

# Chehalis Middle School

## May/June 2024

**Chris Simpson, Principal**

**Heidi Fagerness, Assistant Principal**

As we wrap up the 23-24 school year, I would just like to take a moment to thank all of our families for their support in making this such a successful school year. As a parent, I understand the time and commitment it takes to juggle all the activities for our children while still making school a priority. Together we have been able to make a positive difference for our students and like our mission statement says, we continue working in partnership with families and community to create a safe learning environment focused on developing academic excellence, ethical behavior, and personal responsibility.

Thank you again for all your support this year!

Mr. Simpson

I can't believe the year is coming to a close so quickly! Our theme of the month of June is Determination. I thank all our staff, students for their determination in making school a priority and success. I'm also extremely grateful for the partnership between home and school. CMS is a terrific community of staff, students, and families. We continue to grow and develop ways of serving students and helping each to reach their full potential.

We have some exciting things planned for the end of the year. Our parent organization has planned an amazing 8th grade celebration for June 11th. I have enjoyed this 8th grade class very much, and wish them the best as they follow the Bearcat way, and develop their sense of community while there. Our staff has planned end of the year field day activities for June 13th. We are so excited to be outside in the sunshine having fun with our students.

Wishing you all an enjoyable summer, I can't wait to see you in the fall. I will be planning and counting down the 80 days until I see you again.

-Mrs. Fagerness

## Chromebooks!!!

*Please keep your chromebook and charging cord for next year. You will use the same chromebook.*



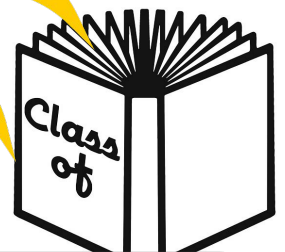
## Lost and Found Items

Please have your student check the lost and found area. Any item left at the school will be donated to a local charity after Friday, June 14th.



Last Day of  
School  
Friday, June  
14th  
Early Dismissal  
at 11:05am

No lunch will be served



All Library books and materials are due Friday, June 7th  
Any books not returned will be marked as lost and fees will be assessed.

## Yearbooks

Yearbooks will be handed out June 7th! Didn't get one ordered for your student? It's not too late! We have a limited supply of extras. Purchase one today through the student store!



# FROM THE NURSE'S DESK

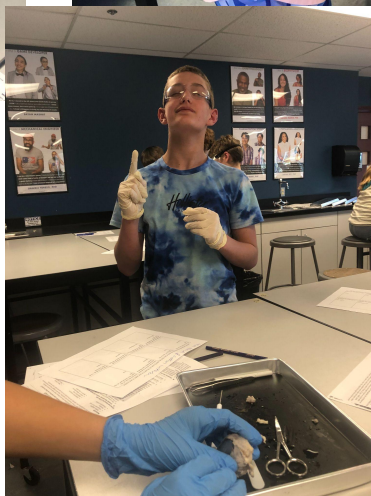


**Allergy season is in full bloom!** If your student suffers from seasonal allergies now is the time to begin a daily non-drowsy allergy regimen. Many students visit the nurse office or make calls to be picked up for allergy symptoms. Save yourself time and your student the misery, visit your PCP for recommendations.

## Healthy Reminders:

- If your student has had a fever or diarrhea they must remain home until free of symptoms for 24 hours.
- 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 once they reach 7th grade. Find more information here <https://doh.wa.gov/sites/default/files/2022-12/348-284-IndividualVaccineReqs2023-24.pdf?uid=63c1c87ef3b8a>

## Dissecting cow eyes in Mrs. Spogen's class



## Community Connections

### Airline Pilot - Mac Hoglund

On May 10th, over forty 7th and 8th grade students signed up for an opportunity to join CMS and WFW alumni Mac Hoglund, an airline pilot with Alaska Airlines, to learn about his career. Mr. Hoglund is a University of Washington and Air Force Training graduate who spent 4 years in the ROTC while at UW. He earned his Masters Degree from American Military University. Mr. Hoglund was able to share about his experience with being a C-130 Instructor Pilot and spending 20+ years in the Air Force (retired Lieutenant Colonel). He also talked with the students about what it's like to fly 737's for Alaska Airlines, where he has been the past 2 years. Mr. Hoglund has over 6,000 hours of total flying experience including 100+ combat missions flown in Iraq and Afghanistan. His wealth of experience was very valuable for our students to learn about and we are so grateful to Mr. Hoglund for giving back to students at his former middle school!



