
- 21st – k-8 Report Card Day *No School
- 26th – \$2/Purple to support Sanctuary House
- 28th – Emma's PJ Drive Final Day
- 28th – Rally Day

December 2025

- 1st – Report Cards Issued
- 3rd – School Newsletter
- 4th – Parent Teacher Evening
- 5th – Parent Teacher/PL *No School
- 17th – Schoolwide Brunch and Movie
- 19th – Last day of school, Rally!

DON'T FORGET!

FMS is a scent reduced building, and students should not be using highly scented products. This seems to be something that we need to continually remind students of.

Thank you for helping us stay healthy!



It is hard to believe that November is already here! The leaves have fallen and the nights are starting to get colder however we are fortunate to not have any snow!

We continue to remind students that they should be dressing in layers – and that a hat and mitts/gloves, along with a jacket, should be worn each day to school. We spend lots of time outside and will continue to do so even with the cooler weather coming! Students are all encouraged to wear winter gear, including boots, to enjoy the fun.

We have lots of extra winter wear at school if your child is in need. Tell them to pop by and see Mrs. St. Thomas! Alternatively, if you have items that are in good condition that you would like to donate, please send them in!

SPORTS



Soccer season has come to an end, and we are so proud of our Falcons! We are excited to begin the next middle school sport – badminton. Thank you to Randimae Sherwood (Grade 6), Meenu Yadav (Grade 7), and Ganga Dhar (Grade 8) for coaching our kiddos. Cheer is also in full swing, thanks to Autumn Goulette and Caitlyn Harrington!

As always, it is important to remember that student athletes are students first! They must be in good standing at school (behaviourally, academically, including good attendance) in order to participate in athletics. Please check the Florenceville Middle Home and School page and the FMS website for current practice dates and times.

PERSONAL INFORMATION CHANGES

Please don't forget to inform us if you have an address or phone number change! In an emergency, it is important that we can reach a student's contact. Also, a significant number of students do not know emergency numbers by heart. This is a safety issue. Please practice with your child so that, in an emergency, they know the phone numbers to call.

INCLEMENT WEATHER CLOSURES AND LATE BUSES

The school district will communicate directly with families if there is a late bus or a closure for inclement weather that is announced before the start of the school day. The easiest way to check on this is to go to the school website (fms.nbed.ca), as there will be alerts at the top of the page. Information will also be shared via local radio stations, or for school closures you can also call 1-888-388-4455.

For inclement weather closures, we are located in Zone 3. Schools may be closed for the day, or there could be a delayed start to the day with bussing still provided. In the event that we have an early closure, we are required to make contact with families if you indicated in the student handbook that you required a phone call. If we cannot make contact with you, we cannot send your child on the bus and you will be required to pick them up.



At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.

– Jane D. Hull

Each year, we are asked to participate in Emma's PJ drive, collecting PJ's or money that are donated to places like the IWK or Sanctuary house to provide a bit of comfort. Emma was a local teen who passed away tragically in a car accident several years ago. Please join us in keeping Emma Pearson's spirit alive by donating to the 11th annual PJ drive! Students are encouraged to wear PJ's on the last Thursday or Friday of the week by donation, as well to bring in a pair of PJ's to donate. Thank you!

We also will be participating in another fundraiser for the Sanctuary House, to raise awareness for Family Violence Prevention Month! All staff and students in the District of Carleton North school are invited to wear purple and donate \$2 on Wednesday, November 26th. All proceeds will go directly to Sanctuary House in Woodstock, which serves families from our communities.

HEALTH NOTE

November 2025

ASD-W

Volume 2 Issue 3

HEALTH PROMOTING SCHOOLS

Sleep – Part of a Healthy Lifestyle

Adapted from an APPLE Schools resource

HEALTH NOTE FACTS:

Your child's sleep patterns can affect their health. Children who are well rested have more energy which helps them to be more physically active. They are also more likely to choose healthier foods and have less screen time.

Lack of sleep can affect your child's mood, memory and ability to learn. On average, elementary children need about 10 hours of quality sleep a night. Adolescents need about 8 hours. Quality sleep includes Rapid Eye Movement (REM) sleep in which your child sleeps deeply enough to dream. REM sleep is needed for memory, problem solving and emotional (mood) regulation.

Tips to help promote a restful night:

- Choose a regular time for bed each night.
- Follow a regular routine to get ready – snack, brush teeth, story time and/or quiet time for your teen
- Reduce screen time activity one hour before bed and keep your child's/teen's bedroom screen free including: phones, video games and TV.
- Daily physically activity (60 minutes) can decrease stress and help your child to fall asleep

RESOURCE LINKS:

- <https://www.healthlinkbc.ca/healthwise/media-and-your-child-making-choices>
- <https://sleepforkids.org/>



Additional Tips:

- Bedtime and wake-up time should be about the same time every day. Have a 20 to 30-minute bedtime routine that is the same every night.
- Sleep area should be comfortable, quiet, and dark.
- Provide a light snack (such as milk and low-fat cheese) before bed.
- Caffeine should be avoided for at least 6 to 8 hours before bedtime. Sodas, coffee, iced tea, and chocolate contain caffeine.
- Avoiding long naps can help your child get a better nighttime sleep.
- Be clear on what time lights are off and how many stories you will read.

