

Principal's Message

"Acknowledging the good that you already have in your life is the foundation for all abundance."

-Eckhart Tolle

With November quickly upon us, it's time to take a moment and reflect upon all the things we are thankful for.

We are thankful for our students who continue to show up daily ready to learn and for our parents who support their students and our staff members.

We are thankful for our support staff (IAs, food services, bus drivers, administrative assistants, etc) and teachers who work endlessly to meet the

needs of our students. They show up every day ready to help our students grow in all aspects.

We are thankful for our SRO, Officer Broadnax, for the positive relationships he builds with our students and the procedures he assists with in order to keep our students and staff members safe.

We are thankful for a community that values education and supports the work we do.

I am so thankful to be a part of Carmel Clay Schools.

Take time this month to share with those around why you are thankful for them. We hope you have a wonderful Thanksgiving!

Let's go, Carmel Cougars!

FOR THE PARENTS, STAFF, STUDENTS, AND COMMUNITY OF CARMEL MIDDLE SCHOOL

Cougar Connect

CARMEL MIDDLE SCHOOL



Administration

Mrs. Deanna Pitman
Mrs. Trudy Young
Mr. Dan Perdun
Mr. Darren Monke

Principal

Assistant Principal
Assistant Principal
Activities Director

Carmel

Middle School

300 South Guilford
Carmel, IN 46032
Phone: (317) 846-7331
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NOVEMBER 2021

Volume 5 Issue 3



Native American Heritage Month

November is Native American and Indigenous Heritage Month which is a time to celebrate and acknowledge the culture, traditions, and importance of Native and Indigenous people. Throughout the month take some time to learn more about the history of Native Americans and Indigenous People. Check out the resources in the media center as well as online and educate yourself about the different tribes and nations and cultural customs and accomplishments of Native and Indigenous people.

STUDENT SERVICES

November CCS Mental Health Monthly Theme: *Gratitude*

WHY IS GRATITUDE IMPORTANT?

Research consistently and strongly supports the association between gratitude and greater happiness. Gratitude has been linked with good experiences, improved health, positive emotions, and the ability to build strong relationships.

Dr. Martin E.P. Seligman tested the impact of writing and delivering a letter of gratitude on the writer and discovered this action provided immediate improvements in mood and demonstrated benefits lasting for at least a month. Another study by Dr. Robert A. Emmons and Dr. Michael E McCullough found that individuals who wrote consistently about what they are grateful for, demonstrated improved optimism and had fewer visits to their physician for areas of concern.

Therefore, the consistent and intentional practice of gratitude can provide long term social, emotional, and physical benefits.

Giving Tree

The holidays are quickly approaching! It is time to start planning for Carmel Middle School's Giving Tree program. Last year we assisted twenty-three families by providing them with requested household items and food for the holidays.

There are two ways to participate.

1. Request needed items for your family
2. Donate items needed.

On November 22, the giving tree will be displayed in the main office and decorated with cougar paws listing needed items. Anyone is welcome to take a paw, purchase the item, and then return it unwrapped to the front office by December 6. If you have questions, please contact Connie Peregrin or Tanya Garber, at 846-7331 or by email.

Please follow the link below to apply for the Giving Tree program or contact Student Services to receive a paper application. [Giving Tree Application](#)

Please remember this is confidential and no names or family information will be given out.

Thank you,

Tanya Garber, Social Worker for Teams 6-1, 6-3, 7-2, 7-3, and 8-1
tgarber@ccs.k12.in.us

Connie Peregrin, Social Worker for Teams 6-2, 6-3, 7-1, 8-2, and 8-3
cperegri@ccs.k12.in.us



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BOOK RENTAL

Book Rental and Materials fees for the 2020-2021 school year are now posted in your [PowerSchool Parent Portal](#). Please log in to view and pay this year's fees. Fees cover textbook rental, consumable books/workbooks, online subscriptions, and technology repair/replacement. Answers to common questions and information regarding payment due dates and textbook assistance, can be found online: [Textbook Fees FAQ](#).

To pay online with a credit card via a secure website: Log into your PowerSchool Parent Portal (not the mobile app), select Resources from the left side navigation bar, click *Rycor* under textbook payment. This takes you to the Student QuickPay homepage with fee amounts and directions for paying online. Partial payments may be made throughout the school year.

Should you need to access the textbook payment site and you do not have a PowerSchool Parent Portal account, please follow [these instructions](#) to create an account. Checks/money orders made payable to CCS can be sent to the Carmel Middle School front office.

