

CMS BRUINS NEWSLETTER

VOLUME 4 ISSUE 9

ATTITUDE + EFFORT = SUCCESS FOR ALL!!!

October 30, 2018

Mrs. Hudson's Headlines

Trimester Ending

This year we will only have three grading terms. The first term, Trimester 1, ends on November 2nd. Report cards will follow at the end of the next week. There will not be a progress report on November 5th, as all grades will start over except for students taking Algebra 1. (Algebra 1 is a high school class so final grades will be given at the end of the traditional semesters.) Honor roll and Breakfast of Champions will be based on the trimester grades.

Bruin Pride Club meeting

Our next meeting is November 26th @ 4:00 pm in the office conference room. Looking forward to increased parent participation as we start this year.

Kids' Brainpower Tied to Exercise, Sleep and Limited Screen Time

In a new study, high mental test scores in kids were linked to:

- At least 60 minutes of physical activity a day
- Nine to 11 hours of sleep a night
- No more than two hours a day of recreational screen time

Delaine Hudson, Principal

School/Parent Information

Please check out our CMS website:

Cms.deltaschools.com

"We know many of you are participating in fun Fall activities like carving pumpkins, drinking apple cider, making tasty fall treats and more. A Kidz Clinic wanted you to know that your pumpkins are more than just a spooky or fun decoration. They also contain a hefty dose of Vitamins A and C which boost your immune system. The pumpkin and its seeds are rich in antioxidants. Pumpkins are also low in sodium and are a good source of fiber. So remember when you are carving up or painting pumpkins this fall that you can most certainly turn them into a meal as well! Happy Fall Everyone!"

DATES TO REMEMBER

- ◆ November 1 - 6th grade field trip to the Delta Library
- ◆ November 1 Boys Basketball vs Delta
 - > 7th @ Delta 4:00 pm
 - > 8th @ home 4:00 pm
- ◆ November 2 - end of 1st trimester
- ◆ November 5 - 8th grade field trip to Paonia
- ◆ November 6 - Picture retakes
- ◆ November 6 - Boys Basketball vs Columbine
 - > 7th @ Columbine 4:00 pm
 - > 8th @ home 4:00 pm
- ◆ November 13 Boys Basketball vs Centennial
 - > 7th @ home 4:00 pm
 - > 8th @ Centennial 4:00 pm
- ◆ November 20 - Breakfast of Champions 8:30 am
- ◆ November 26 - Bruin Pride Club

Mrs. Dunbar's Sports Report

Boys basketball!
8th grade won at home!
7th grade won one and lost one but played HARD!
Proud of All our boys!



Spelling Bee
CMS students rocked the 6th grade spelling bee.
CONGRATULATIONS!!!
Paul Duckworth - 1st place
Mary Locke - 4th place
Isaac Nichols - 3rd place

Go Bruins!

Please fill out, sign, and have student return to their Crew Teacher each week for credit towards their Crew grade.

Student Name: _____ Date of Progress Report/Newsletter: _____

Parent Name: _____ Parent Signature: _____

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