



*Palabra Semanal Abierta En Español*





-(Above) 5th Grade artists experimented using dish soap on acrylic paint.  
CMS Cross Country team • 6th graders practice setting up tents for field trip • 7th grade volleyball celebrates ace serve

Follow us on [Facebook](#) or [Instagram](#) for more photos

<a href="#">Bell Schedule</a>	<a href="#">Blue/Gold Calendar</a>	<a href="#">Bus Routes</a>	<a href="#">School Fees</a>
<a href="#">Set up Remind</a>	<a href="#">Food Menu</a>	<a href="#">Athletics</a>	<a href="#">District Calendar</a>
<a href="#">Infinite Campus</a>	<a href="#">RFSD Dress Code</a>	<a href="#">Habits of a Scholar</a>	<a href="#">Schoology</a>

<b>Monday 9/9</b>	<input type="checkbox"/> <i>Blue Day Specials</i> <input type="checkbox"/> <a href="#">RF Cycling Club</a> , <a href="#">Fencing Club</a> , <a href="#">Band begins</a> <input type="checkbox"/> <a href="#">Volleyball vs Riverview</a> (7th home/8th away) @4:30 PM
<b>Tuesday 9/10</b>	<input type="checkbox"/> <i>Gold Day Specials</i> <input type="checkbox"/> Outdoor Leadership Interest meeting for 7th and 8th graders- 8:15 – 9:00am in Ms. Lasko’s room <input type="checkbox"/> <a href="#">Football vs Glenwood</a> @GSHS 4:30 PM <input type="checkbox"/> <a href="#">Family Advisory Council</a> 5:30-7:30 @Carbondale District Office
<b>Wednesday 9/11</b>	<input type="checkbox"/> <i>Blue Day Specials</i> <input type="checkbox"/> 5/6th Band Assembly during Crew
<b>Thursday 9/12</b>	<input type="checkbox"/> <i>Gold Day Specials</i> <input type="checkbox"/> <a href="#">Football vs Rifle</a> @CMS 4:30 PM
<b>Friday 9/13</b>	<input type="checkbox"/> <i>Blue Day Specials</i> <input type="checkbox"/> 5th Grade Field Trip to Snowmass





### Coming up...

- ☐ 9/14 Adult CPR Class in Spanish
- ☐ 9/18-9/20 6th Grade Highline Lake Trip
- ☐ 10/1-7 [Smiles for Students](#) coming to CMS
- ☐ 10/4 8th Grade Crew Day
- ☐ 10/10 CMS PICTURE DAY! 📷

## From Mr. Logan..

Dear Families and Guardians,

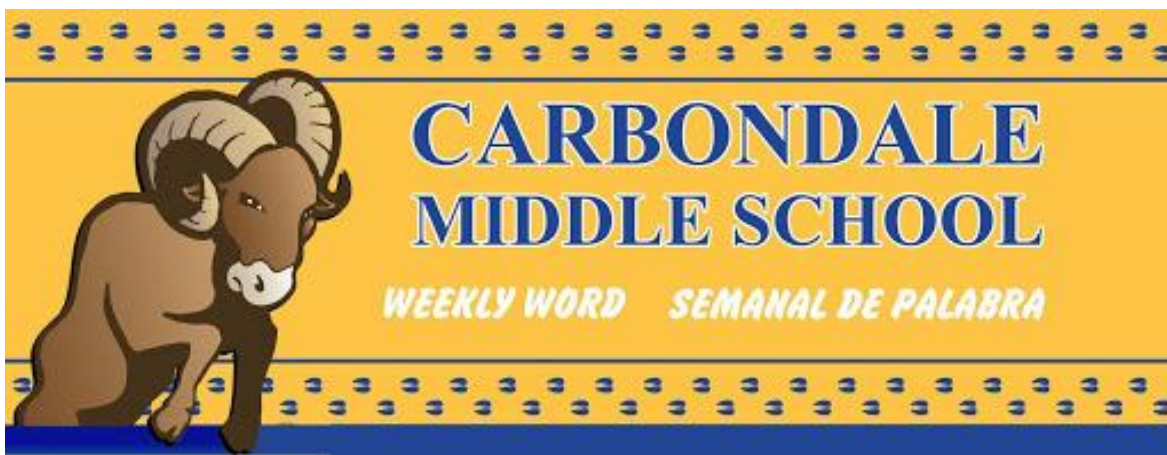
We're off to a fantastic start this year! We've all worked hard to establish strong routines to support safety and learning at all levels of the school. Thank you to families for supporting routines like safe drop off and pick-up, daily checking of planners, and consistent communication with teachers and the front office whenever you have questions or concerns.

