

## **Principal's Message**

It has been a very strange start to school in 2022! With an extended Christmas break for students, to one week of remote learning, to FIVE snow days in two weeks, it has been difficult to get into a school routine. We know this will also have provided challenges for parents and families. Thank you for all that you do!

Our Rocco's pizza fundraiser has begun. This is optional for students to participate in. Thursday, February 3 is the final day to hand in orders and money. Prizes will be awarded the following week. Pizzas will be delivered on February 16 and parents will be asked to pick them up after school through a drive through pick up. More information will be sent home closer to the date!

Basketball season for our Grade 7 and 8 students has begun! Practices are in full swing and games are beginning in February. Game schedules will be sent out to parents. At this point, there are no spectators allowed during games so we will be live streaming the games. Please go to the [www.cms.hsd.ca](http://www.cms.hsd.ca) to find the link to watch!

CMS will be hosting "Pink Week" from February 14-February 18. This week is inspired by Pink Day which is a day dedicated to shining a light on mistreatment and bullying. The focus for our Pink Week will be on developing habits of kindness and standing beside someone if they are being mistreated. We don't want to be bystanders, we want to take active roles in making our school and community a safe and caring place for all.

Many middle school students are starting to use cell phones on a regular basis and this can be a new world for parents to navigate! A great resource with articles and tips to help parents is: <https://www.common sense media.org/cellphone-parenting/> If you use the "See Advice by Topic" dropdown list on the top right, there are a number of different social media topics addressed. We want to ensure our children are making good decisions and staying safe while online and connecting with others.

Finally, if your child is struggling in any aspect of learning, school or mental wellness, we encourage you to reach out and talk with their homeroom teacher or call the office and we can direct you to additional supports if required. Another great resource if your child is struggling with mental wellness is: <https://kidshelpphone.ca/> . We know that the ongoing pandemic and challenges of life can affect us all. We want to care for our students however we can.

## **Parent of Grade 8 Students**

The CMS Parent Advisory Council is thinking ahead to a possible Grade 8 Farewell, even though we don't yet know what restrictions may be in place. If you are a parent of a grade 8

student and interested in starting this planning, please connect with Stacy Froese at:  
[Stacykeamfroese@gmail.com](mailto:Stacykeamfroese@gmail.com)

### Important Dates

February 4	PD Day - No school for students
February 21	Louis Riel Day - No School
February 25	PD Day - No school for students