

## February Parent Newsletter

# Collinsville Middle School

9649 Collinsville Rd.  
Collinsville, IL 62234  
<http://www.kahoks.org/schools/collinsville-middle-school/>  
618-343-2100



### Upcoming Dates

#### February 2

Madison County Band  
Festival @ CMS

#### February 4

Choir Parent Meeting @  
6:30 pm - 7:30 pm  
CMS Choir Room

#### February 8

CMS Band Trivia Night

Quarter 3 Midterm

#### February 13

District Science Vertical  
Team

#### February 14

Midterm grades are due

#### February 15

Pep Assembly in the gym  
during study hall

#### February 18

NO SCHOOL-President's Day

#### February 28

SPRING PICTURE DAY



Dear CMS Families,

This is the monthly newsletter to communicate all of the important and exciting information at Collinsville Middle School! Within these monthly newsletters you will find information about clubs, extra-curricular activities, upcoming dates, community events, academics, and other announcements concerning our school. We look forward to working with all of you and creating a positive experience for you and your child! Happy New Year!

### Important Announcements



- The Illinois State assessments for ELLs are January 17-February 20.
- Yearbook online sales continue through MARCH. Don't miss out on an epic edition of the BLAZE! \$35.00. You can order these online at [www.jostens.com](http://www.jostens.com)
- ELL tutoring will start on Wednesday, February 6 is Ms. Alexander's room. Please notify Ms. Alexander of any students that should take advantage of this opportunity!
- Family Reading Night at CMS will take place on March 19 from 6:00-7:30 pm. Mark your calendars for this awesome event!
- **NO SCHOOL on February 18 to observe President's Day.**
- The mid-term for 3<sup>rd</sup> quarter will be on Thursday, February 8.



Dear Families,

The New Year is off to a great start! January has quickly gone by and as we head into February it is critical that we keep focus. It is human nature to lose steam over a long process and to a teenager, a school year can be extremely long and exhausting. Together, we need to continue to encourage our students to keep doing their homework daily and staying on top of their school responsibilities.

The second semester of the school year is always heavily focused on preparing the students for the next level. For our 7th graders, this means getting them ready for the increased responsibilities and expectations of 8th grade; for our 8th graders, it is critical that they have adopted the maturity and independence to successfully make it at the high school level. The staff of the middle school considers this one of our most important duties. With that being said, we reconfirm our commitment to a safe school environment and accountability on everyone to show kindness to each other. We take pride in the climate that we have been able to establish here at Collinsville Middle School, not one of perfection, but one of effort and care. We appreciate your ongoing support as we all work together to help our young people find and stay on the most productive path for their lives and future.

Respectfully,

Dr. Jackson



## CMS Sports Zone

### Wrestling

Feb. 1	Home v. Alton
Feb. 7	Home v. Triad
Feb. 9	@ Glenwood Invite
Feb. 23	Regionals @ Jacksonville

### Dance

Feb. 2	Competition @ Highland
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### Volleyball

Feb. 4	@ Dupo
Feb. 7	@ Mascoutah
Feb. 8- 9	@ Highland Tourney
Feb. 12	Home v. Fulton
Feb. 14	Home v. Triad
Feb. 19	Home v. ESL Clark
Feb. 21	@ Highland
Feb. 22-23	@ Wesclin Invite
Feb. 26	Home v. Carriel
Feb. 28	Home v. Wesclin



# STUDENT SPOTLIGHT



## GABE VITAL IS 2019 CMS SPELLING BEE CHAMPION!

Congratulations to Gabe Vital for winning the 2019 Collinsville Middle School Scripps Spelling Bee held on January 24, 2019. This year's spelling bee went 19 rounds! The winning word was "salutation". Gabe will represent Collinsville in the next round of the National Spelling Bee. Gus Dorman was the runner-up. Congratulations and best of luck to Gabe as he moves on to the next round. CMS is proud of you!

