

FALCON FLYER

Folly Quarter Middle School



13500 Triadelphia Rd. | Ellicott City, MD 21042 | 410.313.1506 | 410.313.1514 - Guidance | <http://fqms.hcpss.org/>

October 17, 2014

NEXT WEEK

10/20 – A Day

10/21 – B Day - Picture Day - Homework Club, Ms. Newman, 2:30-3:30 | Window Painting Art Club, 2:30-3:30

Girls on the Run, 2:30-3:45 | Lego League, 2:30-4:30

10/22 – A Day - Nest Day 7A | Homework Club, Ms. Capurso, 2:30-3:30 | Keyboarding Club, 2:30-3:30 | Lego League, 2:30-4:30

10/23 – B Day – Homework Club, Ms. Coonts, 2:30-3:30 | Girls on the Run 2:30-3:45 | Latino Night, 6-7:30

10/24 – A Day

10/25 – Saturday Academy, 8:30-11:30 am

UPCOMING DATES

10/21 – Picture Day

10/23 – FQMS Latino Night, 6-7:30 pm **SOLD OUT**

10/27 – PTA Coffee Meeting, 8 am

11/3 – Schools closed for students, Prof. Work Day

11/4 – Schools & offices closed for Election Day

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:

Jillian Bentivenga: 6th grade

Denesha Peoples: 7th grade

Elijah Deese: 8th grade



PICTURE DAY, TUESDAY, OCTOBER 21ST

PICTURE DAY FORMS WILL COME HOME WITH YOUR STUDENT ON MONDAY, OCTOBER 20TH.

FQMS LATINO NIGHT “SOLD OUT!” AT CAPACITY FOR THE VENUE

STUDENT SERVICES NEWS

Academic Goal-Setting

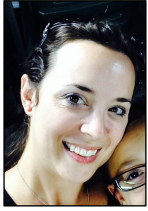
All students are using a new tool in September / October to assist with academic goal setting. Counselors introduced 6th, 7th, and 8th graders to an internet-based program, Naviance, also entitled Family Connections. Students use their HCPSS 9 digit student number and their media password to access Naviance. The link is on the FQMS website under “School Resources.”

Please ask your child to access and share the academic goal with you. In addition to academic goals, there will be future counselor-led lessons on careers, interests, and choosing careers linked to interests and educational goals. Look for future news on Naviance / Family Connections as middle school students in Howard County become familiar with this tool, which will support college and career- readiness.

FQMS Students Participate in Youth Empowerment Summit

Ten FQMS 7th graders participated in the annual Youth Empowerment Summit (Y.E.S.) on October 7, 2014. All Howard County middle schools sent students to this one-day leadership training held at the Miller Branch of the Howard County Library. This year’s theme was “Be B.R.A.V.E.” and focused on being leaders at school, in the community and on social media. The Howard County

Library, in conjunction with HCPSS middle school counselors, organized this event for 210 middle school students. Mr. Ruehl, the principal of Mount Hebron High School, greeted students. The keynote speaker, Dr. Eric Minus, HCPSS Director of Middle Schools, spoke with the summit participants about leading other students in “Be B.R.A.V.E” (Behaviors, Relationships, Attitudes, Values and Environment.) Students participated in various seminars led by community members, middle school counselors, high school students and administrators. Students left the summit excited about leadership and will plan with FQMS counselors various ways to “Be B.R.A.V.E.” at FQMS. We would like to thank the following FQMS Y.E.S. participants: Beau Brade, Zan Chaudry, Sage Christianson, Catherine Colvin, Devika Elakara, AJ Hernandez, Natalie Leveque, Grace Maisel, Sydney Reed, and Andrew Skalny.



MEET THE STAFF MEMBER: Ms. Ault!

For all of my 14 years, I have taught Middle School English. Over the years, I have also taught sections of Reading and Social Studies. Middle School students are thoughtful about everything, interested in almost everything, and question everything. And that is what I love about this complex part of adolescence.

When I’m not planning lessons or collecting ideas for lessons, I enjoy being with my family. We love having the summers to explore the outdoors and visit the beach. I have two children who both attend Triadelphia Ridge Elementary School. My husband teaches AP Government and AP Comparative Government and Politics at Marriotts Ridge High School. This, of course, means many of our day trips in the summers are around the historic parts of Maryland with a private tour guide. I am passionate about reading, cooking, and exercise....in that order! :)



HEALTHY RECIPE CORNER

Pumpkin Spice Muffins *(from Racing Weight Cookbook)*

- cooking spray
- 1 ½ cup whole-wheat flour
- 2 tablespoons ground flaxseed
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 ½ teaspoon cinnamon
- 1 teaspoon ground cloves
- ½ teaspoon ground nutmeg
- ½ teaspoon allspice
- ½ teaspoon ginger
- ½ teaspoon salt
- ¾ cup sugar
- 2 tablespoons canola oil
- ½ cup unsweetened applesauce
- ½ cup egg whites
- 1 cup canned pumpkin puree
- 1 teaspoon vanilla extract

Preheat oven to 325 degrees F. Use cooking spray to lightly coat a 12-well standard muffin tin.

In a large bowl, combine flour, flaxseed, baking soda, baking powder, cinnamon, cloves, nutmeg, allspice, ginger and salt.

In a second bowl, blend together sugar, canola oil, applesauce, egg whites, pumpkin, and vanilla. Add to dry ingredients and stir until uniformly moistened.

Bake for 25 minutes, or until tops spring back when lightly touched.

EYEGASSES RECYCLED AT FQMS

The Glenwood Lions Club has a box in the Front Office at FQMS to collect unwanted eyeglasses.



GIANT A+ SCHOOL REWARDS

Please remember to register your Giant card so Folly Quarter can start receiving A+ School Rewards! You can register online at: www.giantfood.com/aplus, ID# 04546 – OR – by calling 1-877-275-2758 to register your card by phone (phone numbers cannot be accepted in place of GIANT CARD numbers). Also, don’t forget to encourage your friends and relatives to do the same! Thank you!



FOLLOW US ON TWITTER!

<https://twitter.com/FQMSmedia>



COFFEE & CONVERSATION – NEW DATE

With the Board of Education will be held: Saturday, November 15, 2014, 9:30 to 11 a.m. at Clemens Crossing Elementary School Media Center, 10320 Quarterstaff Road in Columbia.

PTA

REFLECTIONS 2014-2015!

What do you imagine would make the world a better place? Choreograph a dance, produce a film, write a poem or short story, compose a song, take a picture or create a piece of visual art and tell us your interpretation of the theme: **"The world would be a better place if...."**

Rules for submission and student entry forms are available on display in the cafeteria and on our PTA website:

<http://www.follyquarterpta.org/PTAForms.aspx>. Deadline for submission is NOVEMBER 12th!



COAT DRIVE

The Folly Quarter Coat Drive continues until October 28th. Families are asked to donate new or gently used warm winter coats to keep the needy warm throughout the winter. We are collecting adult and children's sizes (must be cleaned, all zippers and buttons work, and ready to wear). Additionally, hats, gloves, and scarves are also needed. **All donations will be accepted through Tuesday, October 28, 2014.** Everyone is asked to clean out your closets and drop off warm winter coats at the school. Collection bins are located in the front lobby. The coat drive is sponsored by the Howard County PTA. Thank you for giving the gift of warmth to those in need!

JOIN THE PTA!

Become a Member of the PTA. Forms were sent home in the First Day Folders - but are also available on-line at www.FollyQuarterPTA.org

VOLUNTEER!

Stay involved with your kids! Volunteer your time and talents - we need your help! We welcome your assistance in all areas - but the following committees need your help: Cultural Arts, Falcon Day, Fundraising, Membership and Reflections.



BOXTOPS!

Please send in all your valid boxtops! All our boxtops money goes directly to the FQMS PTA's wonderful programs. Thanks, as always, for your support of FQMS!

FQMS PTA RECYCLES INK CARTRIDGES

You can drop off your used ink and toner cartridges, of all kinds, in the front office. Place a bag next to your printer to remind you to recycle the cartridges.. Collection bags are available in the main office. **EVEN BETTER** ~ collect ink and toner cartridges from your office, business or church!! The more you collect, the more you support the PTA and help save our Earth!!

PTA NEWSLETTER VOLUNTEER

The PTA is looking for a volunteer to put together a PTA newsletter. Please contact Cindy Coburn at FQMS.President@gmail.com if you are interested.

