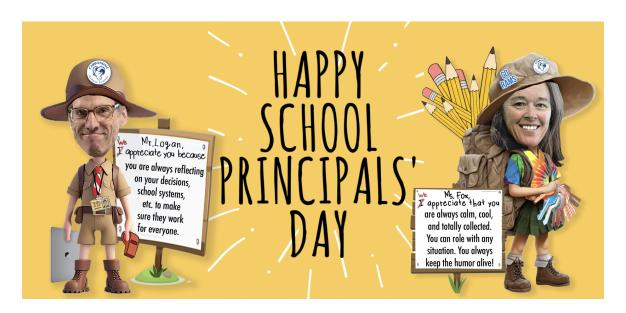
Tab 1



CARBONDALE MIDDLE SCHOOL

Palabra Semanal Abierta En Español



Bell Schedule Blue/Gold

Blue/Gold Calendar Bus Routes

School Fees

Remind

Food Menu

Athletics

District Calendar

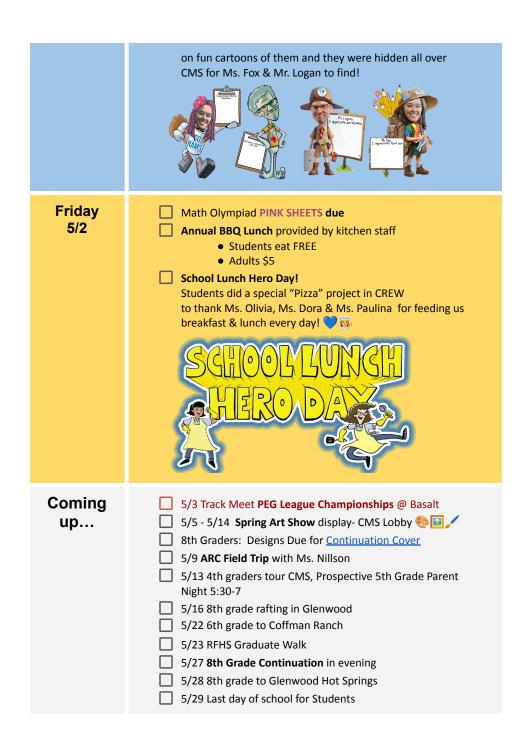
Infinite Campus

RFSD Dress Code

Habits of a Scholar

Schoology

Monday 4/28	
Tuesday 4/29	4/29 Half 8th grade Redstone River Study
Wednesday 4/30	Impact of Food & Beverage Advertising on Children's Health Talk 10-3:00
Thursday 5/1	Other Half 8th grade Redstone River Study Homework Help 3:10-4:00 Sign up here National Principal's Day! We Mr. Logan & Ms. Fox. Students wrote appreciations





Dear Families and Guardians,

Our final School Accountability Meeting is right around the corner on Monday, May 6th, and we would love to see you there. Agenda items include a report on final budget decisions for the 2025/2026 school year and planning for a parent education event about navigating the challenges of cell phones, social media and screen time. Interpretation and burritos will be available. If you're interested in attending please sign up using this <u>form</u>. We'd love to have your voice.

Michael Logan

CMS Principal

(970) 384-5701 • mlogan@rfschools.com • http://cms.rfsd.k12.co.us/

From Ms. Porter, Dean of Culture...



We have some amazing celebrations this week! On **Thursday, May 1st**, we will celebrate National Principals Day with a fun crew activity that gives appreciations for Mr. Logan and Ms. Fox. Then on **Friday, May 2nd**, we will celebrate School Lunch Hero day because Ms. Olivia, Ms. Dora, and Ms. Paulina make incredible meals for our students all year long! If you have any ways you would like to contribute to these celebrations, please reach out to me directly.

I am still looking to fill a few more Fridays with teacher treats in MAY, so please reach out to me if you would like to volunteer for this. It really feels special when we have treats ready for teachers every Friday. This has been a HUGE SUCCESS this year so thank you again for those that have already contributed. The staff at CMS really appreciates you. Thank you again!

Sara H. Porter

Counseling Corner

As we navigate the intricate journey of adolescence with our middle schoolers, it's crucial to equip them with essential life skills. Among these, **conflict resolution** stands out as a cornerstone for healthy relationships, both now and in the future. Adolescence is a time of exploration and growth, during which conflicts are inevitable. However, with guidance and practice, our young ones can learn to handle conflicts constructively, fostering empathy, understanding, and resilience.