## Steel Drums with Ms. Gundersen

On May 22nd the Caribbean Breeze bands had their final steel pan concert of the year! Each group performed well with 4 tunes each, closing out the night by saying farewell to our 8th graders.



On June 2nd, Look out for the Caribbean Breeze band at T-mobile park! They will be entertaining passersby at 11:10 near the Team store before the Mariners play the Los Angeles Angels.

# Be in the Know

## 2024-2025

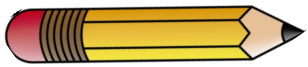
LOOKING FORWARD TO THE 24-25 SCHOOL YEAR at CMS

Please look for a letter with all the information you will need for the 24-25 school year to come out in early summer. In the meantime; please think of these upcoming items:

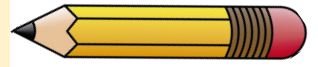
- Renewal of Information
  - This process is required before you or your student can see their schedule in September.
- Fall sports start in late August: Football, Girls Soccer, Cross Country
  - Be sure to have an up to date physical if your student plans to participate; more info to come.
- Picture day is scheduled for Sept. 17th. Mark your calendars!
- Free or reduced breakfast/lunch applications need to be completed before the 24/25 school year starts
- New Student Transfer Process
  - Those living outside the school district boundaries who wish for their children to attend Chehalis schools may request a transfer from their local school district through the district's student transfer process.
  - More information can be found on our district website: under the "Student & Families" tab, choose "Student Transfers."

School starts Tuesday, September 3, 2024.

We look forward to seeing you next year!



## School Supplies Needed for 2024-2025



**3-Ring Binder**

**1 Pair of Scissors**

**Calculator**

**#2 Pencils**

**Colored Pencils**

**Paper (Wide or College Ruled)**

**12-Inch Ruler**

**Backpack**

**Pens (Black or Blue)**

**Box of Kleenex (to 1st Period Teacher)**

**Headphones (Labeled with student name)**

**Refillable Water Bottle (Labeled with student name)**

**2 Composition Books**

# CONGRATULATIONS!!!

## 3RD QUARTER

### OUTSTANDING WILDCAT AWARD WINNERS



Achol Kuol  
Aiden Werth  
Amelia Dickson  
Anaiyah Raynolds  
Ashlyn Thacker  
Aspen Misner  
Audrey Santee  
Avery Morton  
Axden Lawrence  
Blake Irving  
Brody Mitchell  
Christopher Wright  
Constantine Robertson  
Coulson Mathus  
Dominic Lujan  
Drake Lindholm  
Elizabeth Jackson  
Emberleigh Moody  
Emma Veach  
Eva Nelson  
Finnley Robison

Gavin Day  
Ileida Rodas Francisco  
Izabella Flores  
Jay Bieker  
John Jussila  
Julian Casimiro Avila  
Karson Bunch  
Kate Mordick  
Katelynn Alexander  
Kayden Daugherty  
Kaylee Anderson  
Keren Estrada  
Kinley Tuerschmann  
Kloey Sparks  
Landen Tucker  
Layla Schultz  
Lincoln Jordan  
Madilyn Nesary  
Madison Twiss  
Maisy Schraeder

Marline Miller  
Mia Leslie  
Nevaeh Perkins  
Oliver Stanton  
Olivia Cherrington  
Owen Gafford  
Parker Gist  
Paxton Woodward  
Raya Jensen  
Raygen Due  
Rocco Ryan-Smith  
Ryker Jensen  
Santiago Hernandez  
Selena Matagi  
Sophia Cruz  
Soren Klovdahl  
Ted Meinking  
Tinsley Tobin  
Tristyn Taylor  
Willow Rogerson  
Yazmin Wilder-Ortega



