

# October NEWSLETTER

## Principal's Message:

As we enter our second month of the school year, students and staff are settling into the routines of school and are digging into grade level learning. We often talk about how learning isn't always easy, our brains are stretched to learn new concepts that are increasingly abstract as they get older. From math algorithms and working with fractions/integers, to writing paragraphs with topic sentences, to learning about forces and structures in science, learning can be difficult. We always want to encourage students to approach learning with a growth mindset. This means to keep practicing. We know that we don't always learn something new on our first attempt (just think about how we learn to walk or ride a bike!). The more we practice and stick with things, the better we get in our skills and understanding.

Our Umbrella Skill for this month is Empathy. Empathy is the ability to think about what someone else is going through and imagining yourself in that place. Empathy is often the first step towards compassionate action and helping others

One way that our students showed empathy was their participation in the Terry Fox Run and our fundraising for the Terry Fox Foundation. Our school raised \$3173.90! Special recognition goes to 5TS who raised a total of \$1069.50 on their own! Well done CMS!

Our Cross Country team, consisting of 119 students from grades 5-8, have been busy practicing and competing in several meets. Students have been working to set personal bests and cheer each other on. Thank you to our coaches, Mr. Trevor Paton and Mr. Paul Reimer, for the time and effort they put into helping our students train and getting all the organizing done to make it possible for our students to attend the meets. Also, thank you to the parent volunteers who have helped with the supervising!



Grade 7 & 8 Volleyball teams are up and running too! We have 95 students participating. Practices began 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.

Choir Clubs (Gr 5/6 and Gr 7/8 ), Yearbook Team, Gym Crew and Canteen Crew have also begun. Students are encouraged to keep listening to announcements to find out about more clubs that will pop up throughout the year! Our daily announcements are now also being posted on our CMS website.

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! More information will be sent out closer to the date.

October 26 - Sports Day

October 27 - Movie Madness Day

October 30 - 80s Day

October 31 - Costume Day

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)

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.

As we enter the Thanksgiving season, we want to thank our parents/caregivers and community for the way you care for our school. Happy Thanksgiving!

Merrilee Plett - Principal

Candace Campbell - Vice-Principal



## Important Dates:

October 4 Cross Country Run  
October 9 Thanksgiving - School is Closed  
October 12 Immunizations  
October 13 Eastman Choral Workshop  
October 20 MTS PD Day - No Classes  
October 26-31 Spirit Week (dress up days)  
November 1 Picture Retakes  
November 7-21 Bothwell Cheese Fundraiser  
November 10 Admin Day - No Classes  
November 15 Parent Teacher Conferences  
November 30 Band Concert

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## 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(re) to time their walk to school in order to arrive at that intersection after 8:30 a.m.

Immunization Clinic - Includes 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 - November 1

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!

Communication - It is always a balance between communicating too much (and filling up your in boxes) and not enough. We try to find 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)

