

Week 30: April 6, 2023

6th 7th & 8th Graders completed IAR testing this week!! Make-Up testing will start next week for those who missed sessions due to absence. **REMINDER!! State Testing Continues for 8th Graders ONLY!!** They are taking the **Illinois Science Assessment (ISA)** on Monday & Tuesday of next week!! Please take a moment to review the parent letter for more information about the ISA [ISA Parent Letter \(English\)](#) [ISA Parent Letter \(Spanish\)](#)

The winners of the Achieve 3000 contest for the month of March are:

6th grade: Cashanay Davis Brown

7th grade: Julissa Gonzalez Carrasco

8th grade: Naythan Cannon

Winning students each earned a \$10 Amazon gift card. Students who are interested in winning a \$10 Amazon gift card, please ask your reading teacher or check your grade level classroom for the Achieve 3000 contest rules.

ILLINOIS 5 ESSENTIALS SURVEY Thank you to all the families who participated in this year's survey!! Each of the following parents/guardians won one of our \$50 Amazon Gift Cards! Please contact our office at 708-367-2410 to arrange a time to collect your prize!!

Euphemia Connell
Latoya Peterson

Dorian Durham
Andrew Scott

Rhonda Graham
Deanya Watkins

**CMMS Arts Dept. Presents:
The Fine Arts Festival**

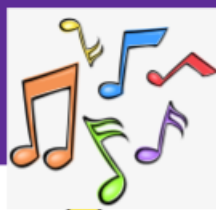
Please JOIN US FOR A SHOWCASE of:

The ARTS UNDER CONSTRUCTION!

THURSDAY, APRIL 20th, 6 - 8 PM

ENTER DOOR #1

Join us for Student Performances & Snacks Donated by CMMS PTO



In April, We Are Balanced!

Students who are **BALANCED** are healthy and are aware that eating properly and exercising is important in their lives. They understand that it is important to have a balance between the physical and mental aspects of their bodies. They spend time doing many different things.

How can parents help to develop students who are well-balanced at home?

- Encourage your child to participate in a wide variety of structured activities.
- During less structured time, also be aware of the activities that your child is participating in.
 - Too much time in front of the computer or television is obviously not desirable, but all kids need to do a variety of things.
 - Generally active kids should take time for quiet reading or reflection
 - Students who spend a lot of time drawing or reading, should be encouraged to also exercise and play.

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](#)

8th Grade Mandatory Parent Meeting Tuesday, May 16, 2023 @ 6:00 p.m. CMMS Gym

Announcements: [CMMS Electronic Announcement Board](#)

MARK YOUR CALENDARS!

Friday, April 7, 2023

- **NO SCHOOL, District Holiday**

Thursday, April 13, 2023

- **7th Grade Dance, SPRING FLING**

Friday, April 14, 2023

- **11:30 a.m. Dismissal for Students, School Improvement Day**

Thursday, April 20, 2023

- **CMMS Fine Arts Fest @ 6 p.m.**

Monday, April 24, 2023

- **11:30 a.m. Dismissal for Students, School Improvement Day & CMMS Career Day**

Wednesday, April 26, 2023

- **PTO Meeting @ 6 p.m.**



Did you know that MARCH was SLEEP AWARENESS MONTH? It makes a lot of sense since we all tend to suffer from exhaustion whenever we “Spring Forward” in March! Check out this important infographic about Teens and Sleep!!

TIPS FROM NYACK HOSPITAL

SLEEP AND TEENS

A Good Night's Sleep Has a Great Effect on Your Teen's Health

9 HOURS
the average amount of sleep a teen needs each night.

28%
of teens fall asleep at school once a week or more.

14%
of teens arrive late for school at least once a week or more.

WHY SLEEP IS IMPORTANT

- Zzz's Can Lead to A's**
Sleep helps your ability to listen, concentrate, remember, learn, and solve problems.
- Good Mood**
Lack of sleep can lead to moodiness, irritability, and depression.
- Keeps You Physically Healthy**
Sleep allows your body to repair itself. Lack of sleep can lead to a poor complexion, and increase your obesity risk.

COMMON SLEEP DISORDERS IN TEENS

- Sleep Deprivation**
A disorder resulting from early school start times, long homework hours and extracurricular activities creating busy schedules and not enough time for sleep.
- Inadequate Sleep Hygiene**
Poor sleep habits which include using electronics at bedtime, eating late/drinking caffeine, and not keeping a regular sleep schedule.
- Circadian Rhythm Disorder**
(Delayed Sleep Phase Syndrome) A disorder in which there is a continuous or occasional disruption of sleep patterns caused by changes in a teen's biological clock as they go through puberty.

