

CENTRAL MIDDLE SCHOOL

Myles Mowat – Principal
Caron Jones – Vice-Principal
Trevor Kolkea – Vice-Principal



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Central Middle School Newsletter – October 2007

Drugs & Alcohol

We are fortunate to have Dwayne Peace returning to Dawson Creek to speak with students and parents about some of the negative pressures that young people must face in today's society. Dwayne is a retired member of the Calgary Police Department and a graduate of South Peace Secondary School. His past experiences as a policeman, and in his role as a speaker, Dwayne presents from a broad knowledge base. His presentation will start at 7 PM on Tuesday, October 16th in Unchagah Hall (@ SPSS). Dwayne will present information on the subject of drugs and alcohol, and will also offer suggestions for parents to assist them through the difficult teen rearing years. All parents are welcome to attend this **FREE** session.

Library Books

A number of resources are still outstanding from last year. If you found CMS books over the summer, please send them in ASAP.

Parent Teacher Interviews

We are fast approaching the first term parent/teacher conferences. We will dismiss one hour earlier than usual on Tuesday, November 6th, & Wednesday, November 7th so parents can access their child's teacher(s). Teachers will be preparing for report cards the following week.

Sports

The X-Country Running team has been training and competing around the Peace country. Races have been held in Grande Prairie, Tumbler Ridge, Fort St. John, and Dawson Creek. Congratulations to all the runners. There are still races to be run in Fort St. John and Grande Prairie. See Mr. Kolkea if you'd like to participate. Grade 7 & 8 Boys Volleyball is under way, with Mr. Readman and Mr. Davidson coaching. Girls Volleyball for grade 7 & 8 is under the direction of Ms. Beckman.

"Stepping Stones to the Future"

School District 59 (Peace River South), 10701—10th Street, Dawson Creek, BC, V1G 3V2

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Grade 9 Girls Volleyball is sponsored by Ms. Duncan, Ms. Curtis, & Ms. Elden-Patterson.

CMS curling gets underway on October 22nd under the leadership of Ms. Fennell.

Policy Updates

“SMOKING” has seen recent changes in the B.C. Legislation. **Effective immediately, there will be no smoking on school grounds – by anyone.** It’s now the law. That legislation applies to outside user groups also& it applies to all tobacco products. The new law applies to anyone who is on school grounds – that includes students, all employees of the school district, visitors, and all users of the schools during school time and outside of school hours. Penalties could include hefty fines and/or incarceration. Healthy Lifestyles is a target focus for all schools this year. At CMS, we have a two-pronged approach. We are looking at new ways to add activity to all classes, so that students spend less time in their day sitting at their desks. As well, we are adding more healthy choices to the menu in our concession, and removing some of the “junk food” options. We encourage parents to send healthy food/snacks with their children. We have sample menus/choices if you wish more information on this topic – contact the CMS office.

Non-Instructional Day

Friday, October 19th is a scheduled Non-Instructional Day. Students will enjoy a three-day weekend!

The Hawaii Connection

There is increased emphasis on physical conditioning of individuals in our society. There is a great concern about the current low activity levels of our children. We intend to address that problem at school and hope that parents will also promote an active lifestyle at home. Mr. Kolkea, Vice Principal at CMS, is currently modeling an active lifestyle, as he prepares for his competition in the Ironman International competition in Hawaii. He starts the swim portion of that event at 8 AM, our time, on Saturday, October 13. He will then bike, and run with a hope of finishing around 5:07 PM. The event will be covered on line – www.ironman.com.

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Student Behavior

As parents, you need to be proud of your children. The behaviors that we are observing around the school have been very encouraging. Our students have been demonstrating socially responsible behaviors. We have been incorporating Restorative Practice over the past couple of years, and we are starting to notice an attitudinal shift in the student body.

We are working with students with challenging behaviors, requesting that they find a way to fix the harm that they have caused. We feel that teaching these young people the value of repairing relationships will help them understand consequences. Restorative Practice is an alternative to a discipline only solution. While we have been using this technique mainly with office referrals, we are attempting to make it a school wide philosophy, where in a perfect world, students will recognize their challenging behaviors and repair the relationships without adult supervision.

School Planning Council (SPC) and Parent Advisory (PAC)

There is a regular monthly meeting scheduled for Wednesday, October 17th at 7 PM on the Mezzanine of the CMS library. Parents are welcome to attend.

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