

# CYCLONE SCOPE



A newsletter for families and friends of  
École Intermédiaire Central Middle School  
September 27, 2017

École Intermédiaire  
Central Middle School  
5121 48 Avenue  
Red Deer, AB  
T4N 6X3

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**ATTENDANCE**  
Phone 403-342-2450  
or Email on  
<http://central.rdpsd.ab.ca/contact.php>  
Please be sure to inform  
the school if your child  
is going to be absent or  
late.

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**Office hours are from  
7:45am to 3:30pm**

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See your child's Student  
Handbook for the school  
year calendar and other  
important information.

The newsletter is published  
the third Wednesday of  
the month.

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

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## *Principal's Message*

Hello parents and guardians,

As September fades in the rear view mirror and October looms on the horizon, we are proud to look back at our accomplishments so far. Our students and staff have made their commitment to our school community in words and deeds. The opening day orientation was a success for our students as our grade 6 students got a taste of what the next 3 years will be like. They have the most to gain and wasted no time in joining in our CMS culture. On September 15th we held our Meet the Teacher night. This well attended event (the largest in my 5 years at CMS) was an opportunity for me to outline some of our school goals, meet many of you and discuss the direction we want our school to take. On September 20th, our Stars Leadership group (around 100 students) spent the day at the Crossroads Church. This Leadership Retreat provide the stage for planning this year's activities in and around Central Middle. Also in September, we ventured into new territory, by holding our first CMS Spirit Day on the 26th. All of our students were provided a pink shirt with the slogan STAND UP. The theme of the day was in response to grant we received from FCSS for Anti Bullying Awareness.

Please go visit our school website from <http://central.rdpsd.ab.ca/>. All of our school activities and important dates are listed on the calendar. It is my pleasure to welcome new families to École Intermédiaire Central Middle School. Our doors are always open for parents to spend time with us. I wish you Happy Thanksgiving. Please take the time to thank people around you. Je vous souhaite une bonne fête d'Action de Grâce en famille. Prenez le temps de remercier les gens autour de vous.

Thank you for your support and championing our values as a school community,

Darrin DeMale

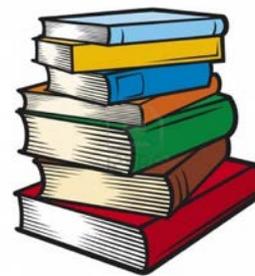


## CMS Learning Commons (The Room Formerly Known as "Library")

Welcome back to the 2017-2018 school year. Even as I write, the Learning Commons is a hub of activity with students signing books out, working on projects and practicing presentations. It is a great place to be.

As I have shared with your children, I am spending more time in classrooms this year so have asked that our stellar CMS students pitch in to care for our Learning Commons and its contents (books, furniture). So far, so good.

As the year unfolds, the Learning Commons will be busy with reading contests, learning challenges and of course, our annual Scholastic Book Fair happening during the November Parent/Teacher meetings. Student and parent assistance is welcomed and appreciated for any and all things related to the Learning Commons. Be on the lookout for more information via our website, the newsletter or the video presentation on the tv by the gym.



Thank you to JR HD Repair for sponsoring our Red Deer Advocate newspaper program. There were many businesses that offered when we asked and CMS appreciates you!

Looking forward to a great year!

Mrs. Johnson  
(Learning Commonsian : ) )

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## DAWE Run

Dawe Run was on Tuesday, Sept 19. We had 45 participants from grade 6 to grade 8.

Special congratulations to the following students:

Grade 6

1st- Luke Schmitt

6th- Megan Kilpatrick

Grade 7

5<sup>th</sup>-Quinn Ryckman

Grade 8

1st- Ben House

3rd- BaeLee McNulty

All our gr 8 boys had top 25 finishes which is awesome!

The students who had top 25 placements in the Dawe Run will participate in the CWAJJHA's that will run in October. Date and location is still to be announced.

We are continuing our running club (weather dependent). There is also The Run for the Cure scheduled for Sunday, October 1, that your child is welcome to attend if they wish. They can get more information from Madame Tremblay.

