

The Falcon Flyer  
October 28, 2011  
Be sure to visit our website <http://fqms.hcpss.org/>

## **WEEKLY DATES**

10/31 – Orange A Day  
11/1 – Yellow B Day – Student Picture Day  
11/2 – Green A Day  
11/3 – Blue B Day – End of 1<sup>st</sup> Quarter – PTA Meeting, 7-8, Media Center  
11/4 – Schools closed for students/Professional Development Day

## **SCHOOL NEWS**

### **SECOND QUARTER RELATED ARTS CHANGES**

The beginning of quarter 2 is right around the corner! On November 7th, students will start their 2nd quarter related arts classes. Please log-on to Aspen to discuss this new schedule with your child.

### **PBIS STUDENTS OF THE WEEK**

Folly Quarter is proud to recognize the following students as our Positive Behavioral Interventions and Supports (PBIS) Students of the Week:

Tony Mistichelli (6<sup>th</sup> Grade)

Carrie Hesen (7<sup>th</sup> Grade)

Bailey Heneghan (8<sup>th</sup> Grade)

### **TREATS AT SCHOOL**

We've had a lot of questions recently about bringing treats (baked goods, candy, etc.) into the school. As we head into the holiday season, this seems like a good time for a reminder about policy. Per the HCPSS Policy 9090: Wellness Through Nutrition and Physical Activity, the Standard for "Foods of Minimal Nutritional Value and Candy" reads as follows: "Foods of minimal nutritional value and all other candy will not be sold or given without charge to students during the school day with the following exception: Principals may give permission for candy to be given to students without charge after the end of the last lunch period for special events."

### **FACS BREAKFAST!**

The 8th grade FACS students will be preparing breakfast for their families on Monday, October 31st (A day) and Tuesday, November 1st (B day) from 8:15-9:00. Everyone is welcome to attend. You do not need to stay for the entire time. You can stop by on the way to work or bring a younger sibling on the way to school. Feel free to email Ms. Leitner with any questions.  
[nichole\\_leitner@hcpss.org](mailto:nichole_leitner@hcpss.org).

## CONGRATULATIONS!

Congratulations to the following members of the Folly Quarter Band Program for being selected to the Howard County GT Symphonic Band: Nick Baronowsky and Kyle Faulconer, 1st and 2nd Chair 1st Trumpets; Xin He, 3rd Chair Horn; Colin Waddington and Gwynn Marsh-Armstrong, 1st and 2nd Chair 2nd Trombones; Miles Mowbray, 2nd Chair Bass Clarinet; and Harrison Wu, Trumpet Alternate. Congratulations to Ryan Synk, who plays in both the FQMS Bands and Orchestras, who was selected as Principal Bass of the Howard County GT Orchestra. These students all prepared auditions and were selected by professional judges to be among the finest musicians in all of Howard County's 19 middle schools. We are very proud to be represented so well by these FQMS students! Come hear the Howard County GT Symphonic Band in concert at Towson University on Saturday, Nov. 5, at 7:30 pm. The concert is free and open to the public!

## ASSISTANT PRINCIPAL CORNER

Show Respect for Your Child. There is no better way to teach your child about respect than to give her respect.

Be a good listener. Give your child your full attention.

Be reliable. Arrive on time.

Be polite. Use "please" and "thank you."

Be fair. Listen to your child's side of the story before reaching a conclusion.

Be positive. Use compliments more than criticism.

Be trusting. Let your child make choices and handle responsibilities.

Be honest. When you do something wrong, apologize.

## FROM THE G/T OFFICE

If you are interested in learning more about the CTY (Center for Talented Youth) programs from Johns Hopkins University, you can pick up a packet of information from Mr. McCauley. Deadlines are coming up fast so don't delay!

## TURKEY TROT

The Third Annual FQMS Turkey Trot – "Run for RAM" is coming on November 21, 2011! All FQMS students will participate in the Turkey Trot, with each grade having a separate run, held during their Related Arts block. The Turkey Trot for eighth grade is from 7:50-8:35; seventh grade from 8:35-9:20; and sixth grade from 9:20-10:05. **We are in need of volunteers on the day of the event to supervise and guide students along the 1.25 mile cross-country course! If you are interested in helping out for the event, please email Ms. Partridge at [victoria\\_partridge@hcpss.org](mailto:victoria_partridge@hcpss.org) with the times that you are available to volunteer.** The Turkey Trot would not be possible without the help of our wonderful volunteers, so thank you to all that support the Trot!!

