Welcome to FQMS

Ms. Luongo, School Counselor

Last names A - L

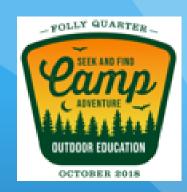
Ms. Coonts, School Counselor

Last names M - Z

What is My Child Doing Today at Orientation?

- Meeting their homeroom teacher
- Getting a copy of their schedule
- Touring the building
- Practicing their locker combination
- Attending Period 1 & 2 classes to learn about routines

Outdoor Education

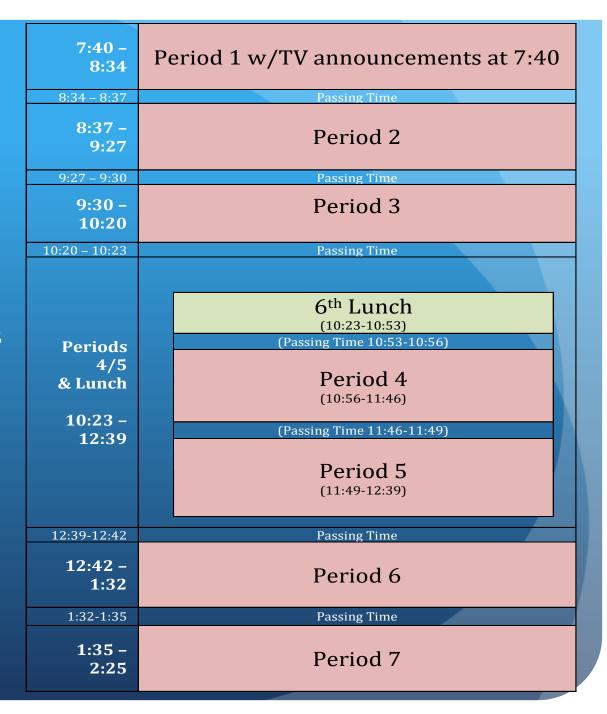


- October 10-12, 2018
- This program emphasizes building positive relationships with peers, staff and parent volunteers. Please encourage your child to participate.
- Staff Contact:

Sherri Capurso, 6th Grade Science Teacher sherri_capurso@hcpss.org

What is the Bell Schedule at FQMS?

- 50-minute periods
- 3-minute passing times



Sample Schedule



- 7 periods a day
- Periods 1,2,3,4,5
 - ELA, Math, Science, Social Studies, Reading Module or Performing Arts (Band, Chorus, Orchestra)
- Periods 6 & 7
 - Related Arts
 - PE
 - Health/Careers
 - Art/FACS/Tech Ed/Music
 - G/T research (some students)



How Can I Assist my Child in Meeting *Academic Challenges*?

- 1) Help Them Get Organized:
 - Show them how to use the agenda book
 - Make sure they unpack their backpack every day
 - Have them sort through their papers and organize by class
 - Have them prioritizing assignments
 - Have a set homework time
 - Debrief daily about school day
 - Have them pack up each night after homework. FQMS is an early school. School hours are 7:40 AM - 2:25 PM
 - Attend Back To School Night on Thursday, 9/13/18 6:30 PM

Are You Familiar With Canvas?

- Canvas is used every day at FQMS by all teachers and students.
- Pick a night each week to sit and check each teacher's Canvas page with your child.
- Set up parent notifications.
- Homework is often posted for access at home.

How Can I Assist my Child in Meeting Social Challenges?

- Monitor their use of electronic devices for safety and appropriateness.
- Encourage your child to be open to new acquaintances and to be a good friend.
- Assist your child with ways to work out peer conflicts.
- Be positive when discussing new relationships with students and staff.
- Encourage participation in extra-curricular activities.

Social Media Night

Innocence Stolen: Protecting Our Children Online

 Presented by: Vince DeVivo, Community Outreach Specialist for the United States Attorney's Office

MARK YOUR CALENDARS!

October 2, 2018 6:00 pm FQMS cafeteria

How Can I Assist my Child in Meeting *Emotional Challenges*?

- Educate yourself about the developmental tasks and expected difficulties of middle school-aged children (online resources and Howard County Library).
- Engage assistance of school counselors, teachers and other staff members.
- Provide tips for managing stress during the transition to middle school.
- Remind your child of his/her past challenges and successes (resilience + strength = success).
- Offer TLC, encouragement, and support for small successes.

What is the Typical Time Frame for Students to Adjust to the Middle School Routine?

- Each child is different.
- <u>First quarter</u>: It takes time to adjust to daily routines and responsibilities.
- <u>Second quarter</u>: Most students follow routines, but some students are still dependent on adults for daily routines and responsibilities.
- Throughout middle school, we are constantly increasing expectations and encouraging more independence.

What are the Most Effective Ways to Communicate with the Teacher About Assignments and Progress?

- HCPSS CONNECT
 - http://www.hcpss.org/connect/
 - HCPSS Connect provides access to a variety of student information and classroom instructional tools; offering personalized communication and timely, relevant, and easily accessible information relating to your student.
- Email the teacher
- Arrange a parent conference
- Contact the school counselor to set up a group conference with all of your child's teachers

What Extra-Curricular Activities are Offered?

- Offered 3x per year (Fall, Winter, Spring)
 depending on teacher availability and funding
- Past clubs include: Homework Club, Lego Robotics, Art Club, Leo Club (Community Service), Memory Book, Cooking, Falcons Friends
- Girls on the Run (W/Th from 2:30 pm 3:45 pm)
 offered fall and spring
- Clubs are advertised each week in the "FQMS Falcon Flyer" and announced on the daily morning TV show.

What are the Most Effective Ways to Keep Up With the HCPSS/FQMS News?

• Check the FQMS website http://fqms.hcpss.org/

 Sign up on the HCPSS website for HCPSS news and specific school newsletters/alerts: http://www.hcpss.org/hcpss-news/

• Review handouts sent home with your student

How Can I Get More Information?

- Review the first few pages of the student agenda book for resources and policies.
- FQMS website http://fqms.hcpss.org/
- Front office attendance (late arrival, early dismissal, absentee notes, pre-arranged absences), intramural information, Health room, to contact administrators
- Student Services student schedules, access to HCPSS CONNECT, registration, student cumulative records, to contact School Counselors, School Psychologist, or Pupil Personnel Worker
- Other parents!

BACK TO SCHOOL WISDOM:

Nº 01

"YOU'RE OFF TO GREAT PLACES.
TODAY IS YOUR DAY!
YOUR MOUNTAIN IS WAITING,
SO GET ON YOUR WAY!"

DR. SEUSS