



A Message from the PTA President

Pulling together. That's what people do when times are hard. I've been working on a couple of business partnerships with local merchants to find a way we can help each other through the

tough economic times ahead. I hope to have details for you in the next newsletter. Speaking of **community**, please take a look at the information on Community Outreach on page 2 for ways you can help out. You can read more about

what the Glenwood Community Center has to offer us this month on page 3. Movie Night looks like an exceptional bargain!

Let's take care of each other!

Peggy Johnson

FQMS PTA President

As we are all too aware, the economy is in a slump this year. Our fundraiser was not as productive as projected so I wanted to take this opportunity to remind everyone about a few easy and painless ways we can continue to support our programs and services without spending any extra money! Take a look:



Box Tops – Our last submission that we will receive a check for school calendar year 2008-2009 will be **February 28**, so **please send in your Boxtops by February 20**. Don't stop clipping and collecting, though. We continuously send in Boxtops and receive checks twice yearly.

Verizon – Is FIOS coming to your neighborhood? Do you need to place your yearly rebundle for your Verizon account with Internet, phone and FIOS service? Call 1-888-695-5299 and use Code 12869 for FQMS. The school receives up to \$65 per order by simply telling the operator about Verizon Velocity Fundraising when placing your order. It's simple! For more details, check the FQMS website. Click PTA, then Announcements.

Food Lion

To register your Food Lion card, go to: www.foodlion.com

1. Click on blue "MVP" tab at the top of page.
2. Click on "Food Lion Corporate"
3. Click on "Community Involvement"
4. Click on "Register MVP card"

5. Click "select organization" and follow the prompts.

6. Or if you are changing school designations, click on "change your organization" after step # 3.

Giant

To register your Giant Food card, go to: http://www.giantfood.com/our_stores/bonus_bucks/tools_for_schools.htm?opco=GNTL Then, click on *register your card* and follow the instructions.

Safeway

To register your Safeway card, go to: www.escrip.com.

1. For new people signing up: On center screen, under "Make A Difference" click on number 1. For group name, type in "Folly Quarter Middle School", or for group ID number, enter 153522078. Follow instructions to complete.

VOLUNTEERING Saves! – Another way you can help us save money for more programs and services is to volunteer to purchase or prepare food or beverages or donate paper goods when your Staff Appreciation or Hospitality Committee Chair calls on you.



February Calendar

2/9	Report Cards Issued	■	■
2/11	Gold Honor Roll Breakfast		■
2/11	Honor Roll Ice Cream at Lunch		
2/12	PTA Board Meeting, 7 pm Media Ctr.		
2/13	Maryland History Day		
2/25	Conference Dinner for Teachers		

Community Outreach

Cold Weather Shelters Need Our Help!

The FQMS Community Outreach Committee and the SGA are sponsoring a collection of personal care items to help replenish the Cold Weather Shelter's pantry. The collection will run from Feb 2 - 16. Boxes will be placed in the lobby. The following items are requested: little hotel size soaps, shampoos, conditioners, and lotions, as well as deodorant, shaving cream, razors and combs. We thank you in advance for your participation and support of our efforts in bringing to our students the awareness that they can make a difference in their community.

Thanksgiving and Giving Tree Collections

PTA's Community Outreach Committee & the SGA wish to thank the students, faculty, and parents of FQMS for their support of our Thanksgiving and Giving Tree Collections in November and December. At Thanksgiving, five large laundry baskets were filled to the brim with Thanksgiving dinner items, personal care and household items. The extra items not included in the five baskets were combined with turkey donations and a total of nine families were provided a wonderful Thanksgiving. ***The Falcon community is truly amazing!***

Seven families Helped by FQMS!

In December the Giving Tree, which held the wish list items of four Howard County families, was a tremendous success! The students who signed up to bring gifts were invited to a wrapping party/pizza party after school. Thank you to **Tri Pizza of Glenelg** for giving us a discount on the pizza. In addition to the many gifts collected, the students and faculty donated gift cards, which enabled us to reach out to three additional families. The total number of families FQMS assisted was seven!

Student Exchange Opportunity

Open Your Door to the World – Host an Exchange Student!

Have you thought about hosting a teen from abroad? You get a chance to see American life from a new perspective and share a young person's excitement as he experiences a different school, food courts and football games, and Americans' warmth and openness.

