

# DECEMBER 2025

## Florenceville Middle School

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### UPCOMING EVENTS

#### December 2025

- 1<sup>st</sup> – Report Cards Issued
- 3<sup>rd</sup> – School Newsletter
- 4<sup>th</sup> – Parent Teacher Evening
- 5<sup>th</sup> – Parent Teacher/PL \*No School
- 11<sup>th</sup> – School Dance
- 12<sup>th</sup> – PL Pilot Day \*No School
- 17<sup>th</sup> – Schoolwide Brunch and Movie
- 19<sup>th</sup> – Last day of school, Rally!

#### January 2026

- 5<sup>th</sup> – First day back!
- 7<sup>th</sup> – School Newsletter
- 16<sup>th</sup> – Pilot PI Day \*No School

### DON'T FORGET!

It's almost winter! Students should be dressed appropriately for the weather each day. This includes a winter coat, hat, gloves/mitts and boots!

While it is expected that all students go outside every day, dressing for the weather is also important because things happen! There could be a bus issue on the way to or from school, as an example.



December has arrived with some snow! With the mild weather we have had up until now, it was hard to believe that winter was upon us.

The themes that we will be focusing on this month at FMS are Leadership and Selflessness. We are hoping that students spend some time honing their leadership skills, and looking for ways to make FMS – and the community – a better place to be! We encourage students to be leaders, to take accountability for themselves and their actions, and to increase their own

responsibility skills. Encouraging them to prepare on their own for the school day (packing lunch, picking out clothes, ensuring they have what they need for activities including a note) are ways that you can support your child at home.

With only a few short weeks left before Christmas Break, it is important to remember that we have lots of learning left to do! Routines at home around things like bedtime and being prepared for school will certainly help us keep our routines and procedures in place here at FMS. We also appreciate you ensuring that as much as possible students are not missing time at school. Thank you for all that you do, and we wish you and your family an enjoyable holiday!

### CAFETERIA UPDATE

To celebrate the holidays, the school cafeteria are offering a turkey dinner that is available for pre-order. Students can order in person at the cafeteria by December 10<sup>th</sup> or can order online. Turkey dinner Plate is December 16<sup>th</sup> This will be the only lunch option for the day. There will be no cafeteria service Friday, December 19<sup>th</sup>.

### Turkey Dinner Plate w/ Holiday Sugar Cookie

Roast turkey with stuffing, veggies,  
seasoned mashed potatoes,  
cranberry sauce topped with  
turkey gravy  
&  
A festive sugar cookie with vanilla  
icing and a candy cane.

**\$7.75**

### BRUNCH AND MOVIE

We are looking forward to our annual schoolwide brunch on December 17<sup>h</sup>, and thankful to the Home and School, as well as True North Baptist Church and many volunteers for making this happen! We will travel by bus to True North Baptist Church for brunch and then will continue to Woodstock following that for a movie! This year, we will be seeing Home Alone!

Students will be provided with a popcorn snack and bottle of water while at the movie. We will be back at FMS in time for regular buses. Students are asked to bring in \$5 to offset the cost of the movie.

### L IS FOR LEADER

This month, the focus for students is being a Leader! Being a leader at FMS means demonstrating by example how great students act. Being a leader means following the rules of the school and encouraging others to do the same, it means standing up for yourself and others. Leaders volunteer their time, their talents, and their skills without expecting anything in return.

We will be participating in Acts of Giving during the last week of school, where students will be asked to sign up for various activities that give back to our community. Some students may spend time caroling in town, some may make treats to deliver to seniors, and some may give back at the school by providing a service.

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– Jane D. Hull

We will be on the lookout for our students exhibiting Leadership skills this month!

Why not look for ways that you can make your community a better place as a family! Some ideas are shoveling or doing chores for a neighbour, volunteering at local organizations like Dun Roamin', collecting food for the food bank, or doing some community clean-up. Even donating items to our Falcon's Boutique would be helpful!



## Sweet Neighbors

**Bake something sweet and share the goods with a neighbor or friend nearby.**

If you have a special recipe, teach your student how to make it! If not, look something up together and see if you can make something delicious. If it doesn't turn out the way you want, you can always eat it yourself and try again next week!

### FAMILY



### ATHLETICS

Badminton is coming to an end – thank you to the coaches and parents who have supported our athletes! Please keep an eye on our Facebook Home and School Page as well as on our Website for information about basketball, which is our next sport!



### FALCON'S BOUTIQUE

We are excited to begin Phase 2 of our Falcon's Boutique! We are in the process of building a boutique that will be open to all students, which will be a shopping experience for gently used clothing, shoes, new toiletries and shelf stable pantry items. If you have any items that you would like to donate, including kids to adult sized clothing, please drop them off during parent teacher this week!

### DECEMBER HEALTH NOTE

The Healthy Promoting Schools health note this month is all about your mind! Why? Because your mind matters, and you need to nurture it daily!

## HEALTH NOTE FACTS:

- Helping students develop and practice healthy living habits** can improve physical and mental wellbeing. Key areas to focus on include nutrition, exercise, sleep, recreational activities, and social relationships. Strive to include these tips in your daily routine:
- Exercise:** Going outside for a walk and getting some fresh air will help clear your mind and boost endorphins (the natural "feel-good" brain chemical). Being physically active can help you burn off the energy generated by stress.
- Practice mindfulness:** Mindfulness exercises, such as deep breathing or meditation, can help you relax and stay calm during stressful situations. It is all about being in the present moment.
- Healthy diet:** Healthy meals and snacks such as lean proteins, whole grains, fruit, nuts, and vegetables can help the body cope with stress more easily. Plus, remember to stay hydrated, it helps you stay alert and focused.
- Prioritize sleep:** Sleep is important for overall health and wellbeing. Children ages 6-12 years should aim for 9-12 hours, and teens ages 13-18 years of age should aim for 8-10 hours each night to help feel rested and refreshed.
- Engage in activities:** It is important to have hobbies and interests to help you relax. These might include reading, playing a musical instrument, team sports, volunteering, or spending time with your pet.

Having a healthy mind and prioritizing sleep go hand in hand! Strategies to help get a good sleep can include being device/screen free for at least an hour before bed, ensuring that your bedroom is clean and tidy, and keeping it a nice cool temperature. Another idea is to do bedtime yoga! This not only gets in a bit of physical activity, but it prepares the body – and mind – to wind down. Why not make bedtime yoga part of your family routine!

Check out these resource links:  
<https://www.mindfulnessinstitute.ca/about-mindfulness/>

<https://www.mindbodygreen.com/articles/tips-to-teach-children-mindfulness-meditation>

<https://www.youtube.com/watch?v=GIJn5XhqPN8>

### ACTION FOR HAPPINESS

The theme for this month's action for happiness calendar is 'Do Good December! Why not download it and see how many activities you can check off as a family! <https://actionforhappiness.org/>

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