

# Clareville Middle School

‘WHERE CHILDREN COME FIRST’

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Principal: Craig Pardy

Assistant Principal: Gerry Organ



## THURSDAY, OCTOBER 6<sup>th</sup>, 2011

### DATES TO REMEMBER!

Friday, Oct. 7 <sup>th</sup>	Students asked to contribute \$1.00 to help make a Wish for a Child (Children's Wish Day)
Monday, Oct. 10 <sup>th</sup>	Thanksgiving Day Holiday – No School.
Wednesday, Oct. 12 <sup>th</sup>	Jumpstart Healthy Commotion Day
Wednesday, Oct. 12 <sup>th</sup>	CMS Cross-Country Run/Walk @ 11:00 a.m. (parents welcome)
Friday, Oct. 21 <sup>st</sup>	No school for students at CMS & CHS - Teacher PD session
Monday, Oct. 24 <sup>th</sup>	No school for students at CMS & CHS - Teacher PD session
Thursday, Oct. 27 <sup>th</sup>	<i>School 'Fall' Dance</i> – 8:15 p.m. – 10:00 p.m.
Thursday, Nov. 10 <sup>th</sup>	Remembrance Day Assembly @ 10:30 a.m.
Friday, Nov. 11 <sup>th</sup>	Armistice Day Holiday – No School.

**Note: Please see our school homepage for a list of important dates for the entire school year.**

### SIGHTS, SOUNDS AND SURPRISES

- Early in September, Shae-Lynn Winsor was dropped off by her mom and siblings early in the morning, as mom is on leave from her teaching position for the year. What was unique about this drop-off was that the entire family, except Shae-Lynn, were in their pyjamas. Maybe dad was in his pyjamas at Riverside as well, preparing for the school opening!
- Students love the module offerings at CMS. A 100% hands-on approach to learning that students enjoy. Be watching our homepage in the following days for a **description of these modules**. Also, we have stated to our grade 7 students many times that priority in the module course selection will have to go to our senior students to meet requirements before graduation.
- Mr. Randell recently ordered new volleyball jerseys for the upcoming volleyball season. 180 jerseys are ordered for our male and female participants. That is 54% of our entire population who are playing on a school team. Outstanding!
- Check out the Cross-Country Running button on our school's homepage for a very impressive snapshot of our running results. **CMS STRIDE**, under the direction of Mr. Penney, is gaining momentum as well!



## THANKSGIVING

Students are asked to participate in the Give One Get One Food Campaign for the Community Food Bank. To celebrate the Thanksgiving season, on Thursday, Oct. 6<sup>th</sup> and Friday, Oct. 7<sup>th</sup>, students are asked to bring an item for the Food Bank. Upon making a donation, they will receive a mini-treat. When we asked Major Pond what the food bank usually runs out of quickly, she gave several suggestions: juice boxes, granola bars, Spaghetti-O's, Chunky Soups and canned milk.

## STUDENT DROP-OFF IN THE MORNING

We are extremely pleased with the student drop-off in the mornings. Parents are using the clearly defined drop-off zone. The drop-off zone is directly in front of the school where children can safely exit their vehicles without the fear of other moving vehicles crossing their paths. Once the student disembarks, the vehicle can pull out into a through traffic lane to exit the lot. We would ask parents to stay as close to the school as possible when dropping off their child and follow this pattern. Please be advised that anytime when convenient, you can move to the zone in front of the High School to drop-off your child. Here they can proceed directly under the canopy and walk back into CMS. Students walking to school or dropped off on the outside of the school lot are reminded to always proceed to the school using the cross-walk, but look first before crossing!

## 'Forget the Tutor – a run may help your kid's grades more' *Globe & Mail*, Thu, Sep 01, 2011

Mark Finske, a neuro-scientist at the University of Guelph and co-author of 'The Winner's Brain: 8 Strategies Great Minds Use to Achieve Success', writes in this article that active children are better positioned to learn.

The following are some of the highlights from Mr. Finske's research:

- ✓ Physical exercise is a powerful way to enhance brain function.
- ✓ Enhances blood flow throughout brain
- ✓ Stimulates release of a protein which encourages growth of new brain cells and connections, especially in learning regions
- ✓ Brain scans indicate the Hippocampus, a memory-intensive, medial-temporal lobe is larger in highly fit children.
- ✓ Fit children perform better on memory tests.

