



# Clareville Middle School

“Where Children Come First”

Tuesday, March 30, 2010

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Principal

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## IMPORTANT DATES TO REMEMBER

- ! Tuesday, March 30<sup>th</sup> School Newsletter going home!
- ! Thursday, April 1<sup>st</sup> Last day for students before Easter Recess. Easter Recess begins.
- ! Monday, April 12<sup>th</sup> School re-opens for students: Day 7. Module Day for Grade 7 & 8.

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**BACKPACKS: PACK THEM LIGHT, WEAR THEM RIGHT! Prevention is key**  
Dr. Roland Bryans, Doctor of Chiropractic

Further to our March 16<sup>th</sup> Newsletter, here are a few pointers to help your middle school child carry their load comfortably and safely. If your child does complain of back pain, numbness or weakness in his or her arms and legs, get help to prevent future problems.

**Choose the right backpack:** Forget leather! It looks great, but it's far too heavy. Go for vinyl or canvas. Pick a pack that has two wide, adjustable, padded shoulder straps, along with a hip or waist strap, padded back and plenty of pockets. Make sure the pack fits properly, is not too snug around the arms and under the armpits, and that its size is proportionate to the wearer's body.

**Packing it properly:** They're not moving out! Make sure your children's packs contain only what is needed for that day, and that the weight is distributed evenly. It's a good idea to know roughly what each item weighs. The total weight of the filled pack should be no more than 10 to 15 percent of the wearer's own body weight. Pack heaviest objects close to the body, and place bumpy or odd-shaped ones on the outside, away from the back.

**Putting the backpack on:** It's a good idea to help young children with this, at least the first few times. Put the pack on a flat surface, at waist height. Slip on the pack, one shoulder at a time, then adjust the straps to fit comfortably. Remember when lifting a backpack, or any other heavy item, to lift using the arms and legs and to bend at the knees.

**The right way to wear a backpack:** Both shoulder straps should be used, and adjusted so that the pack fits snugly to the body, without dangling to the side. Backpacks should never be worn over just one shoulder. You should be able to slide your hand between the backpack and your child's back. The waist strap should also be worn for added stability.

Information provided by the Ontario Chiropractic Association. For additional information refer to [www.chiropractic.on.ca](http://www.chiropractic.on.ca)



## STUDENT "WAY TO GO'S"

*The 'Way To Go' in all newsletters celebrate the many wonderful student actions and deeds that occur in and outside our school.*

**WAY TO GO to Faith Hollohan** who was selected to shoot pucks through a small opening in the hockey net during the 1<sup>st</sup> intermission of the Caribous Hockey Game on Sunday. You looked good Faith! Maybe you'll be playing with the Caribous some day.

**WAY TO GO to Sarah Holloway and Kayla Bowring** who found a sum of money and brought it to the office for the owner to be found. The CMS way!

**WAY TO GO** to five students who assisted their classmates in the initiative of becoming more organized by sorting the contents of student desks. BIG THANKS to **Sarah Verge, Jessica Holloway, Tiffany Avery, Harry Spurrell and John Brentnall**. A great initiative guys. We could all use this for our workspaces!

## WHEN WERE YOU BORN?

Malcolm Gladwell, writer of 'Outliers' provides support for his theory that babies born early in the year have a significant advantage over those born later in the year. We've talked about it here at CMS and Mr. Randell provides the following sporting data for our consideration. How would Gladwell's theory stand in relation to our Gr 6 Boys Volleyball squad coached by Mr. Darrin Button? 87% of the Gr 6 male students involved are born in the first half of the year. Indeed, room for educational thought!

2010 Grade 6 Male Volleyball Group											
Jan	Feb	Mar	Apr	May	June	Jul	Aug	Sept	Oct	Nov	Dec
1	1	4	3	3	1			1		1	



## NL WINTER GAMES: CMS UPDATE

Congratulations to all those who represented their region and school at the Provincial Winter Games last week in Grand Falls-Windsor.

**FIGURE SKATING:** CMS skaters who did splendid jobs performing their skating programs were **Grade Rose, Amy Short and Brianna Seaward**. Not an easy job in such a big event with many watching! Special tip of the hat to **Grace Rose** who captured a Silver Medal in the pre-junior category!

**TABLE TENNIS:** Congratulations to **Michael Rayel** who captured a Gold Medal in the individual Table Tennis play, coming back from a 1 game deficit to capture the title 3 games to 1. Michael also received a Bronze medal for Eastern in team play, along with other players such as Joshua Goobie's cousin, Lucas, who played super as well.

**HOCKEY:** Congratulations to our PeeWee hockey players who represented the Eastern Region very well at the games. The young squad battled hard in all games, showing they have a promising future. Maybe future Caribous? Way to go to **Marcus Baker, Colin Frost, John Button, Nic Vey**. Nice goal against the Conception Bay team, Nic!



## **CMS STUDENTS SUCCESSFULLY COMPLETE BABYSITTING COURSE**

On March 6, 2010, twenty-eight students from Clarendville Middle School were certified as babysitters after completing a 4 month program in the Babysitting Club. The program covered a wide range of topics. Not only did students learn how to change and diaper a baby, they learned about

feeding, playing with children, how to handle behaviour problems and what to do in an emergency. Students also completed basic first aid under the direction of Mr. Darryl Feener. Students had to write a test and receive a grade above 75% in order to pass and receive a certificate. All students taking the course were successful with all marks over 92%.