SPELLING BEE CHAMPION



Gabe Vital

RUNNER UP



Gus Dorman



# ATTENTION STUDENTS INTERESTED IN JOINING THE 2019 CMS TRACK TEAM



## To become part of the team:

- All grades MUST be passing during tryouts and season. Anyone in jeopardy of failing the school year will not be allowed to tryout.
- All student-athletes currently participating in another CMS sport will wait until that sport is finished before trying out for Track & Field.
- Everyone MUST have a current sports physical on file with the school. Physicals are good for 13 months. Athletes will not be allowed to tryout without a physical.
- **Attendance for tryouts is mandatory.** \*\*Exceptions are only made for athletes currently participating in other CMS sports or through verbal parental contact. This means a phone call or face to face conversation with the coach for confirmation and understanding.

## CMS Track Team Tryout Schedule:

2/6 @CMS 3:00-4:00  
2/13 @CMS 3:00-4:00  
2/20 @CMS 3:00-4:00  
2/25 @CMS 3:00-5:00  
2/26 @CMS 3:30-5:00  
2/27 @CMS 3:00-5:00  
2/28 @CMS 3:30-4:45 (Parent Meeting @ 5:00)

*Please note: Tryouts will be outside. Dress for the weather.*

Parents of athletes must complete online registration before tryouts begin on February 6, 2019. Click [here](#) to access the registration form. Completion of this process does not guarantee the student athlete will be a member of the team. Coaches will make decisions on final rosters for each sport upon completion of tryouts.

For more information, contact Coach Hayman ([mhayman@cusd.kahoks.org](mailto:mhayman@cusd.kahoks.org)) or Coach Rhodes ([crhodes@cusd.kahoks.org](mailto:crhodes@cusd.kahoks.org))

# #Student Life



## NJHS

### February 7

NJHS Morning Meeting (7:30-8:30) & permission slips are due for Field Trip

### February 8

NJHS Service Logs are due

### February 21

Study Hall Meeting

### February 26

NJHS Rehabilitation Field Trip (all day)



## 1,000,000

Students that have achieved 1 million words read will have the opportunity to attend Edison's on May 10th for a celebratory field trip. Students will have access to bowling, laser tag, arcade games, pizza, and unlimited soda! Permission slips for these students will be sent home in April. Please contact Mrs. Parcels if you have any questions.

### 1 million word readers for January

Kendrick Davis	Kanishka Diwani	Rylee Mesnier
Caleb Burkhard	Kimberly McQuay	Kameron Tune

### HOOLOO's Raise Money for Christmas Families!

The CMS HOOLOO's donated over \$500.00 and hundreds of items of clothing and toys to multiple families during this holiday season!