Now that we're off to such a strong start, it's time to establish our School Accountability Committee (SAC), which is a vital partnership between school leaders, teachers, and parents that helps lead our school towards constant improvement and excellence. Read more about the purpose of SAC [here](#), and consider joining our team. We need parent representatives that reflect our school's diversity to be a part of the SAC. That means you! SAC will meet four times this year on the following dates: September 30th, November 4th, February 3rd, and May 5th. Our first meeting will take place on September 30th from 7:45-8:45 a.m. at CMS, and I'll have doughnuts and coffee. Please reach out to me as soon as possible if you'd like to join this important team.

**Michael Logan**

**CMS Principal**

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



## Counseling Corner with Ms.Silcox & Ms.Lindsay

As promised last week, here are some tips for helping your student stay organized.

- **Create a Homework Station:** Designate a specific area in your home for your student to do their homework. This space should be free from distractions and stocked with necessary supplies like pencils, paper, and a calculator.
- **Establish a Routine:** Set a consistent schedule for after-school activities, homework, and bedtime. A regular routine helps your student know what to expect and when to focus on schoolwork.
- **Break Tasks into Smaller Steps:** Teach your student to break larger assignments into smaller, manageable tasks. This makes big projects feel less overwhelming and helps them stay on track.
- **Let Them Lead:** While it's important to guide your student, try to let them take the lead in organizing their tasks. This fosters independence and builds confidence.
- **Ask Open-Ended Questions:** Instead of telling your student what to do, ask questions like, 'What's your plan for completing your homework tonight?' or 'How do you think you can keep your backpack more organized?'
- **Regular Check-Ins:** Schedule regular check-ins with your student to review their planner or calendar together. This gives you a chance to see how they're doing and offer guidance without hovering.
- **Celebrate Successes:** Praise your student for their efforts in staying organized, even if it's just for small improvements. Positive reinforcement can motivate them to keep up the good work.
- **Stay Patient:** It's normal for students to struggle with organization, especially at the start of a new school year. If your student misses an assignment or loses track of a due date, use it as a learning opportunity rather than a reason for punishment.
- **Problem-Solving Together:** Work with your student to identify what went wrong and brainstorm solutions together. This could be as simple as setting a reminder on their phone or reorganizing their backpack.
- **Apps for Organization:** "Consider using apps to help your student stay organized. Apps can allow them to create checklists, set reminders, and keep track of assignments."

We are here to help. If you're concerned about your student's organizational skills or anything else, please don't hesitate to reach out. We are available for consultations and happy to provide additional resources.

*"For every minute spent organizing, an hour is earned." – Benjamin Franklin*

### Ali Silcox

**School Counselor, MA, LPC, NCC**

970-384-5735 || [asilcox@rfschools.com](mailto:asilcox@rfschools.com) ||

Pronouns: she/her

### Lindsay Selig, M.A., LPCC

**Prevention Specialist**

(970)384-5713 • [lselig@rfschools.com](mailto:lselig@rfschools.com)

Pronouns: she/her





## From Ms. Porter, Dean of Culture...

Dear Families and Guardians,

As our year begins, so do our athletic events! When students and families attend athletic events, here are some good reminders of expectations:

- Please sit on the west side of the gym or bleachers/stands (the players and coaches sit on the other side).
- Please no food or drink in the gym (water is okay)
- Please spend time cheering *positively*!
- Please spend time in the gym or outdoor bleachers only (not other parts of the school)

Following these expectations help us focus on our student athletes and support respectful and appropriate behavior at athletic events so players, coaches, friends, and family can all enjoy the event.