## Remembrance Day Ceremony

Our Remembrance Day ceremony is November 7th. We are looking for any students involved in cadets. Cadets, please come see Mme Gough. We would also like to extend an invitation to all parents and family of students to join us. Anyone coming with a background in military, please feel free to wear uniforms and also contact Mme Gough ([laura.gough@rdpsd.ab.ca](mailto:laura.gough@rdpsd.ab.ca)) if you would like to speak at our assembly or to have your name and title included in our welcoming address. Thank you!



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## Notes from the Music Room

Full Band rehearsals will begin the week of **October 16<sup>th</sup>**. Please refer to your child's course outline or the school website for times that rehearsals are held if this newsletter goes missing. All Concert Band rehearsals will be held **BEFORE SCHOOL** in the morning so that conflicts with extracurricular activities can be avoided. It is crucial to the success of our bands that ALL members attend ALL rehearsals. Should there be a conflict, a note, an email, or phone call to Mr. Pearson in advance is much appreciated. **Mr. Pearson will let students into the school through the entrance by the band room. This is the entrance closest to the bus compound.**

**Gr. 6 Band - Tuesdays at 7:30-8:10 am**  
**Gr. 7 Band - Wednesdays at 7:30-8:10 am**  
**Gr. 8 Band - Mondays at 7:30-8:10 am**

Rehearsals will run until **Monday, December 4<sup>th</sup>**. The first concert of the year is on **Tuesday, December 5<sup>th</sup> at the RDC Arts Centre**. Students will have a break from morning rehearsals until April after this performance is complete.

**Gr. 7 and 8 Jazz Band** is now into full swing. Classes are Tuesday after school and Thursday morning.

Our first Band Committee Meeting will be on **Wednesday, October 11<sup>th</sup> @ 7:00 p.m. in the CMS Band Room**. All parents are welcome to attend.

A final reminder for students is that **Practice Card #1** is due on **MONDAY, OCTOBER 23rd**. Some suggestions for helping your child practice at home are:

- 1) Provide a quiet place in which to practice
- 2) Schedule a consistent, daily time for practice
- 3) praise your child's efforts

Mr. Pearson

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## Leadership News

On September 20th, over eighty STARS Leadership students attended our daylong retreat at Crossroads Church. I was fantastic to see students from all three grades, as well as from our English and French tracks, collaborating, working together and sharing ideas that will help shape our year in STARS Leadership. Thanks to the dedicated staff at Crossroads Church for sharing their facility with us, and for setting up team building activities for our students.

# Quebec Trip Information

Are you interested in participating in the Grade 8 Quebec trip that will take place May 9 - May 17, 2018?

We held the first Grade 8 Quebec Trip meeting with students and parents September 26. If you are unavailable to attend this meeting and your child is interested in being part of the trip, it is not too late. Please email [giselle.ruest@rdpsd.ab.ca](mailto:giselle.ruest@rdpsd.ab.ca) or come by the office to speak with her.

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## Crumbs from the Breakfast Program

Central's breakfast program is off to a great start! The program is available to any student who feels the need for something to eat when he or she arrives at school in the morning. This means that the students themselves assess whether or not they wish to eat any of the daily offerings. We strive to offer a balance of healthy breakfast items, such as: eggs, yogurt, cheese, milk, juice, fruit, hot and cold cereals, and bread products.



Our program is entirely volunteer-run and is funded by donations from parents, our community, and sometimes, our students! This month we could use donations of granola bars (no nuts please) and 1L apple juice.

**Special thanks to the Rudge family and Bettenson Sand & Gravel** for their generous donation to kick the year off, along with **Red Deer Co-Op** for donating bread on a weekly basis.



We have almost enough volunteers, but could do with a few more people. A commitment of a few hours each month is all that is required – you can do it! Typically, it involves two shifts a month (every other week) and shifts run approximately 7:30 a.m. to 8:30 a.m. We particularly need people on Mondays and Tuesdays.

Please contact either Kristine Plastow or Shireen Anderson-Kuprowski if you are interested in this rewarding opportunity. Include your complete contact information, and the specific day(s) of the week that work best for you.

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

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## Hot Lunch Program

We have organized our Healthy Hunger hot lunches for the next few months. Please check the school website under Quicklinks for the healthy hunger link. Most families have already created accounts and just need to add their child to a class for this year and start ordering! If you don't already have an account, it's easy to create one, order and pay online. The simplicity of this process is what allows us to offer more hot lunches this year! Enjoy!

