



WEEKLY WORD • SEMANAL DE PALABRA

CARBONDALE MIDDLE SCHOOL

Palabra Semanal Abierta En Español



8th Grade Crew Day at Marion Gulch • 8th Graders connect with elementary students for a service project.

Follow us on [Facebook](#) or [Instagram](#) for more photos.

Bell Schedule

Blue/Gold Calendar

Bus Routes

School Fees

Set up Remind

Food Menu

Athletics

District Calendar

Infinite Campus

RFSD Dress Code

Habits of a Scholar

Schoology



Monday 10/14	<i>No School for Teachers & Students... Fall Break!</i>
Tuesday 10/15	
Wednesday 10/16	
Thursday 10/17	☐ Tap Assembly 2:00-3:10... Assembly Schedule
Friday 10/18	
Coming up...	☐ 10/19 🚚🏠🩺 Mobile vaccine clinic in Carbondale... open to anyone! ☐ 10/21-10/15 STUDENT LED Parent Teacher Conferences ☐ 10/21 Boys Basketball Practices Start: <i>looking for 7th grade boys coach</i> ☐ 10/23 2-4pm is reserved for parent requested meetings with an entire grade level team or a specific teacher. Reach out to CREW teacher. ☐ 10/31 8th Grade: yearbook baby photo deadline ☐ 11/1 Aspen Words Poetry Assembly - Assembly schedule ☐ 11/4-5 PEAK testing for all 6th graders during Crew & Ram Time ☐ 11/7 Color Games 🟠🟡🟢🔵🟣 ☐ 11/7 Night in Paris 🌟 7/8th Grade Dance ☐ 11/14 8th grade to Rock Bottom Ranch (3 classes) 9:30am to 12:30pm ☐ 11/15 8th grade to Rock Bottom Ranch (2 classes) 9:30am to 12:30pm

From Mr. Logan..

Dear Families and Guardians,

If you read my note in last week's Weekly Word, please forgive my redundancy about parent teacher conferences this week—this topic is so important that I've decided to deliver a similar message. **Parent Teacher Conferences are scheduled for the week of 10/21 through 10/25.** If you haven't yet heard from your student's Crew teacher or another academic teacher to schedule your student's conference, please reach out to your student's Crew teacher. Conferences will be student led, and only one of your students' teachers will facilitate the conference. **Wednesday, 10/23 is reserved for**



parent requested meetings with an entire grade level team or a specific teacher. To schedule a meeting like this, please reach out to your student's Crew teacher. At the end of your conference, we will ask for your feedback about the effectiveness of the conference via a short survey. Thank you in advance for your participation in conferences!

Michael Logan

CMS Principal

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

Counseling Corner

October is National Bully Prevention Month



Preventing Bullying

As parents/guardians of middle school students, it's important to recognize that bullying can significantly impact a child's well-being and academic success. As a school community, we are committed to preventing bullying. Here are some ways parents, teachers, and students can work together:

For Parents/Guardians:

- **Open Communication:** Create an environment where your child feels comfortable discussing their concerns with you.
- **Educate:** Teach your child about bullying and the importance of reporting it.
- **Set Boundaries:** Establish clear rules about technology use and monitor your child's online activities.
- **Be a Role Model:** Demonstrate respectful and kind behavior in your interactions with others.

For Students:

- **Be an Upstander:** If you witness bullying, stand up for the victim and report it to a trusted adult. This is something students review in Crew.
- **Include Others:** Include classmates who may be feeling left out or isolated.
- **Online Responsibility:** Think before you post or send messages online, and report any cyberbullying.

Ali Silcox

School Counselor, MA, LPC, NCC

970-384-5735 || asilcox@rfschools.com ||

Lindsay Selig

Prevention Specialist, MA, LPCC

(970)384-5713 • lselig@rfschools.com



Pronouns: she/her

Pronouns: she/her

From Ms. Porter, Dean of Culture...

I hope everyone had a wonderful Fall Break. One thing you can do to help your student end the trimester with strong academic success is to check their Schoology every night with them. This is a great way to know how your student is doing and what they should submit!

Bookmark your link to [Schoology](#) by clicking here. This link can be found at the top of each Weekly Word.

