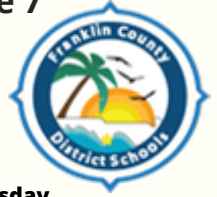




# SEAHAWK NATION NEWSLETTER

Term: Fall | Vol. 3  
Issue 7



WEEK OF October 9th - October 13th, 2023

This district newsletter is published weekly and sent home with pre-K - 5th grade students at FCS every Thursday.

## Key Dates

**MONDAY**, October 9th - Senior Portrait (Retakes) in the band room | 8 AM - 2 PM  
**TUESDAY**, October 10th - Write Score - Grades 3-5 | 8 AM - 10:30 AM  
 Director's Meeting (Recurrent) @ 9 AM  
 FEAP #3 from 3-5 PM  
**WEDNESDAY**, October 11th - End of 1st Nine Weeks  
 Write Score - Grades 6-8 from 8AM - 10:30 AM  
**THURSDAY**, October 12th - Fall Individual Pictures in the band room | 8AM - 2PM  
 Write Score - Grades 9-10 from 8 AM - 10:30 AM  
 Parent/Student - National School Lunch | 10 AM - 1 PM (photobooth, games, etc.)  
**FRIDAY**, October 13th - Class of 2024 - Poinsettia Donations ends  
 Seahawk Media Club Meeting from 12:00 - 12:30 PM (RM 1103)  
**HEADS UP:** Senior Beta Club is selling donuts now with delivery on October 20th.  
 Unity Day - Wear **ORANGE** on Oct. 18th (Elem.) & Oct. 20th MS & HS (Anti-Bullying)  
**Red Ribbon Week** is Oct. 23rd - 27th  
**Freshman Fundraiser** - Order new bed sheet sets from 9/29 through 10/27  
 See a Freshman or contact Holly Justice at the front office.  
 Everyone who buys a yearbook gets 2 free pages to personalize! And **now through October 31st, yearbooks are 10% off!** The regular price is \$65  
 FCS is looking for your **College Alma Mater Banner** to hang in the Cafeteria. Please help us by donating the banners. Deliver to front office.

## Sports

**MONDAY**, October 9th - Girl Golf Match in Havana | 3:30 PM - 5:00 PM  
 JV/V Volleyball Game @WEWA 5:00 PM  
 JV Cheer Practice from 3:00 - 5:30 PM  
 Cross Country Practice | 3:00 - 5:00 PM  
**TUESDAY**, October 10th - HOME MS Football Game VS FSUS @ 6 PM  
 JV/ V Volleyball Game at PSJ @5 PM  
 Girls Golf Match at ST. JAMES @ 3:30 - 5:00 PM  
 Elementary & MS Cross Country meet at Holy Comforter Episcopal School (Tallahassee Championships) @4:30 PM  
**WEDNESDAY**, October 11th - (V) Cross Country Meet at PSJ @ 4:30PM  
 Boy's Golf Match @Golden Eagle Country Club @3:30 PM  
 JV/V Volleyball Practice | 3:00 - 5:30 PM  
 JV Cheer Practice @ 3:00 - 5:30 PM  
**THURSDAY**, October 12th - Girls Golf Match at Quincy CC @8AM  
 Boy's Golf Match at St. James Golf Course @3:00 PM  
 JV/V Volleyball Practice (FCS GYM) | 3:00 PM - 5:30 PM  
 JV Cheer Practice @ 3:00 - 5:30 PM  
 Cross Country Practice | 3:00 - 5:00 PM  
**FRIDAY**, October 13th - (V) Football game in WEWA @ 7:00 PM  
 or Listen to the Forgotten Coast Radio 100.5 FM for live updates.  
 JV & V Volleyball Practice @3:00 PM - 5:00 PM  
 Cross Country Practice | 3:00 - 5:00 PM  
 \*Be sure to check our website and Facebook for fundraisers and updates. Subscribe to our YouTube Channel: search Franklin County School District. Email mmartin@fcsdfl.org for district online features & Seahawk shout outs.



FORTIFYFL IS A TOOL TO REPORT SUSPICIOUS ACTIVITY; SCAN THE QR CODE WITH YOUR CAMERA TO RELAY INFO TO APPROPRIATE OFFICIALS/AGENCIES.

## SEAHAWK SPOTLIGHT

## Congratulations, Kitana Peralta! Thanks for all you do!



Kitana Peralta in Arizona in the first photo and seen in unity with ESOL students (except a few), and Ms. Fogarty at the homecoming parade last year in the 2nd photo.

Kitana Peralta attended FCS in high school and is happy to return to help the kids as a paraprofessional. She is currently in college working on her degree to be a teacher.

She expresses, "I can't wait to finish and continue working with our awesome kids on a more advanced level!!" This is her second year working with grade-level K-12 students in our ESOL program.

When asked about her favorite part of the job, she says, "watching the kids work hard and seeing the looks on their faces when they have achieved something that they thought they couldn't do."

Also, she loves "seeing them learn something and being so proud of their own successes. It brings me joy knowing that they see themselves as capable and intelligent students when they thought they weren't before."

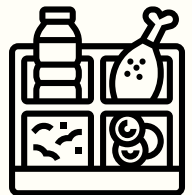
## HAPPY BIRTHDAY

Oct. 12 - Holly Justice

Oct. 13th - Shawntell Segree



ALL STUDENTS FREE LUNCH MENU



### Monday

Delicious Teriyaki Chicken  
 Cheesy Max Sticks  
 Fried Rice  
 Krispy Eggroll  
 5-way vegetables  
 Broccoli Salad  
 Fortune Cookie  
 Fruit Choice

### Tuesday

Epic Beef/Cheese Nachos  
 Fajita Chicken Wrap w/Onions & Peppers  
 Bean Salad  
 Sweet & Spicy Potatoes  
 Salsa/Sour Cream  
 Fruit Choice

### Wednesday

Filling Hamburger Steak  
 Kickin Chicken Tenders Roll  
 Roasted Broccoli  
 Mashed Potatoes w/gravy  
 Fruit choice

### Thursday

Juicy Beef Hot Dog  
 Hearty BBQ Sandwich  
 Baked Beans  
 Coleslaw  
 Fruit Choice

### Friday

Delectable Pizza  
 Cheesy Bosco Sticks  
 Buttery Corn  
 Baby Carrots  
 Marinara Sauce  
 Fruit Choice  
 Jello