



Clarenville Middle School

“Where Children Come First”

TUESDAY , DECEMBER 1st, 2009

Craig Pardy
Principal

Clarenville Middle School
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Gerry Organ
Assistant Principal

IMPORTANT DATES TO REMEMBER

- ✓ **Thursday, Dec. 3rd** Parent-Teacher Meetings 6:30 - 8:30 p.m.
- ✓ **Friday, Dec. 4th** Parent-Teacher Meetings 8:40 - 12:00 Noon

* *Parents are asked to please call the school at 466-7558 for an **appointment time** during the following times to assure that our secretary is present to speak with you: 9:00 - 12:00 p.m. ; 1:30 - 2:30 p.m. At 4:00 p.m. our secretary is finished for the day. **NO SCHOOL** for students on Friday December 4th due to parent-teacher meetings in the morning followed by Teacher PD in the afternoon.*

- ✓ **Thursday, Dec. 17th** CMS Christmas Concert @ Events Centre Theatre. See info below.
- ✓ **Monday, Dec. 21st** Grade 4 / 5 Choir Christmas Musical @ 7:30
- ✓ **Tuesday, Dec. 22nd** Last school day for students - Christmas break begins.
- ✓ **Monday, Jan. 4th** School re-opens. **Bottle Drive** coming this week - SAVE!

‘Tis the Season! Fa la la la la’

Below is a list of our upcoming Christmas musical events:

- Dec. 9th 4/5 Choir will go to the Senior’s Christmas Party at the Legion to provide some musical entertainment.
- Dec. 17th Christmas Concert featuring 4/5 Choir, 6/7/8 Choir, Girl's Choir, Boy's Choir, Grade 4 Music Module. Tickets will go on sale at the office on Dec. 1st. \$5.00 Adult and \$3.00 Student. The concert will be held at the new theatre in the Events Centre. We will be selling 350 tickets for that evening performance. If we sell all tickets for the evening performance, we will have an afternoon matinee at 1 pm on the afternoon of the 17th. The evening concert will start at 7:30 pm.
- Dec. 21st 4/5 Christmas Musical entitled, 'Santa's Playlist'. Tickets will be available at the school office. Same prices as above and same venue. Musical will start at 7:30 pm.



PANCAKE BREAKFAST FOR ALL!

On the morning of Tuesday, Dec. 22nd, a wonderful group of parents will be serving the students, staff and bus drivers a pancake breakfast. The students will go to the lunchroom by class and be served a great breakfast along with the staff. This truly expresses the spirit of the season - and we have lots! If any parent is interested in assisting please contact Mrs. Pam Balsom at 466-1608.

BABYSITTING CLUB

The babysitting club has begun again this year for students in grade 6. We have our largest class ever with nearly 30 students. When the club is finished the students will receive certificates stating that they are "certified babysitters". They will have learned how to care for children (feeding them, changing diapers and holding babies) and how to get along with children (crying, colic, teething, shyness and temper tantrums). Students will also learn about kids and play, keeping kids safe and how to handle emergencies. The group will also do basic first aid under the direction of Mr. Darryl Feener. By the spring we will have 30 new babysitters working in the Clarenville Area.

SCHOOL'S HOMEPAGE www.k12.nf.ca/cms

Check out the proposed **re-structuring plan** of Eastern School District for the **Clarenville School System**. Comments and feedback is welcomed! Also, see Memorial University's survey results of CMS students regarding student safety.

BUSSING DEPARTURE TIMES : 2009-2010

Check out our school's homepage at www.k12.nf.ca/cms for the scheduled student pick-up time for each bus stop that serves Clarenville Middle School. Unsure of the scheduled stops for your child's bus? Once into our school site click on **CMS BUS TIMES** at the left side of the page. The purpose of the scheduled pick-up time is to assure that no student is waiting any longer than necessary in cold or inclement weather. The bus may be delayed, but **should never** be early! Big thank-you to **Hayward Vivian** from North West Brook, **Jenelle's dad** for his help in this process.

CAREER FAIR - COMING IN THE NEW YEAR

In January we are planning a Career Fair for all students in our school. This fair will highlight some possible jobs/careers for students to think about. Research has shown that we need to get students thinking about careers at an early age and not to wait until high school. Hopefully, the presenters we will have during this day will peak the interest of many of our students. More information about the fair will be coming in the following weeks.

