



WEEKLY WORD • SEMANAL DE PALABRA

# 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!

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[Athletics](#)

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[RFSD Dress Code](#)

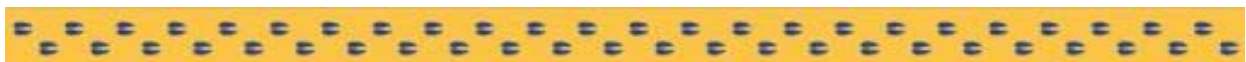
[Habits of a Scholar](#)


[Schoology](#)

**Monday**  
1/20

☐ Martin Luther King Jr Day... No school

**Tuesday**  
1/21



<b>Wednesday 1/22</b>	<input type="checkbox"/> 🏀 Girls Basketball CMS vs Glenwood @ 4:30 (7th home/8th away)
<b>Thursday 1/23</b>	<input type="checkbox"/> <b>ACCESS TESTING</b> for Emerging Bilingual Students: <i>Reading</i> <input type="checkbox"/> <b>Homework Help</b> 3:10-4:00 <a href="#">Sign up here</a> <input type="checkbox"/> 5-6:30 <a href="#">Parent Info night @ CMS Auditorium</a> on CyberSecurity, Body Safety and 3 R's - k-12 adopted curriculum for Sexual Health 
<b>Friday 1/24</b>	<input type="checkbox"/> <b>ACCESS TESTING</b> for Emerging Bilingual Students: <i>Speaking</i> <input type="checkbox"/> 📷 <b>CMS Picture Retakes!</b>
<b>Coming up...</b>	<input type="checkbox"/> 1/30, 2/6, 2/11... <a href="#">VaRieTy ShOw</a> practice after school <input type="checkbox"/> 1/31 7th grade ski trip to Buttermilk <input type="checkbox"/> 1/31 7th/8th Grade <b>BOOK BRAIN</b> forms due for <a href="#">The Giver</a> <input type="checkbox"/> 2/3 - 2/7 Counselor Appreciation Week <input type="checkbox"/> 2/10 8th grade ski trip to Buttermilk <input type="checkbox"/> 2/13 <b>Cms VaRieTy ShOw</b> during school <a href="#">Ms. Campbell</a> with Q's <input type="checkbox"/> 2/19 No homework help this week <input type="checkbox"/> 2/24 CMS Assembly: Conservation Photographer Ami Vitale 2:00-3:05 <input type="checkbox"/> 2/27 6th grade ski day to Buttermilk <input type="checkbox"/> 2/28 5th/6th Grade <b>BOOK BRAIN</b> forms due for <a href="#">Wild Robot</a>

## 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 [letter](#). If you would like more information, please consult the district's [website](#).

### 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](mailto: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 || [asilcox@rfschools.com](mailto:asilcox@rfschools.com) ||

Pronouns: she/her

**Lindsay Selig**

**Prevention Specialist, MA, LPCC**

(970)384-5713 • [lselig@rfschools.com](mailto:lselig@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](mailto:sporter@rfschools.com)  
pronouns: she/her/ella

## Athletic Info

 <b>2025 CMS Girls Basketball</b> 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](mailto:kreiling@rfschools.com)

## Connect with CMS

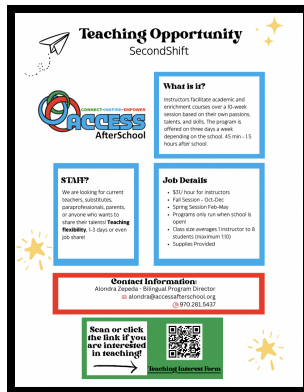


[More Info](#) Email [Ms. Campbell](#) with Questions





- ☐ Parents- would you like to teach an [afterschool class](#) 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.

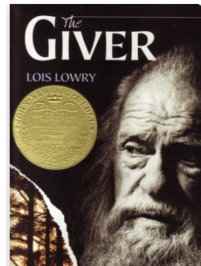
Our goal is to have each student sell 3 packages of cookie dough. Stay tuned for more details!

Contact Katy Nardecchia, [knardecchia@gmail.com](mailto: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.

[Flier](#)

**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 [form](#): English Spanish by **JANUARY 31**.
4. Earn a color point AND get a prize for 80% or better!!



5th & 6th Grade



### 5th/6th graders:

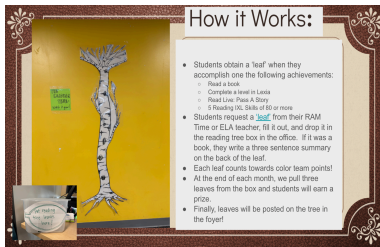
The Wild Robot, your next favorite book, is out on the library shelf today!

[flier](#)

[form](#) to fill out

1. Get the book in the library
2. Read the book
3. Fill out the [form](#); English Spanish **by February 28.**
4. Earn a color point AND get a prize for 80% or better!!

