

# Chehalis Middle School

## January/February 2024

**Chris Simpson, Principal**

**Heidi Fagerness, Assistant Principal**

As many of you know from first hand experience, our parking situation is less than ideal. However, that should not diminish the need to keep students (and others) safe.

The already congested parking situation is only compounded when people intentionally park and/or wait in Fire Lanes, block part of the entrance/exit or line up in places that significantly interfere with others' ability to safely navigate the parking lot. This could also prohibit emergency vehicles from being able to respond to a situation at our school.

Please remember that the busiest times for traffic and congestion are immediately before and during dismissal time, however, within 5-10 minutes, the parking lot is much less crowded. Also, exercise patience and good judgment by obeying the laws and rules of the parking lot, including not entering the bus zone to turn around and line up to exit the parking lot in order to make sure everyone can be safe.

Thanks for your cooperation!

~ Mr. Simpson



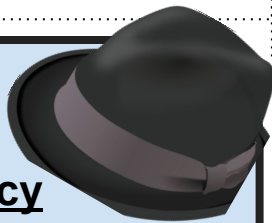
The winter months are proving to be very successful for CMS leadership students! They continue to nurture a sense of belonging for students here at CMS with our monthly themes. The theme for January is **Commitment**, and February is **Honesty**. I cannot think of a better two words to describe these developing leaders. This is a perfect time to highlight our ASB leaders, Lucy Hornby - President, Brian Hartwell- Vice President, Rebecca Fogde -Secretary, Rowyn Breshnahan - Treasurer, and Lily Bailey- Sergeant of Arms. These leaders along with leadership classes, and an entire student council of 45 members have done a terrific job of keeping student activities in the forefront. Our leadership class keeps the student body informed with posters and a year round calendar of events. Students are currently brainstorming a pep assembly, where we might feature our CMS Band.

~ Mrs. Fagerness



-Important Dates-

<p><b>Feb 19</b> - No school. President's Day <b>Mar 5 - Mar 7</b> - Spring conferences- Early Release @ 12:20 <b>Mar 8</b> - 1st Make-up Day- Early Release @ 12:20</p>	<p><b>Apr 1 - 5</b> - Spring Break <b>May 24</b> - 2nd Make-up Day or No School <b>May 27</b> - No school - Memorial Day <b>June 14</b> - Last Day of School Early Release @ 11:05 - No lunch served</p>
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**Lids for Literacy**

Love wearing hats?  
Love supporting your library?  
**Do both!!**

On March 27th students and staff are invited to pay \$1 to wear a hat for the day. This money goes directly to our library for the purchase of new books. (Hoods do not count as hats)



Our Scholastic Book Fair is coming soon!  
Save the Dates!  
**March 4th-8th**  
All purchases benefit the CMS library.



# Music Department

## Upcoming Events

February 1st	Band Solo/Ensemble Showcase @ CMS
February 3rd	CMS and WFW Instrumental Regional Solo/Ensemble @ Kelso High School
February 10th	CMS and WFW Vocal Solo and Ensemble all day @ Kelso HS
February 18th	Jr All-State Band @ Yakima, WA
March 12th	Southwest Washington Middle School Band Festival @ Centralia College
March 14th	Southwest Washington Middle School Choir Festival @ TBD
March 20th	Southwest Washington Orchestra Festival @ Lower Columbia College
March 20th	Festival Band Concert @ CMS
March 23rd	Elementary Honor Choir @ Kessler Auditorium, Longview
March 23rd	Liberty Jazz Festival Spanaway, WA
March 26th	Choir Concert @ CMS
March 28th	Orchestra Concert @ CMS





# FROM THE NURSE'S DESK



## Donated clothing needed:

Dear CMS Families,

The health room is in need of gently used clothes of various sizes. If you are cleaning out the closets and have shirts/pants/athletic shorts preferably of the stretchy/comfortable variety I would appreciate your donations. Loaner clothing is given when a student has soiled or torn clothes, needs PE clothes or has violated dress code. Donations can be dropped off at the office. Please email me, Nurse Jamie, if you have any questions [jroundtree@chehalisschools.org](mailto:jroundtree@chehalisschools.org)