TIDBITS

☞ Our **Grade 4/5 Choir** participated the **Olympic Torch Relay** as it makes its way across Canada towards Vancouver and the opening of the 2010 Winter Olympic Games. Occuring at the new Clarenville Events Centre on Blackmore Avenue, our own **CMS grade 4/5 choir** performed two selections to the delight of the 100's of people in attendance! It is also worthy to note that students of **8POWER** greeted people in both English and French. They also gave out flags and arm bands. Great job by all students - big thank-you to Ms. Drover and Mr. Power for making it happen!

☞ **Girls Choir sang at the VOCM Happy Tree** on Nov. 19th. Way to go girls and Ms. Drover. It's great to ring in the Christmas season by bringing the wonderful sound of music to so many!

☞ A big **THANK YOU** to **Cody Stacey's mom** who donated a microwave to our school's lunchroom to better serve our students at lunch.

‘Energy Drinks a Growing Concern’

School Council Federation Wants Age Restriction Put on Power Drinks

Guest Editorial by DENISE PIKE, The Compass

The province's Federation of School Councils would like to see a ban on the sale of energy drinks to children under the age of 16. The availability of the cans of pick-me-ups was one of the issues raised during the seventh annual Atlantic Caucus meeting of the Home and School/School Council Federations in St. John's, Oct. 17, 18. Representatives from Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland and Labrador participated in the meeting. According to the Federation vice-president John Smith, the caucus felt children under 16 should not be able to purchase energy drinks.

"There are many health risks associated with energy drinks and they should be regulated in the same manner as buying cigarettes," says Smith. "No child should be able to just walk into a store and buy and consume as many of these drink as they want."

Energy drinks such as *Red Bull*, *Impulse Energy Drink*, *Dark Dog*, *Shark*, *Hype Energy*, *Red Rain*, *Red Dragon*, *Diablo* and *YJ Stinger* are meant to supply mental and physical stimulation for a short period of time. The drinks typically contain high sugar and caffeine levels and the promise to greatly boost a person's energy level.

Many people consume the drinks to keep up their energy during periods of intense physical activity or drink them after exercise to quench their thirst, however rather than re-hydrating their bodies, these drinks may actually lead to dehydration. Energy drinks should not be confused with sports drinks such as Gatorade or Powerade, which re-hydrate the body. These sports drinks also provide sugars, which the body burns to create energy and replenish electrolytes. Electrolytes maintain salt and potassium balances in the body. Other health risks associated with energy drinks include electrolyte disturbances, nausea and vomiting, and heart irregularities. Excessive consumption or mixing the drinks with alcohol can also have serious health effects. "You're overloading the body with heavy stimulants and heavy depressants and that can be an explosive combination," says Smith. "I'm concerned these drinks also affect a child's ability to learn."

Energy drinks are banned from school property in this province and in PEI, however some kids can still buy them at corner stores or bring them to school from home. Smith says several parents told him they were so worried about the number of energy drinks being sold to kids from a store located near their child's school, they contacted the owner of the store with their concerns. "They asked if he would stop selling the energy drinks to kids, but he wouldn't comply," says Smith. "Unfortunately unless there is some regulation in place saying it is not only wrong, but illegal, these drinks will continue to be handed out to young kids."

For children age 12 and under, Health Canada recommends a maximum daily caffeine intake of no more than 2.5 milligrams per kilogram of body weight. Based on average body weights of children, this means a daily caffeine intake of no more than 45 mg for children aged 4 to 6, 62.5 mg for children aged 7-9 and 85 mg for children aged 10-12. For women of childbearing age, the new recommendation is a maximum daily caffeine intake of no more than 300 mg, while a daily intake of no more than 400 mg is recommended for healthy adults. According to a Health Canada analysis an eight-ounce energy drink contains 80 milligrams of caffeine - the same as a medium coffee.

Smith would also like to see changes in how the energy drinks are advertised on store shelves. "They're being sold on shelves right along side of cans of pop or right next to the checkout," he says. "They're designed to catch the eye and to really entice kids. But I'm not sure people realize the high amount of caffeine these drinks contain and the damage it can do to a child. There has to be some safeguards put in place to protect kids."