# STUDENTS OF THE MONTH

AUGUST



Cole McClusky

Tonanzi Montoya

SEPTEMBER



Payton Plummer

Lindsay O'Connor

OCTOBER



Brianna Rodriguez

Dylan Hollman

NOVEMBER



Mattea Vest

Ryan Kremer

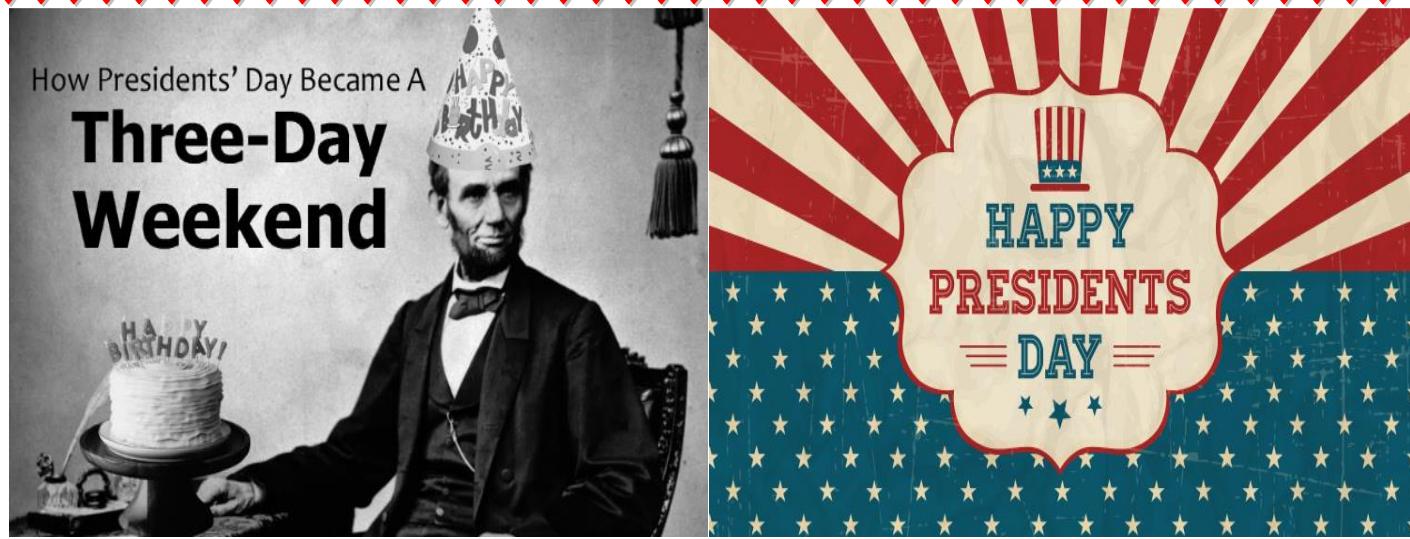
DECEMBER



Cody Lutz

Kennedy Staggs

Congratulations



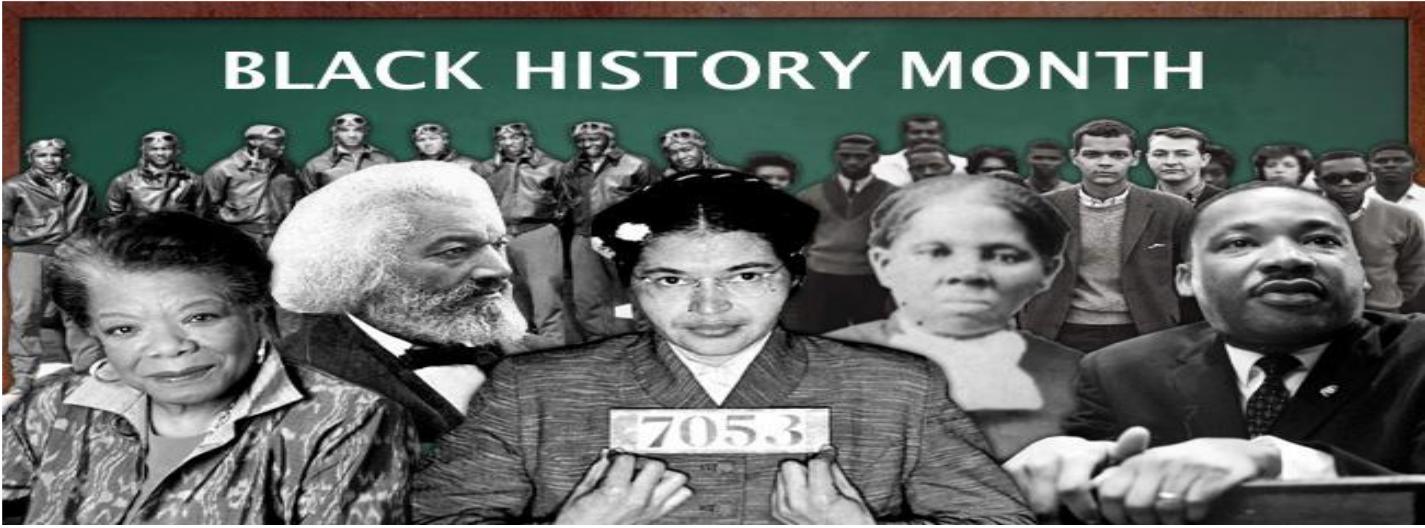
Poor Abraham Lincoln. All he did was free the slaves, defeat the Confederacy, and reunite a nation riven by war. And how do we repay him? By putting his face on a coin and forcing him to share a birthday with George Washington. Abraham Lincoln was born February 12, 1809; George Washington, February 22, 1732. The national holiday celebrating both occasions is on neither of those days. Instead, both are celebrated annually on the third Monday of February. The official name of this day? Washington's Birthday.