Thank you for your attention to this matter.



CLUBS

Clubs are back! Carmel Middle is once again excited to offer an array of clubs to our students! Sponsors are busy generating new clubs and organizing meeting schedules. Club offerings can be found [here](#).

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- Mary J.



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PTO

This November, CaMS PTO is sharing why we're thankful for our caring, kind and giving Cougar family:

- **SROs** – These full-time, law enforcement officers with sworn law enforcement authority who are trained in school-based policing and crisis response keep our students, staff, and schools safe.
- **Cafeteria Staff** – The team makes magic happen given this year's supply chain issues while serving up everyone's favorite – pizza!
- **Counselors and Social Workers** – From academics to social to physical to emotional, this team supports and raises up our students.
- **School Nurse** – From booboos to upset bellies to managing the pandemic, she helps to keep our children healthy and whole.
- **Custodians and Maintenance Staff** – This group keeps everything inside and outside CaMS four walls beautiful and functional.
- **Bus Drivers** – They travel countless roundabouts to carefully transport many of our kiddos to and from.
- **Front Office Staff** – This team is the captain of the ship. They keep everyone afloat.
- **Principal, Vice Principals & Athletic Director** – Your leadership brings out the best in every Cougar.
- **Teachers, IAs & Coaches** – This amazing team brings out the best in our students each day.
- **New Families** – Welcome to the CaMS family and Carmel community.
- **Community Kindness** – Whether it is in carpool or online the kind and calm behavior you exhibit teaches as much to kids as they learn in school.

Pantry Packs Program – Everyone should have enough to eat. This program is especially important around the holidays when school is on break. Please consider donating to ensure everyone has a plentiful Thanksgiving.

- **Thankful Thursdays** – One Thursday a month the PTO provides our Teachers thoughtful and tasty treats to let them know we are always thankful for all they do.
- **Clubs and Club Sponsors** – They put the “extra” in extracurricular. Club Sponsors enable kids to find and do what they love from Cougar Cooks to CRU and from Mathcounts to Jazz Band.
- **Grants we receive and get to approve** – Giving teachers and staff the additional tools they need to further engage students.
- **T-shirts, bingo and more** – Providing students and staff goodies and good times.
- **Blue, White and Late Start Days** – Balanced schedules, time for extracurriculars and homework, the ability to sleep in or make morning ortho and doc appts.
- **Students** – The students are why we do what we do every day!
- **Parents & Guardians** – You are the glue for your kids, the school and the community!
- **Carmel Community** – You support our Dine Out Nights (Spaghetti Factory 12/8)
- **Thanksgiving Break** – Time with family and to rest, recharge and reconnect.

And finally, **Giving Tuesday** is the last day of November. Please consider donating to CaMS PTO to enable all the amazing ways we support our Cougar family.

Follow CaMS PTO on Social Media



Like & Follow us
on Facebook!



On **Twitter**, check us
out at: @CaMSPTO
to receive immediate
updates on CaMS
happenings.



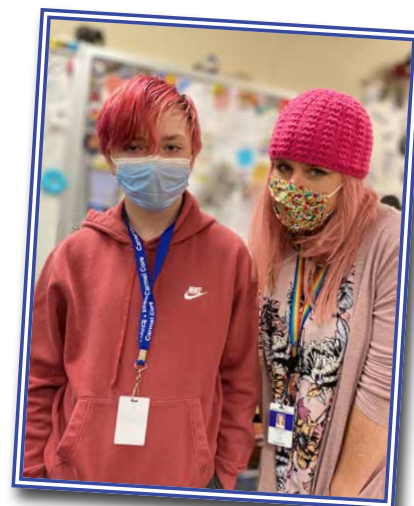
YEARBOOK

Don't miss out on the opportunity to own a piece of history in a year unlike any other! The Vista, Carmel Middle's award-winning, all-color yearbook, is still available for purchase. Available quantity is limited, so act now! Visit www.yearbookordercenter.com use code 8127

CALENDAR

Important Dates to Remember

- Nov 16 Performing Arts Dine-out - Chipotle
- Nov 17 Late Start
- Nov 18 Winter Sports Pictures-After School
- Nov 24-26 Thanksgiving Holiday-No School
- Dec 1 Late Start
- Dec 8 PTO Dine-out Spaghetti Factory
- Dec 15 Winter Sports Pictures-After School
- Dec 15 Performing Arts Dine-out City BBQ
- Dec 17 End of Semester
- Dec 20, 2021 - January 3, 2022 Winter Break-No School
- Jan 4 Students return from Winter Break



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ATTENDANCE INFORMATION

24-hour Attendance Voice Mail: (317) 846-7331

Please call **before 9:00 AM** and select **OPTION 1** if:

- Your student will be **ABSENT**.
- Your student will be **LATE**. Note: Students must arrive by 12:00 PM to participate in an extracurricular activity.
- Your student is leaving school **EARLY**.

