

From the Principal

Dear CMS Families,

Glad to be writing this to folks on a sunny and somewhat warm Friday afternoon. Here's our week in a nutshell:

- This week we celebrated Teacher Appreciation Day! *Many thanks* to all our parent volunteers for making our day so very special. It was a lovely planned luncheon and the attention to detail was especially noticed. The value of partnership with our CMS families is crucial to our success as a Colchester community school.
- We also had an impressive Career Carnival! We had some quality presenters and the kids had a chance to look forward to what their High-School and/or post-secondary vocational and educational opportunities might look like for them. Many thanks to our very own Guidance Counselor, Ms. Pawlusiak, for coordinating this successful event. Be sure to ask your 8th Grade CMS student about the Blackhawk helicopter that came to visit us, thanks to Mr. Revilla!
- A quick reminder that student's must have locks placed back on their lockers on them by Tuesday, May 15th, or there will be a fine to replace them.
- Be on the look-out in our next Friday Focus for the date and time of our 3rd and final Parent Information Night of the school year.

Warmly,
Dawn Gruss, Principal

NECAPS: **Don't forget!**

- **8th Grade Science NECAPS:** will take place for 3 days on:
Tuesday~May 15th, Wednesday ~May 16th & Friday~May 18th. Make-up days are from 5/21st through 5/23rd
6th & 7th Grade: Basic math skills & writing assessments will take place at the same time:
Tuesday~May 15th, Wednesday~May 16th & Friday~May 18th. Make-up days will also be from 5/21st through 5/23rd.
 - Helpful NECAP success tips:
 - Students should get a good night's sleep
 - Make sure students eat a good breakfast
 - Have a conversation about the importance for them to do their best and try their hardest
 - There will be time after the assessments to have a healthy snack. So, students are welcome to bring a water bottle and snacks.
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Important News: **Reminder!** Any student with outstanding debt from this year, or previous years, will not receive their last report card of the year until the debt has been paid. Also, if your student is an 8th Grader and has unresolved/outstanding debt they will not be permitted to participate in the 8th Grade Recognition Ceremony. Please feel free to contact Mrs. Kathi O'Reilly or our CSD Business Office to help you with this.



New! The first full week of “Better Hearing and Speech Month” is complete and there’s some positive buzz spreading around the school! With a current focus on audiology and hearing loss/prevention, there are materials displayed on both levels of CMS. For next week, check in the library for a special display about a campaign for *Listen to Your Buds*, which will present some surprising information about safe volume levels for listening to music and the usage of ear buds for MP3 players...stay tuned!

GO ONLINE: <http://www.listentoyourbuds.org>

A Reminder About Being Tardy: **Reminder!**

It is important that all of our CMS students and families do their very best to come to school on time. While we do understand that there will be times when that cannot occur, we are noticing an increasing incidence rate of late arrivals. Here are some quick facts about the effect being tardy has on students:

- Walking into a classroom late causes a disruption to the learning environment for the entire class.
- Teachers often need to take valuable and limited instructional time to restructure a lesson that is already in progress.
- A survey of teachers in the 2007 National Center for Education Statistics Indicators of School Crime and Safety documented that students with frequent late arrivals had higher rates of suspensions and other disciplinary problems. Frequently late arrivals were associated with student’s reporting a feeling of being disconnected with the school community, which, in turn, often led to increased behavior problems.
- Students who are frequently late often have lower scores on standardized assessments, lower GPA’s, and lower High School graduation rates.
- Chronic tardiness in Elementary and Middle School is often linked to school failure during High School.
- Students who have a long-standing pattern of frequently arriving late for school are more apt to struggle with maintaining employment as adults.

For these reasons, and to help develop lifelong learning skills, CMS will be addressing students that are tardy to school. Students arriving to school late three times between April 30th and the end of the school year will be assigned a lunch and recess detention. Please reach out to the CMS Administration (Ms. Gruss, Ms. Gillard, and myself) if we can be of support.