Also, this is a perfect time to talk about how important it is to demonstrate the **Habits of Scholar**. We use the acronym **ExPECT= Executive Skills, Perseverance, Enthusiasm, Compassion, and Teamwork** to talk about Habits of a Scholar and how they connect with academic success.

HABITS OF A SCHOLAR	
 Roaring Fork School District	
EXECUTIVE SKILLS	plans, organizes, and manages behaviors and responsibilities
PERSEVERANCE	persists through challenges
ENTHUSIASM	pursues passions and shows love of learning
COMPASSION	considerate and respectful of self, others, and the world around us
TEAMWORK	works with others to achieve a common goal

Sara H. Porter

CMS Dean of Culture

sporter@rfschools.com

pronouns: she/her/ella

Athletic Info



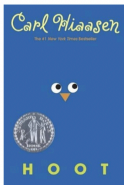
- ☐  **7th grade boys basketball** is in need of a coach. Contact Jason Kreiling
384-5729 or kreiling@rfschools.com
- ☐ Boys Basketball practices start October 21: Please bring current physical and \$50 fee
- 8th will practice 3:30-5:00 Coach: Joe Markum
7th will practice 5-6:30 Coach: ????? Could be YOU!

Jason Kreiling
CMS STEM Teacher & Athletic Director
kreiling@rfschools.com

Connect with CMS

- ☐ **BOOK BRAINS BOOK of the MONTH:** This month is for 7th & 8th Graders

Hoot by Carl Hiaason



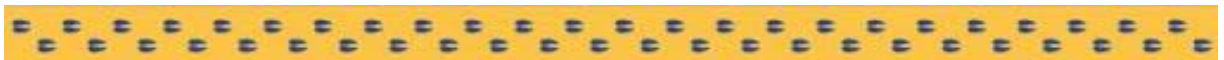
"Hoot" by Carl Hiaason follows the story of Roy Eberhardt, a new kid in Florida who becomes embroiled in a local environmental battle. After moving to a new town, Roy discovers a mysterious boy named Mullet Fingers, who is trying to protect a nest of endangered owls from a pancake house that is being built on their habitat.

As Roy teams up with Mullet Fingers and his friend Beatrice, they devise clever plans to sabotage the construction site and raise awareness about the plight of the owls. Throughout their adventures, Roy learns about friendship, the importance of standing up for what is right, and the impact of human actions on the environment. The novel combines humor and adventure while highlighting themes of activism and conservation.

Anyone can be a Book Brain!

1. Get the book in the library
2. Read the book
3. Fill out the form: [English](#) [Spanish](#) by **November 23**
4. Earn a color point **AND** get a prize for 80% or better!!

- ☐ 8th Grade **Baby Photo** for the Yearbook **needed by October 31**, turn in to Crew Teacher.



Volunteer Opportunities

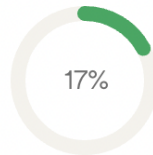
☐ ✨ Donating to CMS Parent Volunteer Group's GOFUNDME:

We will use this money throughout the school year to support our CMS teachers and staff.

Any amount is helpful and greatly appreciated! Thank you!

\$250 raised

\$1,500 goal · 3 donations



☐ **Boost your business and support CMS**

We are looking for sponsors to help with the effort of ensuring that all students at CMS can get a yearbook this year! Our yearbooks are full color and original design—a true keepsake. Yearbooks are made by the 8th grade students of CMS for all of the students at CMS.

- Eighth of a page: \$100 (about the size of a business card)
- Half page: \$500

Your advertisement will be seen by over 400 students and their families!

Contact Rachel Molnar, Yearbook Advisor, for more details:

rmolnar@rfschools.com

☐ Every Kid Gets A Yearbook Fund

CMS wants to provide a yearbook for every student this year! We don't want cost to be a barrier. You can donate in the front office using cash, check or venmo @rsmolnar with description "Yearbook Fund". Contact [Rachel Molnar](#) with questions.



☐ **Friday Teacher Treats:**

Please email Sara Porter at sporter@rfschools.com if you would like to provide teacher treats on a Friday. She will send you the details and reminders. We have most Fridays through December filled but need people for January and on! Thanks so much!

