

**Week 8: October 14, 2022**

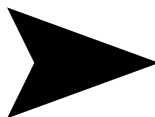


**Can we talk about TECHNOLOGY & SOCIAL MEDIA?** With all of the changes that come along with adolescence, navigating middle school can sometimes be difficult for students and adults. In addition to all of the traditional changes and transitions students experience at this age, we now also have the added component of technology and social media to contend with.

Whether you agree with it or not, technology and social media have become a part of our everyday existence. It has become so easy for students, and adults, to have their eyes glued to devices for long periods of time. This includes technology use throughout the day and the amount of time we all spend scrolling through various social media

platforms. Current research indicates that using social media excessively can damage students' self-esteem while excessive screen time can take a toll on their physical and mental health and decrease productivity. It's important therefore for middle school students to adopt healthy technology habits early on to support their mental health and wellbeing. Here are some ideas to help:

1. Deactivate one social media account for 21 days. Sign out of your account and delete it to remove any temptations. If it's difficult to go without this platform for the full 21 days, it may be time to re-analyze your relationship with social media. Whenever you feel an urge to redownload the app, resist it by finding more meaningful activities to fill your time, like starting on important tasks or exercising.
2. Remove device checking from your wake-up routine. Spend your first hour in the morning on more productive tasks like spending time with family or getting caught up on missing work. Seeing countless notifications and messages after you wake up can be overwhelming and distracting. You will have a much more accomplished day if you begin by choosing mindfulness over staring at your phone.
3. Delete negative contacts from your phone. Scroll through your contact list and erase any contacts that spark a negative emotion within you, such as jealousy or self-criticism. As you do this, reflect on the people that bring positivity to your life and reach out to them. This not only ensures more positive energy in your daily life but also provides an opportunity to reflect on your relationships.
4. Remove alerts and notifications entirely. Checking your phone after receiving notifications or messages interrupts your focus on important assignments. Both productivity and academic performance improve when alerts and notifications are not there to distract you from the task at hand.
5. Curate your social media experience. Evaluate who you follow on social media and unfollow anyone that sparks negative emotions. Search for pages and people that motivate you and bring you happiness. Curating your feed to see posts that inspire you and bring you joy will make social media a positive influence rather than one that hurts your self-confidence.
6. Avoid posting negative comments. Before posting, THINK:



**Before You**

**THINK!**

T - Is it true?  
 H - Is it helpful?  
 I - Is it inspiring?  
 N - Is it necessary?  
 K - Is it kind?

We hope that these tips help. Please take some time to talk to your middle schooler about setting positive boundaries for technology and social media use! Together we can all protect our students and their mental health!

## **PBIS Check For Success Challenge**

The results for the Check for Success Challenge are in! The winning advisories that will receive a donut breakfast next week are:

6A- Mrs. Bartosh

6B- Ms. Reutter

6C- Mrs. Dragovic & Ms. VanHoose

7A- Ms. Costalunga/Mrs. Bobb & Ms. VanBeek (*Tied*)

7B- Ms. Tedeschi

7C- Ms. Naples & Mrs. P. (*Tied*)

8A- Ms. Moore

8B- Ms. Hunter

8C- Mrs. Petro & Mrs. Westerberg

Ms. Calderone

**Congratulations to our WINNERS!!**

## **NEW PBIS CHALLENGE: BUILDING RESPECT**

**In our PBIS BUILDING RESPECT CHALLENGE we are building respect by displaying appropriate hallway behavior.**

**Let's show some CMMS spirit by building respect in the hallways.**

**Announcements:** [CMMS Electronic Announcement Board](#) This week we announced the following:

### **Sports:**

- **Girls Basketball:** Congrats to both girls basketball teams on their wins against Park Forest Michelle Obama Wednesday. The 6th/7th grade team won their game 41-22. A'Laura King had 15 points and Laurel Glover had 8. The 6th/7th record is now 7-2. The 8th grade team won their game 40-0. Laurel Glover led the game with 10 points, A'Laura King had 9, and Sakai Jones had 7. The girls basketball teams will take on Huth on Monday.
- **Boys Basketball:** Tryouts start on Monday, 10/17 for 6th graders who turned their paperwork in last week. 6th graders who are asked to return will be at tryouts on Tuesday, 10/18 along with 7th & 8th graders who have turned in their paperwork. Tryouts run until 10/20.

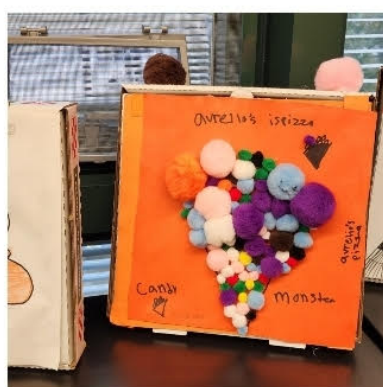
### **Clubs & Activities:**

- **NJHS:** Deadline is approaching! See slide below for more information!!