TIPS FOR BETTER SLEEP

Establish a bedtime routine.

Keep the bedroom cool, dark, and quiet.

Don't eat, drink, or exercise before bed.

MOST IMPORTANTLY: Turn off all electronic devices.
The body produces melatonin at night to induce sleep. Bright lights from electronic devices signal the brain to suppress melatonin production, causing sleep problems.

Sources: Dr. Anita Bhola, Nyack Hospital; National Sleep Foundation, sleepfoundation.org; WebMD.com; Medical News Today, medicalnewstoday.com

Nyack Hospital. We're your neighbors. We're your hospital.

845.348.2000 | nyackhospital.org/teensleep
160 North Midland Avenue, Nyack, NY 10960



YOUNG LADIES! ARE YOU INTERESTED IN PARTICIPATING IN THIS EMPOWERING OPPORTUNITY? TURN THIS FORM INTO THE MAIN OFFICE! [YOUNG LADIES' CONFERENCE 2023 FORM \(4\).pdf](#)

EMPOWERED
WOMEN
EMPOWER
WOMEN

YOUNG LADIES EMPOWERMENT NETWORK
PRESENTS

INSPIRED & EMPOWERED
CONFERENCE FOR YOUNG LADIES GRADES 7-12

BE YOUR OWN BOSS | **EMPOWER YOUR VOICE** | **I AM ENOUGH**

PANEL DISCUSSIONS

2023 **SATURDAY**
APRIL
15
10 AM - 2 PM
Breakfast & Lunch will be provided
CRETE-MONEE HIGH SCHOOL
1515 W. Exchange St. Crete, IL
Enter Door #3

FOR MORE INFORMATION, PLEASE CONTACT
Ms. Keeyana Riley
rileyk@cm201u.org
(708) 367-8329
Mrs. Keely Lewis-Childress
kchildress@university-park-il.com
(708) 473-8165

SIGN UP TODAY!

Crete-Monee Middle School will be hosting our 2022-2023 Career Day on Monday, April 24, 2023 from 7:30 a.m. to 11:30 a.m. We are looking for professionals like yourself to share details regarding your occupation with our students.

Crete-Monee Middle School CAREER DAY

CMMS STUDENTS ARE INTERESTED IN
LEARNING ABOUT YOUR CAREER!
IN PERSON AND VIRTUAL OPTIONS ARE
AVAILABLE FOR OUR PRESENTERS!



Monday, April 24, 2023
7:30 -11:30 a.m.

PRESENTERS NEEDED



Help us by
volunteering to be a
presenter!

FOR MORE INFORMATION CONTACT
MS. BILMA CHAVEZ, CMMS COUNSELING DEPT.

708-367-2414
chavezb@cm201u.org

For this year's Career Day, you have the option of either presenting in person or you can create a pre-recorded 20 minute presentation for us to share. If you choose to present in person we ask that you come prepared to present for the entire day (6, 20 minute sessions with Q&A).

Keep in mind that you are presenting to students between the ages of 10 and 14. If you are interested, please fill out the [Career Day Registration Form](#) by April 10, 2023, and let us know whether you would like to present in person or create a presentation. You can see an example [here](#) of a video from last year.

Please feel free to contact Bilma Chavez, CMMS School Counseling Dept. with any questions or concerns.
(708) 367-2414
chavezb@cm201u.org

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



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

WE ARE STILL IN SECOND 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!!



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

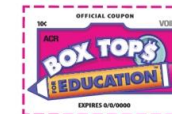
Use the app to snap a photo of your receipt within 14 days of purchase.



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

SEE PRODUCTS & LEARN MORE ABOUT THE BOX TOPS APP AT [BTFE.COM](https://www.btfecom.com)

© General Mills

THE ALL-NEW BOX TOPS IS HERE! DOWNLOAD THE APP:



Crete-Monee Middle School PTO Fundraiser!! Starts TODAY & Ends on April 8th! This is a fully ONLINE Fundraiser! For more information read below and click here: [P 23 Crete Monee MS PTO RAISY KICKOFF.pptx](#)



Crete Monee Middle School PTO 2023 Fundraiser Announcement

OUR SCHOOL NEEDS YOUR HELP

We are fundraising to be able to continue sponsoring events in the school, i.e. Parent/Teacher Conference Dinners for Teachers, 8th Grade & End of the Year Activities, Fine Arts Festival, PTO Events and various teacher requests throughout the year.


