

Principal's Message

Welcome to second semester! I hope you all enjoyed a nice winter break and are feeling refreshed and ready to tackle the remainder of the school year. It's been a pleasure seeing students back in the halls and hearing about the fun things they did on their breaks.

Second semester brings the beginning of the scheduling process with our students. Our counseling team will be speaking with students about class options for next year and helping them pick their classes. Be looking for information more via email soon.

Second semester also brings standardized testing for our students. We recently started NWEA testing. Results will be emailed home in February. ILEARN

testing is in May. More information will be sent in March regarding ILEARN times and dates.

Our afterschool clubs continue, and we are so grateful to our PTO for providing funding. We certainly couldn't offer clubs without this support. To see a list of our clubs, please visit our school website under Student Life. Winter athletics are also in full swing. Come out and support our basketball and wrestling teams. We also have our Show Choir, band, and orchestra ensembles competing throughout the next few months. They are truly entertaining to watch if you haven't had a chance to see any of them. It's amazing how involved our students are at Carmel Middle School!

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 *Principal*
Mrs. Trudy Young *Assistant Principal*
Mr. Dan Perdun *Assistant Principal*
Mr. Darren Monke *Activities Director*

Carmel

Middle School

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Carmel, IN 46032
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JANUARY 2020

Volume 3 Issue 4

STUDENT SERVICES

Kindness Matters

In February, we will be focusing on kindness as part of our CCS Culture of Care initiative. All through February, you should hear your student mention the Kindness Matters campaign going on at school! We will be focusing as a school on kindness, empathy, tolerance, stereotyping, and respect. Ask your child to tell you about the third party compliment box or the thank you note board.



Scheduling

During the month of February school counselors will be going into 6th and 7th grade Core Plus classes to help students put in their elective course requests. Students are encouraged to talk with their parents about their selections. Please contact your student's school counselor if you have questions.

Dates to Remember

- March 13..... End of Quarter 3,
- March 19..... Core Celebration
- March/April6th, 7th, 8th Grade Career Presentations by Counselors

21st Century Scholars

High school is right around the corner! As a middle schooler, college might seem a long way off, but there are still things you can do to prepare for this important time in your life right now. You can enroll as a 21st Century Scholar from the time you enter 7th grade to June 30th of your 8th grade year, and if you keep your grades up and meet a few eligibility requirements, you'll get money to pay for college!

Please visit the 21st Century Scholars website for more information and to enroll in the program.

- <https://learnmoreindiana.org/scholars/>

Homework Hurdles

Kymberle Roberts, School Psychologist
(Adapted from Ann Dolin, *ADDitudemag.org*)

In speaking with parents throughout the years, I hear four common hindrances to stress-free homework completion: disorganization, procrastination, rushing through work, and frustration.

Disorganization

In middle school, students are suddenly asked to organize and keep track of multiple teachers and classes. When students are unsure of assignment requirements or due dates, this lack of organization can trigger homework struggles. When sitting down to complete homework, help your student dedicate a few minutes to organizing themselves first: sort papers, put binders in order, and work together to organize. Arrange materials for each assignment in chronological order and ensure your student has all necessary supplies before starting. Over the weekend, plan a dedicated time to organize binders, purge unnecessary paperwork and file notes or future assignments requirements. Check Canvas boards for any missing work as well as upcoming tests or projects. Make a list of all steps necessary to complete an assignment, project, or study guide and erase the task once completed. Help your child learn to become a project "manager."



Seasonal Affective Disorder (SAD)

During the winter months many adults, teens and children struggle with symptoms of SAD. Please click on the link to learn more.

- <https://kidshealth.org/en/teens/sad.html>

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STUDENT SERVICES

Homework Hurdles continued...

