

# CRMS Schooner News



**Kindness   Responsibility   Self Control   Grit**

## IMPORTANT DATES

Monday, Jan. 7 - 5:30pm - PTA meeting, CRES atrium

Tuesday, Jan. 8 - Japan guests farewell

Wednesday, Jan. 9 - **Early Release day - 1:15pm dismissal**

Thursday, Jan. 10 - 3pm - 6th grade auditions for school play

Friday, Jan. 11 - HAT DAY! Wear your favorite hat for \$1. to raise money for cafe' spoons!

Friday, Jan. 11 - 1:40pm - 6th grade Circus Arts performance

Friday, Jan. 11 - 3pm - 7th & 8th grade auditions for school play

Tuesday, Jan. 15 - 3pm - CRMS Spelling Bee

Wednesday, Jan. 16 - 7pm - MSAD 28 School Board Meeting at CRES

Monday, Jan. 21 - **MLK Holiday - NO SCHOOL**

Wednesday, Jan. 23 - 3pm - National Geography Bee

Friday, Jan. 25 - Quarter 2 ends

Tuesday, Jan. 29 - 7pm - CRMS Band Concert at CHRHS Strom. Students arrive at 6:15pm in black/white dress attire for warm ups

Monday, Feb. 4 - 5:30pm - PTA meeting at CRMS

Tuesday, Feb. 5 - 6:30pm - High school info night at CHRHS for 8th graders

## Principal's Corner

Dear Schooner Families,

Each week I dedicate a good deal of time in the evening to reading and thinking about my work as an educator and parent, and our collective work at CRMS. I share articles with staff that I find inspiring and many that contain teaching strategies that may be effective for the middle school learner. I'd like to offer you a few links to articles and books that you may find interesting in your role as a parent and educator!

Please continue to share your articles and good book reads with me! Happy reading, reflection, and ongoing learning in the New Year!

In partnership,  
Jaime

I often find myself reading information from this online magazine. <https://yourteenmag.com/> This week, I found the podcast for tweens and teens particularly interesting! <https://yourteenmag.com/technology/podcasts-for-families>

I appreciated the insight in this book around how to allow children to learn from decisions they make and how necessary that is for their own long term success.

*How to Raise an Adult*

[https://www.amazon.com/How-Raise-Adult-Overparenting-Prepare-ebook/dp/B000O2LJS2/ref=sr\\_1\\_1?s=digital-text&ie=UTF8&qid=1546620989&sr=1-1&keywords=raising+an+adult](https://www.amazon.com/How-Raise-Adult-Overparenting-Prepare-ebook/dp/B000O2LJS2/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1546620989&sr=1-1&keywords=raising+an+adult)

I love this as a reminder to why the teenage brain behaves the way it does sometimes.

<https://www.pbs.org/newshour/health/teenage-brain-unpredictable-neurobiologist-explains>

If you like this I also recommend the book, *The Teenage Brain* by Jensen.

## New Year New Books!

**Our shelves are stocked with exciting new books for 2019!**

In YA fiction some highlights are Hank Green's debut sci-fi novel, *An Absolutely Remarkable Thing*, Lauren Oliver's suspenseful *Broken Things*, and Tomi Adeyemi's *Children of Blood and Bone*. Our new middle level fiction includes much awaited books in a series like Stuart Gibb's *Spy School Goes South*, Tim Federle's *Nate Expectations*, Kate Milford's *Bluecrowne*, and Lisa Greenwald's *12 Before 13*.

Seventh-graders finished their election unit with spirited debates and an exciting election. They have also been choosing Civil Rights related novels for their language Arts classes. Recent novels like *All American Boys*, *The Parker Inheritance*, *Armstrong & Charlie*, *Ghost Boys* and *The Hate U Give* have been especially popular, as well as non-fiction narratives like *Turning 15 on the Road to Freedom* and *March Forward, Girl*.

Sixth-Graders have been tasting books from different genres at the Tasty Book Cafe here in the library. Daily specials include Fantasy & Sci-fi, Realistic Fiction, Circus, Historical Fiction, Action & Adventure, Mystery & Suspense, Nonfiction, and Humor.

Fifth-graders continue to explore pleasure reading and we've also been playing Bring Your Own Book - the game of books and borrowed phrases.

**To date students have checked out over 3,100 books! Keep reading!**



Camden Rockport Middle School  
presents



by Matt Steele & Mike Steele



Directed by Ms. Curtis & Ms. Julia Olson

**Auditions - CRMS Cafeteria**

6th graders • Thursday, January 10 @ 3:00pm  
7th & 8th graders • Friday, January 11 @ 3:00pm

This year's play will be a dinner theater production held in our own CRMS Cafeteria in March.