## Healthy Reminders:

- If your student has had a fever or diarrhea they must remain home until free of symptoms for 24 hours without medication.
- If your student needs medication at school (This includes cough drops, inhalers, ibuprofen, etc.), please be sure we have a medication authorization on file. You can obtain that form from the office, the district website, or your child's doctor.
- At age 11 students should receive a tetanus booster, called tDap, at their annual check-up. Please note this immunization is **REQUIRED** prior to entering 7th grade. Find more information here <https://doh.wa.gov/sites/default/files/2022-12/348-284-IndividualVaccineReqs2023-24.pdf?uid=63c1c87ef3b8a>



## Volleyball Starts: February 14th

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Make sure to have all your paperwork done in order to compete.

<https://chehalisschools.rankonesport.com/New/NewInstructionsPage.aspx>

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## Track Starts: April 8th



6th graders may turnout for practice, but are unable to compete in the meets. All sports fees paid and physicals completed in order to practice.

## \*Spring Conferences\*

March 5th -

March 8th

Conferences can be scheduled on Skyward Family Access beginning Feb 21st

School will be dismissed at 12:20 each day (Tues - Fri)

# COMMUNITY CONNECTION

The Chehalis Middle School hosts Community Connections events at various times during the school year where presenters share about their career pathway and answer relevant questions for students to learn more about these careers. The first event for this year will be on **Tuesday, January 30th from 9:00-9:30am** in the CMS library. Our 8th grade students are given the opportunity to sign up via a google form that is sent to their email or during their lunch with Mrs. Ledgerwood. Attendance will be limited to the first 50 students to sign up.

***Are you interested in presenting about your career?*** If so, please contact Autumn Ledgerwood at (360) 807-7230 or [aledgerwood@chehalisschools.org](mailto:aledgerwood@chehalisschools.org).

Crossing guards are often overlooked for the important role they play in pedestrian safety. They help people, especially children, to cross the street safely by controlling traffic flow and ensuring that drivers obey traffic laws. However, the job comes with challenges as some drivers do not follow traffic laws and some pedestrians do not wait for the traffic to stop before crossing. Cross-guards must be alert, communicate well, and be quick to react to dangerous situations. So, next time you see a cross-guard, thank them for their service and wait for them to stop traffic before crossing the street.



Thank you to our dedicated crossing guards, Sam Slinker and Sara Fazzari.



# SMOKELESS DOESN'T MEAN HARMLESS

WHILE E-CIGARETTES MAY SEEM TO BE LESS TOXIC THAN CIGARETTES, THEY STILL CONTAIN MANY TOXINS, AND THE ADDICTIVE CHEMICAL NICOTINE



NICOTINE IN 1 JUUL POD (cartridge) = 1 pack of cigarettes (or 200 puffs)  
(According to the product's website)

THAT IS DOUBLE THE CONCENTRATION OF NICOTINE FOUND IN OTHER E-CIGARETTES

"I think everybody has been caught unaware as to how incredibly addictive JUUL is," said Groner, who added that she and many pediatricians are "very concerned about addiction."

(The American Academy of Pediatrics stated in its resource "[JUULing: What Pediatricians and Families Need to Know.](#)")



## SHORT TERM EFFECTS:

- nausea or vomiting
- mouth sores, blisters, or irritation
- sore throat
- belching
- acid or sour stomach
- dizziness
- heartburn
- mouth, tooth, jaw, or neck pain
- problems with teeth
- unusual tiredness or weakness
- diarrhea
- hiccups



## LONG TERM EFFECTS:

### NICOTINE ADDICTION

**WITHDRAWAL SYMPTOMS** may appear 30 minutes after the last use

- headaches
- tingling in the hands and feet
- nausea and intestinal cramping
- coughing, sore throat
- difficulty concentrating
- irritability
- intense cravings for nicotine
- sweating
- anxiety
- insomnia
- weight gain
- depression

Out of the 35 million who wish to stop smoking each year, about 85% of them relapsed within a week

It takes an average of 8 attempts to quit smoking or vaping

- True North is an Educational Service district that provides SCHOOL-BASED SERVICES

- True North provides PREVENTION INTERVENTION

- True North provides Treatment services for SUBSTANCE ABUSE

## Who refers to True North?

Self referral, parent, teacher, counselor, administrator, probation, etc.

