

CMS BRUINS NEWSLETTER

VOLUME 5 ISSUE 22

ATTITUDE + EFFORT = SUCCESS FOR ALL!!!

March 5, 2019

Mrs. Hudson's Headlines

State Testing will begin this month on March 26. Times will be posted once we have finalized the schedule.

Chromebooks during testing:

Students who have checked out chromebooks will be required to turn them in on March 18th for the state testing. Once testing is completed the chromebooks will be returned to them. This is necessary because of the technology parameters for testing.

Congratulations to our February Students of the month!

Gabe Argueta, Alexia Funk, Adelynn Hanson, Christopher Hathaway, Kerrie Meyer, Addyson Roeling, Livia Stahly, and Hunter Voss

Sources of Strength at CMS. We are implementing a strengths based suicide prevention program.

Teachers and student mentors will be trained over the next two weeks and the program will begin schoolwide following the trainings. See more about the program goals in column 3.

Climbing Club starts March 8th at 5pm in the CMS gym. Cost is \$60 for the season.

Bruin Pride Club will meet on March 25 in the office conference room at 4:00 pm.

Delaine Hudson, Principal

School/Parent Information

Please check out our CMS website:

Cms.deltaschools.com

***CMS Vision Statement is
Attitude + Effort = Success!!***



- ❖ March 5 - wrestling duels @ CMS beginning @ 4:00 pm
- ❖ March 7 - wrestling duel @ Gunnison Middle school beginning at 4:00 pm
- ❖ March 8 - 6th grade field trip to Grand Mesa all day
- ❖ March 9 - wrestling @ Delta Middle School all day
- ❖ March 12 - 6th grade Knowledge Bowl @ Delta Middle School 9:00 am
- ❖ March 12 - wrestling @ Paonia beginning @ 2:00 pm
- ❖ March 13 - 7th and 8th grade Knowledge Bowl @ Delta Middle School 9:00 am
- ❖ March 14 - Band and Choir concert @ Cedaredge High school - 6:30 pm
- ❖ March 15 - Breakfast of Champions @ 8:30 am in cafeteria

Go Bruins!!!

Wrestling



Wrestlers are competing well and are excited for their matches. Come out and support them today at CMS.

Sources of Strength, a universal suicide prevention program, is designed to build protective influences and reduce the likelihood that vulnerable youth will become suicidal. The program trains students as peer leaders and connects them with adult advisors at school and in the community. Advisors support the peer leaders in conducting well-defined messaging activities that aim to change peer group norms influencing coping practices and problem behaviors. The program is strength-based and promotes eight critical protective factors that are linked to overall psychological wellness and reduced suicide risk. Specifically, program activities aim to reduce the acceptability of suicide as a response to distress, increase the acceptability of seeking help, improve communication between youth and adults, and develop healthy coping attitudes among youth. The program is also designed to positively modify the knowledge, attitudes, and behaviors of the peer leaders themselves.

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: _____

◆ March 16 - wrestling @ Olathe
beginning @ 8:30



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: _____