☐ **Choose CMS for your [City Market Rewards](#):**



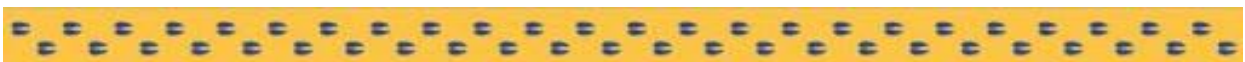
This is an *additional* donation City Market will make to CMS. They total your spending and donate a percentage back to the community organization of your choice. You will continue to receive your personal awards (gas credits, cashback), too!

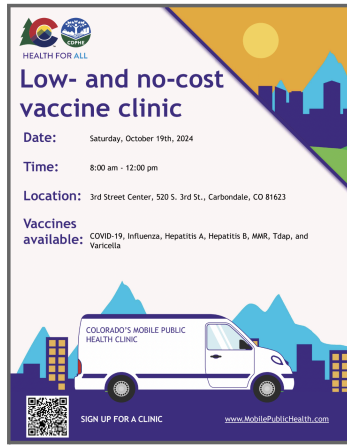
Community Partnerships

☐ **Mobile vaccine clinic in Carbondale on October 19th, 8-12pm**

Students, families, public, anyone, *EVERYONE* can catch up on immunizations at LOW or NO COST!

Questions? Contact our District Nurse, Andi Talarico at atararico@rfschools.com.





Low- and no-cost vaccine clinic

Date: Saturday, October 19th, 2024

Time: 8:00 am – 12:00 pm

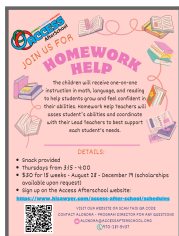
Location: 3rd Street Center, 520 S. 3rd St., Carbondale, CO 81623

Vaccines available: COVID-19, Influenza, Hepatitis A, Hepatitis B, MMR, Tdap, and Varicella

Colorado's Mobile Public Health Clinic

Sign up for a clinic: www.MobilePublicHealth.com

- ☐ **ACCESS** after school classes (*Homework Help, Wednesday Web, Band*) sign up using this [registration link](#)
- ☐ **After School Enrichment...** fliers linked to information



JOIN US FOR HOMEWORK HELP

Students will receive one-on-one instruction in math, language, and reading to help identify you and feel confident in their abilities. Homework help teachers will work closely with you and your child to help them understand their homework and assist them with their child's needs.

DETAILS:

- Snack provided
- Thursday from 3:15-4:00
- 5:00-6:00pm, August 21, December 7 (scholarships available upon request)
- Sign up on the Access AfterSchool website: <https://www.accessafter.com/after-school-homework-help>

ACCESS 1001 FOX HOLLOW DRIVE, SUITE 100, CARBONDALE, COLORADO 81623
CONTACT: 970.241.2222

[registration link](#)



JOIN US FOR BAND At Carbondale Middle School

WANT TO LEARN A NEW INSTRUMENT FROM JAZZ/ASPEN GROUP?

FALL SEMESTER

5TH/6TH GRADERS MONDAY: 3:15-4:15 WEDNESDAY: 2:00-3:00

CONTACTS:

BECKY BROWN becky.brown@carbondale.k12.co.us
JOHN BROWN john.brown@carbondale.k12.co.us

GO TO: 1001 FOX HOLLOW DRIVE, SUITE 100, CARBONDALE, COLORADO 81623

[registration link](#)



AFTERWORKS AFTER-SCHOOL MUSIC CLASSES

The Aspen Music Festival and School provides music education throughout the year in the heart of the valley.

REGISTER NOW! CLASSES START IN OCTOBER!

RENEWING INTEREST

LEAD INSTRUMENT

CHAMBER MUSIC

LEARN MORE: CONTACT

APEN MUSIC FESTIVAL AND SCHOOL

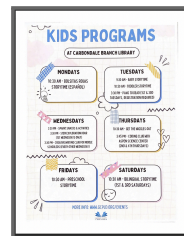


AFTER SCHOOL PROGRAM Wild West Wednesday!

Join us for an unforgettable after school adventure!

Wild West Wednesday!

