

**Week 28: March 21, 2024**

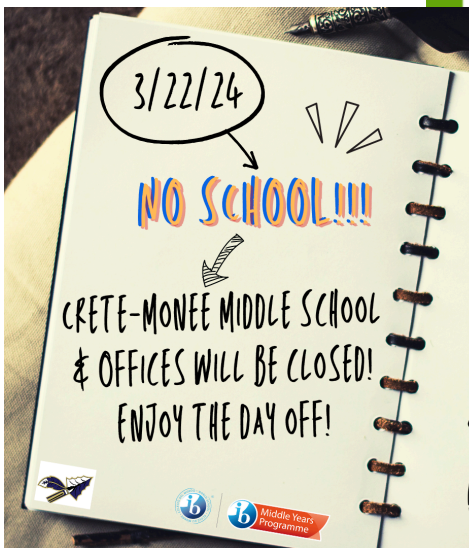
[CMMS Electronic Announcement Board](#)

Welcome SPRING!!  
As we start to see warmer temps over the next few months, it's time to start thinking about getting outside and in the case of our middle schoolers, getting off of our screens for a while.

Making time to be outside and in nature has a lot of great physical and emotional benefits.

Check out this infographic for some amazing health benefits that we can all get from being outside.

It's time to start enjoying the great outdoors!



## 8 ways nature benefits your well-being

There's a reason it's called the great outdoors!



Nature activates the part of the brain associated with emotions, empathy, and self-awareness.



Exposure to plants has been shown to lower cortisol levels, heart rate, and blood pressure by suppressing the sympathetic nervous system.



Grounding, the practice of connecting with the Earth through contact, may reduce pain and decrease inflammation.



Being near water can signal a reduction in stress hormones, causing a meditative effect.



Moderate exposure to UVB rays from the sun prompts your skin to produce vitamin D, which helps protect your bones.



Sunlight helps regulate your sleep patterns and cues your brain to release mood-boosting hormones.



Nature better connects us to ourselves, other people, and the world around us by fostering stronger feelings of community and support.



Evidence suggests exposure to negative ions in the fresh air can boost immunity and increase metabolism.

## CMMS Weekly Newsletter & Announcements

**State Testing Information: Please read the attached letters for more information about this year's standardized testing taking place in April 2024. Click [blue](#) links!**

### 6th, 7th & 8th Grade

- [23-24 IAR Parent Letter \(English\) \(1\).pdf](#)
- [23-24 IAR Parent Letter \(Spanish\) \(1\).pdf](#)

### 8th Grade ONLY

- [23-24 ISA Parent Letter \(English\) \(1\).pdf](#)
- [23-24 ISA Parent Letter \(Spanish\) \(1\).pdf](#)



**Stay tuned...CMMS students will have the opportunity to view the partial solar eclipse on Monday, 4/8/24. We will provide students with Solar Eclipse Glasses for the occasion. Details coming soon!**

# CMMS Weekly Newsletter & Announcements

The Student Council made cards to brighten the day of children in hospitals nationwide through the [Cards for Hospitalized Kids Program](#).