**\*\*\* PLEASE NOTE: THE TIME OF THE SIXTH GRADE RUN HAS BEEN CHANGED DUE TO ISSUES REGARDING CONSTRUCTION ON THE COURSE AND BUS LOOP AVAILABILITY. THE 6th GRADE RUN IS NOW**

**FROM 9:20-10:05.\*\*\***

The Turkey Trot is a fundraiser for the school's physical education and technology departments, as students can be 'sponsored' for the run to raise money for the school. Students will be receiving Turkey Trot pledge sheets during the week of October 31st. Students can elect to be sponsored as a runner for the race, and any student who raises \$15 or more will receive a free 2011 FQMS Turkey Trot T-shirt. Students who turn in their pledge sheet prior to Thursday, November 3rd will receive their t-shirt on the day of the trot, students who choose to submit their pledge sheet later will receive their t-shirt in early December.

A printable version of the pledge sheet is available on Ms. Partridge's website, as well as the design for the 2011 Turkey Trot t-shirt. If you have any questions or are available to help out at the event, please email her at [victoria\\_partridge@hcpss.org](mailto:victoria_partridge@hcpss.org). We hope to see you at the trot!!  
Ms. Partridge and Mr. Eckstrom, Folly Quarter P.E. Department

#### PARENT BUSINESS OWNERS

Here at Folly Quarter Middle School, our physical education program is designed to engage students in a number of activities that they can participate in for a lifetime. For us, running is one of those lifetime activities. This month in Toronto, A 100-year-old runner became the oldest person to complete a full-distance marathon when he finished the race in just over 8 hours. For our students, an active lifestyle is one of the most important factors in eliminating the epidemic of childhood obesity.

*Folly Quarter Middle School's 3<sup>rd</sup> Annual Turkey Trot* is an event that addresses this issue. Through our 1.25 mile course on the grounds of Folly Quarter Middle School, students will participate in a challenging cross-country course. Through our 'Fun Run/Walk for RAM', it is our hope we can do something to help fight the epidemic of childhood obesity and raise funds to support our physical education program and technology here at Folly Quarter Middle School.

We are extending an opportunity to our local businesses to take part. We would like to request your company's assistance for funds to support *Folly Quarter Middle School's 3<sup>rd</sup> Annual Turkey Trot*. Your sponsorship would be greatly appreciated.

**With your donation of \$100, your company's logo will be displayed on the back of our shirt along with an invitation to join us on November 21, 2011** (Rain Date November 22, 2011). If you have any questions or would like to join our fight against childhood obesity, please contact John Eckstrom at [jeckstrom@hcpss.org](mailto:jeckstrom@hcpss.org) for more information. – Victoria Partridge and John Eckstrom.

## GIANT FOOD A+ SCHOOL FUNDRAISER

Remember to register your Giant Food card for Folly Quarter Middle School. ID No. 04546. Log on to [www.giantfood.com/aplus](http://www.giantfood.com/aplus) to register online or dial 1-877-275-2758 to register your card over the phone. Thank you to the 67 participants that have already registered. Updates of the earnings will be posted in November.

## GREEN TIP OF THE WEEK

Whenever possible, buy appliances with the Energy Star label.

## PTA NEWS

### CONGRATULATIONS AND THANK YOU

Congratulations to Nelson Muller who is the winner of the Segway-like scooter! Nelson was one of the top cookie dough sellers, giving him the opportunity to enter the drawing for the scooter. Nelson was one of 222 students who participated in our fundraiser. We thank each of these students for selling over 1600 items! Their hard work exceeded our sales goals and will allow us to do some wonderful things for our students this year.

### FQMS COMMUNITY OUTREACH COMMITTEE

Interested in helping those in need in your community? Consider joining the Community Outreach Committee at FQMS and help us to MAKE A DIFFERENCE in our community. We will once again partner with the students of the Leo Club to coordinate various outreach projects for the FQMS student body. Upcoming projects will be the Coat Drive, Thanksgiving Basket Drive and the holiday Giving Tree and future projects include the Book Drive, Poverty Speaker Series, and Indoor Yard Sale. We welcome new ideas on how best to support our community. Please contact Karen Mobley (443-506-7394) or [highestpointhc@aol.com](mailto:highestpointhc@aol.com).

### COAT DRIVE COLLECTION

The FQMS SGA is sponsoring a Coat Drive Collection to support the Howard County Public School System Pupil Personnel Worker's (PPW) efforts to meet the needs of some of our county children and their families. NEW or GENTLY used (coats must be CLEANED, all zippers and buttons work, & ready to wear) Boys and Girls coats, hats & gloves of all sizes, as well as teen and adult sizes are needed. Thank you so much for helping to give the gift of warmth to our neighbors. Please place your donations in the marked box in the school lobby. Collection will be Oct. 24-Nov. 1.

### BOOK FAIR

The PTA-sponsored Scholastic Book Fair is coming to the Media Center Nov. 7 – Nov. 11, 7:30 am – 3:30 pm daily. The PTA is **seeking volunteers** to man the checkout table. User-friendly scanners makes checkout easier! Shifts are broken down into two-hour time commitments. Sign up by clicking Volunteerspot link or contact Barb Ridenour at [toolie12@yahoo.com](mailto:toolie12@yahoo.com)

[www.volunteerspot.com/login/entry/562345634099046095](http://www.volunteerspot.com/login/entry/562345634099046095).

