

# CYCLONE SCOPE

A newsletter for families and friends of  
École Intermédiaire Central Middle School



February 7, 2018

<http://central.rdpsd.ab.ca>



École Intermédiaire  
Central Middle School  
5121 48 Avenue  
Red Deer, AB  
T4N 6X3  
403-346-4397  
Office hours are from  
7:45am to 3:30pm

**ATTENDANCE**  
Phone 403-342-2450  
or Email link at  
[http://central.rdpsd.ab.ca/Attendance.  
php](http://central.rdpsd.ab.ca/Attendance.php)

Please be sure to inform the school if  
your child is going to be absent or  
late.

The newsletter is published  
the last Wednesday of the  
month.

Also, check the School's  
Website for the newsletter,  
eLink, calendar, homework  
and more:  
<http://central.rdpsd.ab.ca>

## Music Notes...

Our **Grade 6 Band Camp** is fast approaching (**March 15&16 @ Gull Lake Centre**). Students should have brought home an information package explaining details of the band camp. Should you have any questions, please call Mr. Pearson at the school. If you can help attend as a chaperone, or transport equipment, please call Mr. Pearson ASAP. **Waiver forms and fees are due on Monday, February 26.**

All **Grade 7 and 8** band students should have brought home an information package about their upcoming band camp at **Camp Caroline on April 4-6**. I will need approximately 5-6 parent chaperones to be there and need help transporting equipment and luggage to and from camp. If you can help out in any way please contact Mr. Pearson. **Waiver forms and fees are due by Friday, March 9.**

**Early morning rehearsals are beginning Tuesday, April 9.** Please encourage your child to get back into the routine of weekly rehearsals, as they have a direct impact on the success of our groups. All early morning band rehearsals begin at 7:25. This means students should be in their seats, warmed up and ready to play at this time. It would be a good idea to arrive about 10 minutes early in order to be fully prepared to rehearse.

Any students who do not attend rehearsals regularly will not be allowed to perform at the Year End concert in June. Attendance by all members is crucial to the preparation and success of the whole band.

### Important Upcoming Dates:

February 26 - Practice Card #4 due

March 15-16 – Gr.6 Band Camp at the Gull Lake Centre

April 4-6 – Gr.7 and 8 Band Camp at Camp Caroline

Thanks for the continued support of the CMS Band program. I am looking forward to taking our students on the upcoming band camp trips. They have always been fun and rewarding experiences for all involved.

Mr. Pearson

## Counsellor's Corner

Individual and/or group counselling is offered for personal, social, friendship or academic issues. Students are invited to work on individual goals as identified by themselves. Services are accessed by the student, parent/guardian, or teacher/administrator. Appointments may be made in person or by calling Karen Sveinson or Megan Cote at (403)342-3777. It has been a rewarding experience working with Megan during this past year as she has completed her practicum in counselling. She will be finished at the school in mid April. Additionally, Courtney Fraser, our Community Liaison Worker, is available to meet with students and also assist families in connecting with community agency referrals.

### Clubs:

Early morning online yoga and breathing exercises ([academy.yogaed.com](http://academy.yogaed.com)). To help reduce everyday stresses and/or to have a great start to the day. Mrs. Sveinson will be offering yoga online in room 212 Monday, Tuesday, and some Thursday mornings from 7:45 -8:10 am. Drop in until 8:00 am is welcomed.

### Games Club:

Held every Tuesday at noon. It is a busy place and a great way to meet new friends in the school.

SwapNShop- Opened on Tuesdays and every other Thursday. Open to families upon request.

### Mentors:

Mentors had fun planning for our upcoming February Valentine Activities. We have spent time playing board games and assisting with homework.

Inspire2BeMe is focusing on self-care and wellbeing (sand trays, bath mixtures, massage, relaxation Apps, chocolate fondue, guest speaker from Alberta Health and Addictions). We will be baking and decorating 500 cupcakes to help celebrate Pink Day Activities. Next month, will be working on creating a presentation of our yearly activities, and we look forward to our upcoming conference in Calgary.

We are fortunate to have several Red Deer College students from the Psychology Department volunteering to help with projects and to provide tutoring for our students.

### SwapNShop

Thank-you for your kind donations. It is simply amazing to witness the kindness of our school and community. Currently, we are in need of shoes, runners and winter boots. Also, we are always grateful for donations of gently used coats and clothing.

### Special Events- Pink Day Activities:

**Feb. 28. CMS Students and Staff will be involved in activities to show kindness and respect for one another and to celebrate our diverse school population.** The Marvel College hairdressers will help streak hair using washout dye for a loonie to celebrate Diversity. A photo booth will be set up for some fun picture taking and each student will receive a cupcake to celebrate PINK DAY. CMS will wear our pink shirts to stand up together to create a safe and caring school environment.

A special thank-you to the students and families, Co-op, CrossRoads Church and Nossack Fine Meats who helped support our Christmas fundraising. Thank-you for the generous financial support from the Alberta Association for Multicultural Education, the Red Deer Optimist Club of Red Deer and the Red Deer Firefighters Children's Charity, who have helped support the many clubs at CMS.

