



CAPITAL CHRISTIAN MIDDLE SCHOOL NEWS FEBRUARY 2019

916-856-5622 * 9470 MICRON AVENUE * SACRAMENTO * CA * 95827

Important Dates

- ◆ February 5, 2019
CCMS Science Fair
- ◆ February 6, 2019
Progress Reports
- ◆ February 8, 2019
Early Out 12noon
Teacher In-Service
- ◆ February 9, 2019
CCMS Crab Feed
- ◆ February 15, 2019
5th Grade Shadow Day
- ◆ February 18-22, 2019
School Closed
(Winter Break)



8TH GRADE WASHINGTON D.C. TRIP

The 8th grade trip to Washington D.C. is just around the corner. There are two very important meetings that we will have to prepare for the trip. We will have a chaperone meeting on March 28, 2019, at 7:00PM in the middle school library. It is very important that all chaperones attend



this meeting. We will also have a parent/student/chaperone meeting on April 2, 2019, at 7:00PM in the Fireside Room where vital trip information will be presented and students will meet their chaperone. Please make sure that your balance is paid by February 28, 2019. You will have an accounting of your fundraising by the third week of February. We have a few families that have requested some scholarship help; if you have the ability to help any of these students your donation will be tax deductible.

SHADOW DAY

CCMS has a shadow day planned for February 15, 2019. The CCS 5th graders will be shadowing our students on that day. We can also set up a shadow day for any potential new middle school students wishing to experience a day at CCMS. Please feel free to let your friends with middle school students know about this opportunity. If someone enrolls for next year because of your invitation you will receive a tuition discount of \$150.00 for next year. Please contact our office at 916-856-5622 if you know a student that would like to visit.

SCIENCE FAIR

The middle school will be holding its annual Science Fair in the Activity Center on Tuesday, February 5th. Our students have been working diligently over the past two quarters on these projects and the end is in sight. There are outstanding projects in many areas of science. We would love for every parent, family member, and friend to come and see what these students have accomplished. The fair will be open from 8:30AM to 6:30PM. We invite you to come and see our middle school science projects! You may even discover or learn something new!

1 TIMOTHY 4:12

Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity.

ATTENTION 8TH GRADE PARENTS

During the month of March, the High School Dean of Students and Academics, Mrs. Murchie, will be meeting with your 8th grade student to discuss course selections for 9th grade at CCHS. After this meeting, Mrs. Murchie will enter your student's selections into Power School for your review and approval. The new "pathways" graduation requirements were presented at the 8th grade parent meeting and during Shadow Day in the first semester. Course selections made with Mrs. Murchie will be in alignment with these graduation requirements. The CCHS administrative team is looking forward to welcoming the Class of 2023 to the high school campus!

POP OPEN A GOOD BOOK



MIDDLE SCHOOL READING CHALLENGE

2/1/2019 - 3/29/2019

WHO CAN PARTICIPATE:

All Middle School Students

HOW TO PARTICIPATE:

Read an AR book

Take and pass an AR test

Print passed AR test and turn into MS library

HOW TO WIN:

Treat for each AR test passed, printed and turned in

Top guy and top girl who turn in the most passed AR tests

8TH GRADE WRITING PROFICIENCY

Our 8th graders took the first Writing Proficiency test in November in their English classes. They were given three prompts to select from and they spent time planning and writing the essay. 41% of the 8th grade class passed on their first try with a score of 3 or 4 (out of 4). Students who did not pass will be retaking the test on either February 13th or 14th, whichever is their block day. Students will be meeting with Mrs. Mixson to go over problem areas in their first essays, and she will be providing ongoing instruction in writing the 5-paragraph essay as well as instruction in other types of writing. Mrs. Mixson will be holding two writing workshops on Thursdays, January 31st and February 7th from 3:15PM to 4:00PM for any students who desire extra instruction. Please let Mrs. Mixson know if your child will be attending this workshop. If you have any questions about the writing proficiency exam please contact Mrs. Mixson at sherine.mixson@ccscougars.org.

COUGARS OF THE MONTH & RANDOM ACTS OF KINDNESS

November's **Cougars of the Month** for 6th Grade: Bella Samodurov and Nicholas Vethamony; 7th Grade: Alayna Moore and Haakon Matsen; 8th Grade: Kaitlyn Sarnecki and Matthew Anselmi.

