

# FALCON FLYER



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November 20, 2015

## NEXT WEEK at FQMS

11/23 – A Day - Schools close 3 hours early, Parent/Teacher Conferences  
11/24 – B Day - Schools close 3 hours early, Parent/Teacher Conferences  
11/25 – Schools closed for students, Parent/Teacher Conferences  
11/26 – 27 – Schools and offices closed for Thanksgiving Holiday



## UPCOMING DATES

12/1 – Picture Re-Take Day  
12/3 – PTA Board Meeting, 7 pm, location TBD  
12/4 – Winter Orchestra Concert, 7 pm, FQMS  
12/9 – FQMS Cyberbullying Presentation, 6-8 pm  
12/10 – Interims issued  
12/10 – PTA Coffee & Conversation, 8 am, Media Ctr.  
12/24 – 1/1 – Schools & offices closed for Winter Break



## 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:*

***Darian Tafrishi: 6<sup>th</sup> grade***

***Jamal Bhatti: 7<sup>th</sup> grade***

***Namama Idun: 8<sup>th</sup> grade***

## PICTURE RE-TAKE DAY IS TUESDAY, DECEMBER 1st

If your child missed Picture Day, please have them pick up a form in the front office on Monday, November 30th and have them bring it to school the next day, picture day. If your child needs a picture re-take, please have them come to the front office and pick up a new form. They must also turn in the picture packet you purchased.

## FQMS SPELLING BEE 2016!

It is un“BEE”lievable that it is time for the FQMS Spelling Bee! **This year the competition will be held on Dec. 22, 2015 during first period in the FACS room.** The winner of the FQMS Spelling Bee will go on to compete in the Howard County Spelling Bee on 3/11/16 at Reservoir High School. The list of words that will help you prepare for the school wide spelling bee can be accessed at [http://internal.spellingbee.com/files/spellingbee.com/010-2016\\_School\\_Spelling\\_Bee\\_List\\_2-pager.pdf](http://internal.spellingbee.com/files/spellingbee.com/010-2016_School_Spelling_Bee_List_2-pager.pdf) Forms can be found on our website under School Resources here:

(<http://fqms.hcpss.org/sites/default/files/FQMS%20Spelling%20Bee%202016.pdf>) or in the Front Office. Complete the form and return to Ms. Eklund or the Front Office. Contact Ms. Eklund (meklund@hcpss.org) with any questions.

## **WINTER INTRAMURALS**

Watch this newsletter on December 4<sup>th</sup> for information of the FQMS Winter Intramurals which will start after Winter Break.

## **CELL PHONES**

We still have two iphones in the front office. These phones have dead batteries at this point. If your child is missing a cell phone, please bring the charger to school so we can see if it is yours. **Please consider putting your child's name on their cell phone** as we get them in the front office daily with no way of knowing to whom to return them. Thanks you.

## **KUDOS TO YOU, FOLLY QUARTER FAMILIES!**

We have the most generous community! We have more than 20 Thanksgiving baskets and lots of extras to donate to the food pantry! We also received nearly \$300 in gift cards! Thank you so much for your continued generosity, which surely will make this holiday special for some families in our community.

## **LEGO LEAGUE**

The FIRST Lego League teams have been given their regional qualified date of January 24th at the Girl Scouts of Central Maryland Qualifier in Baltimore. Mark your calendars! Times not announced yet, but usually take the majority of the day.

## **STRENGTH EXPLORER ASSESSMENT**

All FQMS students have now completed their Naviance Strength Explorer Assessments during counselor lessons. Students have three identified strengths and can share them with parents, using their Naviance account access (which is located on the FQMS website). This explanation is from Naviance (a product of Gallup, Inc.).

“This assessment is different from any other test your child has taken. Unlike most tests that are designed to identify what you don't know or can't do, the StrengthsExplorer assessment highlights an individual's potential strengths with language designed to affirm and encourage his or her development. The online assessment will take about 15 to 20 minutes to complete. Upon completion, your child will receive a StrengthsExplorer report containing an in-depth description of his or her top three strengths themes, along with action items to help apply those top themes. The report also includes a set of adult action items with suggestions for encouraging and affirming the strengths of your child.” Students will also be asked to name and use their strengths during classroom activities throughout the school year. Please encourage your child to better understand and use his / her strengths in schoolwork and every day activities. Feel free to contact your child's counselor with any questions or concerns.