# Congratulations!!!

## 3rd Quarter Scholars!

### A's all around!

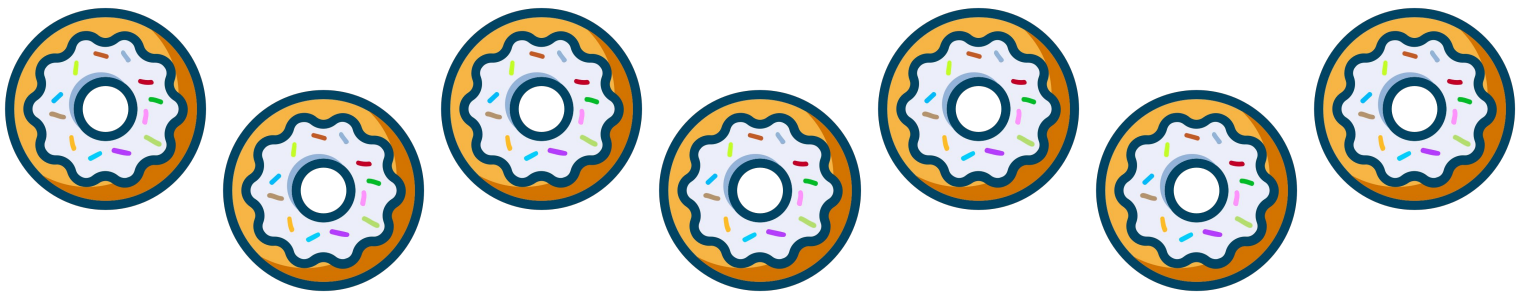


KATELYNN K. ALEXANDER  
 SOPHIA R. ALLEN  
 WYATT W. ALLEN  
 GABRIEL A. ALVARADO  
 KENZIE E. ANDERSON  
 CATHERINE L. BENDER  
 MADELINE B. BRADLEY  
 MIRABEL V. BURGER  
 DOMINIC R. CARRASCO  
 KADDIJAH CEESAY  
 OLIVIA CHERRINGTON  
 KENDALL D. COITEUX  
 KALE J. COLE  
 LILLIAN J. CROCKER  
 ARIELLA J. CROWELL  
 JACK DALRYMPLE  
 JAYDEN DEAN  
 SAVANHA G. DEHAVEN  
 AMELIA C. DICKSON  
 MADISON P. DOWNEY  
 RAYGEN M. DUE  
 KAESON T. EASTMAN  
 ADAM G. ELDER  
 COLLIN D. ELDER  
 ALLISON K. FLEXHAUG  
 SKYKIRA L. FRAZIER  
 ELI G. GARCIA  
 DESTINY E. GAROUTTE

LONDON E. GERMOND  
 ASPEN J. GIST  
 BRYNLEY R. GRIMES  
 HARPER K. GRISHAM  
 JACKSON A. GROBERG  
 MADELEN C. GRUGINSKI  
 TRU A. HAMRICK  
 NATALIE R. HARJO  
 AYANNA M. HARMON  
 WHITNEY L. HARRIS  
 LUKE HARTLEY  
 SANTIAGO R. HERNANDEZ  
 WYATT R. HOFFMAN  
 BEAU C. HOLLINGER  
 ROWEN C. HOLLINGER  
 MILO W. HORNBY  
 HAILEY K. HOWLETT  
 HARPER L. HUNZIKER  
 BLAKE R. IRVING  
 ANNALISA M. JACOB  
 JUNIPER A. JAMES  
 RAYA J. JENSEN  
 RYKER T. JENSEN  
 KENNADEE G. JEWELL  
 MAGALI C. JIMENEZ  
 JORGE A. JIMENEZ NICOLAS  
 JOHN T. JUSSILA  
 KHUSHMANPREET KAUR

JUDE W. LAMBERT  
 MIA S. LESLIE  
 DRAKE V. LINDHOLM  
 CONNER W. LLOYD  
 DOMINIC J. LUJAN  
 REECE W. MARQUEZ  
 SELENA J. MATAGI  
 RYLEN J. MCCONNELL  
 LANEY G. MCGREGOR  
 GEORGIA M. MILLS  
 OLIVER R. MINOR  
 AUSTIN L. MISNER  
 BENJAMIN K. MITTGE  
 EMBERLEIGH E. MOODY  
 MADELYN R. MORA  
 AVERY C. MORTON  
 EVA A. NELSON  
 BROOKE R. NESARY  
 KIMBER L. NIEMAN  
 HADLEY S. NIEMI  
 BRANTLEY M. NOREN  
 HECTOR J. OJEDA  
 ISABELLA J. PANIAGUA  
 BECKETT C. PORTER  
 HUNTER L. RILEY  
 TREVOR H. RILEY  
 FINNLEY ROBISON  
 WILLOW L. ROGERSON