\$280-STUDENT



KIDS PROGRAMS

MONDAYS

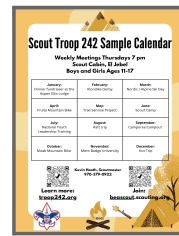
TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SATURDAYS



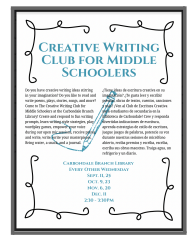
Scout Troop 242 Sample Calendar

Weekly Meetings: Thursday 7 pm

Scout Cubes: 8-10 pm

Boys and Girls Ages 11-17

Scout Troop 242



CREATIVE WRITING CLUB FOR MIDDLE SCHOOLERS

Join us for a fun and creative writing club!

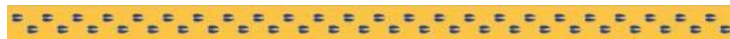
Details:

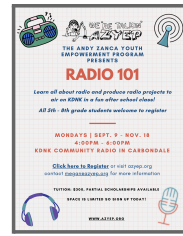
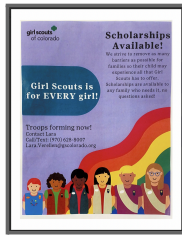
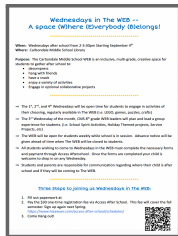
Location: Carbondale Middle School

Time: 3:15-4:15 pm

Cost: \$2.00

Sign up: [Sign up here](#)





[registration link](#)

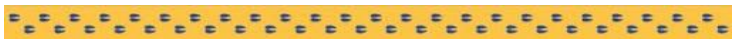
District News

- ☐ **RFHS (including several former CMS graduates!)** is putting on the play **Sleepy Hollow** **October 17, 18 and 19**, directed by CMS alum Sam Stableford!

[Get Tickets](#)



- ☐ **All students get breakfast and lunch for FREE.** It is still very important for households to complete the Survey so that RFSD continues receiving full access to federal funding. Please see [application](#) and instructions or use QR Code to go to survey.



Free Meals for All Students

Introducing Healthy School Meals for All

Thanks to the support of Colorado voters, the new Healthy School Meals for All program provides the opportunity for districts to offer free meals to all students at participating schools.



How You Can Help

Be sure to fill out the form as soon as possible to support your school in providing healthy food and nutritional programs for students.

Important Reminders for Families

Just like in previous years, families should continue to provide their household income to their school district. While meals will be provided for free to all students in participating schools, it is important for your district to continue gathering this information to receive full access to federal funding.

Families will go directly to schools to help cover the cost of meals, and will also support after school programs and other nutritional programs for students.

* Plus, families who qualify may receive discounted school fees, class materials, bus passes, athletic support and more.

Family Information is Always Confidential

All household income information provided to your school district is strictly confidential and protected by law. Only one form is required for all children in the household. Immigration, migrant, citizenship or refugee status is not required when completing the form.



☐ RFSD School Meal Menus [HERE](#) or click calendars below.

October 2024

Carbondale Middle School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Milk Options: • FF Chocolate Milk • 1% White Milk	• Egg & Cheese Slider • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit • Apple Juice	• Breakfast Pizza • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• French Toast Casserole • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• Granola Breakfast Round • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit • Orange Juice
7	8	9	10	11
• Blueberry Muffin • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• Sausage & Cheese Biscuit • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit • Apple Juice	• Overnight Oats • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• Breakfast Burrito • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• Mini Maple Waffles • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit • Orange Juice
14	15	16	17	18
• Banana Muffin • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• Egg & Cheese Slider • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit • Apple Juice	• Breakfast Pizza • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• French Toast Casserole • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• Granola Breakfast Round • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit • Orange Juice
21	22	23	24	25
• Blueberry Muffin • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• Sausage & Cheese Biscuit • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit • Apple Juice	• Overnight Oats • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• Breakfast Burrito • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• Mini Maple Waffles • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit • Orange Juice
28	29	30	31	
• Banana Muffin • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• Egg & Cheese Slider • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit • Apple Juice	• Cinnamon Roll w/ Glaze • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	• French Toast Casserole • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	