#### ITALY TRIP

Last year, five chaperones along with 22 seventh and eighth graders from Glenwood Middle School traveled to Rome, Pompeii, Sorrento, Capri, and Florence. If you are interested in taking a look at what they did, the links below will take you to a photo diary and blog the students created while they were there. Family and friends were able to follow them in almost real time.

[http://web.me.com/georgelovera/Virtual\\_Classroom/ITALIA\\_2011\\_PHOTOS.html](http://web.me.com/georgelovera/Virtual_Classroom/ITALIA_2011_PHOTOS.html)  
[http://web.me.com/georgelovera/Virtual\\_Classroom/ITALIA\\_2011/ITALIA\\_2011.html](http://web.me.com/georgelovera/Virtual_Classroom/ITALIA_2011/ITALIA_2011.html)

The PTA will be sending out flyers with this information to all 7th and 8th graders. Any 6th graders who are interested please contact Cathy Corrao or Lisa Sceपुरa at [lsceपुरa@Verizon.net](mailto:lsceपुरa@Verizon.net).

#### COMMUNITY NEWS

##### WELCOME THE WORLD TO YOUR DOOR: HOST AN EXCHANGE STUDENT

Cristian from Chile is a friendly and active 16-year-old who needs a host family. He is here in Maryland for the 2011/12 school year to learn about America by sharing a family's life and attending American high school. Cristian's English skills are excellent. He is a serious student whose dream is to become a sports journalist. Cristian loves playing sports with his friends, especially basketball. He also enjoys tennis. As Cristian's host family, you provide three meals/day and his own bed. You include him as a member of the family -- chores and all! Exchange students have their own spending money and health insurance. For more information, please go to [www.afsusa.org](http://www.afsusa.org) or call or write Cindy Clemens at 410-730-7411 or [cindy.clemens@verizon.net](mailto:cindy.clemens@verizon.net)

#### NAMI BASICS EDUCATION COURSE

*The Fundamentals of Caring for You, Your Family and Your Child with Mental Health Issues.* NAMI Howard County will be offering a fall session of Basics on Mondays, November 7 – December 12, 7:00 – 9:30 pm. The course consists of six, 2-1/2 hour classes that meet weekly. NAMI Basics is an education program for parents and other caregivers of children and adolescents living with mental illness that provides resources and practical insights for families. The course is free of charge, but pre-registration is required! If you would like to register for the next Basics class, please call the NAMI office, 410-772-9300 or email Susan Helsel, [shelsel@nami.org](mailto:shelsel@nami.org) by October 31, 2011.

#### 5TH ANNUAL AD/HD AWARENESS EVENT WITH DEBBIE PHELPS

November 3<sup>rd</sup>, 7-9 pm, Howard High, 8700 Old Annapolis Rd., Ellicott City  
Debbie Phelps will share tips for parents and educators to help children and teens with attention deficits and learning challenges to become academically and socially independent. Phelps' memoir, *A Mother for All Seasons*, will be available for purchase and signing at the event.

## CHOOSE CIVILITY POSTER CHALLENGE

The HCPSS Office of Student Services challenges all students to a poster contest themed: "Choose Civility: The Power of Words."

### Criteria

Poster Size: 8 ½ x 11 horizontal or vertical

Media: Marker, colored pencil, or paint

Image: Hand-drawn, original student ideas & artwork, (no computer generated pictures or photos, etc.)

Overall Artwork: Artwork should clearly convey "Choose Civility: The Power of Words" theme.

Deadline: November 22, 2011

For additional questions, please contact Kami Wagner, Resource Counselor at "[kami\\_wagner@hcpss.org](mailto:kami_wagner@hcpss.org) (x5676) or Rosanne Wilson, Specialist for Positive Behavior Supports at [Rosanne\\_wilson@hcpss.org](mailto:Rosanne_wilson@hcpss.org) (x5336).

## HOWARD COUNTY AUTISM SOCIETY

"One Step Closer Autism Walk/5K Run" will be on November 5<sup>th</sup> at Centennial Park. Visit the website for more information: [www.howard-autism.org](http://www.howard-autism.org).

## **UPCOMING DATES TO REMEMBER**

11/7-11 – PTA Book Fair, 7:30 am – 3:30 pm, Media Center

11/11 – Report Cards go home (extended homeroom)

11/12 – Saturday Academy | 8:30 – 11:30 am

11/13-19 – American Education Week

11/21-22 – Parent/Teacher Conferences (schools close 3 hrs. early)

11/23 – Parent/Teacher Conferences (schools closed for students)

11/24 – Thanksgiving Day (schools & offices closed)

11/25 – Thanksgiving Holiday (schools & offices closed)