Mr. Finske states that the research supports that increased physical activity leads to an increase in overall academic achievement. Indeed, he states, **“significant improvements in math, reading and spelling have been shown across a range of school grades with as little as a 90-minute increase in moderate to vigorous physical activity per week.”** At your Middle School we have 210 minutes of physical education classes per cycle, striving to better position our students to be healthier and better learners. Mr. Finske also adds that eating the right food and getting good rest boosts the young brain as well. In summary, ***to do better in school?*** **“Exercise more. Eat right. Sleep well. Good advice for parents, too.”**

## Music All The Time!

We have our piano permanently housed in our atrium where students play early morning, recess and lunch. To enter a building with piano music greeting you is indeed very welcoming! With a love and desire to showcase and listen to CMS piano players each and every morning, recess and lunch time throughout the school year, we have invited students to sign up to play, whether they have been playing for years, months or even days, we would love for you to fill the atrium with the sounds of music. **We**

**asked Shae-Lynn Winsor (8 Power) to launch this new CMS feature on Monday, Sept. 26<sup>th</sup> beginning what we hope will be a wonderful addition to our school.** Would you believe that on Saturday, Oct. 24<sup>th</sup>, Shae-Lynn was listening to her 98 year old great, great aunt playing piano at her great grandmother's 95th birthday party. Again, whether you have been playing for years, months or even days, we would love for you to move the keys! A recent piano session saw Ms. Green, Kiana Winsor, Ms. Drover, Ms. Avery and Ms. Pond-Bowring all sitting on the same bench enjoying the sounds of music! Gotta love it!!



## **BAND AND CHOIR INVITED TO OTTAWA – NATIONAL PROGRAM**

The Grade 8/9 band and choir (actually, last year's 7/8 group) have been invited to take part in the National MusicFest held annually in Ottawa. This invitation only goes to those groups who perform at a high standard at the Provincial Music Festivals. As a result, they selected our groups to be representatives coming out of our province to play in Ottawa! Although we will not go this year, the invitation stands for two years. As stated by our two music teachers, Ms. Drover and Ms. Lundrigan, "this is perhaps something we could consider for next year." Our school is indeed honoured to have been invited and recognized!

## **MAKE A WISH!**

The Children Wish Foundation Annual Wishmaker Walk for Wishes will be taking place on Saturday, October 15<sup>th</sup>. Any students wishing to obtain pledges and participate in the walk can download a pledge form on the CWF website at

[www.childrenswish.ca](http://www.childrenswish.ca). Registration will begin at 10:00 am at

the Clarendville Fire Hall and the walk, about 1 km from the fire hall to the Legion and back, will start at 11:00 a.m. All participants can enter their names for prize draws to take place immediately after the walk and there will also be food and refreshments served. Participants who raise \$50 or more in pledges will receive a Wishmaker Walk for Wishes t-shirt and for every \$100 raised, your name will be entered for the grand prize draw of a trip for four from Air Transat. Please join us in helping to create the magic of a wish!



## **STUDENT COUNCIL EXECUTIVE ELECTED**

**Congratulations** to your new student council executive. **Co- Presidents: Luke Burton and Aaron Percey.** Wishing you much success in your year. Ms. Costigan would like to congratulate all **14 teams** who offered themselves this year on a great campaign. You were so respectful of each other throughout! Ms. Costigan will be further delving into the democratic process by overseeing the election of class representatives (1 per class) this week to serve their classmates on the school council.

## **STUDENT "WAY TO GOs"**

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 Paul Dulmage(7) and Marcus Kelly (7)** who found a sum of money on Wednesday Sept. 7<sup>th</sup> and brought it to the teacher in order to find rightful owner. **Neil Peddle (9)** who discovered that a High School student had left her water bottle on the bus and made sure she got it back. **Megan Vardy (8)** who was sure to say hello to her friend **Kianna Winsor (8)** who was seated at another table in the lunchroom with her friends.
- ❖ Way to go to **Justin Baker, Mark Pritchett and Ms. Costigan** who were informed that glass cover had broken (due to heat lamp) and fallen in to the turtle tank on Thursday, Sept. 22<sup>nd</sup>. Ms. Costigan had hands in the tank retrieving the pieces while Justin and Mark occupied the turtles. Super stuff!  
*Note: We did have conversations following this incident about involvement with turtles.*
- ❖ **Way to go to** two of our grade 9 students who were the recipients of several bags of chips from the vendor after paying for only one. Big thank-you to the very honest **Haylee Butt and Claire Sawler**, two of our senior students! We build tremendous character, one good deed at a time!



