



Palabra Semanal Abierta En Español

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Monday 8/19	<i>Blue Day Specials</i> 8th Grade Volleyball Starts with Coach Nilsson @3:40 See Orientation Info 7/8th Grade Football Starts @ 3:45 Coming soon... 7th grade girls volleyball Sports Physical Info
Tuesday 8/20	<i>Gold Day Specials</i> 5/6/7/8 Cross Country starts at 3:30 with Ms. Bognar
Wednesday 8/21	<i>Blue Day Specials</i> ☐ ERW- Early release Wednesday. Student day 8:05-1:55
Thursday 8/22	<i>Gold Day Specials</i>
Friday 8/23	<i>Blue Day Specials</i> ☐ 8/23 Cowboy up Fundraiser for Carbondale Education Foundation
Coming up...	☐ 8/28 All school NWEA testing day ☐ 8/29 Back to School Night 6:00-7:30 ☐ 8/29 Homework Help Begins (Through Access after school program) ☐ 9/9 RF Cycling Club Starts ☐ 10/1-7 Smiles for Students coming to CMS

From Mr. Logan...



Dear Families and Guardians,

Here we go! This is my 27th year in education, but I am as excited as ever to start a new school year with you all. If you see me in the parking lot in the first couple weeks of school, please flag me down and introduce yourself! Here are some new staff members that you'll see at CMS this year:

- Quincy Gray will be our new full time building substitute teacher. Mr. Gray comes to us from California with a background in education, film and performing arts.
- Emily Steiger will be teaching sixth grade math. She was a dual language math teacher at BMS for the past three years.
- Hadley Hentschel will teach 7th grade science and he comes to us with many years teaching experience at Roaring Fork High School.
- Paige Hahn will be teaching 8th grade ELA. Paige has many years teaching experience at GSMS.
- Lisa Dameron will be our full time ELD coach. Lisa previously worked at BMS as an ELD teacher.
- Janis Taylor will be teaching Special Education. She comes to us with an extensive background in Special education, math, and science education.

Our goal every year at the Carbondale Middle School is to increase the academic, social, and emotional growth of all students. We strive to find new ways to promote growth, and one new strategy this year is called 'RAM Time', which is a class that occurs two times per week during the first hour, opposite Crew. During Ram Time, which stands for Reading and Math (and Music), most students will work on individualized reading and math skills, and some 7th and 8th graders will be in a band program taught by Jazz Aspen. Many students will utilize a personalized reading program called 'Power Up' that helps develop vocabulary, grammar, and reading comprehension skills customized to each student's readiness. This program teaches content that ranges from 3rd grade all the way up to 12th grade, and it allows students to learn skills that are more directly aligned to their needs. If you have questions about Ram time, please reach out to me directly or to your student's Ram Time teacher.

I hope to see and meet you all in the coming weeks. Please know that our door is always open, and that we value a team approach in which teachers and families collaborate to meet students' needs. If you ever have a problem or concern, we want to hear from you so we can ensure that all students thrive.





Michael Logan

CMS Principal

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

Counseling Corner with Ms. Silcox & Ms. Lindsay

Greetings CMS Families,

We hope this newsletter finds you well and excited for the upcoming school year! As we gear up for another year of learning and growth, the counseling team is here to support our students and families every step of the way. Here are some important updates, tips, and resources to help make this school year a successful and fulfilling one:

1. Welcome Back!

We're thrilled to welcome both returning and new students to another exciting academic year at Carbondale Middle School. Our counseling team is here to provide guidance, support, and a listening ear to ensure that every student has a positive and productive experience.

2. Meet Your Counselors

Our counseling team is here to support students' academic, social, and emotional needs. Clear communication between parents, students, and counselors is vital. Please don't hesitate to contact us with any concerns or questions you may have throughout the year.

Ali Silcox, School Counselor: ASilcox@rfschools.com, (970)384-5735

Lindsay Selig, Prevention Specialist: LSelig@rfschools.com, (970)384-5713

3. Managing Back-to-School Jitters

Starting a new school year can be both exciting and nerve-wracking. If your child is feeling anxious, remind them that these feelings are normal. Encourage them to talk about their worries and explore relaxation techniques, such as deep breathing or visualization.



4. Building Study Skills

As academics become more challenging, helping your child develop strong study skills is essential. Establish a quiet and organized study space at home, encourage regular study routines, and explore time management strategies together.

