

Week 11: November 4, 2022

It's already November!! Things have been busy here at CMMS. We are approaching the end of the first trimester and students are working on final assessments and projects. This Trimester ends on WEDNESDAY, November 16th. Please check Family/Student Access to make sure all of your assignments are turned in and up to date.

This month we are focusing on Mindfulness! When we teach mindfulness to kids, we equip them with tools to build self-esteem, manage stress, and skillfully approach challenges. Studies show that the benefits of mindfulness for kids may include: Increased focus, Improved academic performance, and Decreased levels of stress, depression, anxiety, disruptive behavior. Here are four *Mindfulness Activities* you can do at home as a family.



- Take a listening walk. Go someplace—even your backyard—and walk together in silence, listening for sounds you typically overlook: leaves rustling, a pine cone falling from a tree, your own steady breath. To enhance the quietest sounds (and make it more fun), you can turn paper cups into amplifiers by cutting a hole in the sides of two cups and hooking them over your ears, drinking side facing forward. Although nature is especially relaxing, a listening walk can occur anywhere—even a noisy shopping mall or restaurant.
- Really taste what you're eating. With the taste, textures, and temperature of foods so different, mindful eating is one of the easiest practices. Ask everyone to spend the first few minutes of certain meals silently playing with the food in their mouth, noticing the varied sensations of, say, a spoonful of hot oatmeal topped with fruit, nuts, and cinnamon, or a warm juicy burger and cold mushy bun—with that burst of sweet, liquidy ketchup.
- Try a sitting meditation. A formal meditation, where you sit without moving and focus on a single thing, can be difficult for kids (and adults!). But it is very effective—which is why Buddhist monks, Hindu swamis, and Christian contemplative practitioners spend so much time at it. Turn down the lights and your phones off and have everyone sit on the floor (or a chair with a back) for a few minutes. The most common form of meditation is to focus on the breath. Kids can get the hang of this by envisioning they are slowly blowing out to cool a cup of hot tea, then slowly breathing in to sip the cooler tea. (Eventually, work up to breathing in and out through the nose.) End each session with a moment that solidifies the sacredness before everyone makes their mad scramble. In our home, we stand in a circle and hold hands, "squeezing" a bit of love into the hand of the person to the right, until the love goes around a few times.
- Use the Stop, Breathe & Think Kids app. Playing video games or screening Netflix is the opposite of mindfulness, but that doesn't mean you should ignore your phone entirely. Some apps—such as Stop, Breathe & Think Kids—focus on mindfulness activities for kids. The app encourages users to check in with their emotions through emojis, and it also has a series of "mindful missions" that increase focus while calming the mind. These activities also promote better sleep, decrease stress, and manage over-excitement. Users get awarded for completing the missions, and they can close the app feeling better all around.



Tuesday, November 8, 2022

**NO
SCHOOL**

**ELECTION
DAY**



— *Honor All Who Served* —
VETERANS DAY

Crete-Monee Middle School
will be closed on
Friday, November 11, 2022 in
observance of Veterans Day.



**OUR STUDENT COUNCIL IS SELLING THANKSGIVING CANDYGRAMS!
CHECK OUT THESE SLIDES FOR MORE INFORMATION!!
[THANKSGIVING CANDYGRAMS](#)**

MARK YOUR CALENDARS!!!

Our Fall Parent Teacher Conferences are just around the corner!

Please review this information & look for emails from your child's teachers.

Your child's Trimester I report card will be available for pick-up on Monday, 11/21. Report cards will be posted electronically on Tuesday, 11/22.

During conferences, advisory teachers will be able to go over individual students' NWEA/MAP data with you during conferences. Please make sure you check your email for a detailed NWEA/MAP report that Advisors have sent you. Reach out to your child's teachers if you have any questions! Thank you for partnering with us to make this school year a positive one!

[Booking a Virtual Conference Tutorial](#)

MARK YOUR CALENDAR...

CMMS PARENT TEACHER CONFERENCES 2022

Monday, November 21, 2022

ONSITE/IN PERSON ONLY Conferences during the following times:

10:30 a.m.-1:00 p.m.

1:30-5:00 p.m.

6:00-8:30 p.m.