### Washington's Birthday

George Washington was kind of an important guy. He was so popular that Americans celebrated his birthday as a holiday while he was still alive. Think about that when you're getting validation from the number of Facebook posts on your wall next birthday. Though Washington was celebrated, America took a while to make it official. The nation's first commander in chief passed away in 1799, but it was nearly a century before his birthday was recognized as a federal holiday. An 1879 act of Congress dictated that all government offices in Washington, DC, be closed February 22. By 1885, this mandate expanded to include all federal offices. It was the first holiday of its kind in the US, an occasion marking the birthday of a prominent individual.

### Woohoo! Three-Day Weekend!

Though Washington's Birthday was recognized by Congress, it applied only to government employees. By extension, some public schools also treated February 22 as a vacation day. For most people though, Washington's Birthday seemed like a weird reason to skip a weekday of work. In 1968, Congress presented a solution to both of these drawbacks, introducing the **Uniform Monday Holiday Act**. The premise of this legislation designates annual one-day occasions be placed on a Monday. The Act was signed into law in the summer of 1968 and took effect in 1971, simultaneously inventing Columbus Day while pinning Memorial Day, Labor Day, and Veterans Day all to their own designated Mondays. (Veteran's Day would later be redesignated to November 11). The legislation also officially anchored Washington's Birthday to the third Monday of every February. This date was selected because it is the Monday which falls annually between Washington's and Lincoln's birthdays. The Uniform Monday Holiday Act would also impact the introduction of future extended weekends. Authorized in 1983, Martin Luther King Jr. Day was designated for the third Monday in January (which falls closest to his birthdate, January 15).



# BLACK HISTORY MONTH

## Black History Month

Black History Month is celebrated annually in the United States, Canada, in the United Kingdom and in Germany. It is also known as African-American History Month in the United States. The purpose of Black History Month is to remember both the important people of African descent and the important events in Black history. Black History Month began in 1926 as an annual week-long celebration called Negro History Week, created to encourage education about America's Black history. By 1929 it had gained nationwide support. In 1969, leaders of Kent State University's Black United Students proposed a month-long celebration, which took place one year later in February 1970. In 1976 the United States government officially recognized Black History Month.

## Interesting Black History Month Facts:

- Black History Month is celebrated in February in Canada and in the United States.
- Throughout history, many important events in Black history have occurred in February. It was chosen as the month to celebrate Black History Month because the Black abolitionist and writer Frederick Douglass was born in this month, and so was Abraham Lincoln, who played an important role in shaping Black history.
- In 1808 Congress banned the importation of slaves.
- In 1849 Harriet Tubman escaped from slavery. She later helped about 300 other slaves gain their freedom by escaping through the Underground Railroad.
- The 13th Amendment of the United States Constitution was adopted by the 38th Congress on February 1st. This amendment abolished slavery. It was approved in 1865.
- The first Negro History Week took place beginning February 7th, 1926. Carter G. Woodson was its creator.

