

CEMS Fact Sheet

The purpose of this fact sheet is to provide you with some of the general information about CEMS, for more specifics, please visit our online [Student and Parent Handbook](#)

CEMS Mission and Vision:

Our Vision

*At CEMS, we **inspire** every student to reach their full potential by **fostering** both academic and personal growth so that they can thrive in a diverse society and contribute meaningfully to the world around them.*

Our Mission

In order to achieve our vision, all decisions at CEMS are made to ensure that students have a middle school experience that is:

Responsive: Supports the [unique needs of our middle school students](#)

Challenging: Sets high expectations for every student that encourages them to push beyond their comfort zones.

Equitable: Guarantees that every student has fair and just access to resources and opportunities.

Engaging: Provides students with regular opportunities to feel and be involved, motivated, and connected to their education and inspiring them to excel.

Empowering: Gives students the confidence, tools, and opportunities to take control of their learning and own their decisions.

School Day:

The CEMS School day runs from 7:50am to 2:20pm

Students are allowed in the building at 7:35 and may get breakfast in the cafeteria or report to their homeroom after arrival. It is extremely important that your student arrives to school by 7:50am. Homebase is the class that starts the day and helps all students prepare to learn for the day. School announcements and homeroom messages happen between 7:57am - 8:00, and class starts promptly at 8:00 am. If a student arrives after 7:50am, it is impossible to ensure they are prepared and ready to learn and be their best for the school day.

If there is a change in arrival for your student (absence, early dismissal, etc.) please use the [Powerschool Portal](#) to report this. You may also email msoffice@capeelizabetschools.org or call (207) 798-8176

For specifics on the schedule, please reference the [CEMS Bell Schedule](#)

School Programming Outside the Regular Day:

CEMS offers a range of programming outside our regular school hours. For specifics around these programs, please see our [CEMS Extracurricular Document](#).

Students are expected to follow all appropriate school rules in CEMS programming outside the regular day. If students choose to participate in afterschool programming, they may access the “Late Bus,” which runs at 4:00 Monday through Thursday. Program coordinators and directors will communicate program schedules directly with families.

For information about athletics game schedules, please visit our [Cape Elizabeth Athletics Website](#)

Student Drop-Off/Pick-up:

Please follow all traffic signs. There is a designated area for drop-off/pickup in front of the building. This area is not for parking. Please do not drop students off in the upper Pond Cove parking lot located between the two buildings, the faculty parking lot or by the service entrance.

Lunch and Recess:

CEMS has a daily lunch and recess period for all students. Students have about 25 minutes for lunch, and students have about 25 minutes of recess.

The state of Maine is providing free breakfast and lunch to all students. If students choose to access lunch provided by the school, they must adhere to state guidelines for portions and items taken. Students may purchase A la Carte items at parent discretion. Parents may access the [Nutrition Services Portal](#) for more information.

It is expected that students will attend their recess time daily, so please pack appropriate clothing for time outside in the Maine winter. CEMS staff and administrators may call for indoor recess if temperatures are too cold or weather conditions do not permit a safe experience for students.

Student Expectations:

Every student is capable of success at CEMS. We expect students to be Safe, Respectful, and Responsible in order to ensure a positive and inclusive learning environment.

Students may occasionally struggle to follow these expectations. As a general overview, please see our [CEMS Schoolwide Expectations](#) and [CEMS Behavior Matrix documents](#) to better understand our schoolwide expectations and how we work to support students with positive behavior. We view our work as a partnership with families.

If you have any questions about specific school board policies, please visit our [School Board Policy](#) page on the website.

Cell Phones:

Some students bring cell phones in their backpacks to school as a means to communicate with family members after school. Student cell phone use is not allowed during the school day unless a teacher asks a student to use it. Any cell phones that students bring to school must be kept securely in their locker and turned off. Students may wear a smartwatch but may not use it for communication purposes. The school is not responsible for lost, stolen or damaged personal cell phones.

Please do not text message, IM, or call your student on their cell phone during school hours.

Smartwatches:

Smartwatches may be worn but may NOT be used to communicate or receive notifications during the day. If they are, they will be turned into the office for the day and may be picked up at the end of the day. If use of smartwatch becomes a problem for a student, we will create a plan for that student and will ask that they get turned into the office. We urge parents to engage smartwatch tools like School Mode during school hours for their student.

Student Headphones:

CEMS will NOT allow Bluetooth headphones to be used during the school day. Students will only be allowed to use headphones that plug directly into the headphone jack on their school provided iPad or laptop. If you are looking to provide headphones for your student, please make sure they have a straight headphone jack. Headphones are generally only used when students need to listen to a school provided resource or if there is a reason related to a student's disability.

Communication:

We want families to know all of the wonderful things happening at CEMS. For more urgent needs, CEMS will email families updates in real time. Our main mode of communication will come in the form of our Family Update via email. These are published every other week and contain the most up to date information in regards to daily operations.