**FINAL CALL!! PERMISSION FORMS & PAYMENT ARE DUE ON MONDAY, 10/17!!**

6th Graders!! Are you coming to the FALL FLING??  
Check out our [FLIER](#) & [Permission Form](#)



**CMMS and Crete Aurelio's creatively come together! Aurelio's invited the CMMS Art Club to participate in the Fall/Halloween pizza box decorations! We are so excited to be a part of this opportunity and to allow the creativity of the Art Club members to showcase their designs! Thank you Crete Aurelio's for being a great community partner! Please check out the designs this month located at: Crete Aurelio's 1372 Main St Crete, IL. 60417 -Mrs. Johnson ,CMMS Art Instructor**

## What Are the Approaches to Learning (AtL)?

- Approaches to learning (AtL) are skills designed to enable students in the IB Middle Years Programme to learn how to learn.
- They can be used in any subject area and provide a common language for teachers to use when building and reflecting on the process of learning.
- They can be broken into the following categories:
  - Communication
  - Social
  - Self-Management
  - Research
  - Thinking
- They are utilized in all classes, including advisory.



Ask your student, about an AtL skill they have studied in a class so far this year?

## Interested in the National Junior Honor Society?



### You must:

- ★ be in 7th or 8th grade
- ★ maintain a **3.5 GPA** or higher
- ★ have **no demerit points** on record with AP office after induction
  - ★ complete and document 10 hours of volunteer work on [NJHS Community Service Hours Report](#)
  - ★ complete the [National Junior Honor Society Application](#) by November 1 2022

Ask your advisor or contact Ms. Petro at [petron@cm201u.org](mailto:petron@cm201u.org) or Ms. Urbanczyk at [urbanczykd@cm201u.org](mailto:urbanczykd@cm201u.org) for more details!

## MARK YOUR CALENDARS!!

- Friday, October 21, 2022
  - **Early Release Day for Students** 11:30 a.m. Dismissal for Students
- **CMMS Red Ribbon Week, 10/24-10/28--Check out daily theme/ spirit wear below!**
- Monday, October 31, 2022
  - **Early Release Day for Students** 11:30 a.m. Dismissal for Students
- Tuesday, November 8, 2022
  - **NO SCHOOL, Election Day**
- Friday, November 11, 2022
  - **NO SCHOOL, Veterans Day**
- Wednesday, November 16, 2022 **END OF TRIMESTER I**
  - **Early Release Day for Students** 11:30 a.m. Dismissal for Students



**CMMS  
Fall  
Band  
Concert**

**Join us @ 6 PM**

**Crete-Monee Middle School**  
**Enter through Door 1**


**October  
20**

# Crete-Monee Middle School



## Red Ribbon Week/Anti-Bullying Week

October 24-28, 2022

<h1>Monday</h1> <p>October 24th</p>	<p><b>Celebrate Life! Live Drug Free!</b></p>  <p>Students/Staff can wear <b>Red/RRW Shirt</b> to kick-off the week.</p>
<h1>Tuesday</h1> <p>October 25th</p>	<p><b>I'm too Bright to Bully!</b></p>  <p>Students/Staff can wear <b>Sunglasses</b>.</p>
<h1>Wednesday</h1> <p>October 26th</p>	<p><b>Sock it to Drugs!</b></p>  <p>Students/Staff can wear <b>Crazy/Mismatched socks</b>.</p>
<h1>Thursday</h1> <p>October 27th</p>	<p><b>Hats off to a Bully Free Life!</b></p>  <p>Students/Staff can wear <b>Hats</b>.</p>
<h1>Friday</h1> <p>October 28th</p>	<p><b>Lei Off Drugs and Bullying for Mix it Up Day!</b></p>  <p>Students/Staff can wear <b>Hawaiian/Bright/Neon Colors</b>.</p>

## IMPORTANT REMINDERS:

- **ID's:** All students received a color coded ID and lanyard. It is the student's responsibility to wear both around their neck at all times during the school day and on our buses. Your account will automatically be charged \$5 every time a replacement ID/lanyard needs to be issued.
- **Clear Backpacks:** ALL students have received their school issued CLEAR Backpacks. [CMMS Backpack Expectations](#) were reviewed and all students received a physical copy as well.
- **Cell Phones:** All cell phones and non-school issued electronic devices need to be turned off and put away during the school day. Students who fail to adhere to this expectation will be subject to Board sanctioned consequences. .  
■ [cm201u-cell-policy-flyer.pdf](#)
- **Chromebooks:** Students are expected to bring their charged chromebook daily.
- **Water Bottles:** Students are welcome to bring their own refillable water bottles. We have bottle fillers located throughout the building. Please make sure your child's name is clearly written on their bottle.
- **Food Items:** There are set times for students to eat breakfast & lunch. Students are not permitted to "order" lunch to be delivered to the school. Parents, if you are dropping off lunch for your child, it needs to be in our office prior to the student's assigned lunch time.
- **Activity Busses** (4:15 p.m) will be available for students who are participating in any of our after school athletics, clubs or activities. Please note that your child will not be dropped off at their usual spot, but rather a close location in your neighborhood.