Here are some strategies to help your child develop effective conflict resolution skills:

- **1. Encourage Active Listening:** Teach your student the importance of listening attentively to others without interrupting. Encourage them to paraphrase what they've heard to ensure understanding. Active listening fosters empathy and demonstrates respect for differing perspectives.
- **2.** Model Healthy Conflict Resolution: Children learn by example. When conflicts arise in the family or between parents, strive to resolve them calmly and respectfully. Your actions speak volumes and serve as a blueprint for your student's behavior.
- **3. Teach Problem—Solving Skills:** Guide your student through the process of identifying the problem, brainstorming possible solutions, evaluating each option, and selecting the most appropriate one. This empowers them to take ownership of conflict resolution and develop critical thinking skills.
- **4. Foster Empathy:** Help your student recognize and understand the feelings and perspectives of others. Encourage them to consider how their actions impact those around them. Empathy is a powerful tool for resolving conflicts peacefully and strengthening relationships.
- **5. Practice Assertive Communication:** Emphasize the importance of expressing thoughts and feelings assertively, using "I" statements to convey emotions without blaming others. Teach your student to assert their needs while respecting the rights of others, fostering open and honest communication.
- **6.** Promote Compromise: Highlight the value of finding common ground and making concessions to reach a mutually beneficial solution. Encourage your student to explore win-win scenarios where both parties feel heard and respected.
- 7. Reinforce Positive Reinforcement: Celebrate instances where your student effectively resolves conflicts. Praise their efforts and highlight the positive outcomes of their actions. Positive reinforcement reinforces desirable behavior and encourages continued growth.
- **8. Provide Support and Guidance:** Be available to listen, offer guidance, and provide support when conflicts arise. Let your student know they can turn to you for assistance in navigating challenging situations. Your unwavering support builds trust and confidence.

By instilling these conflict resolution skills in our middle schoolers, we empower them to navigate conflicts with confidence, empathy, and resilience. Together, let's foster a culture of understanding and cooperation, both at home and in our school community.

Ali Silcox

School Counselor, MA, LPC, NCC

Lindsay Selig
Prevention Specialist, MA, LPCC





GOOD LUCK @ LEAGUE MEET!!!!! GO RAMS!

GO RAMS	UPCOMING MEETS				
Saturday	4/26	Coal Ridge High school			
Saturday	5/3	PEG League Championships @ Basalt	9:00 AM		

Questions - Contact Carly Madsen: cmadsen@rfschools.com #970-319-5608

Jason Kreiling CMS STEM Teacher & Athletic Director

kreiling@rfschools.com

Connect with CMS

- ☐ 8th Graders: Design your Continuation Cover!
 - Click here for more information.
 - Directions & Extra Blank Paper can be picked up from the red folder hanging outside the art room.
 - Designs due by May 6



☐ Check out the new art hanging in the foyer!



5th & 6th Grade Artists used plaster gauze to each create a star for the mobile. There are also "faux glass Chihuly" chandeliers that students made using old transparencies. More going up daily!

All of this is in prep for the **Spring Art Show** that will be on display in the lobby **May 5–14**.

Parents, if you are able, our CMS Parent Volunteer Group is looking for donations for this year's **8th Grade Continuation**.

Funds will help with things like decorations, programs, and DJ for the ceremony and party.

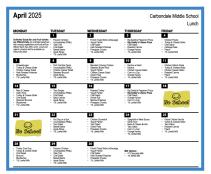
https://gofund.me/0edc8538

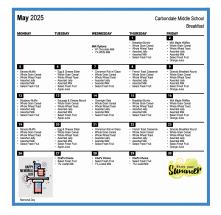


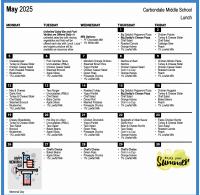
District News

RFSD School **Meal Menus HERE** or click calendars below.

April 2025			Ca	arbondale Middle School Breakfast
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mile Options: • If Coccriste Mile • 1% White Mile	Supage & Cheese Brook. Whole Dean Coved Whole Dean Loved Assorted July Assorted Hills Select Fresh Troit Apple July	Countries Date Whole Date Cored Whole Pater Cored Whole Pater Seet Assorted July Assorted Mill Select Fresh Fruit	S Breakfard Sumits Whole Stein Cored Whole Stein Cored Whole Meet Seet Assorted Mile Assorted Mile Select Thesh Fruit	Ittel Maple Visities Visities Orand Visities Private Isset Assumed July Dated Trails Truit Charge July
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Community Partnerships

☐ Enrichment Opportunities... click flier for information

Some organizations welcome joining students at any time, even after they've started if space allows. ACCESS after school classes (Homework Help, Wednesday Web, Band) <u>registration link</u>



Scroll Across $\longrightarrow \longrightarrow \longrightarrow$

















CMS Archery Club:





registration link



















Scroll Across $\rightarrow \rightarrow \rightarrow$