## **HIGH SCHOOL PLANNING AND SELECTING HIGH SCHOOL CLASSES**

Parents of 8th graders will receive information about the transition to high school via the newsletter. All high school events will be published the week they are received. Ms. Anacker-Maas, school counselor, will be coordinating these dates, and serves as the contact person. So that you can better understand the planning process, dates are listed on a calendar below. The information will also be posted in the 8th grade hallway and the office window. As more dates are received, they will be added to the published calendar.

### **High School Planning Dates as of November 13, 2015**

Monday and Tuesday, November 2 and 3 Ms. Anacker-Maas visited 8th grade classes to review graduation requirements and familiarize students with resources available on the Naviance website. Students, with their families, are requested to begin researching post high school plans, including career information and college admission requirements (GPA's and coursework). This information will be used to develop a plan of their coursework throughout high school.

Monday and Tuesday, December 7 and 8 Ms. Anacker-Maas will visit 8th grade classes to review the HCPSS Catalog of Approved High School Courses (available soon on the HCPSS website). Students will learn how to write a preliminary 4-year plan, using Naviance. Monday and Tuesday, December 14 and 15 Ms. Anacker-Maas will visit 8th grade classes to further assist students with developing their 4-year plans, using Naviance. Students will also learn how to complete their course requests for grade 9 classes.

TBA GHS/RHHS/FQMS teacher articulation meetings to discuss 9th grade courses.

TBA GHS/RHHS staff visit FQMS to meet with students assigned to attend their high schools

January, TBA River Hill High School Parent Orientation at RHHS  
January, TBA Glenelg High School Parent Orientation at GHS.  
January, TBA Registration sheets, with teacher recommendations and instructions, are distributed to each student to take home and share with parent/guardian  
January, TBA Students turn in completed registration forms to Ms. Marusich.  
Friday, June 3 Eighth graders visit their assigned high schools.  
TBA, Student schedules mailed home by high schools

## **HEALTHY RECIPE CORNER**

### **Healthy Green Bean Casserole - *A fresh take on a Thanksgiving Favorite!***

Nonstick cooking spray, for greasing  
5 cups sliced green beans  
4-1/4 cups low-sodium chicken or vegetable broth  
1 cup panko breadcrumbs  
1 cup grated Parmesan  
1 tablespoon plus 2 teaspoons canola oil  
  
1-1/2 cups diced onions  
2 cups sliced baby bella mushrooms  
2 tablespoons cornstarch  
1/4 cup water  
1/2 cup reduced-fat sour cream or 2% plain greek yogurt  
1/2 teaspoon House Seasoning, recipe follows  
1/2 teaspoon salt

For house seasoning:

1 teaspoon kosher salt  
1/4 teaspoon garlic powder  
1/4 teaspoon black pepper

Preheat the oven to 350°F. Spray a 1-1/2-quart baking dish with nonstick spray.  
Boil the green beans in the chicken broth for about 20 minutes, and then drain, reserving 1-1/2 cups of the chicken broth.  
Meanwhile, mix together the breadcrumbs, Parmesan, and 2 teaspoons of the oil in a small bowl. Set aside.  
Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Saute the onions until translucent, 2 to 3 minutes, and then add the mushrooms and continue to cook for 3 to 4 minutes longer. Remove from the heat.  
Pour the reserved 1-1/2 cups chicken broth back into the pot that the green beans boiled in, and bring to a boil. Add the green beans to the skillet with the mushrooms and onions.  
While that is coming to a boil, combine the cornstarch and 1/4 cup water in a small bowl to make a slurry. Slowly pour the slurry into the boiling broth, whisking constantly as it thickens, about 2 minutes.  
Pour the thickened mixture over the green beans, mushrooms, and onions. Add the sour cream, house seasoning, and salt. Stir well.  
Pour into the baking dish and sprinkle with the panko-and-cheese mixture. Bake until the casserole is hot, about 10 minutes, and then broil until the breadcrumb topping is slightly browned, 1 to 2 minutes.