## What you can do to help prevent nicotine addiction:

Avoid using e-cigarette products in any form, even "nicotine free" or CBD vapes

Engage in prosocial activities, hobbies, clubs, sports, education, and other healthy activities to keep you busy and active

### TALK ABOUT IT

**Educate others on the dangers of nicotine:**

- E-cigarettes contain carcinogens that cause cancer
- JUUL products contain twice the amount of nicotine as other vapes and cigarettes
- JUUL pods equal an entire pack of cigarettes
- Adolescent brains are more susceptible to addiction, and nicotine use can create a long term addiction

Most insurance companies offer free nicotine quit assistance and support lines

1-800-LUNG-USA (1-800-586-4872) or [www.Lung.org/helpline](http://www.Lung.org/helpline)

Learn more about these and other programs at [www.Lung.org](http://www.Lung.org)

Contact your local American Lung Association office for information on youth leadership groups and other youth tobacco initiatives. 1-800-LUNGUSA

Lung HelpLine and Tobacco Quitline is a telephone support line available in over 200 languages, and is a free service allowing callers access to expert staff, including registered nurses, respiratory therapists, pharmacists and certified tobacco cessation specialists.

# CMS Counselors

A - L Mr. Kyle State

M - Z Mrs. Alicia Hill

Mrs. Autumn Ledgerwood



We love the fresh start of second semester! The excitement of new schedules, new classmates, new challenges, and new adventures. And of course it means we've made it halfway through the year! How did time fly so fast? We know that with all the changes there will sometimes be struggles and we're here as always to support our students. Please encourage your student to reach out if they need help with academic, social, or emotional concerns.

## *Looking ahead*

We've reached the halfway point! You know what that means? **8th graders only have one semester left before they go from being Wildcats to Bearcats!** To help them prepare, we will be holding some transitional activities and discussions in Wildcat Time throughout second semester. In addition, our annual visit from the high school counselors will take place on March 25th. Students will receive information about registering for high school classes and parents will receive similar information at an evening event held later that week.



8th graders can also look forward to our Community Connections Career Spotlights coming up. We are currently planning for presentations from an Animator, Firefighter and a Pilot, with more on the way! If you are interested in presenting about your career please reach out to Mrs. Ledgerwood at [aledgerwood@chehailsschools.org](mailto:aledgerwood@chehailsschools.org) or (360) 807-7235.





## Attendance is important.....

Chehalis Middle School strives to ensure all students fully benefit from their education by attending school regularly. Attending school regularly helps children feel better about school—and themselves. Your student can start building this habit early so they learn right away that going to school on time, every day is important. Consistent attendance will help children do well in high school, college, and at work.

### DID YOU KNOW?

- At any level, too many absences (excused and unexcused) can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) increases the chance that your student will fall behind in basic skills as compared to their peers.
- Students can still fall behind if they miss just a day or two every few weeks.
- Being late to school contributes to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By being present at school, your child learns valuable social skills and has the opportunity to develop meaningful relationships with other students and school staff.
- Absences can be a sign that a student is losing interest in school, struggling with school work or facing some other potentially serious difficulty.

### WHAT WE NEED FROM YOU

We miss your student when they are gone and we value their contributions to our school. We would like you to help ensure that your student attends regularly and is successful in school. If your student is going to be absent, please contact Chehalis Middle School at 360-807-7230.

### OUR PROMISE TO YOU

We know that there are a wide variety of reasons that students are absent from school, from health concerns to transportation challenges. There are many people in our building prepared to help you if you or your student face challenges in getting to school regularly or on time. We promise to track attendance daily, to notice when your student is missing from class, communicate with you to understand why they were absent, and to identify barriers and supports available to overcome challenges you may face in helping your student attend school.

