



CALMS NEWSLETTER

Merry Christmas and **Happy New Year** 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**

- 12/3 - Band Concert - Grades 7-12, 6:30 p.m.
- 12/5 - Orchestra Concert - Grades 5-12, 6:30 p.m.
- 12/9 - Choir Concert - Grades 6-12, 6:30 p.m.
- 12/17 - Band Concert - Grades 5-6, 6:30 p.m.
- 12/20 - End of Quarter 2/Semester 1
- 12/20 - No After School Care
- 12/21 - 1/6/25 - Christmas Break/No School for Students
- 1/6/25 - Teacher In-Service Day/No School for Students
- 1/7/25 - Quarter 3/Semester 2 Begins
- 1/20/25 - Martin Luther King, Jr. Day/No School for Students
- 1/31/25 - Remote Learning Day

Chapel & House Information

In **Quarter 3**, we are introducing our new quarter focus about **Challenges to Community**.

Date	Chapel Topic	House
12/5	Jesus in Isolation	Dashuri vs. Fortem Dodgeball
12/12	Band and Orchestra Concert	Zahvalan vs. Mahara Dodgeball
12/19	The True Meaning of Christmas	Servitas vs. Reveur Dodgeball
1/9	Recap and Challenges Overview	House Time - Family Break Discussions
1/16	Peer Pressure	House Time
1/23	Division and Cliques	House Time
1/30	Power of Words	Family vs. Family Competition

Connect **Christmas**

Breakfast Our annual Connect Breakfast will be on the last day of school before the Christmas break on Friday, 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 Wednesday, 12/18/24 at 4:00 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... Teaching and Learning

At CALMS we pursue Christ through our teaching and learning. On December the 6th, our seventh grade students had the opportunity to share their learning through our "Building the Future Cell Showcase". Our students put their learning on display for all to see - and with that we had over 200 guest that included parents, families and many grandparents. What a wonderful day it was to see students present their learning and build community within our school. We also had several people from the medical, engineering and art fields to serve as judges, who spent time reviewing each cell project and viewing the slide shows that were included. The most exciting moment came when one of the judges pointed out, that student after student could explain how God is behind all the engineering in the cell and they could do so in a very specific and scientifically literate way.



Time and again, students could point out how the DNA inside a cell is a special code with a set of blueprints to build each part of the cell, and how our wonderful creator, God designed those very specific blueprints for very specific purposes. One judge remarked on how a student created a picture of Jesus at the center of their cell to demonstrate that exact point! Another judge remarked that this year's group of students did an outstanding job in being technically correct and that made it so hard to judge that category! (And he is a national champion in this arena). Another judge said they have never seen this many unique and creative entries for students this young and they were quite impressed with the number of mediums used to build their projects. Way to go CALMS!



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. Please do not hesitate to contact us with questions or concerns: Mrs. Patrick (mpatrick@caschools.us) and Mrs. Pierce (dochenkowski@caschools.us).

FROM THE ENGLISH STATION PTO :

Don't Forget - Our 2024-2025 Coupon Books Fundraiser has wrapped up! Enjoy \$60 in Kroger Coupons for only \$20, plus so many other great local restaurants & activities! All non-purchased books should be returned. Please be sure to Return any UNSOLD books. This includes books received at Back To School or that may be hiding in your students lockers.

ALSO - Enroll in Kroger Rewards Today! Help earn money for our school by shopping for your groceries! It's easy! One time enrollment: [ENROLL HERE](#)

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.