

Week 20: January 27, 2023

TRIMESTER 2 Progress Reports ARE POSTED TO FAMILY ACCESS!! Click here for directions on how to access : [FAMILY ACCESS: Viewing Report Cards & Progress Reports](#)

ILLINOIS 5 ESSENTIALS SURVEY *Help us improve our schools!*

Crete-Monee School District 201-U schools will participate in the annual Illinois 5 Essentials Survey. The survey is designed to collect important information on school climate and learning conditions. This survey, developed by the University of Chicago Consortium on Chicago School Research, assesses performance on five indicators or “Essentials” for school improvement.

- *Effective Leaders*
- *Collaborative Teachers*
- *Involved Families*
- *Supportive Environment*
- *Ambitious Instruction*

The survey results are reported on the school report cards that are available to parents.

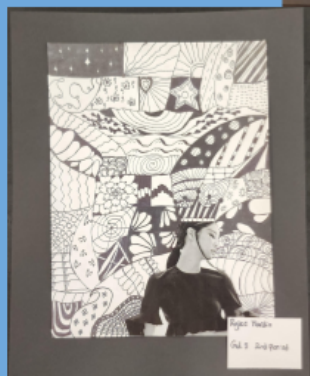
The parent survey is available from January 24, 2023, through March 31, 2023. All district parents are encouraged to take the survey. Your identity and your child’s survey responses will be kept completely confidential and will never be connected to you or your child.



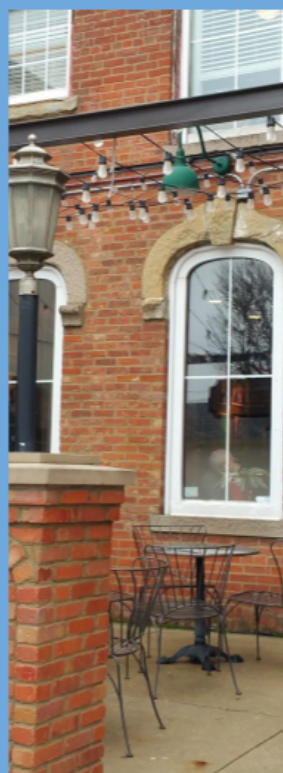
The survey will be administered online and will take less than 20 minutes to complete. Please note that all survey information is confidential. Each school in the district must have 20% of eligible parents participate for a parent report to be generated. To take the survey, please click on the link below: <http://survey.5-essentials.org/illinois/survey/parent/>

Meet the ARTIST Night!

Please join us
February 2nd,
5-6:30
to meet and
celebrate the
artwork of these
very talented
artists!



Hope to
see you
soon.
Thank
you!



Celebrate our 8th YEAR
**“CMMS ARTWORK
exhibition will be
on display the
month of
February!”**

at the Edge Coffee House
1366 Main St., Crete

Thank you for your support!
~Mrs. Johnson
CMMS Art Instructor

[CLICK HERE FOR CMMS BLACK HISTORY MONTH CONTEST DETAILS](#)

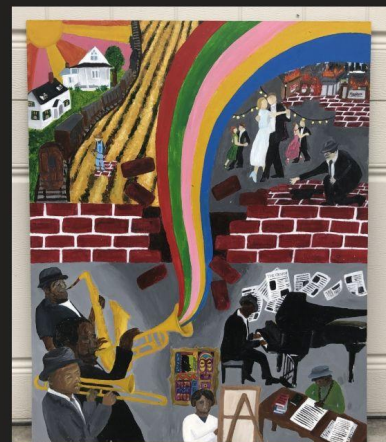
CMMS & Amazon Black Employee Network



2023 Black History Month

Essay, Artwork & Poetry Contest

- Your essay or poem should be emailed to Mrs. Sandra D. Brookins at brookinss@cm201u.org.
- The artwork should be hand delivered to Mrs. Brookins in the main office. Digital work can be emailed to Mrs. Brookins.
- All submissions are due on or before Wednesday, February 8, 2023.
- Winners will be selected by the Amazon BEN Committee and announced on February 24, 2023.
- One winner & one runner up in each category.
- A student is allowed to submit entries in more than one category.



Prizes:

THREE FIRST PLACE winners will receive an Echo Show & a \$25 Amazon Gift Card

THREE RUNNER-UPS winners will receive an Echo Dot Smart Speaker & a \$10 Amazon Gift Card



8th Grade Festivities & End of the Year Information

Please read through the attached letter very carefully. There is a lot of information pertaining to 8th grade events and activities that will take place from February through June. This information will also be posted to our 8th Grade Google Classroom, Website and Family & Student Access.