At the same time, you can get a preview of high school while your children are still in middle school, or your child can begin high school together with a big brother or sister. As host family, you include her as part of the family. You joke, assign chores, talk about issues big and small. You provide three meals and a bed. Students bring their own spending money and health insurance. AFS Intercultural Programs has an active chapter in Howard County. Both families and students are provided with support from local volunteers and AFS staff. For more information, please go to www.afsusa.org or call or write Sally at 301-604-7739 or s.b.byrne@juno.com

Surviving the Teenage Years

Teens don't always make the best choices...make a safety plan with your teen.

No matter what we do to protect our teens from drugs and alcohol, all teens get into tough spots once in a while. That's when a good safety plan comes into play.

Imagine you're a teen and you've just done something really dumb like get drunk at a friend's house. Who are the last people on earth you'd want to find out? Your parents, right? You'd be in so much trouble if they did.

A safety plan gets your teen past that fear by letting him know that you care more about him than about what he does. Even if you think he already knows how you feel, spell it out for him. Then lay out your plan. Here's one way to do it:

"Nothing in the world is more important to me than keeping you healthy and safe. That's one reason I don't want you to drink or do drugs. But if you ever find yourself in a bad situation — like, you get drunk at a party, or the person who's supposed to drive you home does — I want you to call me. I don't care what time it is. I'll come to pick you up and I won't ask any questions until the next day. Will you promise to do that for me?"

Project Safe After Prom

PTA Council of Howard County

410-740-5153 www.ptachc@gmail.com

Source: *A Parent's Guide To The Teen Brain* <http://www.drugfree.org/teenbrain/tools>

Glenwood Community Center

Camp Fair

Saturday, February 7, 2009 from 11am – 3pm.

Discover the possibilities of Howard County Camps! Camp Fair is a free exhibition where families can learn about local camps and camp-related organizations. It's a chance to meet camp staff and see what their programs have to offer. Childcare is available, and by registering for a Howard County Department of Recreation & Parks camp, you can be eligible for gift certificate drawings!

For more information, please contact the front desk at 410-313-4840.

Saturday Night at the Movies

Join us at the Glenwood Community Center for an evening filled with drama, excitement and action as we watch **Mamma Mia**. Movie will be shown in our comfy movie lounge. Your movie ticket includes popcorn and a drink. Pre-registration preferred. All ages / \$2 per person. Saturday, February 21st 7-9pm.

For more information and to register, please contact the front desk at 410-313-4840.

Getting Active!

Come explore our fitness and wellness offerings, featuring fitness class demonstrations and activities

for kids. Fitness passholders are also welcome to "Bring a Friend" complimentary, to use the fitness room. A waiver for non-passholders will need to be filled out prior to use, and passholder must be present at all times with guest. "Bring a Friend to Workout" special will be held the entire day. All Ages, Saturday, February 21st 12pm – 2pm. Free!

For more information on all of these programs, please contact the front desk at 410-313-4840. The Community Center is located at 2400 Route 97, Cooksville, MD 21732.

Cyber Safety & Civility

The Horizon Foundation and Howard County Library present - Cyber Safety and Civility.

This program brings together parents and middle school teens to discuss risky online behavior, how to prevent it, and what to do if something happens to your family. This workshop is prepared in cooperation with NetSmartz.

*Free dinner included.
Reservations required.*

Wednesday,
February 11th
Dinner 6:30 pm
Workshop 7-8:30 pm
Howard County Library,
Elkridge Branch
410-313-5077

Thursday,
February 19th
Dinner 6:30 pm
Workshop 7-8:30 pm

Howard County Library,
Savage Branch
410-880-5975

Tuesday, February 24th
Dinner 6:30 pm
Workshop 7-8:30 pm
Howard County Library,
Glenwood Branch
410-313-5577

25 Rules of Considerate Conduct

Rule #4: Listen

"When we [listen], we show those around us that we are interested in their words and therefore their feelings. We let them know that we value not only the message, but also the messenger."

--Dr. Forni

Activities:

- *Play Mother May I to demonstrate "listening seriously" to directions.*
- *Find a partner. Try having both people talk at the same time. Then take turns listening and talking. Which method was most effective for communicating?*
- *In a group, divide into pairs. Pairs should spend a few minutes talking and listening. After the conversation, each person should tell the group three things he learned about his partner.*

An excerpt from "Choose Civility in Howard County." For more information, go to: www.choosecivility.org