To Leave a Message:

1. Say and spell the student's last name.
2. Say the first name.
3. State the reason for absence, late arrival or early dismissal.
4. State the pick-up time for early dismissal.

Note: A late phone call is better than no phone call. Call with attendance changes any time of day.

Please remember to return a doctor's note for students that have arrived late or left early for an appointment.



SCHOOL RESOURCE OFFICER

Hello Cougar families,

I want to remind you that I am a strict follower of the mantra "safety is about relationships." I try to approach all my interactions with students, staff, and families from this point of view. This, over the years has afforded me the opportunity to build meaningful and strong relationships, as well as keep our building safe. I encourage you and your Cougar to reach out to me if ever you have questions about safety or the law, and I'll do my best to answer them.

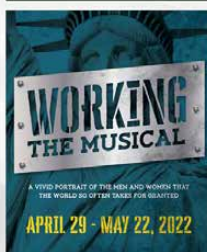
Sincerely,

Officer Broadnax

DROP OFF ITEMS

You will now find a cart in the entry way to drop off student items. Please let your student know you are dropping off an item for them. Your student will then be responsible for coming to the front office to pick up their item.

Welcome Back for Our 2021-2022 SEASON



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ATHLETICS

Thank you to all student-athletes, coaches, parents, and fans for making it another great fall season at Carmel Middle School. Teams experienced various successes within each sport. More importantly, students represented themselves and Carmel Middle School well throughout season. Now on to winter athletics! Boys' basketball and winter cheer are off and running. The first home basketball game will take place on Thursday, November 11th. If you missed the girls' basketball or wrestling callout meetings, please visit the [athletics webpage](#) for details. If you plan to catch any of the home events this winter, perhaps it would be beneficial to invest in an all-sports pass. Passes may be purchased online through the [Carmel Athletics GoFan Page](#).

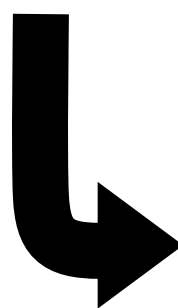
CARMEL ATHLETICS:
PURCHASE TICKETS HERE



TRANSPORTATION CHANGES

A transportation change (ride your bus/ carpool pickup) can be communicated directly with your child via phone/text. If you are unable to notify your child directly, you may call the Main Office and we will get a note to your child. No bus passes are being given out this year. Students must ride their assigned bus, carpool, or walk home.

GO Carmel Cougars!!



SCAN ME



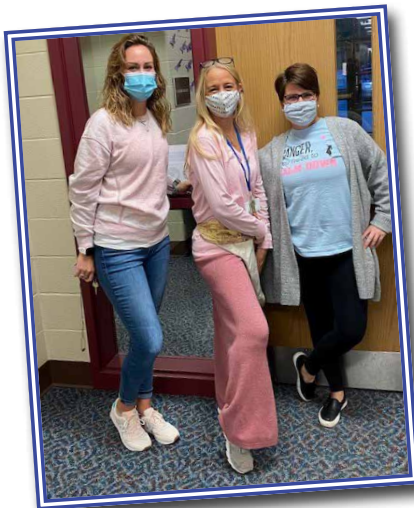
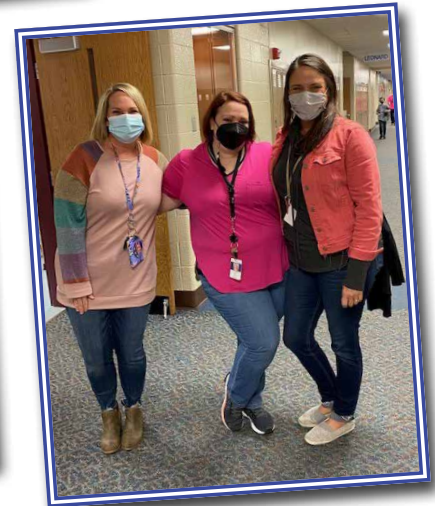
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