- Carter G. Woodson, the 'Father of Black History', was the son of former slaves Eliza and James Woodson. He earned a master's degree at the University of Chicago and a Ph. D from Harvard University.
- The Civil Rights Act of 1964 was passed on February 10th, 1964. It made it illegal for state or local governments or public facilities to deny access to anyone because of ethnic origin or race. It also made segregation in schools illegal and subject to law suits.
- On February 13th, 1923, the first Black pro-basketball team was organized. It was called 'The Renaissance'.
- On February 19th, 2002 Vonetta Flowers won the first Black gold medal in Winter Olympic Games' history. Vonetta and her partner won the (women's) inaugural two-person bobsled event.
- Elston Gene Howard, a Black baseball catcher, signed a contract with the NY Yankees for \$70,000 in 1929. It was the largest contract in history (at the time) in baseball history.
- Debi Thomas was the first African-American to win a medal at the Winter Olympic Games. She won bronze for figure skating in 1988.
- Dr. Martin Luther King, Jr. was assassinated in 1968. He was one of the most famous African-American Civil Rights Movement leaders.
- In 2009 Barack Obama became the first Black United States President.



"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education." -**Martin Luther King, Jr.**

# BLAHOKS

The CMS Blahoks Club had their first meeting on Tuesday, Jan. 28, 2019.

Blahoks is a group of CMS students who are committed to being kind and spreading kindness throughout CMS and the community. Blahoks have plans to start "No One Eats Alone" at breakfast and lunch at CMS. The Blahoks will be working with the local Collinsville Kiwanis club to spread our message to the community as well. Ms. Kalous and Mr. Carey are very excited about the Blahoks and look forward to the message the Blahoks intent to spread at CMS and the community. The Blahoks will meet on Thursday, Feb. 7, 2019 in Ms. Kalous's room.



Changing the world,  
*one act of kindness at a time.*



# Music Trivia

**Friday, February 8 ~ Caseville Hall**

**Doors Open at 6:00 p.m. ~ Play begins at 7:00 p.m.**

**Cash Prizes ~ Silent Auction ~ 50/50 Raffle**

**Bring your Own Snacks & Beverages**

**Reserve your table now.. \$100 for a table of 10 or less**

**~ Price goes up on 2/1 ~**

Please e-mail Kim Hartman ([khartma1@cusd.kahoks.org](mailto:khartma1@cusd.kahoks.org))

or Erin Goetter ([egoetter@cusd.kahoks.org](mailto:egoetter@cusd.kahoks.org)) to reserve your table or for more information.

# Collinsville Middle School

## February 2019

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

January 25 -February 1

Specialty Pizza, Hot Sandwiches, Nachos, Deli Subs, & Fresh Salads are offered daily.



- |           |   |
|-----------|---|
| MONDAY    | Popcorn Chicken w/Roll or General TSO's Chicken w/Rice            |
| TUESDAY   | Spaghetti w/Meat sauce w/Garlic Toast or Salisbury Steak w/Roll   |
| WEDNESDAY | Pancakes w/Sausage or BBQ Chicken Sandwich                        |
| THURSDAY  | Italian Grilled Cheese w/Dipping Sauce or Garlic Cheese Flatbread |
| FRIDAY    | Rodeo Burger or Chicken Enchilada                                 |

February 4-8

Specialty Pizza, Hot Sandwiches, Nachos, Deli Subs, & Fresh Salads are offered daily.



- |           |  |
|-----------|--|
| MONDAY    | Chicken Nuggets w/Roll or BBQ Rib Sandwich                   |
| TUESDAY   | Chicken Alfredo Bake w/Roll or Cheese Boscos w/Dipping Sauce |
| WEDNESDAY | Taco Ole Quesadilla or Chicken Pot Pie over Biscuit          |
| THURSDAY  | French Toast Sticks w/Sausage or Stuffed Baked Potato        |
| FRIDAY    | Turkey Melt or Buffalo Chicken Wrap                          |



February 11-15

Specialty Pizza, Hot Sandwiches, Nachos, Deli Subs, & Fresh Salads are offered daily.

- |           |   |
|-----------|---|
| MONDAY    | Chicken Tenders w/Roll or Bowl of Chili w/Goldfish Crackers |
| TUESDAY   | Spaghetti Pasta Bake w/Garlic Toast or Walking Taco         |
| WEDNESDAY | Grilled Cheese w/Tomato Soup or Popcorn Chicken Bowl w/Roll |
| THURSDAY  | Teriyaki Chicken & Broccoli w/Rice or Corn Dog              |
| FRIDAY    | Fish Sticks w/Bread or Irish Nachos w/Roll                  |

February 18-22

Specialty Pizza, Hot Sandwiches, Nachos, Deli Subs, & Fresh Salads are offered daily.