BONUS PRIZES***

- Sell 5 and earn a FREE Entertainment app PLUS a Dairy Queen treat at lunch + 1 entry drawing into the Grand Prize Mystery Basket (hint: filled with candy and fun items you will love \$50.00 Value)
- Sell 10 and earn a FREE Entertainment APP \$10.00 Starbucks gift card + a Dairy Queen treat at lunch + a Large Plush + 2 entries into the Grand Prize drawing
- Sell 15 and earn a FREE Entertainment APP + \$15.00 Culver's gift card + a Dairy Queen treat at lunch + 3 entries into the grand prize drawing
- Sell 20 and earn a \$25.00 Amazon gift card + a Dairy Queen treat at lunch + 3 entries into the grand prize drawing
- TOP 2 SELLERS + (A Friend of your choice) IN EACH GRADE** EARN A FREE JIMMY JOHN'S LUNCH PARTY -Sandwiches, chips, drink, dessert, and a special gift for each lunch attendee.

Our sale starts today and ends on Saturday, April 8th.

REGISTER AND SHARE ON RAISY™:



1.  REGISTER! Seller Registration: Scan the QR Code to the left.
2. SEND! Main Fundraising page: Scan the QR Code to the right.
3. SHARE! Send out a minimum of 10 EMAILS OR TEXTS to family and friends
4. Post on social media. With the click of one button, our fundraiser is posted or tweeted



The Entertainment Savings Membership virtual fundraiser offers 2-for-1 and up to 50% off discounts, all conveniently accessed on the mobile app and online printable coupons. For only \$25, Entertainment connects supporters with over 500,000 opportunities to save for 1 full year. With coverage across the U.S. and Canada, savings are wherever you go!

Thank you for your support!

**Top 2 sellers of each grade must each sell a minimum of 5 memberships to be eligible to attend the Jimmy John's lunch party and invite a friend.
***Prizes will be awarded at the end of the sale



Summer Camp Scholarship Opportunity

Scholarships of up to \$350 will be offered for
each of the following areas:

Music, Athletics, Educational Enrichment, Art & Drama

Crete-Monee Middle School students who are currently in the
6th, 7th or 8th grade are welcome to apply.

Applications can be found online at:

Crete Woman's Club Website www.cretewomansclub.net

CMMS Grade Level Google Classrooms & Website

www.cm201u.org

Mail completed applications to:

Angelyn Zmuda, Scholarship Chair

Crete Woman's Club

PO Box 104

Crete, IL 60417

Applications due by Friday, April 14, 2023

CLEANING OUT YOUR CLOSETS?

WE NEED YOUR SHOES!



FUNDRAISER RUNS UNTIL

Friday, May 26, 2023

Help us raise funds just by donating gently worn, used and new shoes! Be sure to ask, friends, family, neighbors and co-workers to donate too!

CMMS National Junior Honor Society

GROUP NAME

Collected shoes not only help support us, but they will be reused and given a second life by those in need through #microenterprise. It's a WIN-WIN!

CMMS: Front office, Rooms 119 & 213

DROP-OFF LOCATION

WELCOME HOME

Matthew Lipman, viola
Lisa Kristina, piano

A Benefit Concert supporting
The Suburban Youth
Symphony Orchestra,
501(c)3

Matthew Lipman, world-renowned violist, returns home for this special performance. He is an alumni of the Crete-Monee High School String Program and The Suburban Youth Symphony Orchestra. Matthew will be accompanied on stage with pianist Lisa Kristina.

Admission is free, donations at the door are graciously accepted.

Proceeds benefit
Suburban Youth Symphony
programs
&
The Robin Lipman Memorial
Scholarship fund.




**Milton Payton
Performing Arts
Auditorium**

Crete-Monee Highschool
1515 W Exchange, Crete, IL 60417

**Sunday
April 16, 2023
4:00pm**



 suburbanyouthsymphony.org

 [syso_ig](https://www.instagram.com/syso_ig)

 [Suburbanyouthsymphonyorchestra](https://www.facebook.com/suburbanyouthsymphonyorchestra)