[8th Grade Letter English](#)

[8th Grade Letter Spanish](#)

9 Mental Health Resolutions for the New Year

Not all New Year's resolutions focus on finances, weight, and general health, some extend to mental health as well. Here we have some mental health resolutions that are solid goals not only this year, but every year. You can share these with your clients who struggle with change, and help them regain their sense of balance.



1. I will commit myself to being physically active each day. Studies have shown there is a link between mental and physical health.
2. I will resolve to be mentally healthy in the upcoming year. While there is still a stigma associated with seeking the aid of mental health professionals in the US, seeking out the assistance of a certified professional to sort through our mental and emotional baggage is one of the healthiest things we can do.
3. I will learn to relax and enjoy life. Commit yourself to carving out some time each day to “shutting down” and doing something for yourself that helps you rest and recharge your mental and emotional batteries.
4. Diligently speak nicely about yourself and treat yourself with respect. All good things begin from within, and a positive outlook on ourselves is a key to attracting more positivity into our lives.
5. Don't be too hard on yourself. Remind yourself daily that as a human, you will make mistakes or miss goals, and that is okay. What is important is going forward in these situations in a positive manner.
6. Stay mindful and in the moment. Don't dwell too much on the past or spend too much time fixating on the future. Remember to live in the here and now and enjoy all that life has to offer.
7. Act instead of reacting. Rather than allowing yourself to get caught up in reacting to the actions of others that push your buttons, be prepared with a mental list of disarming statements to counteract the negative statements of others.
8. Do not allow yourself to be defined by a label. Instead of thinking and speaking of yourself as being overweight, anxious, depressed, etc. . .say instead “I have depression and today I will exercise to help manage that.”
9. I will strive to become the person I want to be. View life as a journey full of adventures rather than a series of obstacles you have to overcome. Enjoy the ride that life is, rather than focusing on the bumps in the road.

Always make sure that your work as a mental health professional is covered by your mental health professional insurance policy. Advice you give can be covered with the right policy.

Author: **CPH & Associates** <https://www.cphins.com>

Announcements: [CMMS Electronic Announcement Board](#)

Sports, Clubs & Activities: Good luck to our teams who are playing as follows this week:

- **Boys Basketball:** 8th grade basketball team plays 1/28 @ 9am at Michelle Obama. This is an IESA regional game!
- **Girls Volleyball:** A huge Congratulations to the 7th grade lady warriors on their continued win streak. They defeated Huth in two sets 25-8, 25-10. The 8th grade team took a hard fought win after 3 sets. Special shout out to Tori Cates for her lightning fire serving of 11 in a row most of which were unreturned which solidified the set 3 win. We are so proud of you all, keep it up. Our girls volleyball teams play @ home vs. Hart on 1/30 and @ home vs. Chicago Heights on 2/1.
- **Boys Volleyball:** Our boys volleyball teams play @ Hart on 1/30, @ Chicago Heights on 2/1 and @ home vs. Obama on 2/2.
- **Chess:** Our Chess team plays @ Hart on 1/30, @ Chicago Heights on 2/1 and @ home vs. Obama on 2/2.
- **Track & Field:** Interested in participating in Track & Field this spring? Click here for more information: [Track & Field](#)
 - [Athletic Information Flyer 2022-2023](#) [IESA-PhysicalCard.pdf](#)
- **E-Journalism:** Interested in joining e-journalism? Click here for more information: [E-Journalism Club](#)
- **Math Club:** Interested in joining math club? Click here for more information: [Math Club](#)

MARK YOUR CALENDARS!