## Community Resources

Click below for more information on these community events/opportunities.

<a href="#">Catholic Charities</a>	<a href="#">University Park Home Energy Assistance</a>
<a href="#">Monee Township Thanksgiving</a>	<a href="#">Rental Assistance</a>



**Has your chromebook charger gone missing??**  
**Please hop on to Amazon for a replacement charger.**  
**Click here: [Student Chromebook Replacement Charger](#)**

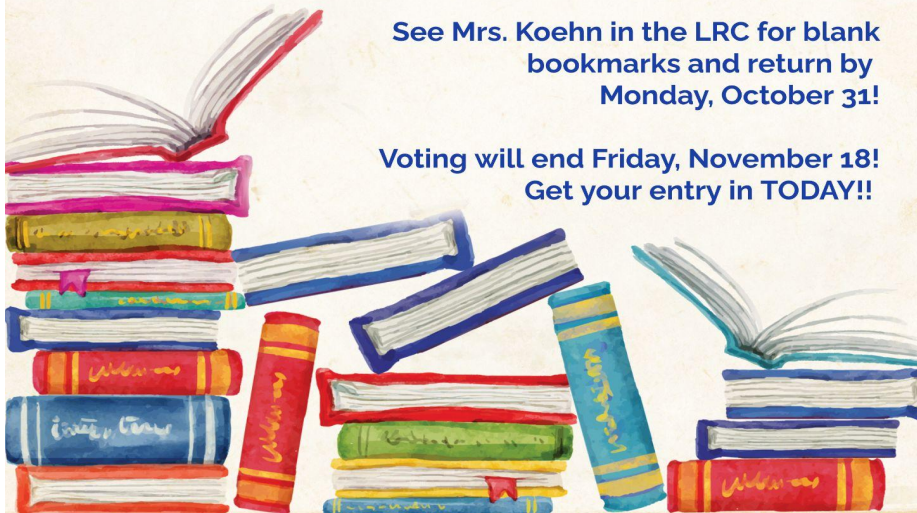
# CMMS 1ST ANNUAL BOOKMARK CONTEST

CALLING ALL ARTISTS!  
Bring out your creativity!!  
Design your own bookmark!!

Participate in our FIRST ever Bookmark contest!!  
All entries will be displayed in the LRC for your fellow students to vote on and choose their favorite!  
The winning entries will be handed out to students in the LRC!

See Mrs. Koehn in the LRC for blank bookmarks and return by Monday, October 31!

Voting will end Friday, November 18!  
Get your entry in TODAY!!



## WE'RE A BOX TOPS FOR EDUCATION™ SCHOOL!

For over 25 years, Box Tops for Education has given nearly \$1 billion to schools nationwide, 10 cents at a time. Every kid deserves a chance to reach their full potential, and Box Tops can help us close the funding gaps in our school.

Scan the code to download the Box Tops app and start earning for our school today!



BUY BOX TOPS PRODUCTS



SCAN YOUR RECEIPT



EARN CASH FOR YOUR SCHOOL

LEARN MORE AT [BTFE.COM](https://www.btfec.com)



# ALUMINUM CAN RECYCLING CONTEST

CMMS has joined Belson Steel's SCORE Recycling Contest!

Will you help us?

It's as easy as 1, 2, 3:



1. COLLECT YOUR ALUMINUM CANS & BRING THEM TO BENSON STEEL IN BOURBONNAIS FOR RECYCLING. YOU GET PAID CASH FOR THE CANS!

2. MENTION CRETE-MONEE MIDDLE SCHOOL WHEN YOU GET PAID! BELSON'S WILL ADD ONE POINT TO OUR SCORE FOR EVERY POUND OF CANS THAT YOU ARE RECYCLING!

3. AT THE END OF THE CONTEST IN APRIL CMMS WILL RECEIVE \$\$ FOR EVERY POINT! PLUS...THE TOP SCHOOLS WILL WIN THOUSANDS IN EXTRA CASH & PRIZES!

CONTEST RUNS  
FROM  
OCTOBER 10, 2022  
THROUGH  
APRIL 22, 2023



Benson Steel  
1685 N. Route 50  
Bourbonnais, IL 60914  
815-932-7416