

# COUGAR TRACKS

CMS ONLINE PARENT & STUDENT NEWSLETTER



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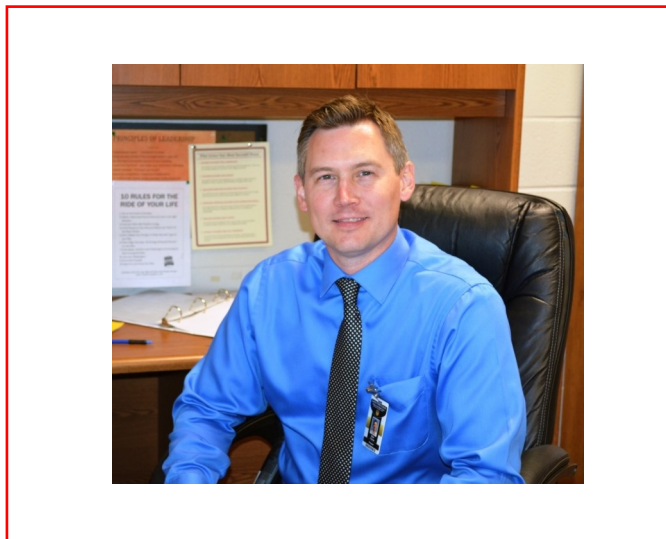
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## CMS CHECK-IN AUGUST 2, 3, 4

### FROM THE PRINCIPAL'S DESK

Cougar Parents and Students,

Welcome to Central Middle School and a new school year! My name is Blake Thomas, and I am the principal of CMS. This is going to be my sixth year at CMS, and I am very excited to start the year. I encourage you to become a part of our school and utilize the exceptional services we provide. Central Middle School will continue to work hard to prepare every student to be a career-bound citizen.



Parents and accompanying students will be able to pick up schedules on the following designated dates from 8:00 AM – 11:15 AM daily: Wednesday August 2 for 8<sup>th</sup> grade, Thursday August 3 for 7<sup>th</sup> grade, and Friday August 4 for 6<sup>th</sup> grade. At this time parents and students will fill out the necessary paperwork to begin the school year. During check in students will find out what team they are on so that you can purchase the necessary school supplies. The school supply list is on our [school website](#) (under "Menu" then "Documents"). 7<sup>th</sup> grade parents please note that a Tdap booster is required **before** those students can check in and pick up a schedule, and we encourage you to bring a copy of their immunization records for a smooth process.

6<sup>th</sup> grade students and parents are also invited to attend our mini-school and 6<sup>th</sup> grade Open House from 1:30 PM to 3:00 PM on August 4. We will first meet in the auditorium for a welcome meeting, and then

parents and students will walk through their schedules to become familiar with the building and meet teachers. 7<sup>th</sup> and 8<sup>th</sup> grade Open House will be Tuesday August 15 at 5:30 PM.

I would also like to remind you that CMS students will continue to have a modified dress code next year. Students can wear a solid color (no writing or designs) crew neck t-shirt, polo-type shirt, sweater, hoodie, or jacket. They will also wear black, gray, navy, or khaki pants, shorts, capris, or skirts (no denim jeans or athletic material). Students will also be allowed to wear any CMS shirt throughout the week.

We appreciate your support and involvement in the school. We offer many student clubs and organizations for students to be a part of. I encourage you to "like" Lawton Central Middle School on Facebook to

keep up with information throughout the year. I look forward to working with you in the upcoming school year. Please contact the school with any questions.

Sincerely,  
*Blake Thomas*  
Principal

**6th Grade  
Open House  
&  
Mini-School**

**Friday  
August 4th  
1:30pm—3:00pm**

**Sixth grade students and parents are invited to attend the CMS 6th grade Open House and Mini-School. The session will begin in the auditorium for a brief welcome meeting, and then parents and students will walk through their schedules to become familiar with the building and to meet teachers.**

**CMS  
is on  
Facebook**

 Like us on Facebook

Lawton Central Middle School  
[Facebook.com/lawtoncentralms](https://www.facebook.com/lawtoncentralms)



**CMS  
7th & 8th Grade  
Open House**

**Parents and Students Welcome  
Tuesday August 15, 2017  
5:30 P.M.**

- ◆ **Hear a Speaker**
- ◆ **Tour the CMS Media Center, Gyms, Fine Arts Area, Auditorium, Classrooms, and Computer Labs**
- ◆ **Interact with your student's amazing teachers, administrators and counselors**

**For more information contact CMS office  
355.8544**

### **CMS TUTORIAL LAB INCREASES STUDENTS WITH AN IEP SUCCESS**

The CMS Cougar Achievement Learning Lab (Cal-Lab) is a tutorial room committed to implementing strategies that increase the success rate of students with special needs in general education classes. The goal is to decrease the demands on the general education teacher in dealing with the student's special needs, as well as to lighten the workload of the individual education teacher so that he/she can focus more on direct instruction.

