

## **Good Morning FMS!**

- Today is **Monday, October 28th, a Day 1** on your schedule.
- At this time, please stand for a moment of silence.

**"I pledge allegiance to the Flag  
of the United States of America,  
and to the Republic for which it stands:  
one Nation under God,  
indivisible, with Liberty and Justice for all".**

**\*Protect yourself! Here are four ways you can protect yourself: 1) Today find something you can do with your extra time. 2) Choose friends that support positive activities in your life. 3) Have a conversation with your parents about drugs. 4) Choose TV, movies, video games that promote positive activities.**

**\*Today's drug fact of the day: Abuse of prescription drugs is becoming a more serious problem than most street drugs. Painkillers, antidepressants, and sleeping pills may appear "safe" because they are prescribed by doctors but they can be just as addictive and potent as heroin or cocaine sold on the streets.**

**\*There will be a student council meeting after school on Wednesday in the cafeteria. If you cannot get a ride at 3:15, you can take the bus at 3:45**

**\*The Voice meeting for October 29th has been canceled.**

**\*Brain Games will meet on Wednesday October 30th after school in room 155. Hope to see you there!**

**\*Modified Winter Sports Registration now open! If you are interested in trying out for: Wrestling, Girls and Boys Basketball, Cheer and Co-ed Swim. Please have your parents login to FamilyID and register.**

**\*HUNCH club will be starting in the next couple of weeks. Meetings after school will have project based challenges that NASA engineers & scientists face who are helping astronauts to live & work in space. Sign up outside Mr. Monaco's room, 142. All grades are welcome to join. For more info you can also go to [nasahunchacademy.com](http://nasahunchacademy.com) or reach out to Mr. Monaco.**

**\*The first pickleball meeting will be on Wednesday November 6th from 2:30-3:30 in the small gym! Students can bring their own paddles if they would like. They will need to have a ride home at 3:30 or they will have to take the 3:45 bus home.**

**\*Attention all students who signed up for Spanish Club! We will be having our first meeting of the year on Monday November 4th in room 222. The meeting will go from 2:20 - 3:40 pm. You can take the after school buses or arrange for pick up.**

**\*Attention French Club members: Remember that our next meeting is Monday 10/28 after school in the cafeteria until 3:45. Please remind your parents and bring coloring utensils to the meeting with you.**

**HALLOWEEN COSTUME DRESS-UP GUIDELINES FOR OCTOBER 31st: No masks, No weapons, No blow ups, No political, alcohol, or drug reference, Makeup put on before you get to school. School dress code still applies for Halloween!**

**\*Picture retake day is Thursday, November 7th.**

**\*Breakfast is served in the Cafeteria starting at 7:20 each morning.**

**\*SAIS is held Monday-Thursday in the cafeteria from dismissal until 3:45. Please consider staying after if you need any extra help with classes or homework.**

**\*Attention Students: The TV's in the cafeteria during lunches also show the daily announcements! Be sure to keep an eye out for upcoming club meeting dates there as well.**

**\*All students staying for a later practice, please report outside the auditorium and wait for a teacher to pick you up.**

**\*At dismissal, all students need to get on their bus immediately. If you stop to talk to your friends and are not going straight to your bus, the bus will leave without you.**

**\*Yearbooks are on sale! Order your yearbook using the link on the FMS webpage for \$40. Don't miss out on the memories! Order deadline is April 30, 2025.**

# RED RIBBON WEEK



**Wednesday 10/23**  
**Wear Red Day**  
Take a Stand Against Drugs

**Thursday 10/24**  
**Favorite Movie Character**  
Life is a Movie, Film Drug Free



**Friday 10/25**  
**Jersey Day**  
Team Up Against Drugs

**Monday 10/28**  
**Pajama Day**  
Don't Let Drugs Ruin Your Dreams



**Tuesday 10/29**  
**Hawaiian Day**  
Lei Off Drugs

**Wednesday 10/30**  
**PINK OUT!**

Wear PINK for breast cancer awareness and to show you're drug free



**Thursday 10/31**  
**Wear your Halloween costume**  
Say BOO to Drugs