Procrastination

When students feel overwhelmed or under-prepared, they may wait until the last minute to complete homework or to study for upcoming tests. Sometimes, feeling overwhelmed makes starting tasks without assistance and prompting difficult. Dr. Dolin suggests parents help their student “lower the barrier to entry.” Complete the simplest portion of the assignment first, even if just writing the title page or solving the first two math problems. Once a task is started, it is often easier to continue working toward completion. Another strategy suggested by Dr. Dolin is named the “Tolerable 10.” Set a timer and help your student focus as best they can for ten consecutive minutes. Take a quick movement break, stretch or walk around the room, before setting the timer again. Taking time to break longer assignments into smaller parts and assign personal due dates may help ensure your student is not completing essays and projects at the last minute.

Rushing Through Work

Does it seem as though your student completes assigned work as quickly as possible to return to video games or text messages? You are not alone. Work with your student to set a reasonable amount of designated homework time. Many educators suggest students should spend ten minutes per grade level on homework nightly. For example, a sixth grade student could have up to sixty minutes or so of homework. During this time, students should focus exclusively on school tasks. If students complete all assignments before homework time ends, have your student read a book, study/review notes, or practice math facts.

Frustration

Through research, neurologists have learned that, when someone is frustrated, their amygdala (the part of the brain controlling emotions) works overtime. In response, the prefrontal cortex (the part of the brain in charge of executive functioning and impulse control) decreases its functioning. If this occurs while completing homework, a student may demonstrate difficulties focusing and problem solving, or controlling emotions. Sometimes disengaging from the situation and taking a short break will reset emotions to look at the assignment from another angle. When you take time to speak with your student and label the feeling or emotion, you are modeling empathy, validating their feelings, and creating a safe environment to problem solve healthy coping strategies.

By turning homework into a series of conversations about what needs to be done, how and for how long, students feel supported and may reach a higher standard than they might alone. And, don't forget to throw in some high fives!



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Carmel

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www.huntingtonhelps.com/center/carmel

PTO INFORMATION

Dine Out & Support CaMS PTO

Treat your family and support the CaMS PTO at the same time! Join us for a Dine Out event on **Wednesday, Jan. 22nd, 11 am – 9 pm at Papa Fattoush**, located at 15 East Main Street in Carmel. Enjoy authentic Greek & Mediterranean cuisine (such as baklava, salads, soups, hummus, gyros & kababs) made with fresh, healthy ingredients. The CaMS PTO will receive 20 percent of the day's sales.



CaMS PTO Pantry Packs Program

The Pantry Packs program provides small meals & snacks weekly to CaMS students who qualify through the counseling department. We are thankful for the food, funds & gift cards we have received from families, school, and community groups so far this school year.

At this time, **peanut butter (16 oz.), microwave popcorn & instant oatmeal packets are needed the most.** Food donations can be dropped off at bins located inside the CaMS main entrance. Financial donations can be made at <https://squareup.com/store/carmel-middle-school-pt>. If your club or business would like to hold a food drive or contribute grocery store gift cards, if you would like to volunteer, or if you have questions, please contact Vesper Miller or Anne-Marie Monty at CMSPantryPacks@gmail.com.

Follow CaMS PTO on Social Media



On **Facebook**, find us at: [Facebook.com/Carmel-Middle-School-PTO-173571263236536/](https://www.facebook.com/Carmel-Middle-School-PTO-173571263236536/)



On **Twitter**, check us out at: [@CaMSPTO](https://twitter.com/CaMSPTO) to receive immediate updates on CaMS happenings.

Your CaMS PTO Needs You!

The students & staff of Carmel Middle School need your help to keep student programming running through the school year. Please consider helping in these ways:

- **Volunteer in the bookstore and media center.** For more information, go to <https://www1.ccs.k12.in.us/cam/pto>.
- **Clip Box Tops** and have your student drop them off in the main office before or after school or at the book store during lunch.
- **Link your Kroger Plus Card.** Through Kroger Community Rewards, the CaMS PTO earns rewards on all eligible purchases you make with your Kroger Plus Card. Register online at [krogercommunityrewards.com](https://www.krogercommunityrewards.com). (The Carmel Middle School PTO number is #83337.)
- **Link your Amazon Smile Account.** Do you shop Amazon.com? If so, your personal shopping can help raise money for the CaMS PTO! Through

the Amazon Smile program, CaMS PTO receives a percentage from all purchases made. To register, go to the link on the Carmel Middle School PTO web page for the Amazon Smile program.