HIGH SCHOOL NEWS

BLACK STUDENT ACHIEVEMENT PROGRAM

College Information Night, October 27th, 6:30 PM to 9:00 PM at Hammond High School Auditorium. For Additional Information Contact: Ms. Jackie Jenkins at 410-313-1598.



GLENELG

GHS Booster's Fall Golf Outing Cattail Creek Country Club on Monday, October 20, 2014, 9am Shotgun Start.

Register: <http://ghsgolfoutings.com/>

GREAT PRIZES * GREAT FOOD * GREAT FUN! Sponsors & Players welcome! Please Contact: Joan Forsyth: jeforsyth64@gmail.com

GHS MARCHING UNIT FRUIT SALE!

We are offering Ruby Red Grapefruit, Florida Navel Oranges, Tangerines, Mandarins and a Variety Pack. Our first fruit sale deadline for orders is Friday, October 31st. Fruit will be available for pick-up at Glenelg High School on Saturday, November 15th between 12:00 and 2:00. Please help support the Glenelg Marching Unit by purchasing fruit. For more information and to get the order form please go to www.glenelgbands.com. Questions? Call Dianne Kvech (410) 489-2951 or Meredith Haussler (410) 442-0263 or email fruitsales@glenelgbands.com. Thank you.



RIVER HILL

“The Odd Couple” (male and female versions). River Hill Theatre Arts Department. The performance dates are October 22 (male), 23 (female), 24 (male), and 25 (female) @ 7 p.m. and October 25 (male) and 26 (female) @ 2 pm Tickets are \$11 in advance and \$12 at the door. Online (now) via “Seat yourself” at <http://www.seatyourself.biz/rhhs> or at the RHHS Information Center-beginning Monday, September 22 (Monday-Friday at 8 a.m.-2 p.m.) Ask to see Virginia Jarvis. In Front of the RHHS Dining Hall- Monday, October 20 thru Friday, October 24 (10:30 a.m.-12:30 p.m.)



COMMUNITY NEWS

FOOD PANTRY

THE GLENELG UNITED METHODIST CHURCH (GUMC) FOOD PANTRY IS OPEN EVERY THIRD SATURDAY OF THE MONTH 9-11am. This month, the Pantry is open October 18th. Call 410-489-7260 or email: glenelgumcpantry@gmail.com. We are accepting cash donations.

2ND ANNUAL HOCO MATH FESTIVAL!

November 18th, from 6:30 pm -9:00 pm at Centennial High School. See How Much FUN Math Really is! No Charge! Open to all ages! Demonstrations, Discussion, Activities, and Giveaways! There will be Math Magicians, Rappers and Dancers. Baltimore Orioles, Peabody Institute, the US Air Force, NCIS, Columbia Mall and many more will be there! Check us out at www.stemulatingminds.com. For additional information contact us at Stemulatingminds@gmail.com.

ELLIE'S BAKE SALE

Saturday November 8th, 10-4 at 15211 Frederick Road, Woodbine, MD 21797, 410-489-5115. Drop off goodies the night before (11/7) or before 10am on 11/8. This year we enthusiastically invite the community to Ellie's 6th Bake Sale! This year we are donating half of our contributions to the Wounded Warrior Project and half to the Lisbon Volunteer Fire Department. Please help me by donating yummy baked goods for my sale and by coming to shop for some sweet treats. We will have some great new raffles going on during the sale. Again this year we will be having a chili competition. Vote for your favorite chili by putting a donation in your favorite chef's jar. Thank you to everyone who has supported my bake sales and me for the past 5 years!

GLENWOOD LIBRARY

Knit 'N Chat Teen Knitting Group, Tuesday, Oct 21 6:45 to 8:15 pm

Beginners and experts welcome! Spend time with other teen knitters and learn to make cool items. Supplies provided. Ages 11-17. No registration required.

Maximize Your History Day Research Wednesday, Oct 29 7-8pm

Assigned a National History Day project? Our research experts teach you their tips and tools. Meet history day judges, and learn strategies to locate sources. Ages 11-17, with parents. Registration is required. Registration begins 10/15/2014 <http://goo.gl/kS8mDX>

Horrific Snacks!

Watch how to prepare gross and disgusting (but tasty!) snacks, then make your own. Recipes provided. Well & Wise event. Registration Required. Saturday, 10/25 1:00 to 2:00 pm Registration opens 10/11 <http://goo.gl/EkKgQv>