# Counselling Services:

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 them.

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. We are very excited to have Megan join our team at CMS as a practicum student until spring, as she comes with a wealth of experience. Megan is currently completing her Master of Counselling. We are available Monday, Tuesday, Wednesday, and every other Thursday.

Mediation is offered by appointment through referrals by: students, teachers/ administrators, parents/guardians. Participation is voluntary and conflict mediation is facilitated by our counselling team.

Mediation is a form of intervention that assists the students in solving peer conflict. Conditions of confidentiality are shared with each participant. The rules of mediation are explained (i.e., listen to each other's story, no interrupting, respectful language and gesture). A collaborative problem-solving process is used. A follow-up session to assess the resolution of the problem will occur usually within a two week period.

Additionally, Courtney Fraser is our Community Liaison Worker who provides support services to families and youth facing social, emotional or family challenges. She also assists families in connecting with community agencies. Courtney is available on Wednesday, Thursday and Friday at (403) 346-4397 ext. 216.

## **Tutors :**

We have mentors from the Boys and Girls Club along with RDC college students and adult volunteer tutors from Hope Mission that can assist with both homework and assignments. If your child would benefit from an adult volunteer from one of the above programs please contact Mrs. Sveinson.

## **Benevolence Fund:**

The Student Benevolence Fund is available to financially assist students in need, and it is funded by the generosity of the Parent Council and private donors. If you think your child may benefit from this program, please feel free to contact Mrs. Sveinson at (403) 342-3777.

## **Lunch Program & Backpack Program:**

The Backpack Program at CMS is run by the Salvation Army Church. It is an anonymous program where backpacks of food are donated to CMS each week to send home with students who may be in need. We are also fortunate enough to receive daily lunches to hand out to students from the Mustard Seed. If your child needs a lunch or would like to participate in our backpack program and we have missed providing your child with these supports, please contact Courtney, Karen or Megan at the school.

**Cooking Club:** Students are given the opportunity to cook and prepare their lunches during our cooking club held every Tues. from 3:00-4:15. Please contact Mrs. Sveinson if your child (ren) would benefit from participating in this club.

## **Yoga:**

Students are invited to early morning yoga from 7:30 to 8:15. It is a great way to learn both yoga and breathing techniques to help manage emotions and everyday stresses.



**Mentors:**

The grade 8 mentors have started working with our grade 6 student mentees on Tuesdays at lunch. The students have participated in "getting to know you" activities and look forward to our October Halloween Activities. In November, we will decorate gingerbread houses to donate to the class that brings in the most food items for our school.

**Boys/Girls Noon Hour Games Club:**

On Mondays at noon is our Friendship & Games Club. This is an opportunity for students to make new friends, to play games and to mingle with peers.

**Grade 8 Inspired 2B Me Girls:**

We have enjoyed the last month getting to know each other and we are looking forward to our fundraiser sleepover. The girls will be participating in hair & make-up, pizza supper, fashion show, photo booth, nutritional snack, photo scavenger hunt, fitness class, keynote speaker, tie-dye, facial & nails, dancing, karaoke, twister, board games, movie & popcorn, and yoga. It would not have been possible without the following teacher volunteers: Jennie Beal, Megan Cote, Laura Gough, Michelle Howdle, Joan Johnson, (will drive the bus) and Karen Sveinson. Andi Tremblay is our photographer. The girls are busy planning for the event and redesigning their outfits for the fashion show. Special Guests are Alison Springer (keynote), with many other volunteers for our many activities along with Christine Sveinson. We would also like to thank Marvel College for offering to styling the girls' hair and Famoso Pizza for the complimentary beverages. Mrs. Hines helped with our redesign project and will be helping the girls with quilt making, which will be donated to a child who is staying at the Ronald McDonald House. We will focus on Fitness and Health during the month of November. New participants are always invited to join. December is our Christmas High Tea and Volunteering in the community.

Special thank-you to Mr. Coghlin who helped design our logo for our Inspired2bMe t-shirts.

If any parents would like to help with our fundraising pursuits throughout the year please give us a call.

**Swap and Shop Recycle/Reuse:**

Thank-you to the students who have volunteered to assist in the store. Thank-you for the donations this month. We look forward to the leadership classes helping keep the store organized. If you have any extra vegetables from your garden we would appreciate donations to help support our backpack and cooking program. We are also looking for extra re-useable bags.