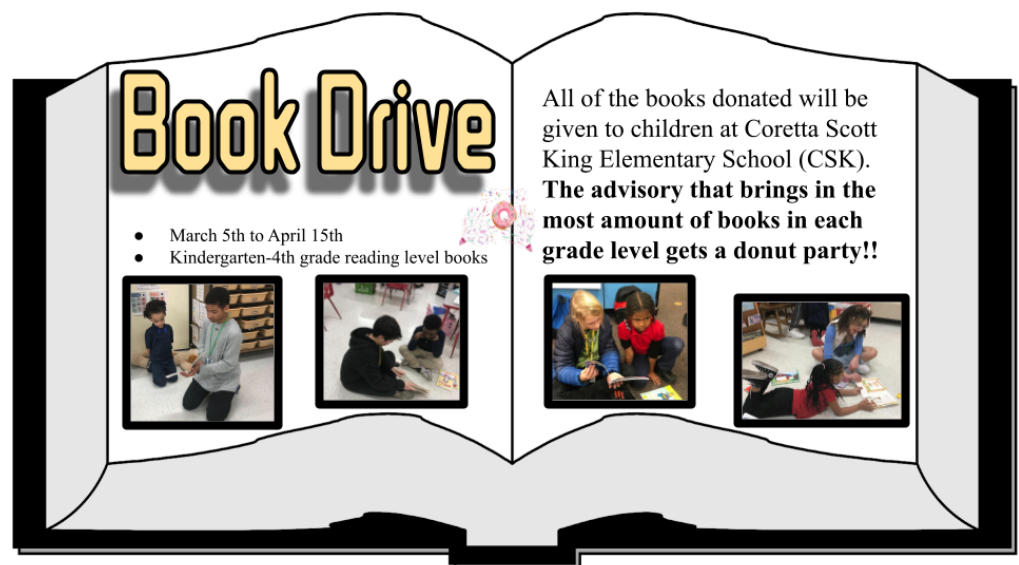


## CMMS Weekly Newsletter & Announcements

**Starting to Plan for the Summer?? Click [HERE](#) for more information about Youth Summer Theater Camps @ GSU!**




**HELP our National Junior Honor Society!!**



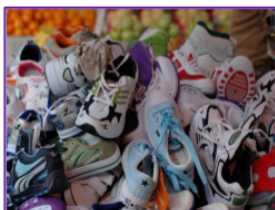
**Book Drive**

- March 5th to April 15th
- Kindergarten-4th grade reading level books

All of the books donated will be given to children at Coretta Scott King Elementary School (CSK). **The advisory that brings in the most amount of books in each grade level gets a donut party!!**



## !CMMS Shoe Drive!



Have you grown out of your old shoes? If so, consider donating them to the NJHS shoe drive!

**March 5 to April 12**



**We need your help!**

**Donate as many shoes as you can for the NJHS shoe drive! We take ALL used shoes - children's, men's, women's of ANY style**

**Best part - any advisory that collects 25 or more pairs will be entered into a raffle for open gym.**

**Together we can collect shoes for people in need!**

# CMMS Weekly Newsletter & Announcements

Thank you to all of the parents who have already completed our IL 5 Essentials Parent Survey! Please complete the survey & enter to WIN! We have **ONE MORE WEEK** to reach out goa

**ENTER TODAY!!**



The banner features a blue background with a white speech bubble containing the text "WE WANT YOUR FEEDBACK". Below this, it says "CMMS PARENTS & GUARDIANS TAKE THE ILLINOIS 5ESSENTIALS SURVEY TODAY & BE ENTERED TO WIN WEEKLY PRIZES OR ONE OF OUR GRAND PRIZES !!". On the right, there is a QR code and a smartphone icon with the text "SCAN ME". The IB logo and Middle Years Programme logo are also present.

## Weekly Raffle

TURN IN YOUR SURVEY CONFIRMATION TO MS. CHRISOS BY THE DATES LISTED BELOW AND YOUR CHILD WILL BE ENTERED TO WIN ONE OF OUR EXCLUSIVE WARRIORS T-SHIRTS! ONLY A LIMITED NUMBER OF SHIRTS WILL BE AWARDED! WEEKLY DEADLINES:

- FEBRUARY 1
- FEBRUARY 8
- FEBRUARY 15
- FEBRUARY 22
- FEBRUARY 29
- MARCH 7
- MARCH 14
- MARCH 21



## Grand Prize Raffle

ALL COMPLETED SURVEY ENTRIES WILL BE ENTERED INTO OUR GRAND PRIZE RAFFLE! YOUR FAMILY COULD WIN:

- OLIVE GARDEN DINNER ON US
- EMAGINE THEATER GIFT CARD
- URBAN AIR GIFT CARD
- AMAZON GIFT CARD

Do you have more than one student in our building? Complete the survey for each of your students for more opportunities to win!

