

CARBONDALE MIDDLE SCHOOL

Palabra Semanal Abierta En Español



Bell Schedule

Blue/Gold Calendar

Bus Routes

School Fees

Remind

Food Menu

Athletics

District Calendar

Infinite Campus

RFSD Dress Code

Habits of a Scholar

Schoology

Monday 2/3



Tuesday 2/4

Wednesday 2/5			
Thursday 2/6	 ☐ Homework Help 3:10-4:00 Sign up here ☐ 2/6, 2/11 VaRIeTy ShOw practice after school still time to join! 		
Friday 2/7			
Coming up	2/11 VaRIeTy ShOw practice after school 2/10 8th grade ski trip to Buttermilk 2/13 CmS VaRIeTy ShOw during school Ms. Campbell with Q's 2/17 No school- Presidents Day 2/20 No homework help this week 2/24 CMS Assembly: Conservation Photographer Ami Vitale 2:00-3:05 2/27 6th grade ski day to Buttermilk 2/28 5th/6th Grade BOOK BRAIN forms due for Wild Robot 2/28 COLOR GAMES & Last day of 3rd Trimester 3/3 No school for students, staff work day 3/4 5th Grade Ski Day 3/5 Grades printed & mailed home 3/5 Field Trip to TACAW for ELD & Spanish Language students Week of 3/10: Student Led Conferences		

From Mr. Logan...

Dear Families and Guardians,

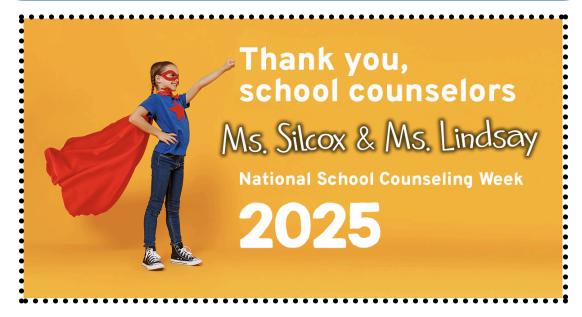
As we enter a long stretch of instruction with minimal vacations and long weekends until spring break, I want to remind everyone that this is an important time to establish and maintain routines that support student learning. Checking planners, checking schoology, and having daily conversations with your student about what's going on in class will help keep his or her learning on track. If you need more information about what students are learning in their classes, every teacher has a document called "family resources" in schoology that is designed to help you keep tabs on the content of each class. Teachers have even posted questions that you can pose to your student related to the particular content in that class. Thanks for all that you do to support students' work in school. We couldn't do this without you!

Michael Logan

CMS Principal

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

Counseling Corner



As we navigate the middle school years with our students, supporting their social and emotional development becomes increasingly important. One crucial aspect of this development is **cultivating healthy friendships**.

In this Weekly Word, this PART 1 focuses on the importance of fostering positive connections and providing tips on how you can support your student in developing and maintaining healthy friendships.

Understanding Healthy Friendships:

Encourage your student to build friendships based on mutual respect, trust, and shared values. Remind them that healthy friendships should make them feel supported, accepted, and valued for who they are.

Effective Communication:

Help your student develop strong communication skills. Encourage them to express their thoughts and feelings openly and listen actively to their friends. Effective communication is key to resolving conflicts and strengthening relationships.

Setting Boundaries:

Teach your student the importance of setting boundaries in friendships. Discuss that it's okay to say 'no' when necessary and that respecting each other's boundaries is crucial for maintaining a healthy connection.

Promoting Inclusivity:

Encourage your student to be inclusive and open-minded. Help them understand the value of dembracing diversity and making an effort to include others who may feel left out.

Ali Silcox

School Counselor, MA, LPC, NCC 970-384-5735 || asilcox@rfschools.com ||

Pronouns: she/her

Lindsay Selig

Prevention Specialist, MA, LPCC (970)384-5713 ● Iselia@rfschools.com

Pronouns: she/her

From Ms. Porter, Dean of Culture...



Yay for **Counselor Appreciation Week** this week! We have some fun activities planned so ask your student about them.

Also, **February is Random Acts of Kindness Month!** Do you or your student have some creative ideas for this? Have them come talk to me and see if we can make some random acts of kindness happen at Carbondale Middle School.

