



Clareville Middle School

“Where Children Come First”

Tuesday, March 16, 2010

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IMPORTANT DATES TO REMEMBER

- ✓ Tue, March 16th Term 2 reports sent home to parents. Book Fair begins.
- ✓ Fri, March 19th No Classes for students. Parent Teacher meetings 8:40 am - 12:00 noon, and teacher professional development in the afternoon.
- ✓ Mon, March 22nd Parent Teacher meetings 6:30 p.m. to 8:30 p.m. Book Fair open for parents.
- ✓ Wed, March 31st School Newsletter going home!
- ✓ Thu, April 1st Last day for students before Easter Recess. Easter Break begins.
- ✓ Mon, April 12th School re-opens for students: Day 7 on student timetable. Module Day for Grade 7 & 8 students.

CALL FOR AN APPOINTMENT - Parent Teacher Meetings

Please call our secretary between 9:00 am - 12:00 noon or 1:00 - 2:30 pm during the school day to book an appointment time. Please note: frequently, teachers teaching in several classes have no available slots. For those who would like to make arrangements with a teacher who has no appointment times remaining, please call to arrange a mutually- agreeable meeting time.

SCHOOL PHONE CALL-OUTS



We are very pleased with the ability to use the phone lines to better communicate with parents and students. Whether it be to inform of school closure, band equipment or choral reminders, tournament updates, etc., the system has been very useful. While we are in the midst of great weather, it is hoped that the system will not be used for weather notices, but it will be used for other school activities.

The system, at the end of the recording, will ask that you push the # 1 key to verify receiving the message. The status report e-mailed to the school after the announcement will indicate whether the message was received (confirmed by #1 being pushed) by you at home directly, or for example, whether it was left on an answering machine (which will cause the message to be repeated - Sorry!). The verification will inform us that you indeed received the phone message!

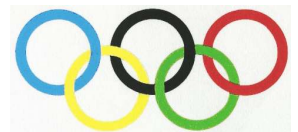


STUDENT "WAY TO GO'S"

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 **Patrick Dove and Lucas Walters** who found a sum of money (in cheque form) and as a result, it found its way back in Karle Sharpe's hands, the rightful owner.
- ☉ Way to go to **Eric Chatman** who returned a lunch bag from outdoors one afternoon. Now that's a great deed and tremendous help for a schoolmate!
- ☉ **Way to go to Ian Best and Kennedy Thrasher** who found a gift card in the gymnasium and guess what they did – you're right! They brought it to the teacher's attention in order for the rightful owner to be found.
- ☉ **Way to go to Sarah Stone** who, during a practise lockdown recently, was passing outside the Resource Centre door. Instead of going back to her class she immediately entered the closest safe zone. **Also, John Button and Marcus Baker** who were in the washroom during the same lockdown call and followed the correct action by remaining there **until the lockdown ended.**
- ☉ Way to go **Michael Rayel (8C)** who captured 1st place in the **Under 14** category at the Table Tennis Winter Games Eastern Region Playdown recently. Our Michael will be a member of the team that will represent the Eastern region in the NL Winter Games Table Tennis next week!
- ☉ Way to go **Brent Wareham, Marcus Baker and John Button** who, on Wednesday of this week, noticed a grade 4 player who would like to join their game of handball (or squash). Within minutes the grade 4 boy was playing and enjoying himself with the older grade 6 boys. Seen from the stage area, were lots of high fives and pats on the back. Maybe it was the best game of handball that the grade 4 student ever played!
- ☉ CMS students capture top three spots in the regional 'anti-bullying' video contest. Be on the lookout for these videos very soon, as they may be shown in all schools in the Vista region. Way to go to the 3 groups {shown here in random order as they did not determine placings} : **Patrick Dove and Noah Pardy ; Lucas Walters and Andrew Sullivan; and Hannah Rayel, Maykala Barnes, Hayley Butt and Mary Pardy.** Super job by all three teams – masterful job! The judges stated that **'the videos exceeded expectation!!!'**
- ☉ Way to go **Mr. Stringer** who single handedly cleaned the high window ledges in our atrium and vending machines tops on Wednesday making sure the environment is as clean as possible for our students. Lucas Lethbridge noticed how clean the window ledges were! Thanks Mr. Stringer!!
- ☉ Big CMS Welcome to 2 new students who joined the middle school family recently: **Grace Payne (4V)** who has transferred from Little Heart's Ease and **Tamara Templeman (7P)** who transferred yesterday from Balbo Elementary! We're sure you'll love CMS!
- ☉ Way to go to **Jessica Flood's parents** who found a cell phone in a parking lot one recent Monday afternoon and quickly brought it to the office so that the rightful owner could be found. While the cell phone was a little wet, Kali Drodge was happy to get her cell phone back. Thanks mom and dad!

CMS HOLDS SPECTACULAR OLYMPICS!



Students at CMS were certainly in full Olympic spirit from February 15th to the 26th with two weeks of Olympic related activities. Home room teachers worked side by side with the physical education teachers to engage the students in the Olympic spirit focusing on activities that promoted **fair play** and **positive social interaction** while always striving to do one's best. A torch relay, parade of athletes and torch lighting ceremony started the event with various sporting challenges, visual arts activities and cultural traditions ongoing throughout the two weeks. The closing ceremony at the end celebrated the many highlights of the two week event. The extinguishing of the flame resulted in a collective sigh from the students as they were saddened to see it end. Please check out **Thursday March 18th edition of The Packet** for a complete coverage of this event.

