



THE DRAGON BEAT

The Heart of FBCS November-December

Dear Families,

We want to thank you for all of your hard work and collaborative efforts with the staff and students of FBCS. Thank you for donating items, food and time. Thank you for helping our students to create beautiful pieces for the Winter Wonderfest. We know the time and effort that you put in to your child's Invention Convention project. Thank you for joining us for the Winter Theater Arts performances. We truly appreciate our FBCS community and we wish you a happy holiday season.

We have a couple items for thought and potential involvement below. If you are inclined to get involved or offer your insight in any way - please contact FBCS Administration or Communications Dept. Scout Gates.

First off, we want to bring to light a recent conversation of interest amongst staff that we would like to share with you. There has been a significant increase in the number of energy drinks being consumed by children across the United States, and this is a trend we are also seeing at FBCS during the school day. In addition to the health risks these drinks can pose, particularly for children and teenagers, we are observing impacts such as restlessness, difficulty focusing, increased behavioral concerns, and noticeable energy crashes later in the afternoon.

Energy drinks often contain high levels of caffeine, sugar, taurine, guarana, and other stimulants, which can be especially harmful and addictive for developing bodies and brains. We believe it is important to maintain open communication with families and to share information when student behaviors or health-related concerns arise.

The staff at FBCS care deeply about the well-being of all our students, and we look forward to partnering with families to support each child's health, success, and learning environment.

Next, on a more exciting note, FBCS HAS TALENT! Auditions for the FBCS Has Talent show will take place on January 12th and 15th from 3:00PM-4:30PM. Students will be notified of their act's admission to the show on Tuesday, January 20th by 3:00PM. Show will take place in March of 2026. We can't wait to showcase our students!

To get involved in our school please contact Mary Jensen, Amber Williams or Scout Gates.



KUDOS



Big kudos to Ms. Molly and the culinary classes who have managed to procure a volunteer-based, donation-based lunch almost every day. From soups to tacos, pulled pork and salad, the culinary department has treated staff and students to delicious free or low-cost lunches.

Congratulations to all of the Monster Mash Dash Prize Winners! Several students won awesome prizes including a laptop, longboards, headphones, lego sets and more. Pictured are our top 3 MMD winners.
Elias Durkin - 6th grade
Kai Gonzales - 7th grade
Jacob Bost - 8th grade



Izzy Lemley won the t-shirt design contest!