## **EPILEPSY NEWFOUNDLAND AND LABRADOR - Presentation**

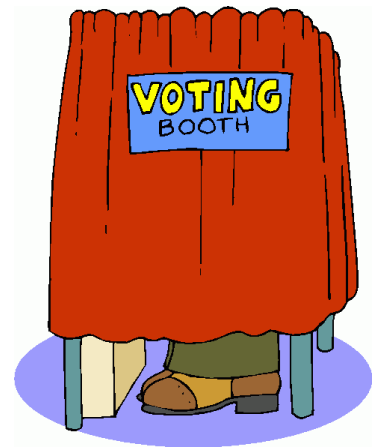
Mrs. Pamela Anstey from Epilepsy NL visited CMS on **Wednesday, Sept. 21<sup>st</sup>** and presented to students in grades 7 & 8. The presentation was very informative, engaging and educational. The following topics were discussed with students:

- a brief overview of the brain, parts of the brain, and how it all works together
- information on seizures and different seizure types
- students role played on the first aid for different seizures
- activities and discussions focused on learning about epilepsy
- information on acceptance and inclusion of students regardless of differences

The presentation was received well. Unfortunately the grade 9's could not be accommodated due to time limitations. Ms. Anstey will make every attempt to return and meet with this grade level. We are proud to pass along her concluding comments, "the students were awesome. In fact, I've travelled the province and this school is very unique. It has to be the most well-behaved and mannerly group I've ever had." **WOW! What a start to our new CMS school year!!**

## **CMS VOTES!!**

Through the efforts of our Chief Political Pundit, **Mr. Parrott**, Provincial Election Packages have been provided to all ELA block teachers in preparation for a **STUDENT VOTE** on **Tuesday, Oct. 11<sup>th</sup>**. Mr. Parrott's plan is to have ballot booths in the atrium (early morning/recess/lunch/after school) for all CMS students to cast their ballot in the Trinity-North district. Mr. Parrott and the staff are striving to have the **HIGHEST** student voter turn-out of any school in Trinity-North! Maybe we will even have a higher **RATE** than the voting public of Trinity-North on election night. Be watching November's newsletter for details! 96 schools (15000 students) throughout NL will be participating in **STUDENT VOTE 2011**.



## **Tidbits**

- **Big CMS welcome to Zena Gorman (7S-ST) and Sabastian Giles (7S) to the CMS family.** Zena and Sabastian enrolled at CMS recently and are transferring from Arnold's Cove. Welcome!
- Big thanks to the following Grade 8 girls on supplying the music for our very first school dance of the new school year: Elaina Pittman ; Victoria Moulton; Sarah Stone; and Ally Decker. Wonderful job girls!
- Congratulations to **Isaiah Rayel** who recently qualified for the NLBA's 2013 Midget Boys Developmental Program after a rigorous tryout held in NLSC in St. John's last Saturday. This pool of players from various parts of Newfoundland will train in preparation for the U15 National Championships Aug. 2013. Isaiah will be training in St. John's NLSC every Thursday 6 to 7:30 p.m.. Way to go Isaiah!!!

## **Running Water/Wash Stations in 4 CMS classrooms**

7 Stanley, 7 Harris, 7 Parrott and 7 Andrews now have operational, aesthetically-crafted, wash stations with oak cabinets, stainless steel faucets and marble-like countertops. It will be our goal to obtain feedback throughout the year on the practical use and benefits of these within the Intermediate classroom. Apparently, there are **VERY FEW** {none that can be cited} such hand wash stations in other Intermediate classrooms in our province.

## **IN THE NEXT NEWSLETTER** – Tuesday, November 1<sup>st</sup>, 2011...

- Youth Innovation Proposal submitted!
- Schooling at CMS, similar to Finland? (article review)