5. Bullying Prevention

We are committed to maintaining a safe and respectful school environment. If your child encounters bullying or is aware of any incidents, please encourage them to report it to a teacher, counselor, school administrator or to you. We take all reports seriously and will work to address the situation promptly.

As we embark on another year of growth and learning, please know that the counseling department is here to support our CMS families. Let's work together to make this school year a memorable and successful one! For additional information on the CMS counseling team, check out our website [here](#). Here's to a fantastic year ahead!

Warm regards,

Ali Silcox

School Counselor, MA, LPC, NCC

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

Pronouns: she/her

Lindsay Selig, M.A., LPCC

Prevention Specialist

(970)384-5713 • lselig@rfschools.com

Pronouns: she/her

From Ms. Porter, Dean of Culture...

Dear Families and Guardians,

Welcome to the new school year! I am the Dean of Culture at CMS so I work with teachers, students, and families in a variety of ways including emotional regulation, behavioral, and overall school support systems.

My space at CMS is called the "Green Room." "Green Rooms" have long been used in television studios where actors and guests gain calmness and focus prior to their appearances before a camera. Green is a primary color of nature and has naturally calming properties. A "Green Room" is a calming environment where anyone can reset, practice emotional regulation, and return to learning with greater focus. It is a space for people to feel empowered and learn strategies to make learning the main priority.



Finally, I would like to provide teacher treats on Fridays throughout the year! If you would like to sign up to bring a teacher treat, that would be amazing. Ideas include coffee, donuts, snacks, bubbly waters, or anything else! I have a calendar hanging in the foyer of CMS where you can sign up or you can email me at sporter@rfschools.com to choose a Friday. Thank you parents!

We can't wait for a great year!

Sara H. Porter

CMS Dean of Culture

sporter@rfschools.com

pronouns: she/her/ella

District News

- ☐ All students can eat breakfast and lunch for free, regardless of income eligibility for the 24/25 School Year!!!!

Thanks to the passage of the Healthy School Meals for All, all students can eat breakfast and lunch for free, regardless of income eligibility for the 24/25 School Year and beyond.

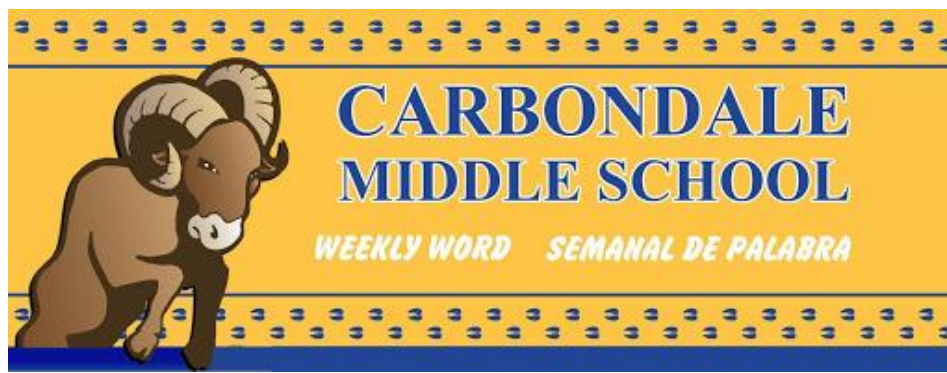
*****All families are still encouraged to complete a Federal Economic Data Survey (FEDS form) to determine eligibility to receive other school district benefits; such as waived school fees for students. *****

When completing the FEDS form, families can agree to share information from the form to avoid having to pay certain district or program fees.

Applications can be completed electronically via the [Infinite Campus Parent Portal](#) (Click on "More" and then "Meal Benefits"). For more information, please contact Sandra Ponce at sponce@rfschools.com or 970-384-6016.

Check out RFSD School Meal Menus [HERE](#) for all menu offerings, nutritional information and food news!

- ☐ [See RFSD District Family Newsletter](#)



Community Partnerships

☒ Afterschool Activities provided by Access Programs...

JOIN US FOR HOMEWORK HELP

The children will receive one-on-one instruction in math, language, and reading to help students grow and feel confident in their abilities. Homework Help Teachers will assess student's abilities and coordinate with their Lead Teachers to best support each student's needs.