December's **Cougars of the Month** for 6th Grade: Lauren Armstrong and Tri Pham; 7th Grade: Sierra Pena and Gunnar Matsen; 8th Grade: Shelby Wilson and Chris Fuerst.

January's **Cougars of the Month** for 6th Grade: Vy Nguyen and Joshua Campbell; 7th Grade: Amiyah Kemp and Brodie Foster; 8th Grade: Wilhelmina Roodenburg and Ben Korver.

Random Acts of Kindness was Erica Rivard. **Congratulations to all our stand-out students!**

NEW IMMUNIZATION LAW AFFECTING ENROLLMENT

Parents, please make sure that your child is up to date on all their vaccinations. Both public and private schools are required to follow the new California vaccination law.

With our new online enrollment, all incoming 7th graders will now be asked to download an updated immunization report with the new required vaccines

"All incoming 7th graders are required to have the Tdap (pertussis) and current Chicken pox vaccines in order to attend for the 2019-20 school year. We will also be checking to see if all students are up to date on all other vaccines. Families may be contacted if there are any incomplete records.

"Personal exemptions are no longer accepted for 7th grade enrollment to any California school.

"Medical exemptions must be provided by your doctor.

If you have any questions about immunizations for your child, please contact your doctor.

Routine Events

- ◆ Wednesdays
Mom's Prayer
(Room S-1)
8:30AM-9:30AM
- ◆ Thursdays
Middle School Chapel
(Activity Center)
10:20AM-11:30AM

REGISTRATION PRIORITY NUMBERS

Priority numbers are used for scheduling classes and locker assignment times. Priority numbers are given when re-enrollment is competed and paid in full. Locker assignment times and priority numbers for lockers will be sent home at the end of July 2019.

FROM THE DESK OF MRS. HAGEMYER

Welcome Back MS families. We are looking forward to a great second semester. Our staff went through a study and a training last semester on the ideas presented in the article below. The staff met with Julie Adams and also studied her book. We thought many of the ideas could help our students and families navigate a successful second semester. Please read the following article:

Five Tips for #FULLYCHARGED Brains

The Secret Sauce for Emotional~Physical~Cognitive Success

Julie Adams, effectiveteachingpd.com

“Help! My family and I are exhausted, stressed, and we sometimes argue or end up in tears as we deal with school, work, and extra curricular activities! What can we do to not just survive, but thrive?”

As an educator and consultant, I’m often asked this question. Thankfully, neuroscience provides us with answers.

Our Rechargeable Battery

It is a myth that we have unlimited emotional, physical, and cognitive (critical thinking) capacity each day. We have limited amounts of energy in these areas and they are greatly influenced by the chemical fluctuations in our brain and body. Let me explain.

Every day we wake up with a rechargeable battery, our brain. Chemicals such as cortisol, serotonin, oxytocin, dopamine, and endorphins influence how charged up and capable our brains are. Our choices and environment influence these chemicals. For example, if we don’t get enough sleep at home, then our chemical levels are negatively impacted and we are limited emotionally, physically, and cognitively throughout the day.

When our chemicals are at appropriate levels, our ability to focus, learn, regulate our emotions, and solve problems increases. In other words, emotional, physical, and critical thinking success at school, on the playing field, or at work, are largely determined by the chemical reaction that has been triggered before we even arrive.

When children come to school drained, they often do not have the capacity to devote to emotional and academic challenges and they will often act out or zone out, which is a natural fight/flight/freeze stress response. When children come to school cognitively charged, they have enough energy to devote to learning and emotional regulation.

As we learn more about how to strengthen our brains and bodies, it is beneficial to work together to implement natural battery-charging strategies for success. Many schools and organizations are providing stress management, self-care, and social-emotional education and support so we can monitor and increase wellness in these areas.

Ya Gotta Maslow Before You Can Bloom

Abraham Maslow’s ‘Hierarchy of Needs’ identifies basic needs that are essential for success: healthy food, sleep, exercise, and feeling safe, accomplished, and positively connected to others. Bloom’s Taxonomy refers to the various levels of critical thinking that we develop academically. Neuroscience shows that in order to Bloom academically, it’s essential to assess and meet the Maslow needs first.

On the average school or work day, how charged up are you and your family when you wake up?

If you find that you’re waking up drained more often than not, here are all-natural and immediate strategies, rooted in emotional, physical and cognitive needs, that trigger a positive chemical reaction in our

brain and gets us #FULLYCHARGED to maximize our capacity in all areas.