**Additional details of our school's attendance policies can be found in the CMS Student Handbook and on our school's website.**

### WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Prepare for school the night before, finishing homework and getting a good night's sleep.
- Find out what day school starts and make sure your child has the required immunizations.
- Don't let your student stay home unless they are truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- Avoid appointments and extended trips when school is in session.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Keep track of your student's attendance on Skyward Family Access.
- Talk to your student about the importance of attendance.
- Talk to your students' teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Encourage meaningful afterschool activities, including sports and clubs.





# CMS Moments



Ms. Gundersen's 6th grade Ukulele/Guitar class surprised those in the library with an impromptu concert.



P.E. classes participated in the annual Dodgeball Tournament in December. It's a fun time! Our 2nd place team, "Team Ho, Ho, Ho," was beat out by the first place team, "Santa's Elves." The winning team played the staff. It was a close game with the students just barely winning.



Our Wildcats are staying active!!



Chehalis Middle School's steel drum band, **Caribbean Breeze**, performed for friends and family on January 17th! Directed by Sonja Gundersen, the students played some groovy tunes ranging from La Bamba and Jump in the Line, to Mama Mia and He's a Pirate. Look for our next performance on May 22, 2024 at 7pm!

## Chehalis School District Annual School Report

Chehalis School District and the State of Washington believe that important information about local public schools should be provided to educators, parents, community members and the general public. The combined support of these various stakeholders ensures the success of all students. Information regarding current and past test scores, demographics, teacher qualifications, graduation and dropout rates for secondary students, and the status of school improvement can be obtained from the following website:

<http://reportcards.ospi.k12.wa.us/> search for Chehalis School and click on the school of choice.

Printed copies of the annual school report or newsletter may be obtained from the Chehalis School District Office at 310 SW 16th Street, Chehalis, WA 98532 (360) 807-7200. You may also log on to the district website at: <http://chehalisschools.org> and click on the appropriate link to view each document.

### Title I Notification

Parents can request the following information regarding instructional staff who work with their children:

- Whether or not the child's teacher has met state certification for the grades and subjects she/he is teaching.
- Whether or not the teacher is working with an emergency or conditional certificate where state certification criteria has been waived.
- The baccalaureate degree major of the teacher and any other graduate certification or degree held, including field of discipline of the certificate or degree.
- If the child receives instructional services from a paraeducator, the paraeducator's qualifications.

Chehalis School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination:

El Distrito Escolar de Chehalis no discrimina en ningún programa o actividad por sexo, raza, credo, religión, color, origen nacional, edad, estado veterano o militar, orientación sexual, expresión o identidad de género, discapacidad o el uso de un Guía de perros entrenados o un animal de servicio y proporciona igual acceso a los Boy Scouts y otros grupos juveniles designados. Los siguientes empleados han sido designados para manejar las preguntas y quejas de supuestas discriminaciones:

**Title IX/Affirmative Action Officer:** \_Jeff Johnson - 310 SW 16th Street, Chehalis, WA 98532 360-807-7235

[jjohnson2@chehalisschools.org](mailto:jjohnson2@chehalisschools.org)

**Section 504/ADA Officer:** \_Katie Howell- 310 SW 16th Street., Chehalis, WA 98532 (360) 807-7245

[khowell@chehalisschools.org](mailto:khowell@chehalisschools.org)

**Civil Rights Compliance Coordinator** \_Debby Gregory - 310 SW 16th Street, Chehalis, WA 98532 (360) 807-7235

[dgregory@chehalisschools.org](mailto:dgregory@chehalisschools.org)

### Habla Espanol?

El distrito escolar de Chehalis ofrece servicios de traducción al Espanol a nuestros padres y familias.

Por favor comuniquese con Ines Perez al 360-807- 7230, o al correo electrónico a [iperez@chehalisschools.org](mailto:iperez@chehalisschools.org)