

Week 15: December 9, 2022

Tips from Harvard Health for keeping the holidays stress free for you and your family!

1. **Manage your own stress.** Set aside time for yourself. Practice self-care. Get enough sleep.
2. **As much as possible, keep routines the same.** Kids do best when routines are predictable — and healthy. This is particularly true for sleep.
3. **Manage expectations.** Up front, let kids know what they can and can't expect. Look at the calendar, and let your kids know what you can and cannot pull off when it comes to vacation activities.
4. **Keep kids active.** Kick them outside. Go to the park. Go for walks together.
5. **Spend some time together.** Share an activity. Play games together. Visit a museum together. Bake cookies.
6. **Build some family holiday rituals,** if you don't have them already. Whether it's holiday baking, or making homemade gifts together, or a particular concert you always attend, or some friends you invite every year, create things you can do together every year that are meaningful and fun. There are plenty of things you *have* to do. Make your family rituals things you *want* to do.
7. **Choose something to do as a family that helps others.** Choose toys for a toy drive. Go through clothes in the closet and bring gently used ones to a shelter or clothing drive. Try not to think of it as another family chore. Instead, think of it as a way to not only teach kindness, but to keep perspective on the holidays — and on what's way more important than presents or parties.



Student Council Food Drive for Monee Pantry

Bring non -perishable items to advisory December 1st -19th
NO EXPIRED ITEMS

The advisory that collects the most items will get a donut breakfast on December 21nd!

Advisors complete the [google form](#) and bring items to the hall outside the main office on December 19th!

Announcements:
[CMMS Electronic](#)
[Announcement](#)
[Board](#)

Student Athlete Spotlight

Chase Wilks- Boys' Basketball

Who is your favorite teacher?
Mr. Smith (Design Tech)

What is your favorite food?
Pizza

What is your favorite hobby?
Basketball

#CMMSATHLETICS&ACTIVITIES

This week we announced the following:

Sports:

- **Boys Basketball:** Boys Basketball @ Parker on Monday, 12/12 and @ James Hart on Wednesday, 12/14. Good luck Comets!
- **Girls Volleyball:** Volleyball practice this week! Congratulations to the young women selected for our 2022-2023 Volleyball Teams:

8th Grade Team Coach Bobb	6th/7th Grade Team Coach Simmonds
Tori Cates Mya Davis Aaliyah Hudson Darschena Johnson Sakai Jones Makayla Land Marisa Marbury Isla McClure Addison Pluymert Naliyah Reyes-Yates Skylar Rhymes Jasmine Sharkey	Adelaide Breier Jada Franklin Zoe Noonan Marissa Robinson Makayla Cannon Kambria Cook Leighton Cook Katelyn Cuaresma Alexis Farquar Emily Gerth Addison Gough Lucy Joyce London Shelton Mya Watson Sophie Wiczorek

- **Boys Volleyball:** Any young men interested in playing Boys Volleyball this year, your sports physical and grade sheets are due in the office by December 14th! See Coach Coppens or Coach H. Reutter if you have any questions.

Clubs & Activities:

Student Council/StuCo: Student Council will be helping to spread holiday cheer with festive candy grams. Students and staff can send each other messages of appreciation along with a sweet treat. Sales will begin December 1st and deliveries will be the week before break. Happy Holidays!

Arts Department:

Please join us at the 2022 Evening at the Pops Band Concert on Saturday, December 10th @ 7pm held at the Crete-Monee High School Auditorium. Come listen to our 7th/8th Grade Advanced Band and the CMHS Ensembles as we perform a combined winter concert!

Bookmark Drawing Contest!
1st Place Trinity Rattunde won a \$25 GC to Target!
Runners Up: Tahlia Noe, Oliver Perez, Rylee Stoll, Adyson Gale, Isabella Morrison! Thank you to all who participated!!



Spanish Club Raffle

Please support the Spanish Club by purchasing a raffle ticket from your advisory teacher. The cost is only \$1. Last day to purchase tickets is Wednesday (Dec 21st)

You can be the lucky winner of the Piñata filled with candy.

