

# JANUARY 2026

## Florenceville Middle School

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### UPCOMING EVENTS

#### January 2026

- 5<sup>th</sup> – First day back!
- 7<sup>th</sup> – School Newsletter
- 15<sup>th</sup> – School Dance 6:30-8:30pm
- 16<sup>th</sup> – Pilot PI Day \*No School
- 27<sup>th</sup> – National Family Literacy Day

#### February 2026

- Black History Month
- 4<sup>th</sup> – School Newsletter
- 9<sup>th</sup> – 13<sup>th</sup> -Staff Appreciation Week
- 10<sup>th</sup> – Safer Internet Day
- 13<sup>th</sup> – PL Pilot Day \*No School
- 16<sup>th</sup> – Family Day \*No School
- 17<sup>th</sup> – Random Acts of Kindness Day
- 25<sup>th</sup> – Pink Shirt Day



The new year is upon us after a bit of a much-needed break to try and get rid of all of the cold and flu bugs! With the new year, we take time to review and practice all of the routines and procedures that help our school run

safely and efficiently. These routines and procedures also help our Falcons to be successful students and citizens!

Please be reminded that students all go outside each day for noon recreation and have the option to go outside before the morning bell and at nutrition break. Students need to dress for the weather with boots, jackets, hat and mitts/gloves. We encourage them to play in the snow and have fun – so ski pants are also helpful! If your child needs any of these items, please let us know how we can help!

### SPORTS UPDATE

Basketball is in full swing, and what a large group of kiddos playing basketball we have! Thank you to all our volunteer coaches who make this happen! Tyler Langdon and Carlos Valencia are leading our Varsity Boys, with Cedric MacLeod and Colin Brennan supporting our JV boys. Our Varsity Girls are being lead by Scott Bell and Morgan McHatten, and our JV girls by Corey Sarchfield.



Please be reminded that middle level sports are focused on developing skills. When attending games, it is important that all spectators are respectful and supportive of all players, as well as coaches and referees. Thank you for your support!

### DON'T FORGET!

Home and School

Please consider supporting your child by participating in our Home and School Committee!

The next scheduled meeting is on January 15<sup>th</sup> at 6pm!

### ATTENDANCE MATTERS

Regular attendance is especially important in middle school because it's a time when students are building stronger academic skills and becoming more independent learners. Each class introduces new ideas that connect to what was learned before, so missing even a day or two can make it harder to keep up and feel confident. Being in school regularly gives students the chance to ask questions, work with classmates, and practice the skills they'll need for high school and beyond.

Attendance also plays a big role in helping middle schoolers feel connected and supported. These are years when friendships grow quickly and routines help students feel grounded. When students show up consistently, they build positive relationships with teachers and peers, join in classroom activities, and feel like a valued part of the school community. Strong attendance helps students develop habits—like responsibility and perseverance—that will serve them well as they move into high school and start thinking about their future goals.

We appreciate your attention booking appointments outside of the school day whenever possible, setting up positive routines at home especially with bedtimes, and encouraging regular attendance at school.

### DONATIONS

We are getting our Falcon's Boutique up and running that will provide a space for students to 'shop' for clothing, toiletries, and pantry staple food items. We are still in need of donations, as well as hangers! If you

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

*– Jane D. Hull*

have any sneakers or boots that are in good shape, clothing (kids S to adult xl), or outdoor gear that you would like to find a new home, please let us know! Also, any pantry items or basic toiletries would be appreciated!

OFFICE UPDATE

We welcomed Becca Hall on Monday as our new Administrative Assistant for the remainder of the year. When needing to email the office, please email [Rebecca.hall@nbed.nb.ca](mailto:Rebecca.hall@nbed.nb.ca), or call 392-5115. Also remember that the office is a busy place, especially after 2 pm. Please ensure that you send in a note or email your child's teacher, copying Becca in, in advance to an end of day change. Calling or emailing late in the day may mean that the message may be missed. Keep these changes to emergencies only.

HEALTH NOTE

January 2026 ASD-W Volume 2 Issue 5

# HEALTH PROMOTING SCHOOLS

## New Year: Goal setting for Success!

Adapted from an APPLE Schools resource

### HEALTH NOTE FACTS:

Let's get off to a great start for 2026! Think about setting some wellness goals for your family. With the new year upon us, it's a great time to consider some of the health changes we can make to improve our well-being and resilience. But how? One way to set achievable goals as a family is by making your goals **SMART!**

**S** – Take some time to think about what you would like to achieve and allow everyone to have some input. **Set goals** that are easy for everyone to understand and participate in. Post your goal on the fridge, or a place where everyone can be reminded.

**M** - Are your goals **measurable**? Example: 6-8 glasses of water per day.

**A** - Are they **attainable** for everyone in your family? If not, set smaller goals for family members according to their age, ability, and time constraints that will work towards the one main family goal. Example: each person starts with 15 minutes of movement per day. Try walking, skating, or making a snow man.

**R** – **BE realistic!** It's better to set small, achievable goals. Sometimes large, lofty goals or time-consuming activities can cause frustration and make it difficult to stay committed to the behavior change. As a family can you work towards having one less hour of screen time per day? Turn off the TV at mealtime and one hour before bedtime.

**T** – **Time** is important and often limited for everyone. Set a date when you can re-evaluate your progress and update your family goal as needed. Start with a month or 6-week short term goal. Re-evaluate mid-winter (Valentine's Day) to see how things are going. If it's going well? Awesome! Keep going. If you're a bit stuck, that's okay. Just re-set your goal and activities to a fresh start!

### RESOURCE LINKS:

<https://letstalk.bell.ca/>

[https://caringforkids.cps.ca/handouts/mentalhealth/mental\\_health](https://caringforkids.cps.ca/handouts/mentalhealth/mental_health)

<https://www.participation.com/>

<https://www.canada.ca/en/public-health/services/being-active/physical-activity-your-health.html>

HAPPIER JANUARY

Happiness is often less about what happens to us and more about how we choose to see the world. When we focus on the positive, practice gratitude, and look for the good in each day, we train our minds to notice joy more easily.

Why not try it this month! See how many actions you can do as a family!

Happier January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why
5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime
12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend
19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down
	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS

Happier · Kinder · Together



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