Keep Up-to-Date on CaMS Events

Stay informed on CaMS PTO happenings & ways you can help support our students & staff by regularly checking the CaMS PTO web site at <http://www1.ccs.k12.in.us/cam/pto>. On Facebook, find us at www.facebook.com/Carmel-Middle-School-PTO-173571263236536/ and on Twitter, check us out at [@CaMSPTO](https://twitter.com/CaMSPTO) to receive immediate updates on CaMS happenings.

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STUDENT CALENDAR

Important Dates to Remember

- JANUARY 22** PTO Dine-out at Papa Fattoush
- FEBRUARY 11** 6th Grade Social (students only)
- February 13..... 7th Grade Social (students only)
- February 17..... No School – Presidents’ Day
- February 18..... PTO Dine-out at Verde



ATHLETICS

It is a busy time of year at Carmel Middle School. Any given day, you will find the wrestling team, cheerleaders, boys’ & girls’ basketball teams and the winter run club working hard at practice. The boys’ basketball teams look to finish their season strong with tournaments in February. Be on the look-out for County Spirit Days the week of February 3rd! Though we are in the midst of winter sports, it is never too early to look ahead as spring sports will be here before we know it. The spring season officially starts on March 16th. Information regarding callout meetings for baseball, softball, and track & field will be available soon! Please be sure you have your physical and online consent form completed.

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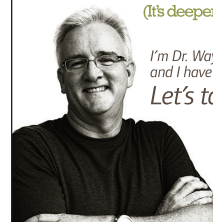
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Register for a 1-day class! Choose from:

- January 25, 2020
- February 8, 2020
- March 7, 2020
- April 25, 2020
- May 30, 2020
- June 13, 2020

From 9:00 am - 3:30 pm, at the Carmel Fire Department Headquarters 2 Civic Square, Carmel, IN 46032.

Registration Information

- **Class fee is \$60. Students should bring a sack lunch.**

Pre-registration is required at least one week in advance. To register, call 317.571.4245 or email kfreer@carmel.in.gov. Register early as classes fill quickly!

Class Content

1. Safety Skills:

Students learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies.



2. First Aid & Rescue Skills:

Learning skills such as choking rescue and CPR is often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses.

3. Life & Business Skills:

The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays.

4. Child Care Skills:

Students learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering.

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ATTENDANCE INFORMATION

24-hour Attendance Voice

Mail: (317) 846-7331

Please call before **8:00 AM** and select **OPTION 1** if:

- Your student will be **ABSENT**.
- Your student will be **LATE**.
Note: Students must arrive by 11:30 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.

SRO

Welcome back for the second semester Cougar families. We are in the midst of taking a deep breath before diving back into the school year. I feel it is always a good reminder for us to remember that in Carmel Clay Schools, safety is about relationships. I am always trying to connect with as many Cougars as possible, because this will help create an environment in which they feel safe bringing their concerns to me. Please remind your Cougars to say something to a trusted adult if they see or hear something that is concerning. One of the best ways to do this is to utilize the Stopit App found on any Carmel Clay School website. I look forward to an awesome second half of the year. Please contact me at mbroadnax@carmel.in.gov if I can ever be a resource to you.

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.

Students requesting to go home with a friend on a different bus must submit a signed note from their parent to the MAIN OFFICE in the morning. Students should return to the main office after first block to pick up a Bus Pass (during passing period, before/after lunch, after school). The Bus Pass is given to the driver upon boarding. **Passes are NOT issued the day BEFORE a holiday weekend or any district-scheduled day off school.**

DROP OFF ITEMS

Drop off items should be placed on the Drop Off Table in the Main Office. It is students' responsibility to pick up items during a passing period or their lunch period. To minimize disruptions, we do **NOT** notify students about deliveries with the exception of an occasional lunch or medical item.

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