## **CONGRATULATIONS TO FOLLY QUARTER BAND STUDENTS**

After performing a difficult audition on November 9, the following seven students earned coveted spots in the 2015-2016 Howard County Middle School GT Band: Alena Shen (4th Chair, 1st Clarinet), Claire Waddington (1st Chair, 4th Horn), Fiona Rioux (2nd Chair, 4th Horn), Amy Waddington (2nd Chair, 1st Trumpet), Parisa Tofigh (5th Chair, 3rd Trumpet), David Ridenour (2nd Chair, 1st Trombone), and Bronwyn Gallagher (2nd Chair, Percussion). The students will prepare music for intense rehearsals in January 2016 before performing a concert under the direction of this year's esteemed Guest Conductor, Ms. Sally Wagner, on Sunday, January 24, at 3 PM at River Hill High School. The Howard County MS GT Band is coordinated and directed by newly appointed directors, Ms. Lori Schwartz Reichl and our own Mr. Spang.



Learn how the Career Academies provide high school students with opportunities to earn college credit, scholarships, and industry certifications, participate in worksite and mentorship experiences, and become creative problem solvers by participating in hands-on project based learning. More information here: <http://www.hcpss.org/news-posts/2015/10/career-academies-information-sessions/>

## MATH HIGHLIGHTS

### What does my child's PARCC Algebra I "Expressing Mathematical Reasoning" Score mean?

The PARCC exams not only assess student's understanding of mathematical content for a given course, but also how students are able to express mathematical reasoning and model with mathematics. For the Algebra I PARCC exam, a number of the questions required students to explain their reasoning. Their responses were then scored using the rubric attached to this newsletter. To learn more about reading the score report, visit <http://understandthescore.org>

# HIGH SCHOOLS



## GLENELG

### Swing over to Glenelg High School for Disney's Tarzan the Musical!

Bring the whole family to see over 60 students perform in Disney's "Tarzan" at Glenelg High School on December 3rd and 4th at 7pm and December 5th at 2pm & 7pm. Tickets are \$10 and are available for purchase in advance at Glenelg, Online at <http://osp.osmsinc.com/HowardMD/> and at the door. Call GHS at 410.313.5528. Don't miss the highflying excitement that is fun for the whole family!



## PTA

### FQMS SCHOLASTIC BOOK FAIR

FQMS Scholastic Book Fair will run from November 19-24 this year. The fair is open from 7:30-2:30 on November 19 and 20, and from 7:30 -7:00 on November 23 and 24 during Parent/Teacher Conferences. Your student(s) will visit the fair during Physical Education class on Monday, 11/23 or Tuesday, 11/24. They can also visit the fair during their lunchtime each day the fair is open. Parents are invited to shop during conference times on Monday and Tuesday. There is also the opportunity to pick out a book(s) for your child's teacher and donate it to their classroom collection. Holiday Gift Giving made Easy!! Please help support this PTA activity. Any questions, please contact Chantale Muller, [chantalem@verizon.net](mailto:chantalem@verizon.net).

\*Adult volunteers are very much needed on Monday and Tuesday, 11/23 & 11/24 when each student will visit, browse, and shop the Fair during their PE class. If you have time to help out, please email Chantale Muller, [chantalem@verizon.net](mailto:chantalem@verizon.net) with your available dates and times. And THANK YOU!

## FQMS PARENT PROGRAM

### "Because We Need to Talk: Presenting the Dangers of Cyber Bullying and Maryland's Grace's Law"

The FQMS PTA is proud to sponsor an evening of parent AND student education. We welcome Christine McComas back to Folly Quarter for a discussion about the dangers of cyber bullying. Christine's daughter, Grace, a sophomore at Glenelg High School at the time, sadly took her own life 3 1/2 years ago after a very difficult struggle with cyber bullying. After that time, Christine worked tirelessly with our legislators, particularly now County Executive, Allan Kittleman, to get Grace's Law introduced and passed in Maryland.

