

Tab 1

2025-26
WEEKLY WORD • SEMANAL DE PALABRA



CARBONDALE MIDDLE SCHOOL



Palabra Semanal Abierta En Español



This morning Ms. Porter shared this photo from the 6th Grade Highline Lake Camping Trip. They are waking up to a beautiful sunrise!





Check out the [VIDEO](#) of 8th grade Keepy Uppy Championships

Bell Schedule	Blue/Gold Calendar	Bus Routes	CMS Website
Food Menu	Athletics	District Calendar	School Fees
Infinite Campus	Remind	Habits of a Scholar	Schoology

Monday 9/22	<input type="checkbox"/> Colorado Rocky Mountain School at CMS to meet with interested 8th graders. Sign up with Mr. Logan during lunch. More Info Here
Tuesday 9/23	<input type="checkbox"/>
Wednesday 9/24	<input type="checkbox"/> 🏈 CMS Football @ Basalt 4:30 <input type="checkbox"/> Cross Country meet in Eagle "Skull and Crossbones Middle School XC Invitational" Bus leaves 2:45 Boys run @ 5pm, Girls @ 5:30pm
Thursday 9/25	<input type="checkbox"/> 8th Grade Coed Frisbee District Tournament 9:30-2 @ RFHS PE students can sign up with Ms. Bogner <input type="checkbox"/> Homework Help 3:15-4:00, FREE Register
Friday 9/26	<input type="checkbox"/> 🚌 5th Grade Snowmass field trip



Coming up...

- ☐ 10/6-10/17 Smiles for Students @ CMS
- ☐ 11/6 - Last day of 1st Trimester, Color Games #1
- ☐ 11/10-11/14 Aspen Words Poetry Week
- ☐ 11/17 - ½ of 8th grade to Rock Bottom Ranch
- ☐ 11/18 - ½ of 8th grade to Rock Bottom Ranch

From Principal, Mr. Logan...

Dear CMS families,

Navigating the Digital World: A Discussion for Parents

Mark your calendars! Join us for an important community discussion about the challenges of parenting in the age of cell phones, social media, and screen time. This event is open to all parents and community members and will take place on

Monday, October 6th, from 6:00 to 7:30 PM at CMS.

Whether you're struggling to set screen time limits, concerned about social media's impact, or just looking for a space to connect with other parents, this discussion is for you. We'll be discussing strategies and sharing experiences to help us navigate these complex issues together.

Copies of the book, **The Anxious Generation**, will be available to attendees, but reading it beforehand is not necessary to participate.

If you have any questions, please feel free to reach out to Principal Michael Logan. We hope to see you there!

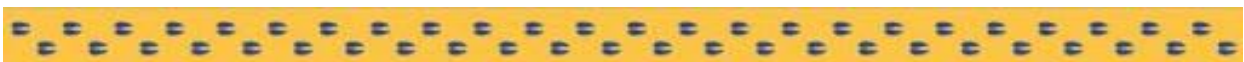
Michael Logan

CMS Principal

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

From Ms. Porter, Dean of Culture...

We are currently celebrating Hispanic Heritage Month! In crew, your student will have the chance to make our middle school version of tin art, also known as hojalata in Mexico. We will also read various facts about the month on the morning announcements.





Coming up on October 2nd is Custodian Appreciation Day. This is one of our absolute favorite celebrations at CMS because we LOVE our custodians. They put so much in behind the scenes to keep CMS looking good. Stay tuned for updates and if you would like help with anything, please reach out to me!

Thanks, Sara Porter

Sara H. Porter

CMS Dean of Culture
sporter@rfschools.com
pronouns: she/her/ella

Counseling Corner

Setting Boundaries

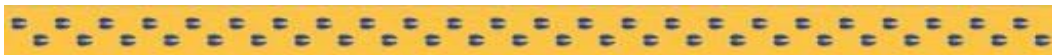
Boundaries are an important part of healthy friendships. Talk with your student about saying “no” respectfully, speaking up when something feels uncomfortable, and respecting others’ limits too. When students practice setting clear boundaries, they learn to protect their time, energy, and emotional well-being. Boundaries also build mutual respect in friendships and help kids feel more confident in social situations.

Lindsay Selig

School Counselor, MA, LPCC
(970)384-5713 • lselig@rfschools.com
Pronouns: she/her

Ali Silcox

School Counselor, MA, LPC, NCC
970-384-5735 || asilcox@rfschools.com ||
Pronouns: she/her





Athletic Info



CMS needs basketball coaches for 7th grade boys and girls!