Instructors for the course were Ms. Stanford and Ms. Vey. "This is a great course for teaching pre-teens and teens the skills necessary for being a responsible babysitter and for being responsible in life", Ms. Stanford and Ms. Vey stated. "The students learn that they are in charge and the parents are depending on them to keep the children safe."

The St. John Ambulance program also recognizes that it is important that babysitters know how to handle all emergencies in a cool, calm manner. This program teaches how to handle all possible emergency situations - from fires to prowlers and from crank calls to injuries."

Just what did the youth think about the program? "I think this course is very important. It taught me a lot", one grade six stated in her evaluation. Another students stated: "The things we learned are useful in everyday life and not just for babysitting".

## **GRADUATE OF BABYSITTING COURSE HELPS BROTHER**

Last year Keifer Kelly successfully completed the St. John's Babysitting Course as part of our Babysitting Club at CMS. Although he knew that the information learned would help him become a responsible babysitter, he did not realize that the information would also teach him how to help a brother in need. That is exactly what Keifer did one day when his younger brother started choking while eating breakfast. Although mom admitted she panicked, Keifer remembered the first aid training he received when he was in the Babysitting Club. He stayed calm, put his arms around his brother and proceeded to perform the Heimlich manoeuver. A piece of bacon that was caught in his brother's throat was dislodged. Mom reports that Keifer calmly sat down and continued to eat his breakfast, perhaps a little unaware of the significance of what he had just done. Congratulations Keifer on remembering what you learned and helping your brother when he was in need.

## **WHERE ARE THEY NOW?**

**Matthew Nosworthy** graduated from Clarendville Middle School in 1997 and proceeded to graduate from Clarendville High school with Honours in 2001. After admittance into Memorial University of Newfoundland he completed his biology honours degree in 2005. After some time spent as a religious studies student he found his calling in the department of biochemistry. He entered into graduate studies and is currently enrolled in the doctorate of philosophy programme with one year left to completion. Good luck Matthew!

## **FROM THE MUSIC ROOM...**

Ms. Drover and Ms. Lundrigan would like to thank all the parents and students for their support during Festival week. Congratulations to all groups who performed from the school. A big congratulations also goes to the 4/5 Choir, the 6/7/8 Choir and the Girl's Choir who were presented with awards at the Highlights of the Festival Concert. Congratulations are also extended to all the individual performers from our school. Next, we are off to Rotary Music Festival on April 28<sup>th</sup>! The 4/5 Choir, Girl's Choir and Intermediate Band will travel to St. John's. Below are their scheduled performance times:

<b>GROUP</b>	<b>DATE</b>	<b>TIME</b>	<b>LOCATION</b>
<i>4/5 Choir</i>	<i>April 28, 2010</i>	<i>11:50 - 12:35</i>	<i>MUN Recital Hall</i>
<i>Girl's Choir</i>	<i>April 28, 2010</i>	<i>4:35 - 5:20 pm</i>	<i>(as above)</i>
<i>Intermediate Band</i>	<i>April 29, 2010</i>	<i>9:20 - 10:05 am</i>	<i>(as above)</i>

To end our list, we thought you might like to have the dates of our final concerts. On May 20<sup>th</sup> at 7:30 pm, CMS will present a Spring Concert at the Arts Center and on May 31<sup>st</sup> at 7:30 pm, the 6/7/8 Choir will present the Musical, Annie, again at the Arts Center.

### **CAREER FAIR COMING AT THE END OF APRIL**

For many years career guidance has been a major issue for schools. Many parents report that helping their children choose a career is their second most pressing concern (the first being keeping their children healthy and safe). For youth, it is important to understand the world of work so they can make realistic plans for after high school. This understanding of work needs to start at an early age. Youth need to know what careers are available and what will be available in the future. For these reasons, CMS has decided to host a career fair for all students in grades 4-8. This fair will see people from a variety of occupations interact with our students in a hands on manner. The fair is planned for the end of April. We plan on exposing our students to a variety of occupations from skilled trades to medicine. Further information will be sent home once the agenda has been finalized.

### **TIDBITS**

✉ **Write On!** Check out the writings of CMS students posted on the bulletin board across from the main office. From time to time we will see a collection of student writing from all grade levels in order to demonstrate that we are very proud of each and every piece of writing created! Gotta love it.

✉ **Samantha White (4B)** contributed to our morning bulletin recently with the following safety tip: 'What to do at a stop light? Students should stop and look both ways before crossing the street and walk, do not run. Make sure you have a good look before crossing. Also, make sure there is no ice on the cross walk to avoid slipping'. THANKS Samantha for this wonderful safety tip!

### **JUNO CONCERT!!**



**Ruckus ON THE Edge**  
St. John's, Newfoundland & Labrador

On Tuesday, April 13<sup>th</sup>, CMS will be honored to be one of the four schools in NL, chosen to host a concert for the students of our school and surrounding schools. This is part of the Juno Outreach Program from Ruckus on the Edge. In the afternoon, our Grades 6/7/8 students will get the opportunity to go to workshops with the three bands that will be performing that morning. The bands are: The Lizzolo Band, Matthew Hornell and The Diamond Minds and Kilavtiup Songuninga (Strength of the Drum). Looking forward to a great day of Music!

**IN THE NEXT NEWSLETTER - WED, APRIL 21<sup>st</sup>** : CMS teams play at basketball provincials; Grade 7 Volleyball Teams at Provincials - Gold! ; The ROV Competition