

Central Middle School

NEWSLETTER

February 2025



Main Office 651-653-2888
Health Office 651-653-2758

Attendance Office 651-653-2889
Attendance Hotline 651-653-2880

[Central Website](#)

[Central Calendar](#)

[Central News](#)

[Spanish Translation](#)
[Hmong Translation](#)

Central Upcoming Events

February 11th African American Parent Involvement Day Breakfast

February 17th Presidents' Day, No School

School Day Reminders:

- Please avoid sending students to school with coffee drinks, energy drinks, and other sugary drinks. Students may bring water to drink throughout the school-day. We have several bottle filling stations available for student use. It is expected that all food, other than water, be consumed in the cafeteria.

CMS MONTHLY ACADEMIC CALENDAR

We want all CMS families to remember that they can use [THIS](#) calendar to support students at home. Here you will find important information about classes like due dates, topics and standards covered during the month, questions to ask at home, and other resources.

Additional Resources for Supporting my Middle School Child:

[The Life Skills](#) website has resources for families and students, including topics such as helping with homework, calming strategies, and having difficult conversations. The site is worth exploring. Following are links to a couple of the site's resources that might be a good place to start.

- Check out this [link for resources](#) and ideas for supporting your child with homework, self care, challenging conversation and more. The link includes age appropriate resources for grades K-12.
- Check out [this link](#) for Homework Tips for Parents and Caregivers.

Grief and Loss Support Group:

Starting in February, staff from Bear Care will be offering a Grief and Loss Support Group during Bear Time. If your student has experienced grief and loss and feel they would benefit from this group please [check the flier](#)

for more information and use the [consent link](#) to sign up. Contact the Student Support Center if you have any questions.

A Shout Out to the Central Counselors, National School Counseling week is February 3-7:

Central counselors work each day to support all students' academic learning, personal growth, and future focused readiness. Besides meeting individually and with small groups of students, counselors visit classrooms four times per year to provide grade level lessons.

Their support and programming is having a positive impact on our community:

- 68% of our 6th grade students strongly believe that using healthy coping strategies is important to their well-being
- 13% increase in 7th grade students' ability to identify when social media begins to impact them negatively
- 15% increase in 7th grade students believing that perseverance is important and can help them to achieve their goals
- 65% of our 8th grade students strongly believe that their high school classes can help them explore future careers and affect their future
- 24% increase in 7th grade students knowing what perseverance means
- 27% increase (from 66% to 93%) in 8th grade students knowing when their high school GPA begins.

Parent/Family Involvement:

African American Parent Involvement Day (AAPID)

African American Parent Involvement Day (AAPID) is an important occasion designed to encourage African American parents to engage more deeply in their children's education. This day aims to strengthen the partnership between families and the schools their children attend, fostering a supportive community for all students.

On February 11th 8am-9am, CMS is excited to host a light breakfast in the atrium of the district center's auditorium. We warmly invite the parents of our African American students to join us for this gathering. It will be a wonderful opportunity to enjoy a meal, connect with other families, and build relationships within our community.

Additionally, parents will have the chance to meet with school administrators that morning, allowing for meaningful conversations about their children's education and experiences. We look forward to seeing you there!

Teacher of the Year

- It's time once again to celebrate professional excellence as part of the White Bear Lake Area Educators' Teacher of the Year program.
- The process begins with nominations from community members, parents, students and colleagues. [Please take the time to nominate an exceptional teacher who goes above and beyond and who makes White Bear Lake Area Schools a great place to send our students every day.](#)
- In alignment with Education Minnesota's Minnesota Teacher of the Year program, nominations will be

advanced for WBLAE members who: have a valid Minnesota teaching license; have taught for five years before nomination; and spend at least 50% of their day working directly with students. If you know of an outstanding non-teacher educator who deserves recognition, please consider nominating them for the [Lynn Mielke Distinguished Educator Award](#) through the White Bear Lake Area Education Foundation.

Winter Weather Communication:

If winter weather is so severe that schools need to close, families will be alerted in three ways as soon as a decision is made:

- A SchoolMessenger phone message and email will be sent to all guardians. A text message will be sent to those who have opted in to receiving texts from the district.
- A message will be posted on the homepage of www.isd624.org.
- Messages will be posted on the District's [Facebook](#) and [Twitter](#) pages.

Find complete information [here](#).

Chromebooks

- For questions about Chromebooks or help with Synergy (ParentVUE and StudentVUE), contact the WBL Technology Department at parenttechhelp@isd624.org, call 651-407-7637.

Transportation

If you have questions regarding transportation, please contact the Transportation Office at 651-407-7538.

Where to Find More Information

[WBLAS Web Page](#)

[Central Middle School Web Page](#)

Daily Announcements: daily announcements are shared with families each day via email. In addition, announcements are read, reviewed, and emailed to students each day.

Synergy: Synergy has information regarding attendance, transportation, and grades.

Google Classroom: During the school-year, Google classroom has information about specific courses, including: a week at glance, daily activities/assignments, class announcements, assignment submissions, teacher contact information, etc. Teachers will send a Guardian Summaries invitation email to families in the fall.

LUS CEEB TOOM! Yog koj xav tau daim ntawv no, txhais ua lus Hmoob, thov hu rau Mas Lias Xyooj (651) 407-7626 los yog hu rau Xw Xyooj (651) 407-7623.

ATENCIÓN: Si usted necesita hablar con una persona que hable Español, por favor, llame al (651) 407-7625.