



CALMS NEWSLETTER


Welcome home CALMS family!

As we move forward into our third quarter, we want to bring together our CALMS community with news and updates. Please take a few minutes to review our February - March newsletter.

This edition contains helpful information, including important dates, Student Led Conference information, Chapel News and related announcements. Partnering with you will make a great difference in your child's education.

As we progress into 2024, we ask that you pray for our families, students, and staff as we work together to grow in Christ throughout the last two quarters of the school year.

Important Dates **All Dates Subject to Change**

- 2/5 - Remote Learning Day
- 2/15-2/16 - Teacher In-Service Days/No School for Students
- 2/19 - Presidents' Day/No School
- 3/5 - MS Choir Concert, 6:30 p.m., Auditorium
- 3/8 - Quarter 3 Ends
- 3/11 - Quarter 4 Begins
- 3/12 - Band/Orchestra Concert, Grades 6-8, Auditorium
- 3/20 - Student Led Conferences (More information) 
- 3/26 - 8th Grade Washington, D.C. Parent Meeting, Auditorium
- 3/28 - Meal Packing Day
- 3/29 - Good Friday/No School
- 4/1 - 4/5 - Spring Break

Student Led Conferences

Making school matter has always been a goal for educators - Teaching students to OWN their OWN Learning is a process that begins here at CALMS. As many of you already know, our upcoming Student Led Conference is different from the standard parent teacher conference. Through your student's Connect teacher, you will sign up for a spot, in which your student will present, in the next few weeks. It is expected that each student will be present on conference day.

Wednesday March 20, 2024 you will bring your student to CALMS with you (they do NOT have school that day) and your student will lead you through their conference. Your student is preparing to speak with you about 3 areas of school - they may do this in a variety of ways through their digital backpack.

ARRIVAL on Conference Day

1. Please enter through the front entrance.
2. Get checked in by a staff member.
3. Make your way back to CALMS for your Student Led Conference. (Continued on pg 2)

Ask your child about their house!

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

Chapel & House Information

In **Quarter 3**, we are introducing our new quarter focus

| Date | Chapel Topic | House |
|------|--|---|
| 2/1 | Jesus: Compassion | Chapel Chat |
| 2/8 | Teacher Panel: "What area of your life is the hardest to be an example of Grace & Truth?" | House Time |
| 2/22 | Jesus: Dealing with Irritation | Volleyball Tournament: Fortem vs. Dashuri |
| 2/29 | Jesus: Empathy | Volleyball Tournament: Servitas vs. Zahvalan |

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...

Sharing what we've learned with others

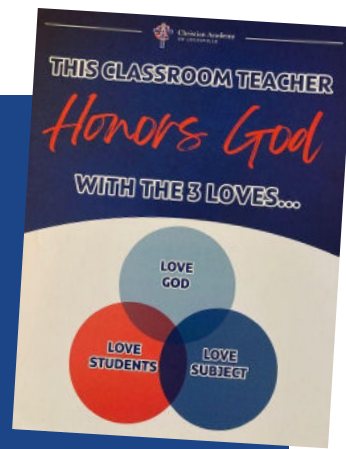
Teaching students to OWN their OWN Learning is a process that begins here at CALMS

Students have had 10 working Power hours on Tuesdays in school to work on their digital backpacks with their Connect teacher - We've asked each to practice as they build to ensure clarity throughout. Since this project is in CANVAS - Students can actually work on their digital backpacks any time they have access to a computer.

Student Led Conferences are a time for you and your student to share together what learning looks like to them. Ask your student questions - Be encouraging when you see growth - Challenge them if their presentation isn't quite as polished as you hoped - This is an opportunity for your student to shine!

The Connect teacher will only be there to: Welcome you - Make sure the student is able to get to their backpack - And also to keep track of the time.

All teachers will be conducting similar conferences, so there will NOT be time for you to speak with specific teacher about your student - You should always email any teacher if there is something you wish to discuss with them specifically about your child.



Counselors Corner - Teens and Technology

Parenting teens has always been challenging, however that challenge increases with our advances in technology. Devices, social media, and the internet allow children to access content that is **not parent approved**. The images and content that children are exposed to not only effect them at that moment, it can greatly impact their mental health.

Dopamine is a chemical released in the brain that brings pleasure. High dopamine activities (HDA) provide instant and constant stimulation. Examples of HDA are drugs, alcohol, and gambling. HDA also includes screen time such as video games, social media, and pornography. "There is a relationship between high amounts of screen time and depression in adolescence." (Boers, Afzail, & Newton, 2019).

Teens are not only dealing with the mental health impact that technology creates. Sexting has become an issue. Sexting is taking or sending messages and images of a sexual nature. Stats on teens and sexting (Mori, Park, Temple & Madigan, 2022)

19.3% of teens had sent a sext - 34.8% of teens had received a sext - 14.5% of teens had forwarded a sext without consent

Parental controls are great tools that allow parents to set controls on their child's internet use. Don't leave all of the work to the parental controls.

Examine your child's phone. Look for hidden folders and make sure their phone is not in incognito mode (activity is not remembered).

Parental controls should be used in combination with education and conversations with your child. Limit your child's access to their devices, such as storing them at night. Discussing with your child the dangers of technology and the impact their choices can have on their lives will help them to make better choices.

If you have questions or need assistance, Mrs. Patrick (mpatrick@caschools.us) is the 6th grade Counselor and handles administrative and scheduling issues for all MS students. Mr. Barnett (tbarnett@caschools.us) is the 7th and 8th grade Counselor, Spiritual Life Coordinator, and House Chair.

ENGLISH STATION PTO:

Mark your calendars and start stretching for

CAL-A-THON's epic *COLOR Run*
Friday, April 26th!!



Also, stay tuned for our next CALMS event coming in March!
Details are coming soon!

Get Connected - Join Our Facebook Group

Visit us Online -

www.caschools.us/english-station-pt

Also - [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
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
- 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.