- |           |  |
|-----------|--|
| MONDAY    | Chicken Nuggets w/Roll or Meatball Sub Sandwich                |
| TUESDAY   | Hot Dog or Dutch Waffle w/Sausage                              |
| WEDNESDAY | BBQ Pulled Pork Sandwich or Chicken Parmesan over Pasta        |
| THURSDAY  | Orange Chicken w/Rice or Pretzel Bosco w/Cheese Dipping Sauce  |
| FRIDAY    | Popcorn Chicken Bowl w/Roll or Pizza Crunchers w/Dipping Sauce |

February 25-March 1

Specialty Pizza, Hot Sandwiches, Nachos, Deli Subs, & Fresh Salads are offered daily.

- |           |  |
|-----------|--|
| MONDAY    | Corn Dog or Country Fried Steak w/Gravy                  |
| TUESDAY   | Cheese Boscos w/Dipping Sauce or Chili Cheese Fritos     |
| WEDNESDAY | Macaroni & Cheese w/Roll or Spicy Popcorn Chicken w/Roll |
| THURSDAY  | Beef Soft Tacos or Turkey & Gravy over Noodles           |
| FRIDAY    | Grilled Cheese w/Tomato Soup or Hot Honey Chicken Wrap   |

This institution is an equal opportunity provider.

Nutrition Information is available upon request.



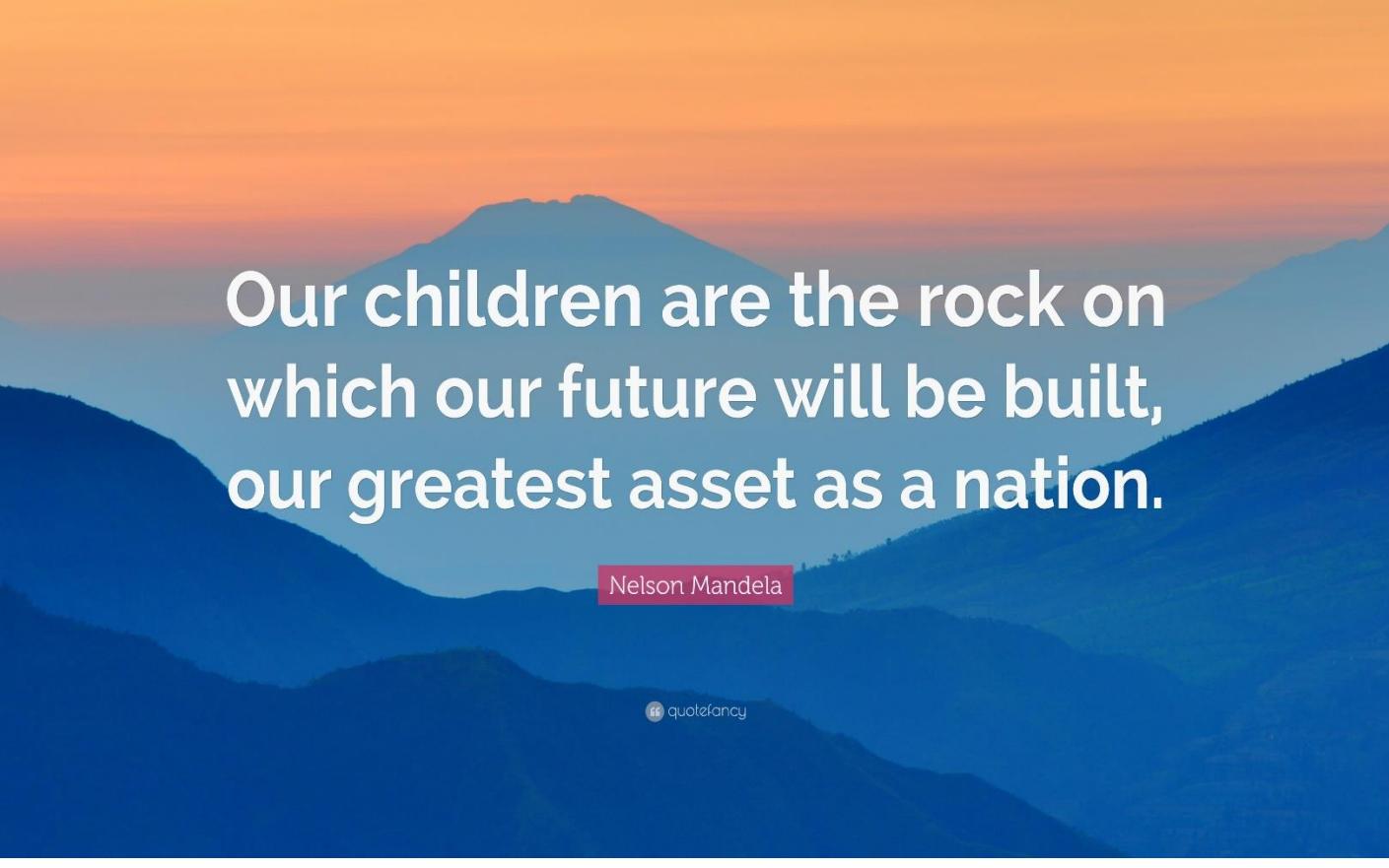
# Top 10 skills middle school students need to thrive, and how parents can help.