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. How would his theory stand in relation to Canada’s National Junior 2010 Hockey Team?

2010 Canadian Junior Players Birth Months											
Jan	Feb	Mar	Apr	May	June	Jul	Aug	Sept	Oct	Nov	Dec
4	3	3		2	3		3	1	1	2	

10 players out of 22 were born in the first three months accounting for **45%** while a mere 3 players out of 22 are born in the last three months of the year (14%). In fact, 15 out of 22 players are born in the first half of the year accounting for **68%** of the team. Interesting!

BACKPACKS: PACK THEM LIGHT. WEAR THEM RIGHT.

Kids think it’s “cool” to strap on their backpacks and head out to school. But if they don’t know exactly how to choose, load, lift and wear them - these all-important accessories can be a pain in the back. Literally. Not to mention the neck, head and shoulders.

Backpacks can affect your children’s health: *Dr. Roland Bryans, Doctor of Chiropractic.*

Carrying a heavy load that is unevenly or improperly distributed can result in poor posture and even distort the spinal column, throwing it out of alignment. This can cause muscle strains, headaches, back, neck and arm pain, and even nerve damage. For example, a heavy backpack carried on one shoulder forces the muscles and spine to compensate for unequal weight. This places stress on the mid and lower back and may increase the likelihood of back problems later in life. More than 50% of young people experience one episode of lower back pain by their teenage years. Research indicates that this could be caused, to a great extent, by improper use of backpacks. See March 31st Newsletter for **pointers to help your school age children carry their load comfortably and safely.**

BOOK FAIR . . .

CMS will be holding its second Book Fair of the year starting on Tuesday March 16th and running until Monday March 22nd. The book fair will be open during Parent-Teacher meetings for your viewing pleasure. Ms. Andrews would like to thank both Ms. Tina Fillier and Ms. Tracy Soper for all of their help with setting up the previous Scholastic Book Fair. An extra SUPER thank-you goes out to Ms. Soper for all of her help in the CMS resource centre. A fabulous job indeed!



PLEASE PLACE NAMES ON STUDENT CLOTHING & ITEMS

To protect your investment and help us get the items back to your child, we remind parents to please place names with a permanent marker on clothing tags, lunch bags, school bags, footwear, calculators, etc. We seek to reduce the amount of items remaining unclaimed. We have lots!!

GRADE 7-8 STUDENTS HAVE SESSION WITH DALE JARVIS

On Tuesday, December 15 the Grade 7 and 8 students were treated to an afternoon with Dale Jarvis, one of Newfoundland and Labrador's most accomplished storytellers. For two hours Mr. Jarvis kept students spellbound with a selection of Newfoundland and Irish folktales and legends. The session, which was meant to support outcomes in the English Language Arts program, also focused on where stories come from and on the storyteller. The school would like to thank the Newfoundland and Labrador Arts Council for their support of what was a great afternoon for our students.

STUDENT ATHLETICS AND GUIDELINES

In 2007 CMS made provincial volleyball history by being the first school to have entered three teams in a provincial competition and have all three finish with medals. Since then, the numbers of students participating has seen unprecedented growth as evidenced by 8 school teams participating in the 2010 Provincial Volleyfest in St. John's. At CMS we aim to include all students who wish to participate in our sporting activities as well as in our choral, drama, art, and instrumental programs. We also aim to develop each and every student to the highest level possible, hopefully leading to our school competing with high caliber teams throughout the province. To this end, school teams will be selected based on the students' abilities and their developmental progress at that time. We will refrain from naming teams the 'A' - 'B' team but one team will have students who have been playing the sport longer and/or have physically and skillfully developed to a high level. Please note we will constantly re-evaluate the placement of our students on these teams. We all realize that students develop at different rates and we wish to provide experiences for each and every one at his/her current level. For example, we may see a male basketball team compete in the 'B' division while another competes at the 'C' level; each provided with the experience to grow in the sport and enhance development. The 'fair play' concept would see ALL students afforded equal practice to hone their skills and ALL play at their level of current proficiency. We have discussed this format at CMS, with the students' best interests in mind, and collectively feel that the aforementioned method for group selection is the best option for optimal skill development. Teams are never carried over from year to year. We have many students wishing a recreational form of participation while others wish to play at the highest level possible within the province. Each year our team selection starts with a clean slate and students with many good experiences and ample time spent at a sport, can certainly increase their skill development. If you wish to discuss this further or seek further clarification, please feel free to contact Mr. Randell, Mr. Pardy or Mr. Organ.

TIDBITS

- **Coming Soon!** A new student phone should be installed outside main office. It has been approved and request has been sent to Aliant for our NEW phone!
- **Microwave shortage** in lunchroom. With lots of microwaves available, we need to increase electrical power supply to the lunchroom. Electricians from Harbour Electric will be solving this big problem this week. THEN we will have lots of microwaves available for your usage! Yahoo!

NEXT NEWSLETTER : WEDNESDAY MARCH 31st

- CMS teams play at basketball provincials
- Babysitting Course Overview
- Volleyball Teams at Provincials
- Career Day at CMS