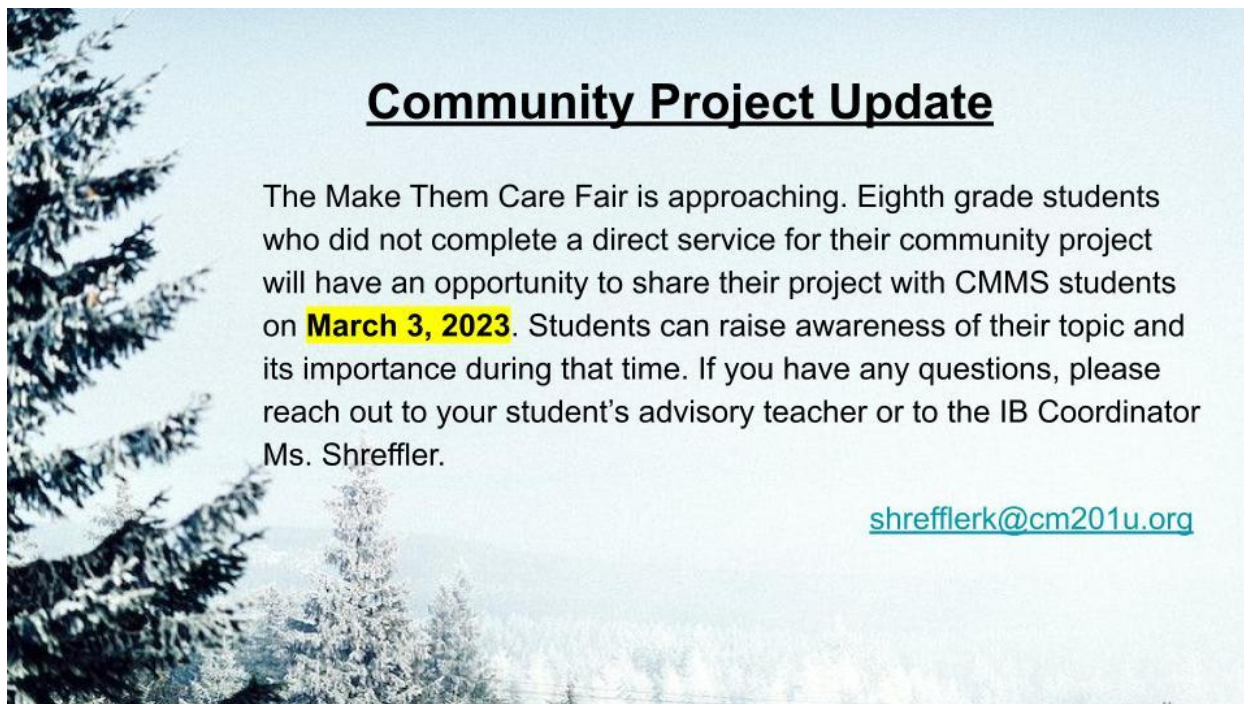
- Monday, February 6, 2023
 - **Early Release Day for Students** 11:30 a.m. Dismissal for Students
 - Staff School Improvement Day
- Friday, February 17, 2023
 - **Early Release Day for Students** 11:30 a.m. Dismissal for Students
 - Staff School Improvement Day
- Monday, February 20, 2023
 - **NO SCHOOL, Presidents' Day**



Community Project Update

The Make Them Care Fair is approaching. Eighth grade students who did not complete a direct service for their community project will have an opportunity to share their project with CMMS students on **March 3, 2023**. Students can raise awareness of their topic and its importance during that time. If you have any questions, please reach out to your student's advisory teacher or to the IB Coordinator Ms. Shreffler.

shrefflerk@cm201u.org



Student Athlete Spotlight

Tori Cates- 8th Grade Girls' Volleyball

What is your favorite subject?

Science

What is your favorite food?

Chinese Food

What is your favorite hobby?

Playing volleyball or hanging out with friends



CRETE-MONEE
Middle School

Student Athlete Spotlight

Tyler Burnett- Boys' Volleyball

Who is your favorite teacher?

Ms. VanBeek (Language Acquisition)

What is your favorite food?

Lasagna

What is your favorite hobby?

Baseball



CRETE-MONEE
Middle School

Student Athlete Spotlight

Alexis Farquhar- 7th Grade Girls' Volleyball

Who is your favorite teacher?

Mr. Vallow (IBS) or Ms. P. (Lang. Acq.)

What is your favorite food?

Avocado Toast

What is your favorite hobby?

School and club volleyball



CRETE-MONEE
Middle School

#CMMSATHLETICS&ACTIVITIES

#CMMSATHLETICS&ACTIVITIES



Please support our PTO Candy Gram Fundraiser by sending a sweet treat & message to a classmate, friend or staff member!!

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 LIHEAP Assistance
211 United Way of Will County	211 United Way of Will County (Espanol)
Rental Assistance	University Park Home Energy Assistance
Monee Township STEM Opportunity	

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



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

**WE ARE IN
SECOND PLACE as
of January 3rd...**

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!!



EARN CASH FOR OUR SCHOOL

NO MORE CLIPPING. ALL YOU NEED IS YOUR SMARTPHONE.

The NEW and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

LOOK FOR THE NEW LABEL:



HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



SCAN YOUR RECEIPT

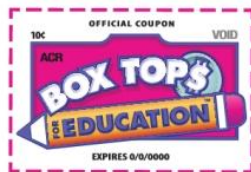
Use the app to snap a photo of your receipt within 14 days of purchase.



EARN CASH FOR OUR SCHOOL

Box Tops earnings are identified and automatically updated at BTFE.com.

You do not need to clip or send Box Tops labels to school.



BOX TOPS CLIPS ON PACKAGES

Traditional Box Tops clips are being phased out of production but may continue to be found on many products throughout the store as packages transition to the new Box Tops labels. **You can still clip these and send them to school.** Please make sure each clip has a valid expiration date.



BUY
BOX TOPS PRODUCTS



CUT
OUT THE BOX TOP FROM EACH PACKAGE



SEND
YOUR BOX TOPS TO SCHOOL