**Sara H. Porter**

**CMS Dean of Culture**

[sporter@rfschools.com](mailto:sporter@rfschools.com)

pronouns: she/her/ella

## Athletic Info from AD, Mr. Kreiling

☐ **Games this week:**

- Monday, 9/9 **Volleyball vs Riverview** (7th home/8th away) 4:30 PM
- Tuesday, 9/10 **Football vs Glenwood** @GSHS 4:30 PM
- Thursday, 9/12 **Football vs Rifle** @CMS 4:30 PM



<div> <b>2024 CMS Football</b> </div>					
Practice starts on August 19 • Coaches: Misael Fernandez & Jeff Carter					
Home Games					
Date	Away	Home	Location	Start Time	Bus Time
Tues 9/10	Carbondale	Glenwood	GSIS	4:30 PM	3:00
Thurs 9/12	Rifle	Carbondale	CMS	4:30 PM	
Tues 9/17	Basalt	Carbondale	CMS	4:30 PM	
Thurs 9/19	Carbondale	Aspen	AMS	4:30 PM	3:00
Tues 10/8	Carbondale	Grand Valley	Grand Valley	4:30 PM	2:45
Thurs 10/10	Riverside	Carbondale	CMS	4:30 PM	

<div> <b>2024 CMS Volleyball</b> </div>					
Practice starts on August 19 • Coaches: Tiki Jaeger Collins, Kiki Grace Nelson					
Date	Day	Visitor	Home	Start Time	Bus Time
9/3	Tuesday	Carbondale (7th home/8th away)	Grand Valley	4:30 PM	3:10
9/4	Wednesday	Carbondale (7th home/8th away)	Rifle	4:30 PM	3:10
9/9	Monday	Carbondale (7th home/8th away)	Riverview	4:30 PM	3:40
9/18	Wednesday	Aspen (8th home/7th away)	Carbondale	4:30 PM	3:10
9/19	Thursday	Basalt (8th home/7th away)	Carbondale	4:30 PM	3:10
9/21	Saturday	B Team Saturday		TBD	
9/21	Saturday	Eagle Valley (A team only)		TBD	
9/23	Monday	Glenwood (8th home/7th away)	Carbondale	4:30 PM	3:30
9/28	Saturday	7th Grade A Tourney		9:00 AM	8:00 AM
10/2	Wednesday	Riverside (8th home/7th away)	Carbondale	4:30 PM	3:10
10/5	Saturday	8th Grade A Tourney	Riverside	TBD	

<div> <b>2024 Cross Country</b> </div>				
Coach: Marcy Begner				
Date			Location	Start Time
Wed 9/11	Carbondale	vs. Ross Montessori	CRMS	4:30 PM
Sat 10/5	Carbondale Girls	Chris Severy Invitational	Aspen High School	9:00 AM
Sat 10/5	Carbondale Boys	Chris Severy Invitational	Aspen High School	9:30 AM

☐ Physicals & \$50 Sports Fee due to the front office by 1st game

**Jason Kreiling**  
**CMS STEM Teacher & Athletic Director**  
[kreiling@rfschools.com](mailto:kreiling@rfschools.com)

## District News

☐ Join our **Family Advisory Council**

This council brings together parents, staff and community members to share concerns and provide guidance to district departments and programs. Dinner and daycare provided! Contact Sonia Roldan [sroldan@rfschools.com](mailto:sroldan@rfschools.com) if you are interested in attending.





**2024-2025**  
**FAMILY ADVISORY COUNCIL**

The Family Advisory Council brings together parents, staff, and community members to share concerns and provide guidance to district departments and programs.

**DATES**

Monday, September 9th, 2024	Tuesday, October 8th, 2024	Tuesday, November 5th, 2024	Tuesday, January 9th, 2025	Tuesday, February 19th, 2025	Tuesday, April 15th, 2025

**TIME**  
5:30pm-7:30pm

**LOCATION**  
Carbondale District Office  
Colorado Room  
400 Soyma Ave.  
Carbondale, CO 81623

The council begins each meeting with a networking time and moves into an open forum. During this time participants can bring concerns or questions to problem-solve with the large group or raised more informed on how data is being used. After the open forum, participants move into smaller groups.

Family Resource Center Advisory Board  
• Support Address Form

Please contact Sandra Rolan, sandra@rfschools.com, if you are interested in attending.

JOIN US! All meetings will be conducted in English and Spanish. Dinner and childcare will also be provided.

## ☐ Reducing School 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](mailto:sponce@rfschools.com) or 970-384-6016.