Dovid Yagoda, Assistant Principal
Colchester Middle School

From the Nurse:

Warm Weather is here: *New!* Please remember to send your students in with a water bottle. This is especially important for those participating in after school athletics. Also, if your child has asthma and is playing spring sports, make sure they have an inhaler in their sports bag or that they stop by the nurse's office to use it before they leave the building.

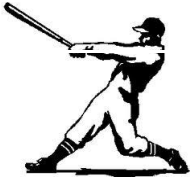
Medications: *Reminder!* Students may not transport medications to and from school, with the exception of sports inhalers for after school.

Many students have been participating in the 'salt-ice challenge': This is where an individual places salt on the bare skin of their back of their hand or arm and place an ice cube on top of the salt. The challenge is to see how long they can leave it in place. The result can be serious and lead to second-degree burns. Burns can lead to tissue damage, scarring, and potentially infections. Please keep an eye out for rectangular burns and talk to your child about the potential risks of participating in this activity.

Resources For Parents:

Reminder! We have a link from the US Department of Education. It's a publication entitled, "Helping Your Child Through Early Adolescence". For more information go to: <http://www2.ed.gov/parents/academic/help/hyc.html>.

SPORTS:



5/14: "A" Baseball and Softball @ ADL ~ 4:00pm

"B" Baseball vs. ADL 4:00pm + "B" Softball vs. St. Francis ~ 4:00pm

5/15: Sports Picture Day After school ~ Bring your uniforms!

5/16: "A" Baseball and Softball @ South Burlington ~ 4:30 PM

5/17: "A" Baseball and Softball @ Shelburne ~ 4:00 PM

5/18: Track Meet @ CVU ~ 4:00 PM

"B" Softball vs. St. Francis ~ 4:00 PM

"B" Baseball vs. South Burlington ~4:30 PM

5/19: Track meet @ U-32 10:00 AM

After-School Activities*

Colchester Rescue will be hosting a CPR/First Aid Certification Course: *Update!* After school at CMS for students in May. Space will be limited for up to 10 students. It will be a three class series and classes will be held on Monday's: May 14th, May 21st, and June 4th from 2:15 – 4:00 PM in Room 144. It will also be held on May 21st, and June 4th. A sign-up roster is out at the CMS Front Office. If you would like to learn more about the program, please call the Colchester Rescue Services Outreach Coordinator, Ms. Jamie Piche, at: (802) 264-5590 or jamie.piche@gmail.com.

* **NOTE:** YOU MUST HAVE AN AFTER-SCHOOL ACTIVITY PERMISSION FORM TO PARTICIPATE IN ANY SCHOOL-RUN AFTER SCHOOL PROGRAMS. THERE ARE NO EXCEPTIONS TO THIS.

Interested in Hosting a Club at CMS? Please contact Ms. Gruss for details at: grussd@csdvt.org

CMS School Events:

Relay for Life – *New!* Caring Cougars are raffling off an IPAD2 to raise money for the “Relay for Life”. The raffle tickets are \$1 a piece or 6 for \$5. Raffle tickets will be sold during the dance this Friday. If you are interested in buying a raffle during recess and lunch you can go to the guidance office and see Mrs. Ward.

Bayside Field Trip – *Reminder!*

The entire sixth grade will be attending a field trip to Bayside Park on Wednesday, June 6. We will be leaving school at 9:00 AM and will return by 2:00 PM. We will be using the bike path to walk to and from the park. Students will be bringing their own lunches on this day. If needed, bagged lunches can be ordered in advance from the cafeteria. As we will be outdoors for this whole time it is especially important for students to bring extra water and sun protection. Please feel free to come and join us at Bayside. Students will be allowed to use the skate park as long as they have a **helmet, knee pads, and elbow pads**. Please write a note if you **do not** want to have your child attend Bayside and/or use the skate park. We will **not** be swimming. School dress code applies

The Young Writer's Project: CMS continues to participate in the [Young Writer's Project \(YWP\)](http://youngwritersproject.org/about). To learn more about the YWP click here: <http://youngwritersproject.org/about>. You can keep up to date on what our students are writing about by clicking on the links above to get to the weekly prompts.