Christmas Donations - In Nov. we will be collecting toys, jewelry, and clothing items for our white elephant sale that will be open in December.

We are looking for used single disc players and MP3 players that can be utilized in the relaxation room.

**Gift Cards for CMS Families**

Each year we have a number of families who we support with a Christmas Hamper and gift cards so the family can buy presents. We will graciously accept gift cards in any denomination for any store in Red Deer as well as the shopping malls. If you would like to adopt a family for Christmas please contact. Megan Cote, Courtney Fraser or Mrs. Sveinson.

### **Community Supports:**

McMan Youth, Family, and Community Services will be offering an 11 session prevention program at lunch or Thursday held at Central Middle School. Please see Mrs.Sveinson for a parental/guardian consent form and information package.

### **Parenting Teens with ADD/ADHD**

This 4 week group session beginning on Oct 16 is available to parents of teens with ADD/ADHD and will teach parents about ADD/ADHD and how it affects their children, as well as provide an opportunity for parents who are facing similar struggles to connect with one another.

Contact: **Edith Dening** at 403-896-8784 or via email at [edith@deningcounselling.com](mailto:edith@deningcounselling.com)

### **Triple P Parenting**

This positive parenting program is being offered through the Family Enrichment Program at Catholic Social Services. This program begins on Oct 10 and is geared towards parents of children ages 3-12, giving parents skills to raise confident, healthy children and to build stronger relationships. This program will also teach parents how to manage their child's problem behavior and how to prevent problems from occurring in the first place.

Contact: **Donna Damsgaard** at 403347-8844

### **Grief Edu-Therapy**

This 9 session program is offered at the Red Deer Native Friendship Society and is designed to help participants let go of grief, reclaim life, resolve pain and find peace. The program will run from Sept 27 - Nov 23.

Contact: **Red Deer Native Friendship Society** at 403-340-0020

Warm Regards,  
Courtney, Karen, Megan

Your Children,  
Our Students,  
Everyone's Future

Meet Your Public School Board  
Trustee Candidates!!!  
Red Deer Farmer's Market  
4214 58 Street, 8am - 12:30 pm  
September 30



Visit [www.rdpsd.ab.ca/Election.php](http://www.rdpsd.ab.ca/Election.php)

## 500 Days Out

PRESENTED BY / PRÉSENTÉ PAR

ALBERTA  
**BLUE CROSS**

## 500 jours avant les Jeux 2019

FUNDING PARTIES / BAILLEURS DE FONDS



**OCTOBER 3** | 5 until 8 p.m. | **BOWER PLACE** | Hudson's Bay parking lot  
**3 OCTOBRE** | 17 h à 20 h | **BOWER PLACE** | Stationnement de La Baie d'Hudson

WHAT WILL THE MASCOT BE?  
QUI SERA LA MASCOTTE?



# October, 2017

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>1</b>	<b>2</b>	B	<b>3</b>	A	<b>4</b>	B	<b>5</b>					<b>7</b>	
	Period order 4536 712 We Scare Hunger Campain Begins for the month		POST				No School K - 8		No School K - 12 Staff Learning Day				
<b>8</b>	<b>9</b>		<b>10</b>	A	<b>11</b>	B	<b>12</b>	A	<b>13</b>	B	<b>14</b>		
	Thanksgiving Day No School				Hot Lunch-Pizza Boxx								
<b>15</b>	<b>16</b>	A	<b>17</b>	B	<b>18</b>	A	<b>19</b>	B	<b>20</b>	A	<b>21</b>		
			POST School Council mtg 7pm		Town Hall Science Conference Bock 6 and 7		POST						
<b>22</b>	<b>23</b>	B	<b>24</b>	A	<b>25</b>	B	<b>26</b>	A	<b>27</b>	B	<b>28</b>		
			POST MS Principals' Meeting		Hot Lunch Subway Newsletter Town Hall - block 4		POST Inspired 2BMe Bake Sale						
<b>29</b>	<b>30</b>	A	<b>31</b>	B									
			POST Dressup Day Dance 3 - 4:30pm Bring Food items to the dance We Scare Hunger Campain Ends										
				<b>Notes</b>									