### ☐ Reading Tree at CMS

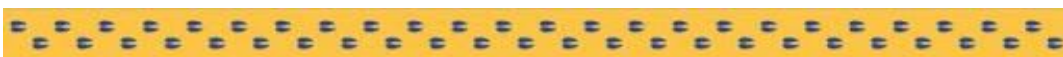


1. Students obtain a 'leaf' when they accomplish one the following achievements:
  - Read a book
  - Complete a level in Lexia
  - Read Live: Pass A Story
  - 5 Reading IXL Skills of 80 or more
2. Students request a 'leaf' from their RAM Time or ELA teacher, fill it out, and drop it in the reading tree 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 😊

## 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.
  - *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 events.
- **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:
  - *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.

January 2025		Carbondale Middle School			
		Breakfast			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
All Orders 1. 100% Chocolate Milk 2. 1% White Milk					
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# Community Partnerships

**Learn to Kayak with Us!**  
**Thursday Nights 5:30-7:30 at the Glenwood Springs Rec Center**

**ROARING FORK KAYAKING CLUB**

**BECOME A MEMBER!**  
 The Roaring Fork Kayak Club is committed to providing access, instruction, and an inclusive community for wilderness kayaking in the hope that participants will increase their skills, confidence, love for river running and appreciation of wild places.

**All Level Sessions**  
 1/25 & 1/30  
 2/6 & 2/15  
 2/20 & 2/27  
 3/6 & 3/15  
 4/17 & 4/24  
 5/1 & 5/8  
 5/15 & 5/22

**Advanced Flatwater Paddling**  
 5/20

**Kids Under 16**  
 4/5 & 4/10

**Fee:**  
 \$50 per two week clinic, with a 10% discount for 2 people or more. This covers equipment, coaching, insurance and pool entry.  
 \$20 if you are already a current member of the Roaring Fork Kayaking Club.  
 Kayaking gear is provided or bring your own!

**Sign Up:** [www.roaringforkkayakingclub.com](http://www.roaringforkkayakingclub.com)  
 email us at [roaringforkkayakclub@gmail.com](mailto:roaringforkkayakclub@gmail.com) or call 970-274-0765.

**THREE RIVERS**  
 BASEBALL & SOFTBALL

**Come play for Three Rivers Little League in 2025!**

- Registration closes February 8th
- Practice begins in March and the season runs until the end of May
- Competitive and Fun Baseball for 7-14-year-olds
- Competitive and Fun Softball for 8-15-year-olds

[www.3riverslittleleague.com](http://www.3riverslittleleague.com)

**WINTER / SPRING 2025**  
**AT THEATRE ASPEN EDU**  
 ACT SING DANCE CREATE PLAY

**K-1ST MIMIC MUSICAL: CLOUDY WITH A CHANCE OF HEARTBALLS**  
 April 3rd - May 1st  
 Thursday 3:45-5pm | Lot the Red Brick Center for the Arts

**2-4TH MIMIC MUSICAL: THE LOONEY-TUNESICAL**  
 January 6th - March 3rd  
 Mondays 3:45 - 5:15pm | Red Brick Center for the Arts  
 Final performance: Tuesday, March 4th

**K-4TH EARLY RELEASE ADVENTURES**  
 EVERY Early Release Wednesday  
 1:45-3:00pm | Aspen Elementary School

**5-6TH AUDITION MASTERS**  
 February 7th - 28th

**5-6TH VOCAL STUDIO - SINGING FOR ACTORS**  
 April 7th - May 12th  
 Mondays 4:00-5:15pm | Red Brick Center for the Arts

**5-6TH SPRING MUSICAL: THE ADAMS FAMILY**  
 Auditions: Wednesday, March 26th 15 minute slots from 4:30-7:30pm  
 Callbacks: Friday, March 7th 4:30-7:30pm  
 Rehearsals and Performances: March 10 - May 18th

**LEARN MORE AND REGISTER:**  
[www.theatreaspen.org/winterspring25](http://www.theatreaspen.org/winterspring25)

**SPRING LACROSSE!**

**ROARING FORK**  
 COLORADO LACROSSE

**Registration NOW open**  
**BOYS & GIRLS**

**TEAMS:** 2nd through 8th Grades  
 Mon - Wed - Fri practices - March 31st Start  
 K-1st Grades BOYS & GIRLS  
 Mon & Wed practices - March 31st Start

**CHECK WEBSITE FOR COMPLETE DETAILS & SCHEDULE**  
[ROARINGFORKLACROSSE.ORG](http://ROARINGFORKLACROSSE.ORG)

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

[Link for audition sign ups](#)

**The Basalt Spring Musical Presents:**  
**AUDITIONS**  
**Footloose**  
 the musical  
 Youth Edition

7th - 12th Grade

**Scan For Sign Up Info!**  
 Basalt Middle School Auditorium  
 January 27th & 28th | Callbacks January 29th  
 Creative Team: John Konstantopoulos, Karl Ulto,  
 Mary Bahr, & Chance Davis  
 Stage Manager: Madi Ciesielski Vocal Coach: Katie Hone Wilgen  
 Producers: Molly Tiernan and Katie Hone Wilgen

- ☐ AMFS Maroon Bel Canto Singers ensemble at CMS!