DETAILS:

- Snack provided
- Thursdays from 3:15 - 4:00
- \$20 for 15 weeks - August 18 - December 19 (scholarships available upon request)
- Sign up on the Access Afterschool website: <https://www.kissnoway.com/access-afterschool/schedules>

TEST OUR WEBSITE OR SCAN THIS QR CODE
CONTACT ALONDRA - PROGRAM DIRECTOR FOR ANY QUESTIONS
ALONDRA@ACCESSAFTERSCHOOL.ORG
(760) 361-8187

ACCESS Afterschool ROARING FORK CYCLING

RIDE YOUR BIKE AND FUN

Roaring Fork Cycling Building a brighter future through cycling

Founded in April 2007, Roaring Fork Cycling, a local A&A group, aims to get more kids on bikes. Our first 1000 programming started with our first after school program. We're growing! Our mission is to inspire kids to ride for cycling among middle school students and promote physical, mental, and social well-being. We're also excited that children are excited to learn about the importance of various aspects of their lives.

SEPT 9TH - OCT 16TH
MON - 3:30-6:00
WED - 1:50-4:20

TOTAL PRICE \$25

CONTACT US
ALONDRA@ACCESSAFTERSCHOOL.ORG
(760) 361-8187

JOIN US FOR BAND At Carbondale Middle School

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

FALL SEMESTER:
MONDAY: 3:15-4:15
WEDNESDAY: 2:00-3:00

CONTACTS:
Chris Sandoz: sandoz@accessafterschool.org
Alondra Tapada: alondra@accessafterschool.org
Britney Harada: britney@accessafterschool.org

Visit our website to sign up!
<https://www.7thsway.com/access-afterschool/schedules>
Sign up for the fall semester. Scholarships available upon request.

Wednesdays in the Web -- A space where everybody belongs!

When: Wednesdays after school from 2:30-3:00pm starting September 4th
Where: Carbondale Middle School Library

Program: The Carbondale Middle School WEB is an inclusive, multi-grade, creative space for students to gather after school to:

- Research
- Read and think
- Write stories
- Engage in a variety of activities
- Engage in student collaborative projects

→ The 4th, 5th, and 6th graders will be given time for students to engage in activities of their choosing, explore activities in the WEB to 1000 games, projects, books.

→ The 7th graders of the month, 8th grade 8th graders will also have a variety of projects for students. (i.e. School Band Activities, Student Talent projects, Science Projects, etc.)

→ The WEB will be open for students weekly while school is in session. Advance notice will be given ahead of time when the WEB will be closed to students.

→ All student meetings to occur in the Web will be completed the necessary forms and payment through Access Afterschool. Once the fee is completed your child is welcome to drop in for the Wednesday.

→ Students and parents are responsible for communication regarding where their child is after school and for their well-being in the Web.

Three steps to joining us Wednesday in the Web:

1. Fill out paperwork
2. Pay the \$20.00 registration fee to Access After School. This fee will cover the first semester. Sign up again upon next spring.
3. Come hang out!

<https://www.7thsway.com/access-afterschool/schedules>

Stay Connected with us

facebook.com/accessafterschool

instagram.com/accessafterschool

<https://jo.constantcontactpages.com/fj/5tu4lPb>

<https://www.7thsway.com/access-afterschool/schedules>

accessafterschool.org

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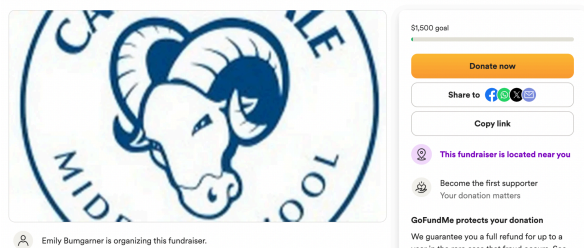
Learn all about radio and produce radio projects to air on KDNK in a fun after-school class! Class will be held on Mondays from 4-6 p.m. from September 9th through November 18th. Class will be located in the classroom at 76 S. 2nd Street in Carbondale. Tuition is \$300 for the 10-week program, and partial scholarships are available. Space is limited. [Register here.](#)



Volunteer Opportunities

- ☐ **City Market Rewards:** Did you know you can link your City Market card to CMS? You will earn money for the school each time you buy groceries.
- ☐ **Donating toCMS Parent Volunteer Group's GOFUNDME:** We will use this money throughout the school year to provide breakfasts/lunches during conferences, Teacher Appreciation Week and various other treats during the school year. Any amount is helpful and greatly appreciated! Thank you!

Support CMS Teachers and Staff





Connect with CMS

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Sign up for [Remind](#)

