

CARBONDALE MIDDLE SCHOOL

Palabra Semanal Abierta En Español



7th Grade Girls Basketball started their season with a home opener split against Basalt Middle School. Won a game, lost a game, but the girls ALL looked like they were having fun!

B	ell Schedule	Blue/Gold Calendar Bus Routes School Fees			
	Remind	Food Menu Athletics District Calendar			
In	finite Campu	RFSD Dress Code Habits of a Scholar Schoology			
	Monday 1/20	☐ Martin Luther King Jr Day No school			
	Tuesday 1/21				

Wednesday 1/22	☐
Thursday 1/23	ACCESS TESTING for Emerging Bilingual Students: Reading Homework Help 3:10-4:00 Sign up here 5-6:30 Parent Info night @ CMS Auditorium on CyberSecurity, Body Safety and 3 R's - k-12 adopted curriculum for Sexual Health Parent Paren
Friday 1/24	☐ ACCESS TESTING for Emerging Bilingual Students: Speaking ☐ CMS Picture Retakes!
Coming up	 1/30, 2/6, 2/11 VaRIeTy ShOw practice after school 1/31 7th grade ski trip to Buttermilk 1/31 7th/8th Grade BOOK BRAIN forms due for <i>The Giver</i> 2/3 - 2/7 Counselor Appreciation Week 2/10 8th grade ski trip to Buttermilk 2/13 CmS VaRIeTy ShOw during school Ms. Campbell with Q's 2/19 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

From Mr. Logan...

Dear Families and Guardians,

Safe Haven Policy:

We recognize that some families in our community may be concerned about what happens if Immigration Customs Enforcement (ICE) detains them while their children are at school. Our priority is to ensure the safety and well-being of your children during any emergency. To better understand our school's obligation to all students' safety and belonging, please read this <u>letter</u>. If you would like more information, please consult the district's <u>website</u>.

Special Education Comprehensive Review:

Roaring Fork School District (RFSD) has selected Public Consulting Group (PCG) to conduct a comprehensive review of the district's special education programming beginning Winter 2024. PCG will be onsite in RFSD from January 13th-15th, 2025 to conduct classroom visits. While onsite, PCG will be hosting a monolingual Spanish speaking focus group for parents of students

with IEPs currently being served in RFSD. Additionally, monolingual Spanish and monolingual English parent focus groups will be held virtually on January 22, 2025.

You are invited to participate in a parent focus group for students currently being served who have an IEP. The focus groups will be led by PCG. No RFSD staff will be present or attending the in-person or virtual focus groups.

Parents have the option to self select below which date and time would be most feasible. Should you require language translation support in order to participate, please indicate that below. Focus group participation could be determined on a "first come, first serve" basis given the number of interested respondents. PCG can accommodate up to 15 parents for each of the 1 hour long focus groups. If you are selected to participate, you will receive a follow-up email including an invite.

Spanish Registration Form English Registration Form



New School Resource Officer:

Paul Lazo, who has been our school resources officer for years, has been promoted to a new position in the police department, and his replacement will be officer Arthur Fields. We thank Officer Lazo for his years of service in our school community, and we welcome Officer Fields. If you'd like to introduce yourself to Officer Fields, look for him at pick up and drop off throughout the next month or so.



My name is Arthur Fields. I have been with the Carbondale Police Department for approximately 3 years now working in the patrol department. I have had the pleasure of working with SRO Paul for the last three years and have learned a lot from him during this time. Now that SRO Paul has been promoted to Sergeant, I have the pleasure of taking over the position. Sergeant Lazo has big shoes to fill and I am looking forward to advocating for the district and all of the kids and administration within it. I look forward to meeting each and everyone of you during my time at the schools.

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, it's crucial to address various aspects of their well-being, including their perception of their bodies. Adolescence is a time of significant physical and emotional changes, and fostering a positive body image is essential for their overall mental health. We will be providing tips this week and next on how to support your student.

Here are some tips and insights to promote positive body image in your middle schooler:

✓ Encourage Healthy Habits:

Emphasize the importance of a balanced diet, regular exercise, and sufficient sleep. Reinforce that these habits contribute to overall well-being rather than focusing solely on appearance.

✓ Open Communication:

Create an open and non-judgmental space for your student to discuss their feelings and concerns about their bodies. Be attentive and supportive, assuring them that their worth extends beyond physical appearance.

✓ Challenge Media Influences:

Discuss the unrealistic beauty standards perpetuated by media and social platforms. Help your student understand that these images are often heavily edited, and true beauty comes in diverse shapes, sizes, and colors.