*Some roles will be double cast to provide a few more opportunities for students to have speaking parts.*

## Student Council Corner

by Jade Larrabee, Raelynn Roy and Amy Libby

CRMS Student Council has gotten right to work since coming together in November. Our wonderful group of students has been keeping “ears to the ground” so that we always have projects to do around and for the school. We are always listening to what people have to say about our schools quality so us, as a group, can help our fellow friends and students. Issues that have been brought forward include having an alternate place to have recess when it is too cold, fixing broken locks on bathroom stalls, increasing respectful behavior in the hallways, having more clubs for students to join, strengthening kindness, volunteering in our community, understanding the policy on wearing coats to recess, etc.

Some issues and activities that we have worked on include:

- Using 8 wreaths donated to CRMS to help spread holiday spirit by giving them away to people who didn't have one. We had a very nice woman who gave us money for a wreath even though they were for free and another woman who was shocked by receiving a free gift.
- Talking with Mr Sutch about getting a Student Council email so that people can communicate with us more easily about issues and concerns.
- Taking pictures of broken locks in the bathrooms and respectfully sharing our concerns with Ms Massengale (Maggie) to see if we can get them fixed.
- Brainstorming ideas for doing service to show that CRMS cares about the community we live in. We have thought of things like making money to donate to nonprofit organizations or helping prepare meals at an elderly home.
- Talking with Ms Stone about getting a concession stand for after school because people often do not have snacks. We are currently working on a survey where you can share your ideas to make this happen.

We are making progress towards multiple goals and are really glad our school has student council because it gives us an opportunity to help others and share our amazing ideas with everyone. It also teaches us how to work in groups where everyone matters and everyone feels important, because they are.

If you have any ideas that could make our school better or issues that you would like to bring forward that we can help with contact your student council representative. If you do not know who that is ask Ms. Young, Ms. Libby or your homeroom teacher.



**SAVE THE DATE - SIXTH  
GRADE CIRCUS  
PERFORMANCE!!**

**Friday, January 11th at  
1:40pm in the CRMS Gym  
Arrive by 1:30pm to ensure  
yourself a seat!**



CRMS Schooners

In the spirit of Kindness month, we are pleased to announce that the 6th Grade was able to raise over \$1000 during our UNICEF drive. Amazing Job!!

Thanks to all that helped with this effort. And a special thanks to the Delehey family for sponsoring this effort.

Well done 6th Grade!

**55 Fiction**

***Students in Ms. Friesland's eighth grade language arts class were challenged to write short stories fewer than 55 words, with conflict, and character(s), and a surprise ending. The following are samples written by the students.***

The pop star finishes her song. The crowd goes wild, the sound of their applause deafening. She starts up another song, her voice clear and pure. Everyone is entranced.

Then the door bangs open. She drops her hairbrush on the bed.

"What is all this racket?"

"Aw, mom."

-Ann Edge

I woke with a start as I heard funeral dirge coming from outside. I banged on the wall and shouted, "Quit it, would ya! I'm trying to sleep here!"

It didn't work. Now people were gasping and crying. I tried to sit up to find myself boxed in.

It was MY funeral.

-Aeddon Evans

I had never seen something so huge before. The monster loomed above, hiding me in its shadow. Its looping tail swished slightly as ripples traveled up its back. Screams echoed around me.

"There's no way I'm riding that," I exclaimed. I've always been scared of roller coasters.

-Aili Charland

"On your marks," the announcer said dramatically through the megaphone. "Set..." The cars revved their engines. "Go!"

They were off, the race of the century had begun. James was in the lead already, his Audi supercar crushing the competition.

"James, time for dinner!"

The Hot Wheels cars clattered to the floor, suddenly immobile.

-Finn Urey

The crime scene was bloody and vile. The victim slumped sadly on the ground, no expression. Broken glass everywhere, some red splattering on the walls. I investigated the victim's body. His insides were everywhere, strewn across the floor. The guilt crushed me as I fell to the floor.

I had dropped my lasagna.

-Tess Hodgkins



# VETERAN'S ASSEMBLY



## SCHOONER BASKETBALL!



**Attendance Matters! Please see the letter below for important information about attendance from School Counselor, Tanya Young**

### Happy New Year!

**This is a good time of year for reflection about those things that will *make a positive difference*. You all have HOPE for a bright future for your children and every day you try to make sure that they are on the right track. We share that HOPE and work to do everything that we can to help your child succeed.**

In schools, we are always talking about how to increase student achievement. Recently, I have been reviewing resources on attendance and school impact and have gathered some pretty compelling information. I know that you want to help your child do better in school and in his or her future workplace. Supporting your child's attendance at school is one of the best way to make a positive difference for YOUR child.