Warm regards,  
The Counselling Team

**STARS Leadership is hosting two fundraisers as part of "Have a Heart" Month in February. One is a food drive competition between the homerooms! The other is a "Teacher Pledge" drive. Each home room has a place to collect donations of change or bills for a wonderful cause: Red Deer Public's Step Up Fund for students and families in need! Contact Mr. Good for more information!**

# Cyclones Basketball

**City Girls Basketball:** We're almost half way through our season and are currently 3-1 in league play. We had a tournament at Leduc where we lost our first game by a few points to the team that ended up winning the tournament. We won our following games (including an Overtime win to start the day) and finished off by winning the consolation finals. Despite some injury issues we are starting to really come together as a team and are looking forward to the next month heading into playoffs with a tourney at LTCHS on Feb 16/17 and St. Joe's in March 2/3.

**City Boys Basketball:** The boys are doing quite well, we are currently at 4 wins and 1 loss. We had a tournament at Leduc where we won all 3 games, taking the gold medal home. We are a strong and mature team who plays very well together. We are looking forward to the next month heading into playoffs with a tourney at LTCHS on Feb 16/17.

**Senior Boys Basketball:** We just hit the halfway point of our regular season, and are doing awesome. So far we are undefeated at 5-0! The boys have been really wonderful at working together, and supporting one another. Also, thank you to all the parents, families and friends who come and support us each game, it's greatly appreciated!

**Sr. Girls Basketball:** The Senior Girls Basketball team is in full swing. We have played 4 league games, and have had a lot of success. On Feb 2nd and 3rd, the cyclones played in the Hunting Hills High School tournament, and finished a respectable 7th place as the top Senior team in the tournament. The Senior Girls have 6 more league games to play and playoffs. We hope to keep our successful ways rolling against St. Pat's this week.

**Jr. Basketball:** Junior basketball continues through Fridays in February after school. The turn out has been great and we look forward to another month of fun and skill building.

**Physical Education:** Big thanks go out to Alanna Butler and Lisa Tough for running some classes of our cross country skiing module. It is always nice to have experts in the field come and help not only the students but the teachers improve their craft. Students have completed their modular signup for the remainder of the year and we have many exciting modules in store as the months continue through the cold weather. Please ensure your child is coming to school with appropriate attire for the gym or for the outside weather depending on their choices.



## Crumbs from the Breakfast Program

Central's breakfast program continues to be well-received by students. We started back up again on January 8<sup>th</sup>. Please remember that there is no cost for this program and students may simply drop by in the mornings if they require a bite to eat.



We are always in need of donations including non-perishable items like: 1L containers of apple juice, and granola bars (no nuts please). We would also gladly accept any grocery gift cards (Superstore, Save On, Safeway, Sobey's). You can drop donations off at the snack shack, the office, or contact Shireen.

We continue to have great support from the community. We wish to thank all those who have donated food and supplies, as well as Save-on-Foods and Sobey's South who give us discounts on groceries and Red Deer Co-Op for donating bread on a weekly basis.


We wish to thank the parents and community members who have volunteered to help run our program this year. If you are interested in volunteering – the commitment is only twice a month – let Kristine know.

If you have any questions or suggestions about the program, please contact:

Kristine Plastow at [kristineplastow@gmail.com](mailto:kristineplastow@gmail.com) or (403) 506-6553

Shireen Anderson-Kuprowski [shireen-allan@telus.net](mailto:shireen-allan@telus.net) or (403) 358-9113

# February, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0				1 POST Town Hall-Day A-block 5 Have a Heart Food Drive	A 2	B 3
4	5	A 6	B 7	A 8	B 9	10
	Multicultural Week				Staff Learning Day No School K-12	
		Cross Country Ski Club	newsletter Ski Club Pita Pit hot lunch	International dress day French Movie Night		
11	12 Basketball Extravaganza Quebec mtg 3-4 pm (students)	A 13 POST	B 14 Ski Club 	A 15 POST	B 16	A 17
18	19 Family Day	20	21	22	23	24
		Winter Break - No School K - 12		Teachers Convention No School K-12		
25	26	B 27 Ski Loppet Alternate Date	A 28 PINK Day Activities Newsletter	B		
Notes						

# RED DEER SCHOOLS'

## Cross Country Ski LOPPET

**WHO:** CMS Cross Country Ski club students (grade 6-8)

**WHEN:** Tuesday, February 13, 2018

**WHERE:** Riverbend Golf Course (start location Driving Range)

All participants must have ski equipment (yours or from the school), water and proper clothing on race day.

### CMS Loppet Details: TUESDAY, FEBRUARY 13, 2018

- 11:30 - Meet in room 105 (Details of the race)
- 11:50 - Lunch (bring your own)
- 12:15 - Departure for Riverbend
- 12:45 - Information about the race
- 2:30 pm - Return to CMS

**WEATHER & SNOW:** There is a minimum temperature policy of -10 degrees Celsius. The weather committee will make the decision 1-2 days before the Loppet based on the long-range forecast.

**SPECIAL REQUEST:** Skiers stay on the trails so that the golf course and greens do not get damaged

**REFRESHMENTS:** Refreshments will be provided (1 serving per racer) at the end of the Loppet. Tickets will be provided in the registration package and students will not be given refreshments unless they have a ticket.

**MEDALS:** Please note: Medals will be awarded in each category to both boys and girls. Medals will be presented near the finish line after the Loppet is complete.

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# Parents and Guardians

You can take advantage of our  
**TEXT MESSAGING SERVICE**

Our school utilizes the SchoolMessenger system to deliver text messages straight to your mobile phone with important information on student attendance, school events and other activities.

You can participate in this service just by sending a text message of "Y" or "YES" to our District's short code number # 978338.

You can also opt out of these messages at any time by simply replying to one our messages with "STOP".

SchoolMessenger is compliant with all legislation, so you can rest assured that your information is safe and will never be given or sold to anyone.