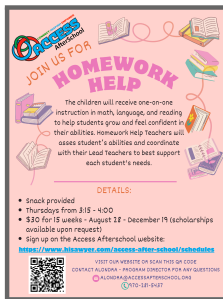
- 🎵 Grades 5-8
- 🎵 Thursdays, running now through spring break 2025
- 🎵 3:15-4:30 PM
- 🎵 Directed by Madison McCutcheon
- 🎵 Tuition: \$210, *scholarships are available!*

[Our website has full program information](#) or [Direct registration link](#)

☐ **ACCESS** after school classes (*Homework Help, Wednesday Web, Band*) [registration link](#)



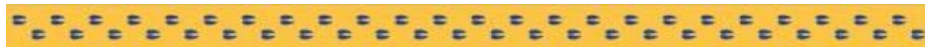
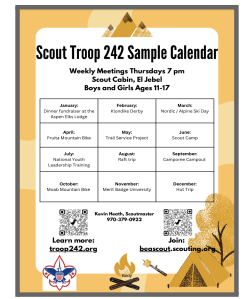
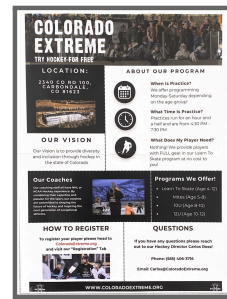
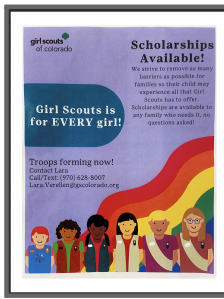
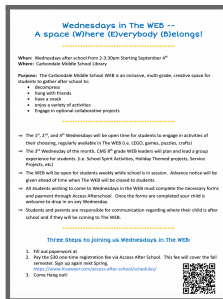
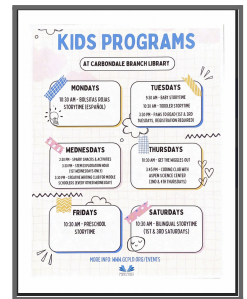
☐ **Enrichment Opportunities...** click flier for information



[registration link](#)



[registration link](#)



[registration link](#)

**ASPEN**

ASPEN SUPPORTS KIDS (ASK)

**WHAT IS ASPEN ASK?**

ASK is a free, confidential, and confidential service for students and families. It provides information, resources, and support for students and families. It is available in English and Spanish.

**HOW TO GET ASPEN ASK**

ASK is available in several ways:

**ONLINE** - Visit [ask.aspen.org](#)

**PHONE** - Call 800-833-8333

**VIDEO** - Watch the ASPEN ASK video

**CHAT** - Chat with a counselor

**EMAIL** - Email [ask@aspen.org](#)

**TEXT** - Text [ask](#) to 43588

**TRANSLATION** - Visit [ask.aspen.org](#)

**WHAT ARE THE BENEFITS OF ASPEN ASK?**

ASK provides information, resources, and support for students and families. It is available in English and Spanish.

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**2024-2025 AVSC & STUDENT PASS | On Sale Now**

**AVSC & Student Pass**

AVSC & Student Pass is a new program that allows students to participate in AVSC events and receive a discount on their student pass. The pass is valid for the entire 2024-2025 season.

**How to purchase**

AVSC & Student Pass is available for purchase at [avsc.org](#) or by calling 800-833-8333.

**What are the benefits?**

AVSC & Student Pass provides a discount on the student pass and allows students to participate in AVSC events.

**ROARING FORK FENCERS CLUB**

**BEGINNER FENCING CLASSES**

Roaring Fork Fencers Club is offering beginner fencing classes for students. The classes are held on Mondays from 4:00 PM to 6:00 PM. The classes are open to students of all ages and experience levels.

**CLASSES START IN SEPTEMBER!**

Roaring Fork Fencers Club is offering beginner fencing classes for students. The classes are held on Mondays from 4:00 PM to 6:00 PM. The classes are open to students of all ages and experience levels.

**RADIO 101**

**THE ANDY ZANCA YOUTH EMPOWERMENT PROGRAM PRESENTS**

Learn all about radio and produce radio projects to air on K2ME in a fun after school class!

**MONDAYS | SEPT. 9 - NOV. 18**

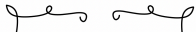
4:00PM - 6:00PM

**K2ME COMMUNITY RADIO IN CARBONDALE**

Click here to Register or visit [ask.aspen.org](#)

**Click here to Register or visit [ask.aspen.org](#)**

CONTACT: [carbondaleask.org](#) for more information

**CREATIVE WRITING CLUB FOR MIDDLE SCHOOLERS**

**CREATIVE WRITING CLUB FOR MIDDLE SCHOOLERS**

Join our creative writing club and learn all about writing. The club is open to middle school students and is held on Mondays from 4:00 PM to 6:00 PM. The club is open to students of all ages and experience levels.

**MONDAYS | SEPT. 9 - NOV. 18**

4:00PM - 6:00PM

**K2ME COMMUNITY RADIO IN CARBONDALE**

Click here to Register or visit [ask.aspen.org](#)

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CONTACT: [carbondaleask.org](#) for more information



More photos on [Facebook](#) and [Instagram](#)