## Top 10 Social Emotional Skills for Middle School Students

1. **Make good friend choices.** This typically comes on the heels of making some questionable choices. Kids figure out quickly which friends instill a sense of belonging and which ones make them feel uncomfortable. It can be helpful to ask your children these questions: Do you have fun and laugh with this person? Can you be yourself? Is there trust and empathy? Common interests are a bonus.
2. **Work in teams and negotiate conflict.** I don't think many students get through middle school without feeling like they had to carry the load on at least one group project. Maybe they didn't delegate and divide the work effectively at the onset. Perhaps they chose to take ownership to avoid a poor grade. Help them understand what happened and consider what they might have done differently.
3. **Manage a student-teacher mismatch.** Unless there is abuse or discrimination, don't bail them out by asking for a teacher change. Tell them they still can learn from a teacher they don't like. Let them know it's a chance to practice working with someone they find difficult. Remind them that if they can manage the situation, they won't feel powerless or helpless the next time. Focus on concrete barriers to success in the class, not the interpersonal conflict. Is it miscommunication? Study skills?
4. **Create organization and homework systems.** Make sure they are the architects of this process. Encourage them to come up with solution-oriented plans and tweak them as needed. Do they need to use their planner? Create a checklist? Their motivation will come from ownership. If they say they don't care, remind them that they don't have to be invested in a particular outcome in order to change their behavior. People who hate exercise can still choose to lift weights.
5. **Monitor and take responsibility for grades.** If you care more than they do about their grades, why should they worry? Let them monitor their own grades, and if they don't do well, don't step in to advocate for assignment extensions or grade changes. Let them carry the burden and experience the connection between preparation, organization and grades. Conversely, if they are perfectionists, they will learn they can survive and manage the disappointment of a low grade.
6. **Learn to self-advocate.** By middle school, they should be learning how to ask teachers for help or clarification. This may be in person or through email. When students bond with teachers, they connect more intimately with the material too. Unless there is no other option, try not to reach out on their behalf.
7. **Self-regulate emotions.** Children often need assistance labeling strong emotions before they can regulate them. Help your kids identify any physical symptoms that accompany their

stressors. This may help them know when to take a breath or hit the “pause” button before reacting. In real time, point out when they handle an emotional situation well. Discuss the strategy they implemented—maybe they took a break or listened to music. Also, help them make connections between their thoughts, feelings and behaviors. Are they stuck in all-or-nothing thinking? Are they consistently self-critical?