## ☐ All students can eat breakfast and lunch for FREE, RFSD School Meal Menus [HERE](#)

September 2024					Carbondale Middle School Breakfast
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>2</b> ★HAPPY★ <b>LABOR DAY</b> Labor Day	<b>3</b> • Egg & Cheese Slider • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>4</b> • Breakfast Pizza • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>5</b> • French Toast Casserole • Yogurt Parfait • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>6</b> • Granola Breakfast Round • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	
<b>9</b> • Blueberry Muffin • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>10</b> • Sausage & Cheese Biscuit • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>11</b> • Overnight Oats • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>12</b> • Breakfast Burrito • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>13</b> • Mini Maple Waffles • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	
<b>16</b> • Blueberry Muffin • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>17</b> • Egg & Cheese Slider • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>18</b> • Breakfast Pizza • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>19</b> • French Toast Casserole • Yogurt Parfait • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>20</b> • Granola Breakfast Round • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	
<b>23</b> • Blueberry Muffin • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>24</b> • Sausage & Cheese Biscuit • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>25</b> • Overnight Oats • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>26</b> • Breakfast Burrito • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>27</b> • Mini Maple Waffles • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	
<b>30</b> • Blueberry Muffin • Whole Grain Cereal • Whole Wheat Toast • Assorted Jelly • Assorted Milk • Assorted Fresh Fruit	<b>Milk Options:</b> • 2% Chocolate Milk • 1% White Milk				



September 2024					Carbondale Middle School
					Lunch
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>2</b> <b>*HAPPY*</b> <b>LABOR</b> <b>DAY</b>	<b>3</b> <ul style="list-style-type: none"> <li>Pork Carnitas Tacos</li> <li>Uncrustables (PB&amp;J)</li> <li>Chicken Caesar Salad</li> <li>Steamed Broccoli</li> <li>Apple Slices</li> <li>1% Lowfat Milk</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Mandarin Orange Chicken</li> <li>Steamed Brown Rice</li> <li>Yogurt Parfait</li> <li>Chicken Caesar Salad</li> <li>Green Peas</li> <li>Pineapple Chunks</li> <li>1% Lowfat Milk</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Nachos w/ Beef</li> <li>Nachos</li> <li>Chicken Caesar Salad</li> <li>Corn in a Cup</li> <li>Orange Halves</li> <li>1% Lowfat Milk</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Chicken Alfredo Pasta</li> <li>Turkey &amp; Cheese Slider</li> <li>Chicken Caesar Salad</li> <li>Roasted Carrots</li> <li>Peach</li> <li>1% Lowfat Milk</li> </ul>	
<b>9</b> <ul style="list-style-type: none"> <li>Mac &amp; Cheese</li> <li>Turkey &amp; Cheese Slider</li> <li>Chef Salad</li> <li>Steamed Broccoli</li> <li>Blueberries</li> <li>1% Lowfat Milk</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Taco Burger</li> <li>Uncrustables (PB&amp;J)</li> <li>Chef Salad</li> <li>Baby Carrots</li> <li>Apple Slices</li> <li>1% Lowfat Milk</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Chicken Sandwich</li> <li>Yogurt Parfait</li> <li>Chef Salad</li> <li>Herb Roasted Potatoes</li> <li>Pineapple Chunks</li> <li>1% Lowfat Milk</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Big Daddy's Pepperoni Pizza</li> <li>Big Daddy's Cheese Pizza</li> <li>Chef Salad</li> <li>Orange Halves</li> <li>Corn in a Cup</li> <li>1% Lowfat Milk</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Turkey &amp; Cheese Slider</li> <li>Chef Salad</li> <li>Baked Beans</li> <li>Peach</li> <li>1% Lowfat Milk</li> </ul>	
<b>16</b> <ul style="list-style-type: none"> <li>Cherry Breadsticks</li> <li>Turkey &amp; Cheese Slider</li> <li>Taco Salad</li> <li>Broccoli</li> <li>Blueberries</li> <li>1% Lowfat Milk</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>BBQ Pulled Pork</li> <li>Dinner Roll</li> <li>Uncrustables (PB&amp;J)</li> <li>Chef Salad</li> <li>Baked Beans</li> <li>Apple Slices</li> <li>1% Lowfat Milk</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Chicken Drumstick</li> <li>Yogurt Parfait</li> <li>Taco Salad</li> <li>Green Peas</li> <li>Pineapple Chunks</li> <li>1% Lowfat Milk</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Spaghetti w/ Meat Sauce</li> <li>Bean &amp; Cheese Burrito</li> <li>Taco Salad</li> <li>Corn in a Cup</li> <li>Orange Halves</li> <li>1% Lowfat Milk</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Fiesta Chicken Burrito</li> <li>Turkey &amp; Cheese Slider</li> <li>Taco Salad</li> <li>Roasted Carrots</li> <li>Peach</li> <li>1% Lowfat Milk</li> </ul>	
<b>23</b> <ul style="list-style-type: none"> <li>Turkey Corn Dog</li> <li>Turkey &amp; Cheese Slider</li> <li>Chef Salad</li> <li>Broccoli</li> <li>Blueberries</li> <li>1% Lowfat Milk</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Chicken &amp; Mashed Potato Bowl</li> <li>Dinner Roll</li> <li>Chef Salad</li> <li>Baked Beans</li> <li>Apple Slices</li> <li>1% Lowfat Milk</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>French Toast Sticks w/Sausage</li> <li>Yogurt Parfait</li> <li>Chef Salad</li> <li>Herb Roasted Potatoes</li> <li>Pineapple Chunks</li> <li>1% Lowfat Milk</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Big Daddy's Pepperoni Pizza</li> <li>Big Daddy's Cheese Pizza</li> <li>Chef Salad</li> <li>Roasted Carrots</li> <li>Orange Halves</li> <li>1% Lowfat Milk</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>Chicken Pesto</li> <li>Turkey &amp; Cheese Slider</li> <li>Chef Salad</li> <li>Cabbage Slaw</li> <li>Peach</li> <li>1% Lowfat Milk</li> </ul>	
<b>30</b> <ul style="list-style-type: none"> <li>Chewyburger</li> <li>Turkey &amp; Cheese Slider</li> <li>Chicken Caesar Salad</li> <li>Herb Roasted Potatoes</li> <li>Blueberries</li> <li>1% Lowfat Milk</li> </ul>	<p><i>Unlimited Salad Bar and Fruit Varieties are Offered Daily An unlimited salad bar with varying vegetables and fruits will be offered each day with Lunch. Local and organic produce will be available as resources allow.</i></p> <p><b>Milk Options:</b></p> <ul style="list-style-type: none"> <li>RF Chocolate Milk</li> <li>1% White Milk</li> </ul>				

