

CENTRAL MIDDLE SCHOOL

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



Phone: (250) 782-5288
Fax: (250) 782-9604
cms.sd59.bc.ca
Email: cms@sd59.bc.ca

February 5, 2008

Dear Members of the CMS Learning Community

1, 2, 3 GO! Term Three Begins:

February 4th marked the official beginning of Term Three at CMS and Semester Two for Grade Nine students. Last week, Grade Nine's were busy completing exams. The exam period at CMS for these students is an opportunity for them to rehearse for the type of testing that will be part of their studies next year at SPSS. Grade Seven and Eight classes were also finishing up final projects and assessment activities for the term.

If you and your child(ren) have not had a chance to talk about their recent progress please take time to do so. If you have any questions for your child(ren)'s teachers or any members of our staff please contact us. We are always happy to help update you regarding the progress of our students.

Central Middle Schools' Sports Wall of Fame

We need your help! CMS is taking on the task of recognizing past and present students and staff and community members who have gone beyond the gyms, rinks, track and pools of Dawson Creek with their athletic endeavors by placing their picture and list of accomplishments, including dates, on the hallway walls.

Are you a present/past staff member or student? Do you, or did you live in Dawson Creek? Do you know of someone who would fit the following criteria?

- Have played a sport at a University or College Level (Ex: Gord Zubycyk – hockey – University of Ottawa: Lindsay Dellow – hockey – Mercyhurst)
- Have gone to a National or International Championship (Ex. Braden Clouthier – speed skating: Caron Jones – broomball: Trevor Kolkea – triathlon)
- Hockey – Junior A, WHL, Professional (Ex. Junior A – Kyle McDonald: WHL – Chris Stevens: Professional – Dan Brennan)
- Have won a Provincial Championship (Ex. SPSS Girls Curling Team, Boys XC Team)

Sports to keep in mind:

Hockey, Broomball, Curling, Speedskating, Figureskating, Golf, Volleyball, Basketball, Badminton, Fastball, Baseball, Track&Field, Cross-Country, Karate(any marshal arts), Swimming, Cycling/Mountain Biking, Rodeo, Any others?

“Stepping Stones to the Future”

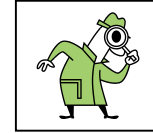
School District 59 (Peace River South), 10701—10th Street, Dawson Creek, BC, V1G 3V2

To make nominations and for more information about The Wall of Fame please contact Judy Bolingbroke in our Physical Education Department at CMS. 782-5288 jbolingbroke@mail.sd59.bc.ca

Can I See Your ID Please?

Not just a valuable and useful item but also a cool looking card as well. The CMS Student ID Card can be used for airlines, discounts at certain stores or general identification.

Student ID Cards cost is just \$1 and can be purchased at the Office.



A Buzz in the News at CMS:

This year CMS participated in the CanWest CanSpell Spelling Bee. All students in Grade 7 took a written spelling test. The top students were then given the opportunity to compete in the Classroom Verbal Bee on January 14, 2008. Congratulations to the following students: Rory Mckinley, Joshua Lucas, Daylan Vig and Bailey Nadeau! As our top speller, Bailey Nadeau now advances to the Regional Bee in Prince George on March 1, 2008. Good luck Bailey!



CMS Leadership Report: Get Involved!

Students at CMS fundraised for the Alzheimer Walk that took place on a frosty Jan 27, 2008. To help motivate and inspire involvement the top classes competed for food awards, while the top teacher could win Tim Horton's or Mr. Mike's gift certificates. Upon tabulating the final donations, Ms. Duncan's grade eight class emerged as the highest donators. They enjoyed a free Subway lunch for their efforts. CMS' total donations tallied \$1300!

During the next weeks the grade 8 leadership class is promoting a House Point Blitz. There will be daily competitions like:

Spelling Bee, Don't Forget the Lyrics, Are you Smarter Than a Fifth Grader? Endurance and Deal or no Deal

Each person that competes has the chance to compete for 500 house points to boost their house point scores.

This past Thursday the Grade 7 Leadership provided a Movie afternoon and dress up day for your favorite skating Sport. The event was centered on the theme of *Blades of Glory*.

Students served popcorn and refreshments and the proceeds of this event were given to the SPCA.

ARE YOU TOUGH ENOUGH TO WEAR PINK?

STARTING ON THURSDAY, FEBRUARY 7TH AND CONTINUING EVERY THURSDAY DURING THE MONTH OF FEBRUARY, WEAR PINK TO SHOW YOUR SUPPORT FOR BREAST CANCER AWARENESS.

WATCH THE TV ANNOUNCEMENTS FOR TOUGH PEOPLE IN OUR SCHOOL WHO ARE WEARING PINK AND EARN HOUSEPOINTS EVERY THURSDAY.