✓ Celebrate Individuality:

Encourage your student to embrace their unique qualities and talents. Remind them that everyone is different, and those differences should be celebrated rather than judged.

If you have any questions please don't hesitate to contact us. We are here to help!

Ali Silcox

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

Lindsay Selig

Prevention Specialist, MA, LPCC (970)384-5713 ● Iselig@rfschools.com Pronouns: she/her

From Ms. Porter, Dean of Culture...



February 28

Trimester 2 ends February 28. With a month left, now would be a great time to sit down with your student, open Schoology with them, and check on their progress. If you see any missing assignments, projects, or homework, this would be a perfect time to help them make a plan to finish or submit those assignments. This will also prevent students from feeling the "crunch time" at the end of the trimester.

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

Athletic Info

2025 CMS Girls Basketball 7th Grade: Coach Richlyn 8th Grade: Coach Meranda & Coach Lynn							
Day	Date	Home/Away	Start Time	Bus			
Monday	1/13	CMS vs Basalt (7th home/8th away)	4:30 PM	3:40			
Wednesday	1/22	CMS vs Glenwood(7th home/8th away)	4:30 PM	3:30			
Saturday	1/25	B Team Tourney @ Rifle	9:00 AM	7:30			
Monday	1/27	CMS vs Riverside (7th home/8th away)	4:30 PM	3:20			
Wednesday	1/29	CMS vs Riverview (8th home/7th away)	4:30 PM	3:40			
Saturday	2/1	A Team Tourney - 7th	9:00 AM				
Wednesday	2/5	CMS vs Rifle (8th home/7th away)	4:30 PM	3:15			
Saturday	2/8	8th Grade PEG Tournament	9:00 AM				
Monday	2/10	CMS vs Aspen (8th home/7th away)	4:30 PM	3:15			
Tuesday	2/11	CMS vs Grand Valley (8th home/7th away)	4:30 PM	3:00			

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

Connect with CMS



More Info Email Ms. Campbell with Questions

☐ Parents- would you like to teach an <u>afterschool class</u> at CMS?

\$31/hr, ratio 1 teacher: 8 students, supplies provided!



☐ Carbondale Middle School's parent group is excited to announce 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.

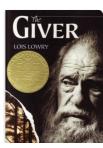
Our goal is to have each student sell 3 packages of cookie dough. Stay tuned for more details!

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



■ BOOK BRAINS BOOK of the MONTH:

7th & 8th Grade



7th/8th graders:

The Giver is available in the Library.

<u>Flier</u>

FORM: Put them in your Crew folders to earn cool stuff!

- 1. Get the book in the library
- 2. Read the book
- 3. Fill out the <u>form:</u> English Spanish by **JANUARY 31.**
- 4. Earn a color point *AND* get a prize for 80% or better!!





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



- 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!
- At the end of each month, we pull three leaves from the box and those students will earn a prize.

Volunteer Opportunities

☐ CMS Students and/or Families → Volunteers Needed for Special Olympics!

Both events are 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 Alpine Tournament

- Date: Friday, January 31, 2025
- Time: 7:00 AM 4:00 PM
- Location: Sunlight Mountain Resort Glenwood Springs
- Details: Volunteers will assist athletes competing in Alpine Skiing and Snowboarding events directly on the slopes. Roles include:
 - Supporting Athletes on the Slopes: Encouraging and ensuring athlete safety during races.
 - o Course Slipper: Maintaining the course by smoothing and clearing snow.
 - Gate Monitor: Overseeing course sections and ensuring proper gate setup.
 - Starter/Stager: Organizing athletes at the start line to prepare them for their
- Requirements: Ski or snowboard experience is required. Volunteers must bring their own equipment but lift tickets will be provided.



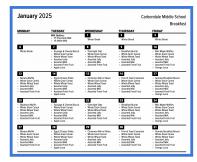
Click for link to register

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:
 - o 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.





Community Partnerships









Auditions for the spring musical, Footloose, begin a week from Monday - January 27 & 28

Link for audition sign ups



☐ AMFS Maroon Bel Canto Singers ensemble at CMS!



☐ Grades 5-8
☐ Thursdays, running now through spring break 2025
☐ 3:15-4:30 PM
☐ Directed by Madison McCutcheon
☐ Tuition: \$210, scholarships are available!

Our website has full program information or Direct registration link

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



 $\hfill \Box$ Enrichment Opportunities... click flier for information











registration link

registration link













registration link



















More photos on Facebook and Instagram