If anyone would like to sign up to bring teacher treats on a Friday in the next month or two, please let me know and I can give you the information for it. This has been a great addition to CMS this year and we are so thankful for the parents who have already signed up and brought in some delicious treats. Thanks again!

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



GOOD LUCK 1TH & 8TH GRADE GIRLS AT YOUR LEAGUE TOURNAMENT!



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

Connect with CMS

■ 2 Practices left & Auditions EXTENDED!!!

CMS has several Variety Show acts lined up, but we've made room for MORE! Individually, in small or large groups.... we just want to see our students on stage! Practices still happening after school: 2/6, 2/11.

More Info here or email Ms. Campbell with questions.



☐ CMS Parent Group is organizing a *delicious* fundraiser to support our students' field trips!

Coming this February, we are partnering with Integrity Fundraising and Mrs. Field's Cookies to offer a variety of *mouth-watering cookie dough flavors* that will bring smiles to your family and friends.

Order forms will be distributed to students in early February and orders will be delivered in mid-March.

Our goal is to have each student sell 3 packages of cookie dough. Stay tuned for more details!

Contact Katy Nardecchia, knardecchia@gmail.com, for more details or to help with coordinating the fundraiser

■ BOOK BRAINS BOOK of the MONTH:

5th & 6th Grade



5th/6th graders:

The Wild Robot, your next favorite book, is out on the library shelf today!

flier

form to fill out

- 1. Get the book in the library
- 2. Read the book
- 3. Fill out the <u>form:</u> English Spanish **by February 28.**
- 4. Earn a color point AND get a prize for 80% or better!!

☐ Reading Tree at CMS is starting to fill up!



- 1. Students obtain a 'leaf' when they accomplish one the following achievements:
 - Read a book
 - Complete a level in Lexia
 - 🊄 Read Live: Pass A Story
 - 5 Reading IXL Skills of 80 or more
- Students request a 'leaf' from their RAM Time or ELA teacher, fill it out, and drop it in the reading tree box in the office. If it was a book, they write a three sentence summary on the back of the leaf.
- 3. Each leaf counts towards color team points!
- 4. At the end of each month, we pull three leaves from the box and those students will earn a prize.
- 5. Finally, leaves will be **posted on the tree** in the foyer $\ensuremath{ \ \, \ \, }$

Grade 5 Date 1/15/25 Color Team: Or Cold Level
Read Live: Pass A Story Seading IXI. Skills of 80 or more
Describe what you achieved: Ay Achieved 15 to 1/15/25 Awar Own Musica.





Volunteer Opportunities

Saturday, February 1 → CMS Students and/or Families → Volunteers Needed for Special Olympics!

This event is family-friendly and open to volunteers of all experience levels. Whether students and their families are seasoned on the slopes or new to volunteering, everyone is welcome to join and experience the joy of Special Olympics firsthand!



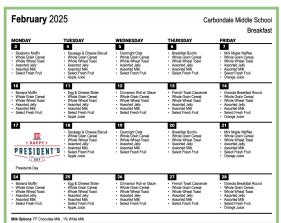
Click for link to register

Western Winter Nordic Tournament

- Date: Saturday, February 1, 2025
- Time: 8:00 AM 3:00 PM
- Location: Argonaut Farms Glenwood Springs
- Details: Volunteers will assist athletes in Snowshoe and Cross-Country Skiing events. Roles include:
 - Stager and Starter: Organizing and preparing athletes at the start line.
 - Recorder and Timer: Accurately tracking and recording athletes' results.
 - Runner: Delivering race results and information between event areas.
 - Course Marshal: Monitoring the course for safety and guiding athletes as needed.
- Requirements: No snowshoe equipment is needed, but snow boots and warm clothing are highly recommended for outdoor comfort.

