



# CALMS NEWSLETTER

Welcome home CALMS family!

We are looking forward to continuing to bring together our CALMS community each day. Please take a few minutes to review our newsletter. Our newsletter contains helpful information, including important dates, Chapel News, and House Announcements. We believe a strong partnership with you will make a great difference in your child's education. We share the responsibility for our children's success and want you to know that we will do our very best to carry out our responsibilities.

We ask that you pray for our families, students, and staff as we work together to grow in Christ this school year.

## Important Dates *\*All Dates Subject to Change\**

- 12/4 - Band Concert - Grades 7-12, 6:30 p.m.
- 12/11 - Orchestra Concert - Grades 5-12, 6:30 p.m.
- 12/12 - Choir Concert - Grades 6-12, 6:30 p.m.
- 12/14 - Band Concert - Grades 5-6, 6:30 p.m.
- 12/20 - End of Quarter 2/Semester 1
- 12/20 - No After School
- 12/21 - 1/2/24 - Christmas Break/No School for Students
- 1/3/24 - Teacher In-Service Day/No School for Students
- 1/4/24 - Quarter 3/Semester 2 Begins
- 1/15/24 - Martin Luther King, Jr. Day/No School for Students

## Chapel & House Information

In **Quarter 2**, we are introducing our new quarter focus about *Distortions of the Truth*

Date	Chapel Topic	House
12/7	Relationships are All About Me	Dashuri vs. Zahvalan Dodgeball
12/14	Band and Orchestra Concert	Servitas vs. Mahara Dodgeball
1/11	New Quarter Focus: Our Example of Grace & Truth	Family Break Discussions
1/18	Jesus Hulks Out	Competition Mega-Kahoot
1/25	Jesus Resists Temptation	House Time

## Connect **Christmas Breakfast**

Our annual Connect Breakfast will be on the last day of school before the Christmas break on Wednesday, December 20th from 8:10 am - 9:15 am. Please contact your Connect Class parent if you would like to contribute items for the breakfast. Please send in any breakfast items with your student if possible.

**The school cannot accept DoorDash deliveries.** This celebration is a great way for students and staff to celebrate Christmas and the completion of the first semester. *Following breakfast, the students will enjoy a Christmas program in the auditorium and participate in our annual Reindeer Rally ending at 11:30 am.*

If you wish for your child to leave early, please **CLICK HERE**. Early Dismissal Requests **MUST BE** completed by Friday, 12/15/23 at 3:00 p.m.

## Ask your child about their house!

- **COURAGEOUS** - Fortem
- **APPRECIATIVE** - Zahvalan
- **LOVING** - Dashuri
- **MINDFUL** - Mahara
- **SERVANTS** - Servitas
- **DREAMER** - Reveur

## Order your **YEARBOOK** now!

As students become more engaged with the CALMS family, take the opportunity to capture these moments in our CALMS Yearbook. \$55.00.

**ORDER HERE**



## CALMS Inclement Weather Information

CASS closing procedures can be found at [School Closing Procedures | Christian Academy School System](#). *Note that CASS does not follow JCPS for closings and delays. Families, faculty, and staff will receive information via our Emergency Alert System.*

**CALMS Specific information & schedules - [CLICK HERE](#)**

# CALMS *Honors God* with...

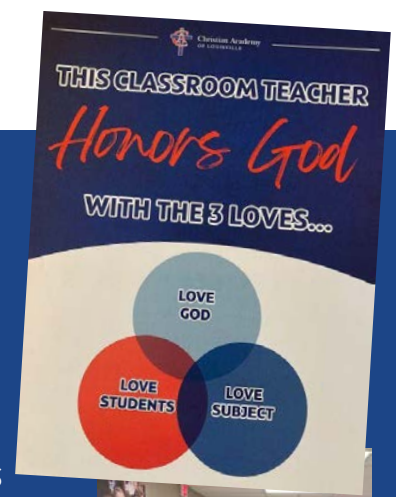
## Giving to others

We pursue putting others needs first at CALMS, by giving, to honor God.

