



CLEARSPRING MIDDLE SCHOOL

# NOVEMBER NEWSLETTER

## **Principal's Message:**

The chilly winds of November have started, but the learning and activities at school are heating up! Grade 7 & 8 volleyball is in full swing, choir clubs have been practicing, CMS News Crew (Gr 8) and Yearbook Teams (Gr 7 & 8) have been meeting regularly. Several other lunch clubs are in the process of being started.

Our Grade 6 classes have just completed the D.A.R.E. program. D.A.R.E. stands for Drug Abuse Resistance Education and is taught by Constable Dennis Redikop from the Steinbach RCMP detachment. The students learn about how to make informed choices using the D.A.R.E. model for decision making. They hear a “case study” and then walk through the decision making process of listing all possible options with the likely consequences of each, then ultimately choosing which of the options they feel would best fit with their values. Currently, Constable Redikop is teaching the Grade 8 section of the D.A.R.E. program to all of our Grade 8 classes. We want to thank Constable Redikop for sharing his time and expertise with us!

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As you know, we are working on The Umbrella Project in our school this year. The Umbrella Project is a mental wellness program. You can find out more about this program at: <https://umbrellaproject.co/> . The founder has also written a book for parents called The Umbrella Effect which is available on Amazon.ca.

The Umbrella Skill we are practicing in November is MINDFULNESS. Mindfulness is being aware of what's happening right now, not worrying about what happened in the past or what might happen in the future. A term that has become popular is "fear of missing out" (or: FOMO). This is specifically about how we often are so tied to our phones and worried about missing out on a message that we forget to pay attention to what is happening around us right now. Mindfulness means paying attention to what is occurring right now (how many of us have driven somewhere on "autopilot" and not remembered the drive because our mind was so busy). Mindfulness means being able to identify what we are thinking and feeling so that we can understand our worries and practice some strategies to help us feel less anxious. Practicing this can be as simple as taking a few deep breaths when we are feeling anxious about something or listening to some calming music. It might be purposefully identifying our problem and thinking our way through how big the problem is and considering possible solutions.

Here are two YouTube links that you might find interesting:

**Big Deal Little Deal** (this may feel a little "young", but there is good information here)

**What Is Mindfulness?** | The Mindfulness Toolkit

Our first fundraiser of the year will begin in November! We will be selling Bothwell Cheese. The fundraiser will go toward development of our playground and will begin on November 10. More details, along with the prize structure, will be sent home in an email and with the students on November 10.

Parent Teacher Conferences will be held on the evening of November 16. These meetings are held before Term 1 Report Cards are sent home. We want to have the opportunity for parents to hear about their child's learning so that encouragement and conversations with students can occur and have impact prior to report cards. Parents will be invited to sign up on Parent Portal for an in person meeting. Please check your emails for when appointments can be booked using Parent Portal. It is not open for bookings yet. As always, if you have questions or concerns before the Parent Teacher evening, please connect with your child's teacher at any time.

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2022-2023 Yearbooks are now on sale. Please get your orders in by January 27, 2023 in order to ensure you get a yearbook at the end of the school year. Our yearbook will feature an original hardcover design as well as 72 pages of full colour photos. The cost of yearbooks this year is \$30 and can be purchased online at the following link: <https://ybstore.friesens.com/762237> (please note that Friesens applies a \$1.50 processing fee to online orders). All inquiries can be directed to our CMS office (204-346-9644).

Please save the date! We have two different Christmas Concerts planned for December. Our Grade 7 & 8 concert will be on December 6 at 7:00 pm. Our Grade 5 concert will be on December 14 at 7:00 pm. We hope to see you all there!

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..

*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 have emailed 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.

*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)



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### Important Dates:

November 11 Remembrance Day (No School)  
November 14 Admin Day (No Classes)  
November 16 Parent Teacher Conferences  
November 28 PD Day for Teachers (No Classes)  
December 2 Term 1 Report Cards  
December 6 Gr 7 & 8 Band Concert at 7:00 pm  
December 9 Gr 8 Learning Trip (more information will follow)  
December 14 Gr 5 Christmas Concert at 7:00 pm  
December 21 Last Day of Classes before Christmas Break  
January 5 First Day of Classes after the break

### SOME PHOTOS FROM OUR SPIRIT WEEK:

