

12.21.18

Happy Friday CMS Families,

First, on behalf of everyone at CMS, we'd like to wish you all a wonderful, safe, relaxing Holiday Season. We hope you take the time to enjoy friends, family, and loved ones and that you spend at least some time during the next two weeks relaxing and enjoying some time off!

Highlights of the Week: We've had a good week here at CMS featuring a few events worth noting. First, our CMS Cougar Cubs performed in front of a packed house on Wednesday night and the growth our first year CMS musicians make in a short time was evident. Mrs. Prusasky is proud of our young musicians and we're excited to see our numbers flourishing as students continue to flock to the fantastic music program here at CMS. Thanks, once again, to our program leaders and our district for continued support of music education in our schools!

We also had a rare event take place on the basketball court earlier this week as John Phillips Sullivan nailed a 3 point shot from beyond half court to force overtime in a rivalry game against Pacific Grove. Our 8th Grade Boys went on to win the game in overtime and the game will go down as one of the most exciting sporting events any CMS team has ever been part of. Congratulations to John on an amazing shot and congratulations to the team for the overtime win!

Not In Our School Day: On January 11th, 2019, CMS will be hosting our annual Not In Our School Day. This day is an important part of our social emotional curriculum and serves as a great, mid-year reminder to exercise human kindness. This year students will be viewing an edited version of the film **A Brave Heart: The Lizzie Velasquez Story** with their fourth period class. Students will then discuss the themes of the film with a particular focus on elements of bullying, cyberbullying, the importance of becoming/being an upstander, and ways to create positive change. The film is rated PG-13 but is edited to ensure viewing is appropriate for our students. Below is a summary of the film.

A BRAVE HEART: The Lizzie Velasquez Story is a documentary following the inspiring journey of 26 year old, 58 pound Lizzie from cyber-bullying victim to anti-bullying activist. Born with a rare syndrome that prevents her from gaining weight, Elizabeth "Lizzie" Velasquez was first bullied as a child in school for looking different and, later online, as a teenager when she discovered a YouTube video labeling her "The World's Ugliest Woman." The film chronicles unheard stories and details of Lizzie's physical and emotional journey up to her multi-million

viewed TEDx talk, and follows her pursuit from a motivational speaker to Capitol Hill as she lobbies for the first federal anti-bullying bill.

Following the viewing of this film and a follow up discussion students will be released to participate in a variety of Anti-Bullying activities on campus designed by our Not In Our School group. Activities are optional but students are encouraged to participate in any of the activities they feel are meaningful. Activities include but are not limited to signing Anti-Bullying pledges, painting your handprint in our Hi-Five Hallway, committing to random acts of kindness, and writing letters of gratitude.

This day has always been a positive community building experience and we hope that our students benefit from the messaging and activities that have been planned.

Vacations and Screen Time: If your house is anything like mine you've already developed anxiety about how to balance vacation and time spent gaming. Here's an article suggested by our district that provides some sound advice for striking the right balance. Best of luck!

Navigating the tricky waters of screen time can be especially challenging during the long winter break. Parents may find this blog post about how to manage screen time during vacation informative: <https://www.reconnect-families.com/blog/peace-love-and-screentime>. In this post, blogger Julia Storm shares strategies to deal with stay-at-home vacations, destination vacations, large family gatherings, and playing with screens in a new way. Julia Storm is a Los Angeles-based Digital Media Parenting Educator and founder of *ReConnect*, a whole child and whole family approach to preparing kids for life in the Digital Age.

That's all for 2018! Have a fantastic break and we'll see you when school re-opens on Tuesday, January 8th!

Calendar

December

24. - Jan. 4 - Winter Break, school closed

January

7. Staff Development - School closed

11. Cycle Change - 2nd Trimester Progress Reports

11. Not In Our School Day

- 16. Geo Bee Finals, CMS Library, 11:30 - 12:00 p.m.
- 17. - 19 CCS Honor Band and Orchestra - Pacific Grove Middle School
- 21. Martin Luther King Jr. Holiday - No School
- 22. - Feb.1 Nepal Fundraiser
- 24 - 26. CCS Honor Choir Event

February

- 6. CJSF Induction, Library, 7:00 - 8:00 p.m.
- 8. February Dance - CMS Gym, 6:00 - 8:00 p.m.
- 14. Sportsnet closes for Spring Sports, 5:00 p.m.
- 14. - 19 All-State Band and Orchestra / CASMEC
- 18 - 22 February Break - school closed
- 25. - March 1 Spring Sports Tryouts
- 27. CJSF 8th Grade Stanford Trip , Stanford Univ, 7:30 - 2:30 p.m.

March

- 7. District Choral festival 7:00 - 8:00 p.m. , Sunset Center Carmel
- 8. Minimum day - School dismissed at 12:00 p.m.
- 11. - 15. Benchmark Testing
- 14. - 16 All State Honor Chorus /CCDA State Conference
- 22. BOB SHOW: 7:00 p.m.
- 26. District Band Festival , Sunset Center Carmel, 7:00 - 9:00 p.m.
- 31. CMS Film Festival Screening, CHS Theater, 6:00 - 8:00 p.m.

April

- 5 -7 Next Generation Jazz Festival
- 10. CUSD District String Orchestra Festival 7:00 - 9:00 p.m.
- 12. Cycle Change / 3rd Trimester Progress Reports

15 - 19. Spring Break - School closed

22 - CAASPP Testing begins

28. Big Sur International Marathon