October 2024

Carbondale Middle School
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Unlimited Salad Bar and Fruit Varieties are Offered Daily <i>An unlimited salad bar with varying vegetables and fruits will be offered each day with Lunch. Local and organic produce will be available as resources allow.</i>	1 - Pork Carnitas Tacos - Uncrustables (PB&J) - Chicken Caesar Salad - Steamed Broccoli - Apple Slices 1% Lowfat Milk	2 - Mandarin Orange Chicken - Steamed Brown Rice - Yogurt Parfait - Chicken Caesar Salad - Green Peas - Pineapple Chunks 1% Lowfat Milk	3 - Nachos w/ Beef - Nachos - Chicken Caesar Salad - Corn in a Cup - Orange Halves 1% Lowfat Milk	4 - Colorado Garden Burger - Roasted Potato Fries - Blackberry Crisp 1% Lowfat Milk
7 - Mac & Cheese - Garlic Knot - Turkey & Cheese Slider - Chef Salad - Steamed Broccoli - Blueberries 1% Lowfat Milk	8 - Taco Burger - Uncrustables (PB&J) - Chef Salad - Baby Carrots - Apple Slices 1% Lowfat Milk	9 - Chicken Sandwich - Yogurt Parfait - Chef Salad - Herb Roasted Potatoes - Pineapple Chunks 1% Lowfat Milk	10 - Big Daddy's Pepperoni Pizza - Big Daddy's Cheese Pizza - Chef Salad - Orange Halves - Corn in a Cup 1% Lowfat Milk	11 - Chicken Nuggets - Turkey & Cheese Slider - Chef Salad - Baked Beans - Peach 1% Lowfat Milk
14 - Cheesy Breadsticks - Turkey & Cheese Slider - Taco Salad - Broccoli - Blueberries 1% Lowfat Milk	15 - BBQ Pulled Pork - Dinner Roll - Uncrustables (PB&J) - Taco Salad - Baked Beans - Apple Slices 1% Lowfat Milk	16 - Chicken Drumstick - Yogurt Parfait - Taco Salad - Green Peas - Pineapple Chunks 1% Lowfat Milk	17 - Spaghetti w/ Meat Sauce - Garlic Knot - Bean & Cheese Burrito - Taco Salad - Corn in a Cup - Orange Halves 1% Lowfat Milk	18 - Fiesta Chicken Burrito - Turkey & Cheese Slider - Taco Salad - Roasted Carrots - Peach 1% Lowfat Milk
21 - Turkey Corn Dog - Turkey & Cheese Slider - Chef Salad - Broccoli - Blueberries 1% Lowfat Milk	22 - Chicken & Mashed Potato Bowl - Uncrustables (PB&J) - Chef Salad - Baked Beans - Apple Slices 1% Lowfat Milk	23 - French Toast Sticks w/Sausage - Yogurt Parfait - Chef Salad - Herb Roasted Potatoes - Pineapple Chunks 1% Lowfat Milk	24 - Big Daddy's Pepperoni Pizza - Big Daddy's Cheese Pizza - Chef Salad - Roasted Carrots - Orange Halves 1% Lowfat Milk	25 - Chicken Posole - Turkey & Cheese Slider - Chef Salad - Cabbage Slaw - Peach 1% Lowfat Milk
28 - Cheeseburger - Turkey & Cheese Slider - Chicken Caesar Salad - Herb Roasted Potatoes - Blueberries 1% Lowfat Milk	29 - Pork Carnitas Tacos - Uncrustables (PB&J) - Chicken Caesar Salad - Steamed Broccoli - Apple Slices 1% Lowfat Milk	30 - Mandarin Orange Chicken - Steamed Brown Rice - Yogurt Parfait - Chicken Caesar Salad - Green Peas - Pineapple Chunks 1% Lowfat Milk	31 - Nachos w/ Beef - Nachos - Chicken Caesar Salad - Corn in a Cup - Orange Halves 1% Lowfat Milk	Milk Options: - FF Chocolate Milk 1% White Milk

Connecting Parents, Building Community

Let's navigate the peaks and
valleys of parenthood together.

What

Join other parents and caregivers in our community to share support, tips and advice or just talk. This is a safe space to vent, cry, laugh, joke and find out how other parents are navigating this new world. Food and childcare is provided.

When & Where

Time: 5-7 pm

October 8 & 29, November 5 & 19, December 3 & 17, January 21 & 28

Roaring Fork District Office 400 Sopris Av.- Carbondale-81623

Contact

Sonia Roldan

sroldan@rfschools.com

970-404-6895