Hello Parents of CMS 8th Graders! – *New!*

The 8th Grade Dance will be held on Friday, June 8th from 6:30-9:00 PM at the school. A group of parents have held their planning meetings and now we are asking for your help to make it a reality. We need people to donate items and food and also to volunteer on the night of the dance. If you can help, please volunteer on our SignUp Genius link: <http://www.signupgenius.com/go/10COB4CABA62B0-cms8th>

Reminders:

- **Homework Club:** Homework Club is held Monday - Friday from 7:00 – 7:30 AM in Room #157 and meets Monday-Thursday in the afternoons in the CMS Cafeteria from 2:15 – 4:00 PM. It does not run on Friday afternoons, as there are no late buses that day.
- ***New!*** - THE LAST DAY FOR LATE BUSES TO RUN IS THURSDAY, May 31st.
- **Snacks at CMS:** Planning to bring in a birthday cake or snack for your child's classroom? Due to several food allergies in the CMS community, any food brought in that will be served to other students must be approved 48 hours in advance. To be approved, a list of all ingredients must be turned into the nurse along with copies of the ingredients in products to be used. For example, chocolate chip cookies would require a list of ingredients in the recipe as well as copies of the ingredients for the flour and chocolate chips used. Please do not add nuts to any recipe. By approving any food in advance, foods can be safely shared and enjoyed by the entire class. You may find the food for classrooms form by using this link: <http://home.csdvt.org/cms/food.pdf> or you can go to the CMS website under "Resources".
- **Buses and/or Change in Afternoon Plans:** ***Reminder!*** Please know we take your child's safety seriously. Any request to ride a bus different from the one that they are assigned or having someone different from their parent/guardian picking up a student after school must be in a written, signed, and dated letter from the parent/guardian. It must be submitted to the CMS Front Office staff by **12:00 PM**. Please be sure to remind the individual(s) whom you gave permission to pick up your child that they will be asked to produce a valid form of identification before we can release the student in their care.
- **Absences:** If your student is going to be absent, a parent/guardian must call their child out prior to the start of the school day. E-Mailing the school is not sufficient notice.
- **Early Releases:** Please plan ahead when scheduling early releases for your CMS student(s). It's strongly suggested that families inform us prior to the start of the school day when your child will leave at any time prior to the official end of the school day. This can be done by leaving a calling Mrs. Dodson (leaving her a voicemail if she is not available at the time of your call) or by sending your student into school with a signed note stating the date, time, reason for their early dismissal, and when they are due to return to school.
- **Traffic Concerns at CMS:** The Colchester Police Department is working to ensure that everyone is aware that you may NOT PARK IN THE FIRE LANE. Please note the signs and the orange traffic cones placed on the drive to draw your attention to this. Also, please turn off your engines while you are waiting outside our building. The exhaust fumes are unhealthy for everyone, but especially our students. Your cooperation in this matter is greatly appreciated.

- **Building Use:** Building use forms can be found on our district web site, (http://www.csdvt.org/main/pages/buildings_grounds/pdf/use_form.pdf) or picked up at the CMS Front Office. They should to be returned to Mrs. Dodson at least one week before your event is to occur in order to process the request and ensure that there is space available for you or your organization. Just as a reminder... if our CMS Cafeteria is the space being used please do not unplug any of the equipment.