Last spring the Eastern School District sent a memo to principals informing them about energy drinks and suggested they inform parents if the drinks are a problem at their schools. Meanwhile Smith says the Federation of School Councils hopes to partner with the provincial Medical Association and the department of Health, to try and deal with the issue. "Everyone is as concerned as we are and everyone feels regulations are needed, but sometimes it takes people and departments a while to get together and get a plan in place. The wheels of progress are often slow to turn. I'm hoping that's not the case in this situation."

MIDDLE SCHOOL PLANS OLYMPIC EVENT

Students at CMS will certainly be in full Olympic spirit from February 15th to the 26th with two weeks of Olympic related activities. A committee is already in place, lead by both Mr. Randell and Mr. Penney, to plan activities. While only in the early stages, we have a plan in place whereby home room teachers will work side by side with the physical education teachers to engage the students in the Olympic spirit. We will focus on activities that promote **fair play** and **positive social interaction** while striving to do your best. Classroom projects such as adopting a country will help students learn about that country as well as its culture and uniqueness. A torch relay, parade of athletes and flag raising ceremony will start Week One with various sporting challenges, visual art activities and cultural traditions ongoing throughout the two weeks. A closing ceremony will take place at the end celebrating various highlights of the two week event. We will also bring to light the fact that the Vancouver games are being billed as the “**Green**” games. Students will learn why this is so and why it is important that Canada become the pioneer in bringing this to the forefront. Many of the activities done during the two weeks will be on display at the school as a reminder of this historic moment in our cultural history. These reminders such as flags, mascots, video and photos will help us sustain an image of where we were when a particular “Canadian” moment occurs and hopefully there will be many. Our event is hoped to instill memories in our students that will last a lifetime.

INSTRUMENTAL MUSIC - WELCOME AND THANKS!

On Monday Dec. 7th Ms. Lundrigan will return from educational leave to begin her instrumental programming at Clarendville Middle School. A phone call will inform parents of a short meeting at the school next week in order to brief you of future directions and upcoming functions. After saying this, we greatfully thank Ms. Higdon, and before her, Ms. Melanson (who is the proud parent of a baby boy!), for their involvement and participation with our students in this very limited time frame. Stay tuned!

STUDENT “WAY TO GO’S”

Way To Go's celebrate the many wonderful student actions and deeds that occur in and outside our school.

- Way to go to **Mackenzie Palmer and Ryan Snook!** Ryan and Mackenzie accidentally collided in the gym during one lunch hour in November, resulting in Mackenzie with her lip cut on the inside and some swelling. A way to go for her braveness and to Ryan for handling it so well by demonstrating much consideration and care!
- Way to go to **Kenneth Green (6)** who was a great help in recently moving canteen supplies to the supply room. Thanks Kenneth! Also, gotta love the great manners used by **Victoria Pike (4)** around the school.
- Way to go to **Stacey Frost** who realized that her classmate never had her lunch and immediately offered her one of her snack wraps. Thanks to Stacey for helping a friend in need - it is the Middle School Way!
- Also, way to go to **Abigail Ellis, Bianna Weste, Kelsey Clarke, and Colton Smith** who were playing so well in the gymnasium recently and noticed a classmate who wished to play. They had a discussion with their classmate, explained the rules of the game, and then continued to play together as a group.
- Way to go to **Gina Stacey (5A)** who arranged for Nuggets and Fries during November when we were out of normal operations. 'No Pizza' she said - 'let's see if we could swing nuggets and fries!' WE did it Gina!
- Way to go to **Brittany Pelley (5P)** who does a great job in playing soccer during recess and lunch, often with older students shooting against her. Super!!

Music Room Receives Christmas Gifts Early! As part of the Junior High Music Curriculum Pilot Project, Ms. Drover received a new Smart Board, as well as 5 new Dell computers, 1 Wacom bamboo tablet, 1 Logitech 9000 webcam, 1 headset with microphone, music software, and one laser printer for the Music Room. Students are exploring, through discovery and interactive learning, a new way of learning music through technology. This project will be ongoing and it will be examining the integration of technology as a resource to support the delivery of the intermediate music program in this province. As part of this project we will assist other educators by describing how technology can play a role as a resource to support teaching, learning, and student achievement, through formally documenting these roles during day-to-day activities in the classroom. Special thanks to CDLI and the Department of Education for including CMS in your Junior High Music Pilot Project!

NEXT NEWSLETTER : TUESDAY, JANUARY 4th
MERRY CHRISTMAS AND A HAPPY NEW YEAR!!