Christine shared her family's story with the FQMS community two years ago in separate student and parent assemblies. This year, we would like to combine the presentation to allow for parents to bring their students to allow them to benefit from the discussion. Her words are impactful, but direct, and parents should be aware that it will cover some mature content. But the bottom line is that, in order to keep our children safe, they may need to hear the unedited version of how things can go terribly wrong. Christine never thought this would happen to her family. The fact that it did, should make us all more aware that it can happen to anyone. Sometimes shock value speaks louder than any words that can be spoken and because our kids are exposed to things that we would rather protect them from, education is the only way to combat the problem.

Please hold the date now and plan to attend, either alone or with your student: Wednesday, December 9<sup>th</sup>, 7-9 pm, FQMS Cafeteria

Television station, WTTG, will be at this program to get video clips from the evening to support a story that they will be airing this holiday season, a time when these issues can really come to the forefront. We hope that you will join us for this very informative discussion.

## **REFLECTIONS 2015-2016!**

Let Your Imagination Fly! 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: "Let Your Imagination Fly!" Rules for submission and Student entry forms are available on display in the cafeteria and on the Howard County PTA website: [http://www.ptachc.org/?page\\_id=379](http://www.ptachc.org/?page_id=379). **Deadline for submission is December 8!**



## **COMMUNITY NEWS**

*These events are neither sponsored nor endorsed by the Howard County Public School System.*

### **FOOD PANTRY**

THE GLENELG UNITED METHODIST CHURCH (GUMC) FOOD PANTRY IS OPEN EVERY THIRD SATURDAY OF THE MONTH 9-11am. Call 410-489-7260 or email: [glenelgumcpantry@gmail.com](mailto:glenelgumcpantry@gmail.com). We are accepting cash donations as well.

### **BOY SCOUTS**

Looking for a fun-filled scouting experience with programs designed to develop strong positive leadership skills? Enjoy camping, cooking, hiking, backpacking, kayaking, building, life skills, high adventure activities and so much more! Boy Scout Troop 793 serves the FQMS area, meets every Wednesday from 7-8:30pm at Glenelg United Methodist Church (GUMC). For more details and contact information see our website at: [www.bsa793.org](http://www.bsa793.org)

### **SMASHING ANTS AMAZING FUTURES FOUNDATIONS**

Kids Empowerment Fall programs, 20 HCPSS locations, after school Grades 2 and 3, evening programs grades 1-5. Details and registration [www.smashingants.com](http://www.smashingants.com)

### **GLENWOOD LIBRARY**

**International Minecraft Hunger Games Contest** - Play Minecraft Hunger Games and compete for fun and prizes. Two Tributes advance to the International Games Day event on Nov 21. Ages 11-17. Wednesday, Nov 18, 7:00 – 8:00 pm. Register: <http://goo.gl/cfy1rH>

**International Games Day @ Your Library** - Participate in this annual celebration of the educational, recreational, and social value of all types of games. Play Wii games, Giant Word Winder and many more classic board games - prizes & refreshments. Families welcome. Saturday, Nov. 21st, 3:30 – 5:00 pm.

### **PREKINDERGARTEN PROGRAM**

The Dayton Oaks Regional Early Childhood Center (RECC) toddler and preschool programs are reopening the application process for classes for the 2015-2016 school year. These classes include children with and without disabilities. Parents of children who will be 3 and 4 years of age for the 2015-2016 school year may see Patti Waldman in the school office for an application package beginning November 10, 2015. Children are selected based upon screening information given on the application form and the "Ages and Stages Questionnaire," as well as observations of the child's participation in a playgroup on December 16, 2015. If necessary, a lottery process is conducted. If you have any questions, please contact Megan Battle at (410) 313-1581.

### **TEEN OPPORTUNITIES FAIR**

November 21st, 11 am - 2 pm, Ellicott Mills Middle School. Connecting teens with leadership, volunteer and recreational programs. For more information, contact Holly Harden 410-313-4625. Sponsored by Howard County Recreation & Parks.

### **WHC SPRING 2016 BASEBALL, SOFTBALL & TEE BALL**

[www.whcsports.com](http://www.whcsports.com) or contact Brian Wyman at 410-313-4705. Fliers are in the FQMS Front Office as well.