# CMMS Weekly Newsletter & Announcements

## IMPORTANT! 8th Grade Information

### 8th Grade Information—ALL EVENTS & ACTIVITIES—PLEASE READ

- [CMMS 8th Grade Information\\_2024\\_English .docx.pdf](#)
- [CMMS 8th Grade Information\\_2024\\_Spanish.docx.pdf](#)

## Mark your Calendars!

- **Wednesday, March 27, 2024 PTO Meeting @ 6pm**
- **Friday, March 29, 2024 NO SCHOOL/School Holiday**
- **Monday, April 1st–Friday, April 5th NO SCHOOL/SPRING BREAK**
- **Monday, April 8, 2024 SCHOOL RESUMES IAR Testing Begins**
- **Friday, April 12, 2024 7th Grade Springfield Trip**
- **Wednesday, April 24, 2024 11:30 AM Dismissal Day for Students & School Improvement Day for Staff**
  - **Annual Career Day,**

Monday, 3/25	Tuesday, 3/26	Wednesday, 3/27	Thursday, 3/28	Friday, 3/29
<i>Day 4-Yellow</i>	<i>Day 5-Orange</i>	<i>Day 1-Red</i>	<i>Day 2-Blue</i>	<b>NO SCHOOL</b>
<u>After School</u> IMSA 6th Grade (Rm 410) IMSA 7th Grade E-Journalism (Rm 116) Math Club (Rm 112) Heart & Sole Practice Soccer Intramural (Amphitheater) Track & Field Practice	<u>After School</u> Spanish Club (Rm 200) IMSA 8th Grade Gloria J. Taylor (Rm 99) Fine Arts Club (Rm 404) Flag Football Intramural (Cafe) Track & Field Practice	<u>After School</u> <b>HIGH IMPACT TUTORING</b> Student Council Mtg. (Rm 118) Chess Club Practice (Rm 120) NJHS Meeting (Rm 119) Heart & Sole Practice Soccer Intramural (Amphitheater) Track & Field Practice  PTO Meeting 6pm @ CMMS	<u>After School</u> <b>HIGH IMPACT TUTORING</b> Battle of the Books Flag Football Intramural (Cafe) Garden Club (Rm 113) Track & Field Practice	<b>SPRING BREAK KICKS OFF TODAY!</b>

**NO NEWSLETTER during  
SPRING BREAK!**

**Enjoy your time away from school!**



## CMMS Weekly Newsletter & Announcements

### Community Resources! Please check the following links for community resources or events that may be of interest to your family:

- English - [Community Health, Education, Jobs and Trades Resource Fair Flyer.pdf](#)
- SPANISH - [Community Health, Education, Jobs and Trades Resource Fair Flyer.pdf](#)

[Home Weatherization ENG](#)  
[Home Weatherization SP](#)

[GSU Legal Clinic](#)

Community Closet [Richton Park](#)

[Illinois Welcome Flier English & Spanish](#)

[Food Pantry List \(Spanish\)](#)

[Schoolhouse Counseling \(Spanish\)](#)

[Catholic Charities Rent & Mortgage Assistance](#)

[Will County Center for Community Concerns](#)

#### KEY REMINDERS:

- DRESS CODE UPDATE:** Please take a moment to review our [REVISED STUDENT DRESS CODE](#) with your child.
- 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. Every student has the same backpack, so to help with any confusion, we welcome your child individualizing their bag by adding a distinctive sticker or name tag to their backpack.
- 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. If your child has LOST their charger, please purchase a replacement on Amazon. Click on the appropriate grade level to go straight to the website.
  - [6th Grade Charger](#)
  - [7th & 8th Grade Charger](#)
- Water Bottles:** We have bottle fillers located throughout the building. It is up to your child to bring in a filled OR refillable water bottle from home, particularly on hot days. Please make sure your child's name is clearly written on their bottle.

**CMMS Contact List:** Please take a moment to save this list for any future needs that you may have. This is contact information for our Administrative Team, Secretarial Staff, Grade Level Counselors, Pupil Personnel Services Staff and Instructional Facilitators.

[CMMS Office Staff Directory & Contact Information](#)

#### Parental Involvement Information:

- REVIEW and SIGN OFF on the [Parent, Student & Staff Compact Form](#)
- REVIEW our [Student & Family Handbook](#) with your child
- CHECK Family Access WEEKLY! Grades are updated every week!
- Join the PTO: [CMMS PTO Membership Form 8.2023.docx](#)

Crete-Monee Middle School

# Spring Break

March 29th-April 5th

School Resumes on  
Monday, April 8, 2024