Boys start Oct. 13th
Girls start Dec. 8th
There is a stipend available

Please contact Jason Kreiling
kreiling@rfschools.com
970-384-5729

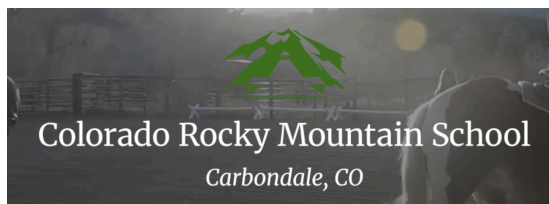
Jason Kreiling

CMS STEM Teacher & Athletic Director
kreiling@rfschools.com

Connect with CMS

- ☐ **Monday, September 22nd**, the Director of Admissions from the **Colorado Rocky Mountain School**, will be at CMS during lunch to meet with any 8th grade students who are interested in learning more about CRMS.

Any and all 8th grade students are invited and can sign up by telling Mr. Logan during lunch next week.



NOW ACCEPTING
APPLICATIONS
FOR FALL 2026

☐ **8th Grade Coed Ultimate Frisbee District Tournament**




Thursday, Sept 25
9:30-2 @ Roaring Fork High School
Lunch provided

At this time, sign ups are only open to students currently enrolled in PE.
Sign up with [Ms. Bogner](#).

☐ **Homework Help** offered most Thursdays after school

3:15-4:00, FREE this year!
[Register Here](#) or in front office




Homework Help

Need a little extra help with homework? Join FREE Homework Help, where you'll get the support you need to tackle tough assignments, stay ahead in class, and feel confident in your work. Sign up today and take the first step toward success!

Visit accessafterschool.org to sign up!
FREE, 3:15-4:15 Thursdays
Contact Alondra Zepeda for any questions or help signing up!
alondra@accessafterschool.org
970.281.5437

Starts Sept 4th





Ayuda con las tareas

¿Necesitas ayuda extra con tus tareas? Únete a Ayuda con las Tareas GRATIS, donde recibirás el apoyo que necesitas para afrontar tareas difíciles, mantenerte al día en clase y sentirte seguro con tu trabajo. ¡Regístrate hoy y da el primer paso hacia el éxito!

¡Visite accessafterschool.org para registrarse!
GRATIS, jueves de 3:15 a 4:15
¡Comuníquese con Alondra Zepeda si tiene alguna pregunta o necesita ayuda para registrarse!
alondra@accessafterschool.org
970.281.5437

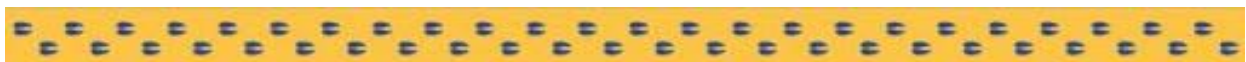
Comienza el 4 de septiembre



This is an after school support on **Thursdays from 3:15-4:00 pm** for students who need extra help with homework. This program is free this year, and families can sign up by completing a paper registration form found at our front desk or by [registering online](#).

District News

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



September 2025		Carbondale Middle School Breakfast		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lard Day	2 <ul style="list-style-type: none">- Breakfast Pizza- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit- Apple Juice	3 <ul style="list-style-type: none">- Blueberry Waffle- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit	4 <ul style="list-style-type: none">- Bagel & Cream Cheese- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit	5 <ul style="list-style-type: none">- Breakfast Burrito- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit- Orange Juice
8 <ul style="list-style-type: none">- Blueberry Muffin- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit	9 <ul style="list-style-type: none">- Breakfast Pizza- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit- Apple Juice	10 <ul style="list-style-type: none">- Ham & Cheese Croissant- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit	11 <ul style="list-style-type: none">- Mini Crois- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit	12 <ul style="list-style-type: none">- Egg & Cheese Side- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit- Orange Juice
15 <ul style="list-style-type: none">- Chocolate Muffin- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit	16 <ul style="list-style-type: none">- Breakfast Pizza- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit- Apple Juice	17 <ul style="list-style-type: none">- Blueberry Waffle- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit	18 <ul style="list-style-type: none">- Bagel & Cream Cheese- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit	19 <ul style="list-style-type: none">- Breakfast Burrito- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit- Orange Juice
22 <ul style="list-style-type: none">- Blueberry Muffin- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit	23 <ul style="list-style-type: none">- Breakfast Pizza- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit- Apple Juice	24 <ul style="list-style-type: none">- Ham & Cheese Croissant- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit	25 <ul style="list-style-type: none">- Mini Crois- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit	26 <ul style="list-style-type: none">- Egg & Cheese Side- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit- Orange Juice
29 <ul style="list-style-type: none">- Chocolate Muffin- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit	30 <ul style="list-style-type: none">- Breakfast Pizza- Whole Grain Cereal- Assorted Milk- Select Fresh Fruit- Apple Juice	Milk Options: <ul style="list-style-type: none">- FF Chocolate Milk- 7% Imiter Milk		