20 HOUSE POINTS WILL BE GIVEN FOR EACH PERSON WHO IS WEARING PINK YOUR HOMEROOM TEACHERS WILL COMPLETE TALLY SHEETS.

"Stepping Stones to the Future"

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

Parent **TIP** Sheet



If You are Looking For Topics To Discuss Related to School Social Responsibility – Here’s a Top 10 List

1. Cell phones - phones cannot be used inside the building. All phones will be confiscated and only parents can pick them up if this rule is not respected.
2. Garbage – keep our working and eating spaces clean by picking up after yourself
3. Hallway behavior - keep hands and feet to yourself and move through *no stop zones*
4. Treat each other with respect and it's reciprocal
5. No throwing snowballs
6. Lates - late detentions after lunch are 10 minutes plus the number of minutes a student is late
7. Lockers in the change rooms are for PE use only - locks cannot stay on for a permanent basis or they will be cut off
8. Reminder of behavior when at the curling rink and other areas off campus - students are representing CMS as they travel throughout the community
9. Personal items should be locked up so they don't go missing – don't leave valuable in the change rooms
10. Bus riding responsibilities - it is not a right to ride the bus it is a privilege, please be respectful and responsible

Parents Boost Learning

Why Bother with Breakfast? Are your mornings hurried? Does breakfast seem like a chore you would rather avoid? Do you sometimes wonder why bother with breakfast? Here are a few reasons why:

- ✓ Eating breakfast improves concentration and behavior.
- ✓ Skipping breakfast can make kids feel tired, restless or irritable.
- ✓ Children who eat breakfast eat healthier overall.



A healthy breakfast should include foods from at least 3 of the 4 food groups from *Eating Well with Canada’s Food Guide*. For example, an oatmeal muffin with a fruit and yogurt shake, bran flakes with sliced bananas and milk, or a peanut butter sandwich on whole wheat bread with a glass of milk. Eating breakfast will help your child eat enough whole grains, fiber, protein and energy to meet the demands of school. A powerful way to help your child develop a healthy habit is to model that habit yourself. Be a positive role model and eat breakfast with your child.

For more information, call Dial-a-Dietitian at 1-800-667-3438 or contact your local health unit.

Healthy Living Websites to visit for further information

http://www.bcdf.ca/nutrition_education/resources/nutritionteachingmaterials.htm

http://www.bcdf.ca/nutrition_education/resources/Food%20Fingers%20Fun.pdf

<http://www.healthcastle.com>

“Stepping Stones to the Future”

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

NORTHERN BC POEM

It's winter in DAWSON CREEK

And the gentle breezes blow
Seventy miles an hour
At twenty-five below.

Oh, how I love DAWSON CREEK

When the snow's up to your butt
You take a breath of winter
And your nose gets frozen shut.

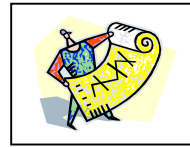
Yes, the weather here is wonderful
So I guess I'll hang around
I could never leave THIS TOWN

'Cause I'm frozen to the ground!!

With that artistic poetic interpretation of the recent weather trends, please discuss with your child(ren) the importance of dressing for the winter conditions. In the event of a bus or automobile breakdown, a few minutes in these sub zero temperatures can lead to discomfort and even frostbite. Good footwear, a warm coat, gloves/mitts, hats/toques are all part of being prepared for a positive day of learning at CMS. All students are assigned a locker, which provides the perfect spot to store your winter clothing for the day. *If you are not stressed by the weather you will be better able to focus on your learning!*

Dates for the Fridge:

- Fri. Feb 8 – Northern BC Winter Games Begin – (School is Not in Session)
- Mon. Feb 11 – NID (Non-Instructional Day)
- Wed. March 5 – Early Dismissal (Interviews)
- Thurs. March 6 – Early Dismissal (Interviews)
- Sat. March 8 – March Break Begins
- Mon. March 24 – Easter Monday – Stat. Holiday
- Tues. March 25 – Return to Classes
- Mon. April 14 – NID



The Class Challenge – Return the Newsletter Slip and Win Big!

We maintain a desire to use effective communication at CMS. To this extent, newsletters are just one way to reach everyone’s homes. The newsletter is for all members of our learning community – parents, students, staff, community members . . . and the list goes on. Newsletters and other information about Central can be found anytime on our website which is listed in the newsletter banner.

This newsletter comes with a class challenge – the class with the most returned slips wins!

Just complete the skill-testing question, have a parent or guardian sign the slip and return it to your homeroom teacher by Friday. The class with the best return percentage wins! *A variety of prizes are available to be won!*

Student Name: _____ Homeroom: _____

Skill Testing Question: Name one reason why breakfast is a necessary meal in your day:
_____.

Parent Signature: _____ Date: _____

“Stepping Stones to the Future”

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