LOGAN T. ROONEY  
 JENNA L. SALTER  
 ERIN E. SANDBERG  
 AUDREY R. SANTEE  
 EMMA G. SERVEY  
 BRIANA C. SMITH  
 RYLEN L. SONNER  
 BROOKLYN R. SPENCER  
 HARVEY D. SPOGEN  
 OLIVER STANTON  
 REESE L. STEELE  
 VIOLET J. SWEHOSKY  
 BRADY B. TAYLOR  
 ISABELLE C. TEETER  
 KATE M. TURNER  
 MARIAH J. UNZELMAN  
 LINDEN C. VARICK  
 GUNNAR J. VLACH  
 COBY J. WALKER  
 MADDOX C. WALKER  
 TAMINA N. WALTON  
 HUDSON O. WALTRIP  
 COLBY S. WESTLUND  
 GAGE WIENS  
 GRANT Q. WILSON  
 BROOKLYN L. WOHLD  
 JAMIAH WOOD  
 BELLA K. YIP



# 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

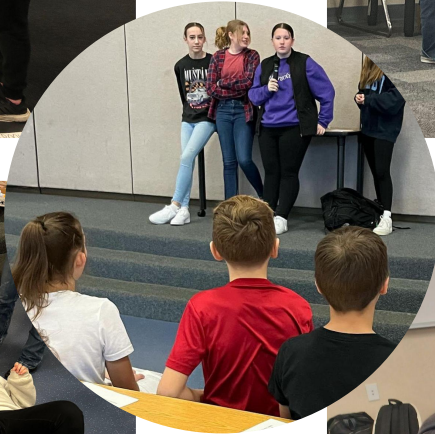
Lung HelpLine and Tobacco Quitline is a telephone support line available in over 200 languages, and is a free service allowing callers access to expert staff, including registered nurses, respiratory therapists, pharmacists and certified tobacco cessation specialists.





# CMS Moments

## A year in review...



From the CMS staff -  
Have a GREAT  
Summer!





**CHEHALIS  
MIDDLE SCHOOL**

## **SUMMER MATH CAMP**

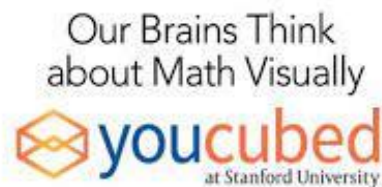
**WHO:** All incoming students entering 6th-8th grade.

**WHEN:** July 8-11 & July 15-18 (8:30-11:30 M-Th)

Come join us for a summer learning experience designed to help students realize their own mathematical potential.

Activities centered around problem-solving, algebraic thinking and mathematical reasoning will help students build connections between how our brains learn and why **EVERYONE** can succeed in high-level mathematics.

Working in groups, students will experience mathematics in open-ended, challenging tasks that can actually be fun and engaging.



[Click HERE to register](#)

[Formulario de registro en español](#)

Lunch will be served on-site.

Questions? Email Lynn Panther [lpantner@chehalisschools.org](mailto:lpantner@chehalisschools.org)



CHEHALIS  
MIDDLE SCHOOL

# CAMPAMENTO DE MATEMÁTICAS DE VERANO

**QUIÉN:** Todos los estudiantes que ingresan a los grados 6° a 8°.

**CUÁNDO:** 8-11 de julio y 15-18 de julio (8:30-11:30 de lunes a jueves)

Únase a nosotros para una experiencia de aprendizaje de verano diseñada para ayudar a los estudiantes a desarrollar su propio potencial matemático. Las actividades centradas en la resolución de problemas, el pensamiento algebraico y el razonamiento matemático ayudarán a los estudiantes a establecer conexiones entre cómo aprenden nuestros cerebros y por qué **TODOS** pueden tener éxito en matemáticas de alto nivel.

Trabajando en grupos, los estudiantes experimentarán las matemáticas en tareas abiertas y desafiantes que en realidad pueden ser divertidas y atractivas.

## 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:** Tommy Elder - 310 SW 16th Street, Chehalis, WA 98532 360-807-7235

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