[illegible]

PERFORMING ARTS ACCESS
CARBONDALE MIDDLE SCHOOL


GRADES 5-8 Sept 29th - Dec 9th
Mondays and Tuesdays 3:35-4:55 p.m.

Educator and entertainment professional, Quincy Gray, welcomes young performers, Carbondale Middle School, to explore the art of storytelling in the spirit of Broadway's jukebox musical theater genre. Jukebox musicals include stage acting, singing and dancing to scores or pop songs, by some of today's most iconic musicians. Shows like 'Motown,' 'Rock of Ages,' 'Juliet' & 'Hell's Kitchen.' Jukebox musicals give modern shows a refreshing new life onstage.

In his youth, Quincy acted in community plays, and studied theater at CalArts as a teen. He then trained in dance at The Millennium Dance Complex in Los Angeles. As an adult, he studied the Melrose acting technique in Santa Monica, California. Quincy has been credited as an assistant director for Hollywood productions - he's made commercials, music videos, television series, and films.

Participants in the ACCESS AfterSchool performing arts workshops will learn the fundamentals of live musical theater. They will explore scene and monologue acting, as well as sing, and dance to hit songs. Lastly, students will learn social cooperation as a castmate, and stage a musical theater showcase. You're encouraged to 'Seize the Day' and sign your child up for this dynamic afterschool experience, that'll nurture your students talents, and foster good character, social skills and confidence. See you on stage, under 'All of the Lights.'

alexandra@accessafterschool.org
970.281.5437




<https://www.danceinitiative.org/events>

DANCE INITIATIVE
KIDS/TEENS' BREAKDANCE CLASSES
SEPTEMBER 9 - DECEMBER 17

TUESDAYS
4PM-5PM *ADVANCED BREAKING WITH JOH
*FOR STUDENTS WHO HAVE TAKEN 5+ CLASSES WITH JOH

WEDNESDAYS (AGES 7+)
3:45PM-4:45PM BREAKING WITH JOH

Classes start Tuesday, September 9 | 14 weeks | \$15/Class
On-Going Enrollment - New Students Always Welcome
All classes are in The Studio at Third Street Center
For More Info/Questions: joan@danceinitiative.org | 214.680.8273



<https://www.danceinitiative.org/events>


<https://www.danceinitiative.org/events>

DANCE INITIATIVE
KIDS/TEENS' HIP HOP DANCE CLASSES
SEPTEMBER 10 - DECEMBER 18

WEDNESDAYS (AGES 7+)
2:30PM-3:30PM HIP HOP WITH JOAN

THURSDAYS (AGES 12+)
4PM-5PM TEEN HIP HOP WITH QUINCY

Classes start Wednesday, September 10 | 14 weeks | \$15/Class
On-Going Enrollment - New Students Always Welcome
All classes are in The Studio at Third Street Center
For More Info/Questions: joan@danceinitiative.org | 214.680.8273



<https://www.danceinitiative.org/events>


<https://www.danceinitiative.org/events>

DANCE INITIATIVE
KIDS/TEENS' K-POP DANCE CLASSES
Ages 8+

TUESDAYS
SEPTEMBER 9 - DECEMBER 16
5PM-6PM
\$15/CLASS

THE STUDIO AT THIRD STREET CENTER
520 S. 3RD STREET SUITE 22
CARBONDALE, CO

Sign up here



<https://www.danceinitiative.org/events>

<https://www.danceinitiative.org/events>

Colorado Rocky Mountain School
Grades 9-12 • Coed • Boarding & Day • Carbondale, CO

FALL OPEN HOUSES

THURSDAY, SEPTEMBER 11 / 9-11 AM
THURSDAY, OCTOBER 9 / 9-11 AM
TUESDAY, OCTOBER 21 / 5-7 PM *no campus tour
TUESDAY, NOVEMBER 11 / 9-11 AM
THURSDAY, DECEMBER 11 / 9-11 AM

NOW ACCEPTING APPLICATIONS FOR FALL 2026





Learn more about Colorado Rocky Mountain School and the application process for the 2026-2027 academic year. The program will include:

- Campus tour with a student ambassador
- Openhouse Presentation by Lady Dorcas, Director of Enrollment & Tuition Assistance

WWW.CRMS.ORG RSV TODAY!
<https://www.danceinitiative.org/events>

**NOW ACCEPTING APPLICATIONS
FOR FALL 2026**

**TEENS ARE YOU READY TO
LEARN ABOUT INVESTING?**

A ONE NIGHT SPECIAL PRESENTATION
OF
THE FINANCE CAMP

WHEN: SEPTEMBER 24TH, 2025, 4 PM - 6 PM
WHERE: TACAW, 400 ROBINSON ST. BASALT CO


OPEN TO ALL ROARING FORK VALLEY HIGH SCHOOL TEENS INTERESTED IN INVESTING. PARENTS ALSO WELCOME.

LEARN KEY CONCEPTS TAUGHT IN THE SUMMER PROGRAM BY THE FOUNDER, RON SPEAKER, AND THREE STUDENTS FROM CAMP.

RESERVATIONS ARE REQUIRED TO ATTEND. PLEASE RSVP AT WWW.THEFINANCECAMP.COM OR USE THE QR CODE

In Partnership
TACAW

charles SCHWAB



To Register

Sept 24
Students & Parents welcome!








WHY CHOOSE RFC?

Roaring Fork Cycling is the premier cycling program in the valley, offering an unparalleled experience for riders of all levels. As the only program that provides **FREE** gear to all riders (see for **12 seasons**, our gear young riders the opportunity to develop skills on the trails. We even have **bikes and helmets to borrow**. Whether tackling climbs or mastering descents, our expert coaches create a dynamic and supportive environment where every rider can grow. This fall, our goal is a **\$60,500 ratio** of boys and girls, fostering confidence and fun while building confidence and a love for the sport. Roaring Fork Cycling is where the next generation of riders takes off.

Learn More




www.roaringforkcycling.org




Two Wheels, Endless Possibilities


Roaring Fork Cycling



Scout Troop 242 Sample Calendar


Weekly Meetings Thursdays 7 pm
Scout Cabin, El Jebel
Boys Ages 11-17

January: Dinner Fundraiser at the Aspen Ellis Lodge	February: Klondike Derby	March: Nordic / Alpine Ski Day
April: Fruita Mountain Bike	May: Service Projects	June: Scout Camp
July: National Youth Leadership Training	August: Hut Trip	September: Camporee Campout
October: Moab Mountain Bike	November: Merit Badges	December: Hut Trip



Learn more:
troop242.org

Kevin Huerth, Scoutmaster
970-379-0922



Join:
beascout.scouting.org

troop242.org

Join:

beascout.scouting.org



Aspen Supports Kids (ASK)


WHAT IS AVSK ASK?	¿QUÉ ES AVSK ASK?
What: Youth learn to ski and snowboard in a fun and safe environment.	Qué: Aprende a esquiar y hacer snowboard en un ambiente divertido y seguro.
Who: Kids 3.5 years old - 12th grade.	Quié: Niños de 3.5 años a 12 grado.
Where: Buttermilk, Snowmass, Highlands, and Aspen.	Dónde: Buttermilk, Snowmass, Highlands y Aspen.
Cost: Prices vary. \$150 deposit. Scholarships available for 1st - 12th grade.	Costo: Precios varían. Depósito de \$150. Becas disponibles para 1 a 12 grado.
Equipment: Season equipment scholarships for 1st - 12th grade available.	Equipo: Becas de equipo de temporada para 1 - 12 grado. di disponibles.
Transportation: Free chaperoned buses from Glenwood, Carbondale, and El Jebel to Buttermilk and Snowmass. 1st - 12th grade, based on availability.	Transporte: Autobuses con acompañante gratuitos desde Glenwood, Carbondale y El Jebel a Buttermilk y Snowmass. 1ª a 12ª grado.
Registration: Online or in-person starting Sunday, Aug. 24, 5pm	Inscripción: En línea o en persona a partir de las 5:00 p. m. del 24 de agosto.