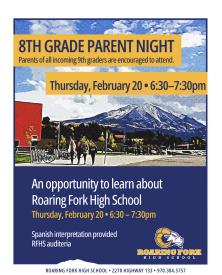
District News

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



February 202	25		Carbo	ondale Middle Scho
		Lunc		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Corn Dog Turkey & Cheese Silder Chef Salad Broccoli Bluebernies 1% Lowfat Milk	Uncrustables (PB&J) Chef Salad Baked Beans	Chef Salad	Big Daddy's Pepperoni Pizza Big Daddy's Cheese Pizza Chef Salad Roasted Carrots Orange Halves 1% Lowfat Milk	Chicken Posole Turkey & Cheese Slider Chef Salad Cabbage Slaw Peach 1% Lowfat Milk
Cheeseburger Turkey & Cheese Silder Chicken Ceeser Salad Herb Roasted Potatoes Blueberries 1% Lowfat Milk	Chicken Caesar Salad Steamed Broccoli Apple Slices 1% Lowfat Milk	Yogurt Parfait Chicken Caesar Salad Green Peas	Nachos w/ Beef Nachos Chicken Caesar Salad Com in a Cup Orange Halves Size Lowfat Milk	Chicken Alfredo Pasta Turkey & Cheese Sider Chicken Gesear Salad Roasted Carrots Peach 1% Lowfel Milk
PRESIDENT'S Presidents Day	Taco Burger Uncrustables (PB&J) Chef Satud Baby Carrots Apple Stoss 1% Lowfet Milk	Yogurt Parfait Chef Salad Herb Roasted Potatoes Pineapple Chunks	20 Big Daddy's Pepperoni Pizza Big Daddy's Cheese Pizza Chef Satad Orange Halvos Com in a Oup 1% Lowfat Milk	Chicken Nuggets Chricken Nuggets Turkey & Chriese Sider Chef Salad Baked Beans Peach 1% Lowfat Milk
Cheesy Breadslicks Turkey & Cheese Slider Taco Salad Broccoli Blueberries 1% Lowfat Mik	25 BBQ Pulled Pork Dinner Roll Uncrustables (PB\$J) Taco Salad Baked Beans Apple Stoss 1% Lordat Mik	Yogurt Parfait Taco Salad Green Peas Pineapple Chunks 1% Lowfet Milk	27 Spaghetti w/ Meat Sauce Gartic Knot Bean & Cheese Burrito Taco Salad Com in a Cup Orange Halves 1% Lowkst Milk	Flesta Chicken Burrito Turikey & Cheese Stider Taco Salad Roasted Carrots Peach 1% Lowfat Milk

☐ Info night at RFHS: Thursday, February 20th from 6:30-7:30 PM at Roaring Fork High School. RFSD Online Registration form opens on February 10th for the 2025-2026 school year.



We will present our course offerings, tour the school, have our district online registration available to complete, and answer questions. We encourage all families to attend this night as we often struggle to accommodate private tours and meetings.

If there are families who know their student plans to attend RFHS, the RFSD Online Registration form opens on February 10th for the 2025-2026 school year.

Carbondale Middle School and Carbondale Community School families **do** <u>not</u> need to submit an online registration.

Ross Montessori School, Waldorf School on the Roaring Fork, Marble Charter, Aspen Country Day, and Cornerstone Christian families <u>are required</u> to submit an online registration.

In February, we will send out links to The Rambler (course catalogue), 9th grade Registration sheet, district online registration, and contact information for our counselors. After February 22nd, I will share the slideshow we presented that evening and it will be available on our website.

Thank you,

Kristina Deadwiler

RFHS Student Registrar

Community Partnerships





☐ Free Seed Project 🌱 💥 🌿

Garfield County Extension is pleased to offer a wide variety of free seeds to families who would like to try their hand at gardening. Please complete the google form provided below. We will mail out seed packages on March 1st, 2025. With the Free Seed Project, we provide seeds to community stewards as an alternative to the global, industrial food system, and to encourage people to make a greater connection with Earth. Contact us today at dani.wesolowski@colostate.edu or by phone at 970-625-3969.

Google Form Sign-Up Link: https://bit.ly/FreeSeeds25

ACCESS after school classes (Homework Help, Wednesday Web, Band) registration link



☐ Enrichment Opportunities... click flier for information

Some organizations welcome joining students at any time, even after they've started if space allows.



















☐ Grades 5-8

Thursdays, now through spring break
 2025

刀 3:15-4:30 PM

available!

☐ Directed by Madison McCutcheon
☐ Tuition: \$210, scholarships are

<u>website</u>

Direct registration link















registration link









registration link









Follow us on <u>Facebook</u> and <u>Instagram</u>