The winner will be announced on Thursday (Dec 22nd) before Christmas Break



Our DECEMBER IB Learner Profile Trait:

You are a COMMUNICATOR!



COMMUNICATORS:

- Express ideas confidently & creatively.
- Listen actively.
- Collaborate.

Spotlight on
IB/MYP
Approaches to
Learning, AtL:

AtL: Non-Verbal Communication

One of the AtL skills practiced in advisory this month is **non-verbal communication**. Students brainstorm how messages are conveyed without the use of words, such as through posture, facial expressions, gestures and tone of voice. Students attempt to recognize and interpret examples of non-verbal communication. They will discuss how this method of communication can speak the loudest. Being aware of our non-verbal communication can make sure we are communicating effectively with others.

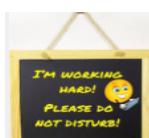


Join us in some Festive Fun!

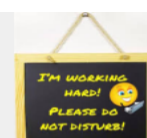


Participate in our first ever **UGLY SWEATER** contest for students!

Wear your **ugliest Holiday sweater** for a chance to win a prize. Advisory classes will vote on ONE winner. ALL Advisory winners will be placed in a raffle to win a **\$50 Amazon Card!** **Date of contest = 12/21**



Do NOT Disturb!



The Purpose: Encourage fewer disruptive behaviors in all spaces throughout the building, and decrease Office Discipline Referrals.

When: This challenge will begin Monday, 11/28 and continue through 12/19.

Where: In ALL spaces throughout the school building.

Reward: Students who do not receive **ANY** referrals during the listed time frame will be eligible to participate in a team **Movie & Popcorn** day on Wednesday, 12/21. ***6th grade during 5th & 6th periods; 7th and 8th grades during 7th & 8th periods.***



CMMS PTO
PRESENTS

1st ANNUAL

WINTER WONDERLAND

DEC
21

CRETE MONEE MIDDLE SCHOOL
635 Olmstead, University Park
Enter At Door #3

6:00PM
to
8:00PM

COME OUT AND ENJOY FUN CRAFTS & GAMES!
PRIZES WILL BE GIVEN TO THE WINNERS!
*X-MAS FAMILY PHOTOS WILL BE AVAILABLE
FOR PURCHASE.

MARK YOUR CALENDARS!

- Wednesday, December 21, 2022
 - PTO Winter Wonderland Event, 6-8 p.m. Dress for the holiday season! Family Photos available for sale!
- Thursday, December 22, 2022
 - **Early Release Day for Students** 11:30 a.m. Dismissal for Students
- Friday, December 23, 2022-Friday, January 6, 2023
 - **NO SCHOOL, Winter Break**
- **Monday, January 9, 2023--SCHOOL RESUMES**

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) Brochure (Spanish)	Catholic Charities
211 United Way of Will County	211 United Way of Will County (Español)
Dec 10 Ham Dinner Giveaway	University Park Home Energy Assistance
Christmas Give Away	Rental Assistance

Has your child's chromebook charger gone missing?? Please hop on to Amazon for a replacement charger. Click here:

[Student Chromebook Replacement Charger](#)



**WE ARE IN
FOURTH PLACE**

in the [BELSON STEEL SCORE
RECYCLING CONTEST!!](#) Check out the standings by clicking on the blue link above!!

Thank you to everyone who is recycling!!
Keep up the great effort!!

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

VOLUNTEERS WELCOME WITH BACKGROUND CHECK



16 JAN 2023 10 A.M.-2 P.M.

THE MEN EMPOWERMENT NETWORK PRESENTS

MARTIN LUTHER KING JR. DAY

M.E.N. CONFERENCE 2023

**BREAKFAST
& LUNCH
PROVIDED**

CRETE-MONEE HIGH SCHOOL
"MILTON PAYTON PERFORMING
ARTS CENTER" DOOR #2
1515 W EXCHANGE ST.
CRETE, IL 60417

**8TH-12TH GRADE
YOUNG MEN**

DERRICK WATSON-LEAD MENTOR
WATSOND@CM201U.ORG
(708)367-8240



**THE MEN
EMPOWERMENT
NETWORK**

COMMUNITY  MENTORSHIP
COMMITTEE