The Cal-Lab, staffed by CMS Individual Education Coordinator/Teacher Ashlee Leighow and Paraprofessional Stacy Kisner, assists students who are being served under provisions of an Individual Education Program (IEP)

with all "academic" needs within the classroom. This includes, but is not limited to open-book testing; oral testing; note-taking; completing worksheets; help with reading a section of a textbook; reteaching a concept; or typing a paper.

"We want the students with IEP's in the general education classroom as much as possible," said Mrs. Leighow, "but when they are in need of assistance or a quiet place to work, the Cal-Lab is a valuable resource tool available to provide optimal support for academic success."

The Cal-Lab was established in 2001 as part of an effort to bring students with special needs test

scores closer to those of general education students. Mrs. Leighow, who is also the CMS Individual Education Coordinator, has been associated with the Cal-Lab intermittently since 2005. Mrs. Kisner has been providing tutorial assistance for five years.

The Cal-Lab also monitors the progress of the students on IEP's and is the liaison between the individual education teachers and general education teachers.

The Cal-Lab provides assistance from 8:30 am – 3:15 pm daily.

## MOVING TO CMS: TIPS FOR A MIDDLE SCHOOLER

Is it good to be in the middle? Sometimes, no, like when you're in the middle seat on a long car ride. But sometimes, yes, like when you're in the middle of a great movie. What will happen next? Middle school is a little bit like that.

Middle school is called middle school because it's in the middle of your school years. Elementary school is behind you. High school and possibly college still await you. Attendance at Central Middle School includes sixth, seventh, and eighth grades.

For a kid, going to middle school is often a big change:

- ◆ First, it often means moving to a new building, which takes some time to adjust to.
- ◆ Second, it may mean taking a different bus, with different students.
- ◆ Third, the friends you made in elementary school may end up going to different middle schools.

All that can make you feel a bit scared on the first day of school.

Other things that probably will be different are the teachers and the work. Have you heard rumors that middle school teachers are really mean and the homework is really, really hard? Oh, dear. We've heard those, too, but they're generally not true. Yes, you'll like some teachers better than others, but middle schools are not special breeding grounds for mean teachers!

### Learning New Stuff

Your homework — and the work you do in class — likely will get more challenging, but that's not necessarily a bad thing. You're growing up and you get to build on all that learning you already did in elementary school. You'll also probably be learning some new and different stuff at Central Middle School — like foreign languages, more advanced courses in computer technology, music and art, health, and life skills.

On top of that, middle school will offer a variety of new teams, clubs, and activities you can join. Maybe you love playing chess, working with art, or learning about computer technology. You will find opportunities to do all three at Central Middle School.

Still worried about coming to Central Middle School? Let's talk about how to make the transition and not get too freaked out!

**Prepare for Day 1.** Read any materials you

get at enrollment or that arrive by mail in the summer. Are there books you need to read or supplies you have to buy? You'll also want to figure out what time school starts and what time the bus will pick you up, if you will be riding one. Then you can decide what time you'll need to wake up. You also might want to find out when your lunch is. If it's later than usual, you might want to pack a snack. Also in advance, think about what you'll wear. Choose something that you like and feel comfortable in. Whatever you choose, try it on to see that all the pieces fit and that they feel good.

**Get to bed on time the night before!** Try to get a good night's sleep — even if you're so excited you don't think you can sleep. Before bed, lay out all your stuff so you don't forget anything. Set your alarm, but tell your mom or dad when you need to get up in case you sleep right through it!

**On the big day, eat breakfast and be brave.** Breakfast might seem unimportant if



you're in a major hurry, but don't go without it. You'll feel terrible by mid-morning, just when you need your energy and brain power to navigate your new school. If you don't eat breakfast at home, it is also served on arrival at Central Middle School.

On your way out the door, take everything you need and try to remember that this is a big adventure. You might get lost in the halls. Oh well, it's your first day! Check in with friends you know and try to be brave and say "hi" to other new kids. Don't know the kid with the locker next to yours? Say "hello." You'll be seeing a lot of each other this year!

In class, listen to what the teacher says and take notes because it's hard to remember everything. Try to write down the important stuff — like your locker combination and your first class room number. Then you can look it over when you get home and be prepared for Day 2.

**On Day 2, repeat.** On the second day, do everything you did on Day 1. Hopefully, things are starting to go a little more smoothly. Keep referring to your notes. It might help to look over your class schedule

at home so you start to memorize that math follows English and science follows PE.

**After 1 week, pat yourself on the back.** When you've been at Central Middle School for a whole week, it's time to give yourself a round of applause. You've probably absorbed a ton of new information — all in a short time. You probably know your locker combination, where your assigned seat is in all your classes, where the bathrooms are, and how to get to the cafeteria. Do you still get lost on the way to gym? If so, find a buddy who goes to gym at the same time and walk together.

