

Principal's Message

What a wonderful start to the school year! The students are doing well and we are so happy to have them all back in the building together. We continue to get back in the groove of school and each day is getting better and better.

We have finished NWEA testing and your student's results will be emailed to you later this month. Please note that our current 7th and 8th graders did not take the test this past school year. Should you have questions regarding your student's NWEA scores, please be sure to reach out.

Thank you to all of our families who have donated to our PTO. Our PTO funds the cost of student

clubs and we wouldn't be able to offer as many as we do without this support. Our PTO also funds teacher grants as well as provides each team with money to help support student activities. Student t-shirts that were given out the first day of school were also provided by the PTO. We still have a way to go in order to meet our budget. If you are able to donate, please do so at <https://www.ccs.k12.in.us/pto-cam/fundraising>.

Please remember that when your student is absent, they should check their Canvas pages for daily agendas, activities and homework missed. You, too, can see Canvas pages by

continues on page 2...

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

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SEPTEMBER 2021

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STUDENT SERVICES

During the month of September Carmel Middle School will promote an awareness theme. This month the theme will be Wellness and Suicide Prevention. The Student Services department will be making announcements focused on overall Wellness and Suicide Prevention as well as posting lessons on Canvas. The following resources below may be helpful for parents and families:

[Frequently Asked Questions for Parents](#)

[Addressing Worrisome Behaviors](#)

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Community Health Network Crisis Line:

1-800-662-3445 or 1-317-621-5700

St. Vincent Youth Services Stress Center:

1-317-388-4800 or 1-800-872-2210

Refresh Your Habits this School Year

Submitted by Kymberle Roberts, school psychologist

Just as New Year's Day offers a time to evaluate your current habits and learn new, more productive habits, the start of a new school year affords students the same opportunity to assess their study habits. The Merriam-Webster Dictionary defines a habit as "an acquired mode of behavior that has become nearly or completely involuntary." Just by definition habits are hard to change. To make this change even more problematic, the length of time it takes to change a habit differs greatly from person to person. A 2009 study conducted at University College London found that it takes anywhere from 18 days to 254 days to form a new habit. While this may seem daunting, there are several ways to help this process move along. In her article titled [Want to Change Your Bad Habits? Do These 2 Things](#) as uploaded to [www.additudemag.com](#), Nicole Perkowitz suggested starting with the following:

1. **Substitute a more productive habit**— Try to think through a positive lens and, instead of discontinuing a habit, replace that bad habit with something more constructive. For example, if you would like your student to watch less television before bedtime, ask them to replace that behavior with reading a book, drawing/coloring, or writing in a journal.
2. **Create hurdles**— When working to change a habit, it is easy to slip back into more familiar behaviors. Place a hurdle, a natural obstacle that causes a task to be more difficult, in your way. To help your student remember

Principal's Message

continued...

becoming an observer of your student's Canvas courses. This is a great way to see what your students are learning at school.

As we continue on with the school year, please do not hesitate to reach out with any questions or concerns. We appreciate your support!



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their new bedtime routine, try unplugging the TV or setting a programmable outlet timer to turn the TV off at a specific time.

It does not matter how long it will take someone to change a particular habit. Whether 18 days or 254 days, what matters is starting with day 1 and meaningfully working toward your goal.



If your family would like to donate coats:

- The coat drive will begin 10/04/2021
- Decorated boxes will be in the halls

- The coat drive will end 10/12/2021

If your family wants to attend the Hamilton County Kids Coat giveaway:

- 6 different Give-a-ways take place on October 30th, November 6th & November 13th
- Please see <https://kidscoats.org/> for give-away sites around Hamilton County
- Register your family for a time slot by October 15th. Click here to register <http://kidscoats.org/appointments/>
- 9 am -12 pm

CAMS Pantry Packs

The Student Services Department, with the help of the PTO, is offering the pantry pack program this school year. Pantry packs provide food for Carmel Middle School students over the weekend. Participation in the program is completely confidential and only Student Services is aware of who is participating. Social workers place a bag of food in the participating student's locker every Friday. We will use safety precautions when packing and distributing food items.