Research shows that without question children who repeatedly miss school fall behind. ALL absences matter, NOT just days in a row or unexcused absences. Here are a few reasons why:

- *learning is missed* that can't easily be reproduced. Students miss the richness of the classroom instruction, guided practice and/or learning with peers.
- *your child gets behind on work and has to scurry to catch up*. The quality of instruction your child will receive in a quick make up session will not be equal to the instruction that the other students had.

Even a few absences every month can add up to weeks of lost learning over the school year, which puts students at academic risk. Here is last year's data from **Camden Rockport Middle School** (2017-2018):

- 122 students missed more than 10 days of school. (This is 33.4 % of our students!)
- Of those, 62 students missed 11-15 days of school.
- 32 students missed 16-20 days of school.
- 28 students missed over 20 days of school. This is over a month of school.

I know that every parent has HOPE for a bright future for his/her child and that every day we try to make sure that our children are on the right track. Of course, some absences are unavoidable, but missing 10 or more school days is a RED alert. If your child has or is beginning to have a high rate of absence, please help us turn this around for him or her by making sure he/she is at school *every* possible day. It really matters.

I will be sharing more information about how to support your child's attendance. For now, here is a brief list of some attendance tips that may help:

- Set a regular bedtime and morning routine
- Lay out clothes and pack backpack the night before
- If your child seems anxious about going to school, talk to teachers, school counselors or other parents and professionals for advice on how to help your child feel more comfortable and excited about learning
- Avoid medical appointments and extended trips when school is in session

CRMS appreciates your support in our attendance efforts to make sure all students understand that going to school on time, every day is important. If we partner together, we can have a big effect on attendance and creating a bright future for our students.

Thank You! Tanya Young, School Counselor





### CRMS BAND

It's almost time for our annual winter band concert! Come join us Tuesday, January 29th at the Strom Auditorium. Performance starts at 7pm with kids arriving at 6:15. See you soon!



### What's in Your Closet? ISO: Missing CRMS Uniforms

For many of us, the start of a new year means going through our closets and finding... well, lots of things! If you've had a child participate in CRMS sports over the last few years, there's a good chance an old uniform (or old uniforms!) are sitting in the back of his or her closet waiting to be returned. Don't disappoint them! Please return them to the office as soon as possible.

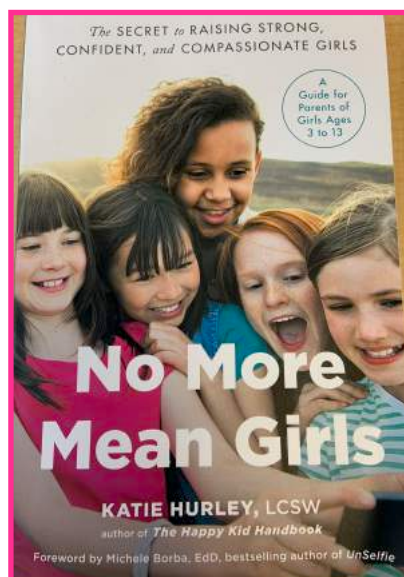
Thanks and best wishes for a happy (and less cluttered) New Year!

## February marks Bullying Awareness Month at CRMS

This year CRMS is looking to support our school activities for this month, as well as the work of Jesse Odgren and Katie Urey through the girls coalition, by offering a community book discussion on Katie Hurley's ***No More Mean Girls***. This book specifically looks at how parents, grandparents, aunts, uncles, friends, and mentors can support girls relationships from ages 3 to 13.

“Once upon a time, means girls primarily existed in high school, while elementary school-ages girls spent hours at play and enjoyed friendships without drama. But in this face-paced work in which young girls are exposed to negative behaviors on TV and social media, they are becoming caught up in social hierarchies much earlier. ***No More Mean Girls*** is a guide for parents to help their young daughter navigate the tricky territories such as friendship building, standing up for themselves and others, processing their emotions, and expressing themselves in a healthy way.

The need to be liked by others certainly isn't new, but this generation of girls growing up in an age when the “like” button shows the world just how well-liked they are. When girls acknowledge that they possess positive traits that make them interesting, strong, and likeable, however the focus shifts and their self-confidence soars-and “likes” lose their importance. This book offers actionable steps to help parents empower young girls to be kind, confident leaders who work together and build one another up.”



