



# Clarenville Middle School



**“Where Children Come First”**

**Craig Pardy**  
Principal

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## NEWSLETTER: TUESDAY MARCH 11<sup>th</sup>, 2008

### **IMPORTANT DATES TO REMEMBER:**

- ✓ Tuesday, March 18<sup>th</sup> Term 2 reports sent home to parents.  
Clarenville Middle School dessert night.
- ✓ Wednesday, March 19<sup>th</sup> All 4 schools in the Clarenville System **closing at 1:45 p.m.** to accommodate teacher meetings.
- ✓ Wednesday, March 19<sup>th</sup> Parent Teacher meetings 6:30 p.m. to 8:30 p.m.  
Last day for students before Easter Recess
- ✓ Thursday, March 20<sup>th</sup> Parent Teacher meetings 8:40 a.m. - 12:00 p.m.  
No Classes for students in the afternoon - teacher professional development. Easter Recess begins.
- ✓ Tuesday, April 1<sup>st</sup> School re-opens for students : Day - 7 on student timetable.
- ✓ Thursday, April 3<sup>rd</sup> School Newsletter going home!
- ✓ Friday, April 11<sup>th</sup> No school for students- school development in service.

### **CALL FOR AN APPOINTMENT - Parent Teacher Meetings**

Please call our secretary for an appointment time between 9:00 - 12:00 p.m. or 1:00 - 2:30 p.m. during the school day. Please note that frequently teachers teaching in several classes have no available slots . For those who would like to make arrangements with a teacher that has no appointment times remaining, please call to arrange a mutually agreeable meeting time. Also, please note that Ms. Andrews and Ms. Stewart will not be available for meetings during this time.

## **BOYS VOLLEYBALL TOPS IN PROVINCE**

The **grade 8 boys volleyball** squad had a tremendous showing at the recent grade 9 provincial tournament. Going in Mr. Randell thought that a strong finish in Tier 2 was a realistic goal. After Friday night's play, CMS had finished second in their division and had the highest ranking of all second place teams, putting them in Tier 1 for the remainder of the tournament. WOW! Saturday's play in Tier 1 brought a lot of accolades from many coaches and parents in attendance. Overall the team was just too small to hit with the big guns but their defense was second to none. After division play and playoffs, the CMS grade 8's were a few points away from the semi-finals and a chance to play for a medal. Overall, 5<sup>th</sup> out of eighteen Grade 9 teams was an awesome performance! Worthy to note, Mr. Randell's team of last year, the one he captured the Grade 8 Eastern Provincial and Volleyfest titles with - they're still winning!

## **MATH FUN FAIR - HUGE SUCCESS!!**

From many reports, all students enjoyed the Math Fair held at Clarendville Middle School On Feb. 28<sup>th</sup>. Much thanks goes to Ms. Andrews who spent many, many hours to prepare for this mega-event. Also, to Ms. Pond and Ms. Templeman who were great in assisting as were the many students who operated the booths.

## **SCHOOL HERITAGE FAIR**

**School Heritage Fair** is scheduled for Wednesday April 23<sup>rd</sup> with an evening show at 7:00 p.m. on Tuesday April 22<sup>nd</sup>, 2008. All students in grades 4 & 5 will participate. Many of our grade 8 students who are doing Newfoundland History, may volunteer to be bonafide participants. This year's theme is '**Home is Where The Hearth Is**'. Check out our school's homepage for lots of information and pictures of recent fairs that will assist all, especially parents of grade 4 students.

## **RECENT STUDENT "WAY TO GO'S"**

Back by popular demand, the 'Way To Go' in all future newsletters will celebrate the many wonderful student actions and deeds that occur in and outside our school.

- ✓ Way to go to **Nikita Brewer** (5P) for returning money to the canteen that was not hers. Imagine getting money GIVEN to you and Nikita took the correct middle school action and brought the money back to the canteen because it did not belong to her. ONCE AGAIN, true middle school behaviour!
- ✓ **Way to go:** Sarah Organ, Elizabeth Organ, Luke Sawler, Claire Sawler and Ben Drover for skiing the summit - quite an accomplishment, close to 20 km in one day. The trip included visiting 4 cabins for warm-up. They now belong to an elite group of cross country skiers.

## **TIDBITS**

- ☺ **Congratulations to the grade 6 boys basketball team** who competed with the best teams in the province this past weekend in St. John's at the Provincial A level. There is no higher level in the province! While we played great ball we were in tough and came up short each game. The calibre of ball was a great learning experience for our young troops and will help them in future tournaments. It was not that long ago that the current grade 7 girls were in a similar situation - **NOW** they are ranked in the top 4 teams in the province. Way to go Middle School competitors {special nod to 'Players of the Game' recipients : Mitchell Vardy; Curtis Pearce; and Michael Rayel} and a big thank-you to coaches Rayel (Michael's dad) and Davis (Stephen/Jacob's dad)!!
- ☺ Big Welcome to **Kayla Hynes** (4Vey) who has transferred into CMS to join the great students of 4Vey. Kayla's dad was from Port Rexton, taught by Mr. Randell, and is happy to return home from Alberta. Big middle school welcome Kayla!!
- ☺ Way to go to **Jacob Walsh (5A)** winner of the provincial T-Shirt logo contest. Jacob participated in this contest with over 400 other contestants. Jacob represented CMS in attending an award ceremony in St. John's on Feb. 17<sup>th</sup> . Way to go Jacob!!!

## **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 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 April 3<sup>rd</sup> Newsletter for **pointers to help your school age children carry their load comfortably and safely.**