Pantry packs will start on September 3, 2021. Please use the link to register your child for the Pantry Pack Program. <https://forms.gle/n6AUysH7NsLtC7HWA>.

Bullying Prevention

We would like to inform you that students will be attending a developmentally appropriate awareness program, Monique Burr, about bullying prevention. Our school is scheduled to provide the programming on the following dates:

- 6th -Sept. 22 and 23
- 7th Sept. 28 and 29
- 8th Sept 30 and Oct. 1

We encourage you and your child to talk about what they learned following the presentation.

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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. Look for clubs to start meeting in early September! Club offerings can be found [here](#).



SCHOOL RESOURCE OFFICER

Awareness is something that we emphasize with our Cougars' often. It could mean always being aware of your surroundings when at school or out in the community. It could also mean being aware of the little things in our lives that if left unchecked, could snowball into bigger problems. Things like not staying up on your homework or practicing your musical instrument. It also could mean being aware of the things that we say to others, and how our actions affect more than ourselves. In our attempt to help our Cougars' be well rounded people, we ask that you continue to reinforce this concept of awareness.



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PTO

How does your \$40 family donation to the PTO get used?

In short, your donation goes to covering the extras that taxes don't and improving the morale among students, teachers, and staff! We do all of this without asking you to volunteer, bake or sell anything.

Your \$40 donation buys headphones, portable whiteboards, new books, your kid's CaMS t-shirt, pizza parties, teacher snacks and more.

Want more of a breakdown on how the PTO uses your donation?

First, each team in each grade receives \$500 from the PTO to use how they see fit – from t-shirts to popsicles to interactive classroom items.

Next, the PTO funds the Cougar Kick-Off and the All-School Wellness Committee – promoting social, mental, and physical wellness.

Additionally, we provide money to buy extra supplies and goodies for the Nurse, Special Education & ENL, Unified Arts, Counseling and Guidance, Student Assistance, Guided Study Hall, and the Principal's Fund.

Then, we fund the soon to begin student-favorite: Clubs! From Art to Cooking to Chess to Harry Potter there is a club for every student's passion.

Also, the PTO provides the funds to fulfill teacher and staff grants. Those who want something extra for their classroom or office complete a request form providing the what, why, and how much. The PTO Executive board votes on the grant, and since the requests are nearly always reasonable, we approve, and the requestor gets the funds they need to enhance your child's education.

One of the most important areas in which we provide financial support is Pantry Packs. This program provides food over the weekend and during breaks to those students in the CaMS family that are experiencing food insecurity.

Finally, the PTO sponsors the 5th to 6th grade transition event costs which includes t-shirts and more – this event boosts excitement for this special group of kiddoes!

If you haven't yet provided support to all the great things the PTO has already started doing for your student(s), please do so today: <https://carmel-middle-school-pto.square.site/> or write a check to Carmel Middle School PTO and drop it off in the office.

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



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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.



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.

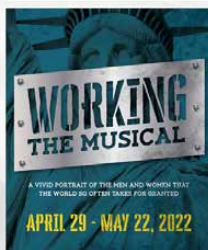


CALENDAR

Important Dates to Remember

Sept 21	Picture Retake Day
Sept 22	Late Start
Oct 6	Late Start
Oct 13	End of Quarter
Oct 14 & 15	Fall Break-No School
Oct 20	Late Start
Nov 3	Late Start
Nov 17	Late Start
Nov 24-26	Thanksgiving Holiday-No School

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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 .

ATHLETICS

There has been a lot of energy around the start athletics! It has been great to see students enjoying the sports they love. Coaches and athletes have been working hard, competing, and representing Carmel Middle well. If you would like to support Carmel Athletics, consider purchasing an All Sports Pass or attending one of the many fall events. All information and schedules can be found in our GoFan page below. Hope to see you at an upcoming athletic event!

[Carmel Athletics GoFan](#)

(See schedules, Purchase passes or tickets).

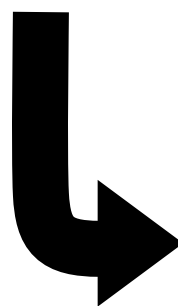
GO Carmel Cougars!!



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.

CARMEL ATHLETICS: PURCHASE TICKETS HERE



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