

FORT MONTGOMERY ELEMENTARY

February 2026 Newsletter

Principal's Corner

February is a month filled with connection, kindness, and continued growth at our school. As we move through the heart of winter, our students remain engaged in learning and are showing wonderful perseverance, curiosity, and care for one another each day.

This month, we'll continue to focus on building positive relationships, celebrating student successes, and supporting strong attendance. Every day at school matters, and arriving on time helps students feel confident and ready to learn. Thank you for your continued partnership and support at home. Students have started their mid-year assessments and are working hard to show what they have learned and how they have grown since September. I am so proud of each and every student.

We are also looking forward to connecting with families during Parent-Teacher Conferences at the end of the month and continuing our strong home-school partnership. We appreciate all you do to make our school community such a special place for our children to learn and grow.



Warmly,
Mrs. Hansen



February FMES Positivity Project Traits

- **Forgiveness:** letting go of hurt and being kind when someone makes a mistake
- **Love:** showing care and kindness to others
- **OPM - Cheering Others' Successes:** celebrating when someone else does something great!
- **Humility:** being proud of what you do without bragging

Monday, February 2: Second Grade Parent Workshop: Math

Wednesday, February 4: World Read Aloud/Pajama Day

Monday, February 9: Second Grade Field Trip (Bear Mountain Ice Skating Rink)

Monday, February 9 - Friday, February 13 - Kindness Spirit Week (flyer to come)

Monday, February 23: 100th day of school *pending snow days

Thursday, February 26: First Grade Parent Event: Animal Dioramas 10 am

FMES Parent Teacher Conferences 12:30 - 3 pm, 6 - 8 pm

Friday, February 27: FMES Parent Teacher Conferences 12:30 - 3 pm

Important Dates

SPIRIT FRIDAYS -
Wear school colors or
field day shirts



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Pupil Personnel Services

This month, the Pupil Personnel Services Office is proud to highlight our district's Occupational Therapist, Jeanne Lemphul. Ms. Lemphul has been a dedicated member of the Highland Falls-Fort Montgomery CSD for 29 years and is a valuable resource for supporting students' success. Occupational therapy helps students build skills that support focus, coordination, and participation in daily school activities. Below are a few simple tips to help keep children moving and engaged, even during the winter months.



Keep Them Moving!

Children need exercise no matter what the weather to help with attention and focus. Getting the wiggles out before doing homework, or any task which requires concentration, is key. Here are some ideas you can try with your child:

1. Jump or hop in place.
2. Jump rope.
3. Skip.
4. Wheelbarrow walking.
5. Bounce on a therapy ball.
6. Swinging on a swing.
7. Log rolls or somersaults.
8. Push-ups against the wall.
9. Animal crawls.



animal crawls



log rolls



wheelbarrow walk



wall push-ups

The Counseling Corner with Ms. Belz, Social Worker and Mrs. DeMarco, School Psychologist

One of the most important things children can learn is self-love. Loving yourself is very important for overall happiness. It helps children feel good about who they are, stay strong during tough times, and improve their mental health. When you accept yourself and speak kindly to yourself, it encourages you to develop healthier habits, set good boundaries, and build better relationships with both yourself and others.

Here are some fun activities that can build self-love and self-esteem:

- Create an "I Love Me" jar and write or draw all the things you love about yourself
- Positive self-portraits or Strengths Shields where you draw all the things you're good at
- Saying kind things to yourself in the mirror ("I am kind, I am strong, I am a good friend")



A note from Nurse Moscatello:

February is a great time to focus on staying healthy! Please dress children warmly, encourage good handwashing, and keep students home when they are sick (this is an excused absence). Thank you for helping keep our school community healthy this winter!

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HFFM PTP @ FMES



IMPORTANT DATES:

- 1/28/2026 - Hug-O-Gram Fundraiser Begins!
- 2/2/2026 - HFFM PTP February Meeting @ FMES Library / 6:30 PM
- 2/4/2026 - Hug-O-Gram Blank Notes will be sent home via Backpack Express (Be on the lookout!)
- 2/9/2026 - Hug-O-Gram Filled Notes due back to school!
- 2/11/2026 - Polar Ice Party for Grades Pre-K thru 8th @ Bear Mountain Skating Rink / 5:30 PM
- 2/12/2026 - Hug-O-Gram Packing Night @ HFIS Cafeteria / 7:00 PM - Parent Volunteers Wanted!
- 2/13/2026 - Hug-O-Grams get delivered!
- 2/20/2026 - VIP & Me Dance for Grades Pre-K thru 3rd @ FMES / 6:30 PM
- February (TBD) - Scripps Spelling Bee for 2nd Grade

FUNDRAISERS: We still have the following available for purchase! Support the PTP!

- ★ Spirit Wear Tshirts (immediate purchase/on hand inventory) in Youth & Adult Sizes
- ★ Raider Spirit Blankets - \$20/ea
- ★ The Castle Play Cards - \$40/ea (No expiration date)
- ★ Email Us at: HFFMPTFK8@gmail.com to order today!
- ★ Visit <https://Bit.ly/PTPpay> for convenient online payment portal!



IT'S OFFICIAL! We're excited to announce the soft launch of our brand new, very first official website! This new space is your hub for updates, events, ways to get involved, and everything happening with the Highland Falls-Fort Montgomery Parent-Teacher Partnership.

Tap, click, explore, and bookmark:

www.HFFMPTP.com.

More coming soon... but we couldn't wait to share!





Friendship Week

February 9-12



Monday

2/9

MATCHY MONDAY
WEAR MATCHING COLORS WITH YOUR
WHOLE CLASS

Tuesday

2/10

"HANDING" OUT KINDNESS
DECORATE A HANDPRINT IN CLASS
WITH WORDS OF KINDNESS

Wed

2/11

RED, PINK AND WHITE DAY
DRESS IN VALENTINE'S COLORS OR
ACCESSORIES

Thursday

2/12

HEART TO HEART
BRING OR MAKE A PAPER HEART FOR
SOMEONE WHO MAKES YOUR DAY
BRIGHTER

Friday

2/13

WE LOVE SCHOOL SPIRIT
WEAR YOUR FMES SPIRIT GEAR

FRIENDS