**Join us on February 12th and February 26th at 6pm-7:30pm for a two-part discussion group on how we can work together as a community to raise strong girls at CRMS.**

**Contact Amy Libby LCSW at 207-542-8908 if you would like more information of if you need assistance accessing a book.**

## A Note from the Health Desk

What do you know about ENERGY DRINKS? Have you heard about “G Fuel”? I recently read an article, *Selling the Young on ‘Gaming Fuel’* after talking with Mr McKenzie about energy drinks and the fierce marketing techniques being used to target teens, especially “gamers” and “professional e-athletes”. Using phrases like “brain energy”, “healthy alternative”, “natural adderall” and “vitamin infused” these multi-billion dollar companies are appealing to our children and selling them on harmful products. I raise this issue because my hope is that you will talk with your children about the health risks and marketing that is targeting them!

Here’s just a few items you need to know per the National Institute of Health:

- Large amounts of caffeine may cause serious heart and blood vessel problems such as heart rhythm disturbances and increases in heart rate and blood pressure. Caffeine also may harm children’s still-developing cardiovascular and nervous systems.
- Caffeine use may also be associated with anxiety, sleep problems, digestive problems, and dehydration.
- Guarana, commonly included in energy drinks, contains caffeine. Therefore, the addition of guarana increases the drink’s total caffeine content.
- People who combine caffeinated drinks with alcohol may not be able to tell how intoxicated they are; they may feel less intoxicated than they would if they had not consumed caffeine, but their motor coordination and reaction time may be just as impaired.
- Excessive energy drink consumption may disrupt teens’ sleep patterns and may be associated with increased risk-taking behavior.
- A single 16-oz. container of an energy drink may contain 54 to 62 grams of added sugar; this exceeds the maximum amount of added sugars recommended for an entire day.

In Wellness,

Gretchen Kuhn, RN

School Nurse [gretchen.kuhn@fivetowns.net](mailto:gretchen.kuhn@fivetowns.net) 236-7805 x 2144


“Selling the Young on ‘Gaming Fuel’ <https://www.nytimes.com/2015/05/20/business/energy-drink-industry-under-scrutiny-looks-to-gamers-to-keep-sales-surging.html>






## Are you bored?


Ready to get your shoes dirty?




Ready to sharpen your skills?



Ready for teamwork and leadership opportunities?




Ready to camp?



Ready to find direction?



Ready to build fires?



**Consider joining Boy Scout Troop 200, Camden, Maine.  
Open to boys aged 11 to 18.  
Come check out the fun!**

**Our open house meeting will be held  
Monday, January 14<sup>th</sup>, 6 p.m. to 7:30 p.m.  
First Congregational Church, Camden  
RSVP requested. Questions? Contact us:**

Scoutmaster, **Ed Weber**, can be reached at [edweber@hotmail.com](mailto:edweber@hotmail.com)  
Assistant Scoutmaster, **Ed Hurlburt**, can be reached at [hurlburt@midcoast.com](mailto:hurlburt@midcoast.com)  
Committee Chair, **Heidi O'Donnell**, can be reached at [heidio.me@gmail.com](mailto:heidio.me@gmail.com)

Troop meetings are held at the First Congregational Church in Camden, Monday nights, from 6-7:30 p.m.





### WinterKids Helps to Get Kids Outside All Winter!

WinterKids helps children develop healthy life-long habits through education and fun, outdoor winter activity. We create opportunities for children to create fun, warm, and healthy memories in the outdoors. Now for ZEPH, we have created the WinterKids App, which replaces the National Passport and Purpals Programs.

This allows kids of all ages to participate in outdoor winter sports in Maine and New Hampshire.

### A Physical Activity Opportunity for Kids- Outside of School!

The new WinterKids App provides free and discounted opportunities for children to try hiking, snowshoeing, snowshoeing, cross-country skiing, and even ice climbing!

Families can purchase a membership to the mobile app for \$35 (0000) and use it for a generous scholarship policy to (certified instructors) and provide the utility of the participating areas for direct instruction on trails, lessons, and exhibits. In addition to the seasonal discounts, our partner areas like WinterKids Family Day providing excellent deals exclusive to WinterKids members and their families.

### What do You Have to do?

Please distribute copies of the enclosed posters around your school. Feel free to make extra copies or include it in your e-newsletter! The WinterKids App is for all kids ages 5-17! Parents can sign up for a family membership at [winterkids.org](http://winterkids.org).

We know you care about the health and education of the kids in your community, and we do too! Kids who participate in outdoor activity are healthier, and studies show healthy active kids also learn better.

Providing families with low- and no-cost access to a variety of winter sports is a step in the right direction for fun, fitness, and academic success.

Thank you for supporting active, outdoor education!

WinterKids 500 Main Street, Suite 10 Westbrook, ME 04092  
[www.winterkids.org](http://www.winterkids.org)  
2018-11-15 12:03