# Community Partnerships

- ☐ **ACCESS** after school classes (*Homework Help, RF Cycling, Band*) sign up using this [registration link](#)
- ☐ **After School Activities...** click flier for info.









**JOIN US FOR BAND At Carbondale Middle School**

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

**5TH/6TH GRADERS**  
**MONDAY: 3:15-4:15**  
**WEDNESDAY: 2:00-3:00**

**FALL SEMESTER:**  
 Sept 9th  
 Dec 18th

**CONTACTS:**  
 Chris Banks - jazzspen@accessafterschool.org  
 Alondra Zepeda - alondra@accessafterschool.org  
 Britney Macnab - britney@accessafterschool.org

**QR CODE**

Visit our website to sign up  
<https://www.hewitt.com/accessafterschool/schedules>  
 \$30 fee for the fall semester  
 Scholarships available upon request

[registration link](https://www.hewitt.com/accessafterschool/schedules)

**Scholarships Available!**

We strive to remove as many barriers as possible for families so their child may experience all that Girl Scouts has to offer. Scholarships are available to any family who needs it, no questions asked!

**Girl Scouts is for EVERY girl!**

Troops forming now!  
 Contact Lara  
 Call/Text (970) 628-8007  
 Lara.Verellen@gscolorado.org

**KIDS PROGRAMS AT CARBONDALE BRANCH LIBRARY**

<b>MONDAYS</b> 10:30 AM - BOLD STEPS BOOKS STORYTIME (BILINGUAL) 10:30 AM - BOLD STEPS BOOKS STORYTIME (SPANISH) 10:30 AM - BOLD STEPS BOOKS STORYTIME (ENGLISH)	<b>TUESDAYS</b> 10:30 AM - BOLD STEPS BOOKS STORYTIME (BILINGUAL) 10:30 AM - BOLD STEPS BOOKS STORYTIME (SPANISH) 10:30 AM - BOLD STEPS BOOKS STORYTIME (ENGLISH)
<b>WEDNESDAYS</b> 2:00 PM - STORY CIRCLES & ACTIVITIES 2:00 PM - STORY CIRCLES & ACTIVITIES 2:00 PM - STORY CIRCLES & ACTIVITIES	<b>THURSDAYS</b> 10:30 AM - GET THE MESSAGE OUT 10:30 AM - GET THE MESSAGE OUT 10:30 AM - GET THE MESSAGE OUT
<b>FRIDAYS</b> 10:30 AM - PRESCHOOL STORYTIME 10:30 AM - PRESCHOOL STORYTIME	<b>SATURDAYS</b> 10:30 AM - BILINGUAL STORYTIME (ES & SP) SATURDAYS 10:30 AM - BILINGUAL STORYTIME (ES & SP) SATURDAYS