Plant these S.E.E.D.S. at home to BLOOM emotionally, physically & cognitively:

S=Sleep

Establish relaxing evening and sleep routines as a family. Young brains (ages 4-20ish) need 9-13 hours of sleep every night, mature brains (over 20) need 7-8. Implement this after dinner routine: turn off technology, prepare clothing, backpacks, briefcases, and breakfast, lunch items for the next day, take a warm bath or shower, then go to bed and read from a hard copy book. These practices encourage the brain to release melatonin to signal the body to get sleepy and prepping items such as food and clothing the night before, decreases stress in the AM.

E=Exercise

Young brains need at least 1-2 hours of fun, physical activity throughout the day, and mature brains need at least 20-60 minutes. Exercise is essential because it increases oxygen rich blood flow to our brain, which increases our battery charge, yet fatigues our body so we sleep soundly at night.

E=Efficacy

Efficacy is fancy way to say competence and confidence and feeling this way increases our battery charge. Competence and confidence increase when we build skills and knowledge. Challenge yourself and family members to learn new skills and share learning with each other. Whether it's how to solve a linear equation, play chess, or communicate effectively, watch TED Talks, listen to podcasts and read, read, read non-fiction to learn continually. Provide explicit instruction to children in how to perform age-appropriate chores such as loading the dishwasher and folding laundry.

D=Diet

Our brains and bodies require a balanced, healthy diet to function appropriately. Our diet includes more than what we eat and drink; it's EVERYTHING we consume physically, emotionally, visually, etc. Drink about $\frac{1}{2}$ of your body weight in ounces in water; for example, a 100-pound person should drink about 50 ounces throughout the day. Plan meals so that at least half of food intake is unprocessed and organic; eliminate sugary, processed foods and beverages. Implement regular 12-24 hour digital device detoxes.

S=Social Connectedness

Our brains get charged up when we engage in positive and unconditional acceptance relationships and interactions. The more we trigger a smile in others, the more charged up our brains get. Engage in positive and friendly interactions with others throughout the day and tell your loved ones regularly that you love them, even if they don't ace the test or win an award. People who are loved and accepted without conditions and taught to do the same, develop powerful brain capacity, and are more willing to work hard and persevere through challenges.

*Which of the S.E.E.D.S. are you already planting and which do you need to cultivate?

*Consider taking our FREE 21 Day #FULLYCHARGED Emotional, Physical & Cognitive

Health Challenge at: <http://www.effectiveteachingpd.com/fullycharged/>.

Julie Adams is the CEO of Adams Educational Consulting & MB Enterprise, an Educator of the Year, Key-note Speaker, and Best-Selling Author whose latest book is co-authored by Dr. PJ Caposey and Dr. Rosa Isiah and entitled, *#FULLYCHARGED~140 Battery Charging Maslow & Bloom Strategies for Students, Parents, & Staff.*

FEBRUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	
3	4	5 Science Fair	6 Progress Reports	7	8 Early Out 12noon- Teacher In- Service	9 CCMS Crab Feed 	
10	11	12	13	14	15 5 th Grade Shadow Day	16	
17	18	No School ~ Winter Break				22	23
24	25	26	27	28			

2019-2020 GLEN COLE MEMORIAL SCHOLARSHIP FUND

Glen Cole Memorial Scholarship Fund financial aid applications are available online through FACTS Grant & Aid, at www.factsmgt.com, as well as through a link on our school website. Information regarding the financial aid application process is also available on our school website at www.ccscougars.org and can be found in any of the school offices.

If you anticipate the need for financial assistance, please make every effort to apply by the application deadline of March 15th, as financial aid funds are limited. All families foreseeing a need should prayerfully explore all possible sources of alternate funding, not just the financial aid program. You must submit your online application, along with all the necessary supporting 2018 tax documentation to FACTS Grant & Aid, no later than Friday, March 15th. Those who completed the application process by this date will receive their Financial Aid Award email notification from FACTS by April 19th and will need to respond to this notification by May 3rd. To respond to the award notification, simply log on to your FACTS application and choose "Accept Award" or "Decline Award". If you "Accept Award" online, your award will be reserved for you. If you do not "Accept Award" online, your award will not be reserved for you and the funds will be released to other applicants. It is very important you adhere to these deadlines as we cannot guarantee funds will be available at a later date. If you have further questions, please contact the CCS Financial Aid Coordinator at 916-856-5611, ext. 1734, or financialaid@ccscougars.org.