### Solving Problems Beyond Week 1

If you find you're having trouble with schoolwork or friends, don't panic but do get help. Just like in elementary school, ask the teacher for extra help after class if you don't understand something you're learning. You also will have flex-time in middle school — your teacher will explain flex-time to you — These supplemental periods are great for talking to a teacher or getting a jump on your homework.

Also talk to your mom or dad if you're having trouble with your classes. It could be that you're just a little rusty after that long summer, but if your problems don't go away, you'll want to talk to the teacher and maybe a school counselor.

When it comes to friends, the switch to a new school can leave you feeling a little dizzy. What if your best friend isn't in any of your classes and you never see him or her? What if none of your friends even goes to your school? Middle school is a good time to make new connections and new friends.

Sometimes, it's easy to make a new friend. You might meet the first day and then hang out all year long. But it can also go more slowly, especially if it seems like a lot of kids are already hanging out together in groups that don't include you. Let someone know how it's going for you. Talk to your mom, dad, or a school counselor if you're feeling lonely and it's not getting any better.

You might wonder what you can do to feel less lonely and make friends. Here's something: Try joining a club, sport, or activity. It's a great way to get to know kids you don't know yet. Being in these groups also can help you feel more at home at your school. By next year, you'll be that cool older kid who's helping out the new kid. If he's lost on the way to the gym, please show him the way!

Central Middle School

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*Teachers Teach ... Students Learn ...  
It's Our Future*

## CMS IS A SUCCESSFUL TITLE I SCHOOL

### 2016 A-F School Report Card

Parents are encouraged to access the Lawton Public Schools Website and view our 2016 School A-F Report Cards. The Lawton [School Report Cards](#) are available at the following website address:

<http://afreportcards.ok.gov/>

If you do not have internet access at your home, you may request a copy of the school report card at the principal's office.

### CMS 'SUPERHEROES' THEMATIC INSTRUCTION FOR 2017-18

Each school year, CMS adopts a thematic instructional unit which the faculty uses to incorporate and enhance student curriculum. Thematic instruction is the organization of a curriculum around macro "themes" that integrates basic disciplines like reading, math, science, and social studies with the exploration of a broad subject. Thematic instruction encourages student interest and demonstrates the interdisciplinary nature of learning.

This year our thematic unit is entitled Superheroes. We plan on having great fun across the disciplines with this genre. Our motivational decor will teach students they all have superheroes inside of them just waiting to be discovered. Problem solving, prediction, proof and perception will play into our fun.

### HOW CAN I HELP MY CHILD BECOME A SUCCESSFUL READER? TITLE I SUGGESTIONS

It's during the middle grades that young adolescents build the foundation for lifelong reading habits. They develop their own reading interests and learn to read different kinds of text—informational articles and books, poetry and plays, as well as stories and novels. They increase their vocabularies by reading widely and they begin to use reading to help answer important questions about themselves and the world. On the other hand, for many young adolescents, reading difficulties go hand-in-hand with social and emotional problems. It is important for you to keep your child reading through the adolescent years, both at school and at home. Here are some suggestions that can help:

Make sure your home has lots of reading materials that are appropriate for your child. Reading materials don't have to be new or expensive. You often can find good books and magazines for your child at yard or library sales. Set aside quiet time for family reading. Some families even

enjoy reading aloud to each other, with each family member choosing a book, story, poem or article to read to the others.

Encourage your child to use the library. Take your child to the local library and help him get his own library card. Ask librarians to help him locate different areas in the library, use the card catalogue or computer system and find materials in which he is interested.

Be a positive role model for reading. Let your child see you reading for pleasure as well as for performing your routine activities as an adult—reading letters and recipes, directions and instructions, newspapers, computer screens and so forth. When your child sees that reading is important to you, they may decide that it's important to them, too.

Find out from your child's teachers how they encourage or teach reading. Make it clear that you value reading and that you support homework assignments that re-

quire your child to read.

Find out how to help your child if his first language is not English. When your child first enters middle school, talk with teachers. Most teachers welcome such talks. If you feel that you need some support in meeting with teachers, ask a relative, neighbor or someone else in your community to go with you. When you meet, tell the teachers the things that you are doing at home to strengthen your child's reading. Children who can switch back and forth between languages have accomplished something special. They should be praised and encouraged as they work for this achievement.

Get help for your child if she has a reading problem. When a child is having reading difficulties, the reason might be simple to understand and deal with. For example, your child might have trouble seeing and need glasses or she may just need more help with reading skills.

Excerpt from: [Ed.gov](http://Ed.gov)

CMS Collects Box  
Tops for Education

Simply bring your box  
tops to the library