MORE INFO: MONDAY SEPTEMBER 10TH

**SCOUT FUN DAY**  
 THURSDAY, OCTOBER 10  
 6:30-8:00 PM  
 SCOUT CABIN, EL JEBEL  
 (IN THE BACK OF THE BLUE MECHANIC BUILDING)

Learn more about scouting for boys and girls ages 11-17 with Basalt Troop 242.

**ACTIVITIES**

- Obstacle Course
- Scout Skills Stations
- FUN!

**PLEASE RSVP**  
 Kevin Heath, Scoutmaster  
 (970)-379-0922

<https://troop242.org>

**Stay Connected with us**

facebook.com/accessafterschool  
 instagram.com/accessafterschool  
<https://je.accessafterschool.com/>

accessafterschool.org

[registration link](https://je.accessafterschool.com/)

☐ **Adult CPR Class in Spanish**

English In Action is collaborating with the Red Cross to offer a [Hands-only CPR training](#) with Q&A about other medical emergencies for adults in Spanish at the **Third Street Center** on **September 14th from 9:30-11:30 AM**, no registration necessary.

Questions? Contact Beatriz Ferrufino at English In Action:  
[beatriz@englishinaction.org](mailto:beatriz@englishinaction.org) or 970-963-9200.

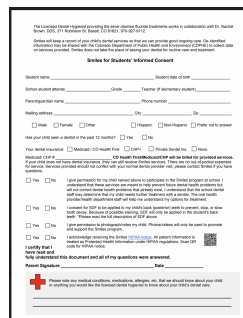
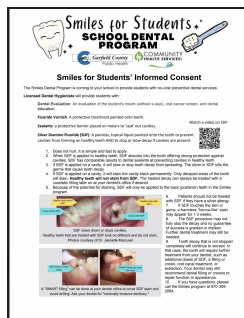




☐ **Smiles for Students is coming to CMS October 1-7th**

Smiles is bringing a team of licensed dental hygienists to schools to provide K-8 students with dental exams and free preventive dental care.

Fill out your [student's consent form](#) online or pick up a paper copy from the front office.



# Volunteer Opportunities

☐ **Every Kid Gets A Yearbook Fund**

CMS wants to provide a yearbook for every student this year! We don't want cost to be a barrier. Please donate to the "Every Kid Gets A Yearbook Fund" in the front office using cash, check or venmo @rsmolnar with description "Yearbook Fund".

Thank you so much for making the yearbook something that every student can enjoy! Contact [Rachel Molnar](#) with questions.





☐ **Friday Teacher Treats:**

Please email Sara Porter at [sporter@rfschools.com](mailto:sporter@rfschools.com) if you would like to provide teacher treats on a Friday. She can send you the details and reminders as well.

☐ **City Market Rewards:**

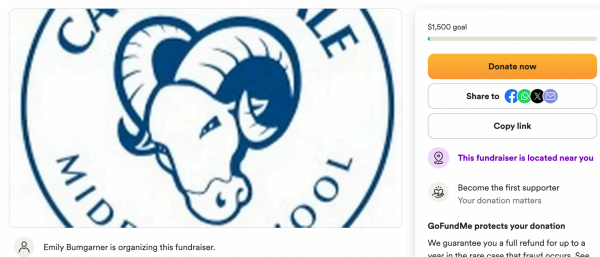
You will still earn the same personal rewards towards gas, cash back, etc. This is an additional donation City Market will make to CMS. They total your spending and donate a percentage back to the community organization of your choice.

☐ **Donating to CMS Parent Volunteer Group's GOFUNDME:**

We will use this money throughout the school year to support our CMS teachers and staff.

Any amount is helpful and greatly appreciated! Thank you!

**Support CMS Teachers and Staff**







## Connect with CMS

Bookmark our [website](#)



Follow us on [Facebook](#) or [Instagram](#)



Sign up for [Remind](#)



Ideas for the newsletter?

Email [Kelli Franzen](#) or [Michael Logan](#)