Throughout the month of November, students were encouraged to give food items to support those in our community that are in need.

Students brought in a variety of food items to serve others, while also earning points, making this a CALMS House competition. Bins were placed in a CALMS hallway, providing collection sites for each House. Teachers also got into the spirit of giving, by bringing food items in to help fill the need.

We pursue giving at CALMS in a variety of ways. Throughout this can food drive, students and teachers collected over 5,000 food items to help feed the hungry families in our community. In future months at CALMS we will again give to others through a Meal Packing program and in the summer of 2024 will return to Henderson KY to continue our mission work.



## Counselors Corner

This time of year, I frequently notice students who look tired, make statements about being tired, or observe them yawning throughout the day. Most of us start to notice this change with the start of daylight savings. Regular sleep patterns are critical for children. According to the Sleep Foundation, children ages 6-12 should get 9-12 hours of sleep each night. Children ages 13-18 should get 8-10 hours of sleep each night. Not getting enough sleep affects all areas of life for a middle schooler. Not only does it affect a student's physical health and academic performance, it also affects their mental health. Inadequate amounts of sleep in teens is linked to anxiety, depression, and suicidal thoughts. Lack of sleep can also impact emotional development.

There are many contributing factors as to why students do not get enough sleep. One major factor is electronic devices. Research shows that 89% of teens keep an electronic device in their room at night. The use of electronic devices often keep students up late at night, they are awakened by notifications, and the light emitted suppresses melatonin production. There are several strategies to help your child obtain the amount of sleep their body needs. This includes going to bed at the same time every night and keeping a consistent sleep schedule, not consuming caffeine prior to bedtime, not using electronics a half an hour before bedtime, not keeping electronics in their bedroom, creating a calming environment and bedtime routine.

If you have questions or need assistance, Mrs. Patrick ([mpatrick@caschools.us](mailto:mpatrick@caschools.us)) is the 6th grade Counselor and handles administrative and scheduling issues for all MS students.

Mr. Barnett ([tbarnett@caschools.us](mailto:tbarnett@caschools.us)) is the 7th and 8th grade Counselor, Spiritual Life Coordinator, and House Chair.

## ENGLISH STATION PTO:

Did you know there is an easy way to support CAL PTO? Just the scan of your grocery shopping receipts could mean extra funding!

Boxtops have long been a viable way for school groups to earn money, but clipping the cardboard tops and getting them turned in was cumbersome. Fortunately, Boxtops has made it super easy to participate! All you need to do is download the app, find [Christian Academy of Louisville](#) as your earning school, and start scanning your receipts! The app is user friendly and easy to navigate. Click the link from your mobile device:

[BOXTOPS4Education](#)

[Enroll in Kroger Rewards Today!](#)

Want Something to Remember?

Buy an 8th Grade Ad To Be Featured In Our Yearbook!

1. Scan The QR Code or visit [yearbookforever.com](http://yearbookforever.com)
2. Submit a picture of your 8th grader as a baby or toddler.
3. Submit a note to your 8th grader that you would like to be in the yearbook.
4. Pay your ad space fees and buy a yearbook at the early bird discount!

Student's Name  
Message of your choice  
Who it's from

## CALMS Reminders...

- Students are to follow dress code on a daily basis - If not in dress code each family must address the need so that the student may return to class.
- When attending extra curricular events - it is expected that parents accompany and supervise their middle school student at all times.
- Students are encouraged daily to put their Student ID in their locker at the end of the day.
- The quickest way to reach the middle school receptionist is by emailing at [msreception@caschools.us](mailto:msreception@caschools.us)
- Many questions you have or resources you may need for middle school can be found [HERE](#)
- The start time for middle school is 8:10 a.m. (warning bell rings at 8:05 a.m.).
- Early Dismissals: If a student is to be picked up early from school – this must be before 2:30 p.m. or you will need to pick up your student in the carpool line. We also ask that you notify the middle school office by 1:00 pm.