



## Six Sentences Every Child Should Hear From Their Parent

Thanksgiving is a time for families to come together to celebrate and reflect on the importance of sharing strong family bonds throughout the year. These six short sentences are what every child should hear from their parent to ensure they feel a strong sense of security, belonging and value:

1. **"I'm here for you."** Being available for your child is incredibly important. It tells them, "I will do whatever I can to help you whenever you need me".
2. **"I'm proud of you."** When your young child or teen hears that from you, it reinforces their own sense of pride and builds their self-esteem.
3. **"I believe in you".** Your child needs to know that someone in this world believes in them and their immeasurable value.
4. **"I want the best for you."** They may not always see how your ideas, standards or consequences are for their benefit, but giving them this regular reminder assures them, in the depths of their heart, that you are for them, not against them.
5. **"I will stand with you."** This declaration tells your child that you are willing to be identified with them even when they've made a mistake or have to do difficult things.
6. **"I love you."** This quite simply, can never be said too often. Whether it is during a big family moment, after a quick good night or a drop off at school or work. They know they matter to you and thus matter in the world.

## CONGRATULATIONS TO THE FALCON MARCHING BAND.....

...winner of the Safe Homes Network \$250 drawing held October 23rd during the last home football game of the season. According to Band Director, Lynn Truby, the prize money will benefit band and guard members alike as every win is considered an "all for one and for all" victory!



While Falcon band members celebrate, FHHS Band Director Mz. Truly happily accepts a check for \$250 from Coalition

## FH Middle School announces 2015-2016 **ABOVE THAT CLUB** Officers

The Coalition founded and sponsors the Above That Club designed to build upon refusal skills of students and minimize risky behavior and choices.

The Above That Club is an extracurricular program open to sixth through eighth-graders at FHMS. The Club meets once a month to discuss and role play ways to stay above the negative influences of alcohol and drugs in addition to playing games and having fun.



From L to R: Gina Woods, President; Hannah Barsema, Co-Vice-President/Secretary; Tyler Pfeifer, Membership Representative and Sarah Brown, Co Vice-President.

## THANK YOU! SPOTLIGHT



Thank you to FHHS Principal, Tom Brennan and Athletic Director, Mike Briguglio for helping us spread the word to parents about the Safe Homes Network and programs that help keep our teens safe. Be on the lookout for us at upcoming soccer and basketball games for your chance to win \$100! Sign up a friend and get an additional ticket in the drawing!