8. **Cultivate passions and recognize limitations.** When your children are fired up about something, run with it and encourage exploration. Seize the opportunity to help them go deep. Get books, go to museums and be supportive even if the subject does not excite you. In the process, you will help them figure out what drives them. On the other hand, it is okay if they struggle in a specific area. That too is useful information. No one needs to be good at everything.
9. **Make responsible, safe and ethical choices.** Teach them to respect their bodies, and to make safe and healthy decisions. It is equally important to talk about how to avoid putting others at risk. Have open conversations and discuss plans for different scenarios they may encounter. Try not to be overly reactive if they ask shocking or distressing questions. Keep the lines of communication open.
10. **Create and innovate.** Our changing world needs imaginative creators and divergent thinkers. It also can build confidence to think independently and outside the box. As your kids do their homework, read required texts and take standardized tests, remind them that these benchmarks are not the only ways to measure success. Encourage them to make connections across material from different classes, and to build, write, invent and experiment.



Our children are the rock on which our future will be built, our greatest asset as a nation.

Nelson Mandela

quotefancy

# FRIENDLY REMINDERS

- ✓ Student-Athletes planning to try out for CMS Sports Teams must have an updated sports physical. Physicals are good for 395 days.
- ✓ There will be NO SCHOOL on February 18<sup>th</sup>, 2019, as President's Day will be observed.
- ✓ Please remember that before and after school student drop-off/pick-up must be at the front of the building. In order to keep our students safe, please do not use the side parking lots. These are for school buses and students only.
- ✓ Every Wednesday, students will be dismissed at 3:00 pm due to teacher PLC meetings.
- ✓ Please be prompt when picking up any students involved in extra-curricular activities and clubs! An activity bus will run at 5:30 pm to help with transportation for those students who need a ride home.
- ✓ NO cell phones/electronic devices are allowed at Collinsville Middle School. Students must have them turned off and stored away in their lockers. Please remind your child each day to be responsible with their cell phones and make sure they follow the policy!
- ✓ If your child will not be in school, please call the office in the morning. You may reach us at 618-343-2100. The building secretary and/or an automated call will contact you if we are not aware of your child's absence. If your child is late, please ensure they go directly to the main office so accurate attendance is recorded.
- ✓ We welcome you to our school; however, all parents, volunteers, and visitors must sign in at the Main Office through our security system (**please have your driver's license with you**) and have the administration's permission **BEFORE** accessing any part of the school building. **NO EXCEPTIONS!** The safety of our students and staff is our first priority!

# COLLINSVILLE MIDDLE SCHOOL COMPACT

## **CMS Faculty and Staff promise to:**

- >Create a partnership with every student and family.
- Monitor and communicate student progress to parents /guardians.
- Ensure that all students get help as soon as it is needed.
- Assign work that is high interest and relevant.

## **CMS Students promise to:**

- Read daily to increase their level of understanding.
- Be responsible for their own learning by completing all assignments.
- Advocate for themselves by letting their teachers know when they need help.
- Demonstrate good behaviors that establish a quality learning environment for all students.

## **CMS Parents promise to:**

- Help their child see the importance of education to pursue his/her interest and goals.
- Partner with their child and his/her teachers to establish a learning team.
- Establish a routine that ensures homework completion.
- Discuss their child's challenges or misunderstandings with his/her teacher.

## CUSD 10 MISSION, VISION, VALUES

### **Mission**

In collaboration with all stakeholders, the Unit 10 School District will provide appropriate learning opportunities within a safe and caring environment. Unit 10 will develop lifelong learners who are productive and successful members of a diverse society.

### **Vision**

Unit 10 is committed to world-class excellence through a culture of acceptance, collaboration and achievement.

### **Values**

Respect, Caring, Openness, Diversity, Honesty, Integrity, Trust, Compassion, Patriotism, Welcoming, Citizenship, Character





*Happy  
February!*