

# OCTOBER

## Newsletter



### Principal's Message:



It's incredible to think that a full month of school has already come and gone! Fall is in the air and students are getting back into routines.

We do send out monthly newsletters, but for regular updates, please check out our school website at [www.cms.hsd.ca](http://www.cms.hsd.ca).



As you know, our school is participating in The Umbrella Project this year. This is a wellness program where every month there is a new skill that students learn about and work on. October's theme is GRATITUDE. Research indicated that the skill or regular practice of gratitude can positively impact our physical, mental and emotional health. It helps us build strength in ourselves. We encourage you to take time with your children this month practicing gratitude. This could be having each family member list two things they are grateful for before bed each night, or keeping a family gratitude journal. There are many ways to purposefully practice gratitude!

We are so grateful for the incredible school community we have! One indication of this is how students and parents donated to our Terry Fox Foundation collection. Our school raised \$2000 for this important cause! Well done!!



We have hit the ground running in September! Our Grade 5–8 Cross Country team has 110 students participating. They have run in 2 divisional meets and in a provincial meet. Students are continuing to set personal bests and cheer each other on. Thank you to our coaches: Mr. Trevor Paton and Mr. Paul Reimer for all of the time and effort they put into helping our students train and doing all the organizing to make it possible for our students to attend the meets.

Our Grade 7 & 8 Volleyball teams are up and running too! We have 95 students participating – that is over 30% of our Grade 7 and 8 students. Practices started in September and games are now beginning in October. Our focus is skill development and how to be a positive team member. Thank you to the many coaches who are involved.

We have many other opportunities that are starting up for students such as Yearbook Team, CMS News Team, Canteen Crew, Gym Crew and Choir Clubs. Some of these, at this point, are specific to older students, but students are encouraged to keep listening to announcements to find out about more clubs that will pop up throughout the year!

At the end of October we will hold a school spirit week. There will be several days of “dress up” themes and we encourage all students to join in on the fun! We will be announcing the theme days shortly so that families have time to plan the costumes. Stay tuned!

It is our desire that all students feel a sense of belonging at CMS and that they are moving forward in their learning. If you have concerns or questions, please don't hesitate to connect with their teacher or reach out to a school counsellor or learning support teacher. If you need help determining who to talk to, just call the school and we will help you out.

Happy Thanksgiving!

Merrilee Plett – Principal

Candace Campbell – Vice Principal

## School Information:

*Biking and Walking Safety* - We have a crossing guard at the Hespeler/Barkman/Ashford intersection at 8:30 a.m. Please ask your child(ren) to time their walk to school in order to arrive at that intersection after 8:30 a.m..

*Immunization Clinic* - Non Covid (Hepatitis B, HPV, Meningococcal Conjugate, Tdap).

This clinic will run on October 12 only for those students whose parents have requested this using the public health form sent home.

*Picture Retake Day* - Picture Retake Day is Wednesday, November 2.

*Lost and Found* - We have an ever growing collection of sweaters and jackets in our lost and found. Students and parents are invited to check out if any of those belong to them!

*Hearing Screening* - We do a hearing screening test with students who are new to Hanover School Division in November. We will email those parents whose children will participate in these hearing tests. If you believe your child may have a hearing difficulty that we should do an initial screening for, please contact the school at 204-346-9644.

*Internet Safety* - For some helpful information and tips on helping keep your child safe while online, please check out the following link:  
[https://www.helpkidsnow.com/pdfviewer/?doc=internet\\_safety#page/1](https://www.helpkidsnow.com/pdfviewer/?doc=internet_safety#page/1)

*Communication* - It is always a balance between communication too much (and filling up your in boxes) and not enough. We try to hit the right balance. You can also find school information on:

Our School Website - [www.cms.hsd.ca](http://www.cms.hsd.ca)

Our Instagram Feed - [clearspringhsd](https://www.instagram.com/clearspringhsd)

Our Twitter Feed - [@clearspringhsd](https://twitter.com/clearspringhsd)



## IMPORTANT DATES

**October 5** Cross Country Run

**October 10** Thanksgiving - School is Closed

**October 12** Immunization Clinic - Non Covid

**October 14** Eastman Choral Workshop - Emmanuel Evangelical Free Church

**October 21** MTS PD Day - No Classes

**End of October** Spirit Week (dress up days) - dates to be announced