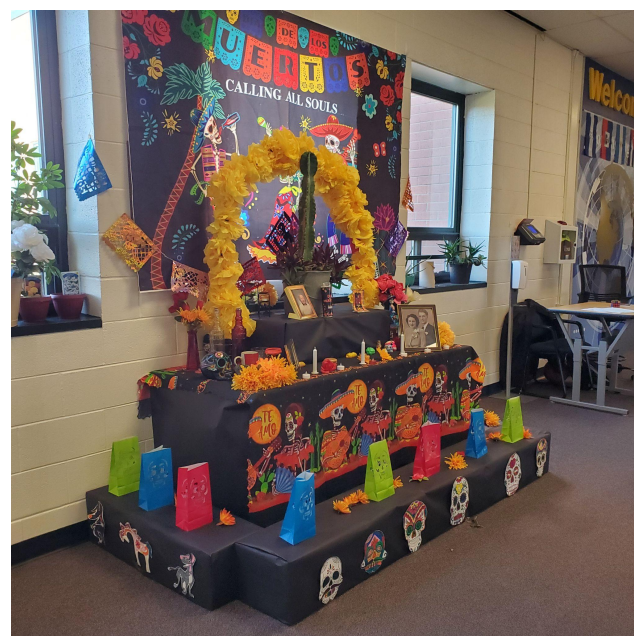
Enter through Door 1. Pick up your child's report card and meet face to face with teachers and staff. Conferences are limited to 10 minutes each and take place on a first come, first served basis.

Tuesday, November 22, 2022

VIRTUAL ONLY 8:30 a.m.-12:00 p.m.

VIRTUAL conferenes will take place through Google Meets. Teachers will email invitations for 15 minute online appointments. LIMITED SPOTS! Sign up will take place on a first come, first served basis.

CMMS celebrates Dia De los Muertos with a beautiful Ofrenda celebrating our lost loved ones. Thank you to the CMMS Spanish Club for putting this together!



Day of the Dead (Día De Los Muertos) is a two day holiday that reunites the living and dead. Families create ofrendas (Offerings) to honor their departed family members that have passed. These altars are decorated with bright yellow marigold flowers, photos of the departed, and the favorite foods and drinks of the one being honored. The offerings are believed to encourage visits from the land of the dead as the departed souls hear their prayers, smell their foods and join in the celebrations!

Day of the Dead is a rare holiday for celebrating death and life. It is unlike any holiday where mourning is exchanged for **celebration**.

“Orange you pumped for Autumn?” Check out our pumpkin carving skills going on in room 301!



In November, We Are Principled!

Students who are PRINCIPLED have a sense of fairness and are honest with themselves and with others. They understand that sometimes there are rules and they follow them. They have an understanding of moral reasoning. How can parents help to develop students who are Principled at home?

- Encourage your child to play games that involve teams. Discuss with your child the qualities of a team player. What sort of person would they want on their team?
- When your child wins a game insist that he or she is a well-mannered winner. They might thank their opponent or shake hands with them if it's appropriate.
- When playing a game, don't change the rules or let your child win. Being a gracious loser is just as important as being a good winner.

- Tuesday, November 8, 2022, **NO SCHOOL, Election Day**
- Friday, November 11, 2022, **NO SCHOOL, Veterans Day**
- Wednesday, November 16, 2022 **END OF TRIMESTER I & Records Day**
 - **Early Release Day for Students** 11:30 a.m. Dismissal for Students
- Monday, November 21, & Tuesday, November 22, 2022
 - **NO SCHOOL FOR STUDENTS, Parent Teacher Conferences**
- Wednesday, November 23-Friday, November 25, 2022
 - **NO SCHOOL, Thanksgiving Break**

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 are required to use a clear backpack. Please make sure your child is following our: [CMMS Backpack Expectations](#).
- **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.

Bilingual Parental Advisory Committee Brochure (English)	Bilingual Parental Advisory Committee Brochure (Spanish)
211 United Way of Will County	211 United Way of Will County (Español)
Catholic Charities	University Park Home Energy Assistance
Monee Township Thanksgiving	Rental Assistance
Thanksgiving Give Away	



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

HOW TO BE MORE MINDFUL

Listen but don't interrupt

Notice but don't react

Feel but don't be bothered

Breathe but don't rush

Think but don't worry

Do but don't hurry

OurMindfulLife.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