LEARN MORE
ASPEN VALLEY SKI & SNOWBOARD CLUB
www.teamavsc.org



REGISTRARSE EN ESPAÑOL
Contacto con la oficina de inscripción
970.205.5104


Aspen Valley Ski & Snowboard Club opens registration Sunday, August 24, at 5pm.
www.teamavsc.org



Bill Koch Youth Ski League (BKYSL)

WHAT IS AVSK BKYSL?	¿QUÉ ES AVSK BKYSL?
What: Youth learn to Nordic ski in a fun and safe environment.	Qué: Aprende nórdico en un ambiente divertido y seguro.
Who: Kids ages 5-10 years old.	Quié: Niños de 5 a 10 años.
Where: Aspen, Basalt, and Carbondale	Dónde: Aspen, Basalt y Carbondale
Cost: Prices vary. Equipment and program fee scholarships available	Costo: Los precios varían. equipo y cuota del programa becas disponibles
Equipment: Rentals available through Ute Mountaineer	Equipo: Alquileres disponibles a través de Ute Mountaineer
Registration: Online or in-person until Oct. 3rd	Inscripción: En línea o en persona.

LEARN MORE
ASPEN VALLEY SKI & SNOWBOARD CLUB
www.teamavsc.org



REGISTRARSE EN ESPAÑOL
Contacto con la oficina de inscripción
970.205.5104

www.teamavsc.org



MAROON BELLES VOLLEYBALL TRYOUTS

13U-17U TEAMS

13U (6th-7th Graders) SUN, SEP 21, 2025, 2:00-4:00 PM	
14U (8th Graders) SUN, SEP 21, 2025, 5:00-7:00 PM	
15U (9th Graders) 17U (11th Graders) MB & OH only 16U Team is filled-no tryouts SUN, OCT 5, 2025, 3:00-5:00 PM	

LOCATION: Riverview K8, Glenwood Springs, CO
COST: \$40 Non-Refundable Tryout Fee

FOR MORE DETAILS & TO REGISTER
WWW.MAROONBELLES.COM



FENCING CLASSES

Go for the Gold!



Beginner Classes in September and November!

Explore a fun and safe Olympic sport with classes in Aspen and Glenwood Springs! All equipment provided, no experience necessary. Ages 7-14 welcome. Financial assistance available. Individual beginner lesson packages available for students outside the age range or that need alternate times/dates. Get more info and register online at:

RoaringForkFC.com/beginners
Greg Domashovetz | hello@roaringforkfc.com | 970.924.0459

Roaring ForkFC.com/beginners



[Click here to register](#)
Learn to Skate - 14u

Lessons with Jimmy Byrne

Since 2002, "9TV kids" (age 5 to 85) have been learning piano and acoustic guitar with Jimmy -- and loving it! Also, Adults and teens are re-discovering their instrument and voice.

Come to Jimmy's "Biggie Studio" in Carbondale for an extraordinary learning experience and HAVE FUN!
JimmyByrne@PiaCo.com - PiaPiano@aol.com

AND ABOUT "QUIET STARTUP" SCHOOLS/SHOPS

Music is a gift which keeps on giving.
Let us grow a world of music makers.

2025-2026 AVSC & STUDENT PASS ON SALE NOW

If your child is enrolled in AVSC or a local school during the 2025-2026 season, you are eligible to purchase an AVSC or Student Pass for them.

Student & AVSC Events	Price	Seasone
AVSC Pass	\$217	\$10
Single School Pass	\$188	\$11
High School Pass	\$407	\$10
Seasonal Single Pass		FREE
AVSC C.O.A. 3 or 5 Day Ticket		

Season Dates:
 Aspen Highlands: November 22, 2025 - April 10, 2026
 Aspen Highlands: November 15, 2025 - April 10, 2026
 Silverthorne: November 12, 2025 - April 12, 2026
 Breckenridge: November 22, 2025 - April 12, 2026

How to purchase:
 Online: Visit shop.aspensnowmass.com/season-passes. From log in to your account, purchase your 2025/2026 season, complete the waiver, and upload a new photo for your child.
 AVSC: Use your child's AVSC number to register to receive your child's pass online. This Student Pass can be found in your AVSC registration email confirmation.
 Student: If your child had a School Pass during the 2024-2025 season, you may renew online. If your child did not have a school pass last winter, please book over the phone or in person.
 In-Person: Visit any Aspen Snowmass ticket office. Present proof of eligibility with AVSC Pass, Student Pass, or School enrollment to purchase season.
 By Phone: Call our Mountain Sales Call Center at (855) 547-5544 to purchase a pass.
 You will need to provide your child's AVSC Number OR a purchase an AVSC pass, or email enrollment verification to: StudentID@aspensnowmass.com. Monthly, a representative of our Mountain Sales Call Center to purchase a Student Pass.

If you need further assistance: Visit aspensnowmass.com/ticketoffice for location, hours, and more information.



Follow us on
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[Have an item to share in the parent newsletter?](#)