IMPORTANT DATES:

Date:	Activity:	Location:	Time:
Monday, May 14 th	Show Choir Girls On Track CPR Certification class	Band Room Room #232 Room #144	2:15 – 3:45 PM 3:00 – 4:30 PM 2:15 – 4:00 PM
Tuesday, May 15 th	Creative Writing Club Girls on Track NECAPS	Room #209 Room #144	2:15 – 4:00 PM 3:00 – 4:30 PM
Wednesday, May 16 th	Math Counts Girls on Track Jazz Band	Room #177 Room #232 Room #178	2:15 – 3:45 PM 3:00 – 4:30 PM 2:15 – 3:45 PM
Thursday, May 17 th	Girls on Track NECAPS Student talent night	Room #144 Cafeteria	3:00 – 4:30 PM 6:30 – 8:30 PM
Friday, May 18 th	NECAPS		

Recurring Dates:

- Every day except Friday ~ Homework Club 2:06 – 3:45 PM in the Cafeteria
- Every Monday ~ Show Choir in Room #178 from 2:15 – 3:45 PM
- Every Tuesday ~ Creative Writer’s Club in Mrs. Garrison’s Room from 2:15 – 4:00 PM
- Every Wednesday ~ Math Counts in Room #177 from 2:15 – 3:45 PM
Jazz Band Practice in the Band Room from 2:15 – 3:45 PM
- Every other Tuesday ~ Lego Club – May 22nd
- Every other Wednesday ~ Student Council in Room # 144 with Mrs. Melloni

Colchester Town Events

Event: **New!** Car Wash to benefit the Girls on the Run Scholarship Fund
and the Colchester Food Shelf

Date: Sunday, May 20th

Where: Colchester Middle School

Time: 9:00 AM - 12:00 PM

Cash and food donations will be collected in return for a car wash. Food donations will be delivered to the Colchester Food Shelf and monetary donations will be sent to the Girls on the Run Scholarship Fund. If you have any questions regarding this car wash, please call Ellen Tetrick at (802) 878-7809.



Serving New Hampshire and Vermont
Girl Scouts of the Green and White Mountains
Summer Camp 2012 - Open to All Girls!
Camp Twin Hills
Richmond, VT Grades K-8

Reminder!

Sessions available between July 2-27 (closed July 4th) Monday-Friday 9:00 AM - 4:00 PM. Before and after care is available, for an additional fee. Day camp price range from \$190-\$360. Camp Twin Hills features recreation fields, nature trails and plenty of sunshine and cool breezes. Girls will have the opportunity to participate in general program activities listed in the day camp overview. Campers will travel one day each week to Waterbury State Park for swimming and canoeing.

Open House

Saturday, May 19th, 2011 from 1:00 - 4:00 PM

For more information call: 888.474.9686 or visit: girlscoutsgwm.org

Financial aid and busing is available.

Resident Camps

Camp Chenoa, Antrim, NH - Camp Farnsworth, Thetford, VT

Grades K-12 - June 24th - August 10th

Resident camp price range: 4-day, \$245-\$260; 1-week, \$410-\$550; 2-weeks, \$710-\$900

Want more information? Contact: 888-474-9686 or visit us at: www.girlscoutsgwm.org

Maureen (McIntyre) Littler, Manager, Membership Growth & Community Development

Girl Scouts of the Green and White Mountains

Serving New Hampshire and Vermont

800-769-7452 or 888-474-9686 xt 308

Mailing address: 60 Knight Lane, Ste. 30, Williston VT 05495

mmcintyre@girlscoutsgwm.org

Girl Scout camp is traditional camping at its best!

Find out more about camp opportunities in your area at:

<http://www.girlscoutsgwm.org/Camp/camp.html>

**A WORD ABOUT SUBMITTING TO THE FRIDAY FOCUS AND OUR
CSD BLOGSPOT:**

Reminder! If there is anything that you would like to submit in our Friday Focus, please email the information to Mrs. Lauricella via e-mail at: Lauricellaa@csdvt.org. All submissions will be reviewed by Administration for final approval.

CSD Spotlight: *Update!*

Subscribe to the *CSD Spotlight* (www.csdspotlight.org) and follow Colchester School District on Facebook (<http://www.facebook.com/pages/Colchester-School-District/122128144546675?sk=wall>) for information about our programs, special projects, initiatives, and general school-related information.