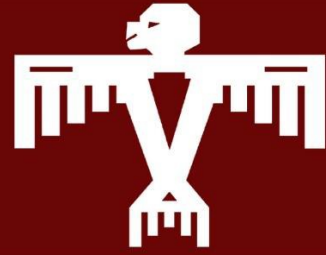


Cheyenne Mountain Junior High School



October 2019

Dear CMJH Community,

I am astonished that we are already into our sixth week of school. I want to mention that the school year is off to a fantastic start. Your children are meeting and exceeding our expectations, and I have high hopes that this year will be a wonderful one.

CMJH WEBSITE: I want to continue to draw parents' attention to our website. There are often announcements and information about upcoming events, and the main calendar includes nearly everything that is happening at CMJH.

Teacher web pages: All teachers maintain their own web page (under the department tabs) where they at least list assignments given; many teachers also have many valuable resources in the "lockers." **Support Service Providers:** Under this tab, you will find individual pages for our counseling department, our Interventionist, our Gifted Education specialist, our Nurse, our Special Education staff, and more. These pages contain valuable information about specific services.

Parent/Student Portal: By now, all parents should have received their log in credentials for the parent portal. Students have also been given their log in credentials for their own account. We depend on the fact that both students and parents check the portal regularly to monitor students' progress in classes. While there is often lag time between when an assignment is collected by a teacher and when the grade is posted, the portal is as updated as possible on the three week progress checks. We will expect students to monitor their own performance and set academic goals throughout the semester. Parents can email help@cmsd12.org if they are having trouble accessing their parent portal.

Safety Procedures at CMJH: Cheyenne Mountain School District #12 follows the Standard Response Protocol (SRP) created by the "I Love You Guys" Foundation. The SRP outlines procedures for emergency situations such as lockdown, lockout, shelter in place, and evacuation. At the junior high, we have monthly evacuation drills and periodic drills that focus on lockout, lockdown, and shelter in place. We will soon have our first lockdown drill, and students will learn from teachers and administrators how to follow the Standard Response Protocol which states, "when you hear it, do it." When staff and students hear "Lockdown! Locks, Lights, Out of Sight" they know we are in a lockdown. The procedures teachers follow are: lock the classroom door, turn off the lights, move class away from sight, maintain silence, and take a visual attendance. Students are responsible for the following: move away from sight and maintain silence. We will also review during both lunches what the expectations are in a lockdown that may happen during a passing period and/or lunch period. We will continue to teach, review, and practice emergency procedures all year in an effort to be prepared and know how to respond in an emergency situation.

Signs of Suicide Curriculum: The entire Cheyenne Mountain School District sees the need to focus on the emotional well being of our students. To that end, the junior high and the high school have implemented the Signs of Suicide (SOS) curriculum. SOS is a research-based, secondary school curriculum that has demonstrated decreased suicide attempts (forty percent reduction according to one study) in adolescents. The main objective is to teach students to identify symptoms of depression and suicidality in themselves or their friends and how to subsequently "ACT" (Acknowledge, Care, and Tell) in the face of a mental health emergency. Through PE classes, our school counselors will deliver this curriculum to students. The class presentation will consist of a two-day curriculum where students will watch DVDs on a variety of relevant topics and then review the content of the DVDs in discussions facilitated by the counselors. Our goal is

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to have this completed by the end of October. The faculty and school and district administration are dedicated to ensuring every student is provided with a safe and healthy environment in which to learn.

CMJH PTO: I want to take the opportunity to thank the CMJH PTO for the amazing things they have already done this year. We have a very active PTO this year, and they are planning some very neat things for our students and faculty. To find out what is happening, please visit their website (<http://cmjhpto.blogspot.com/>) and sign up for their email blasts if you have not already done so.

Halloween at CMJH: This year, Halloween falls on a Thursday, so we will be doing Halloween on the 31st. Students are allowed to wear their Halloween costumes to school and to the dance, but we do have a few parameters around what is allowed. We do not allow students to bring any part of a costume that could make a mess (fake blood, slime, liquids, etc.), we do not allow students to bring facsimiles of any kind of weapon, all costumes must meet our regular dress code (except students can wear hats as part of their costume), and students must be able to function throughout the school day. If students have questions about the appropriateness of their costume, they should talk with Mr. Watkins or Mrs. Johnson prior to Halloween. At CMJH, we love to enjoy Halloween, but we also want the day to be a productive school day. We will also have a Halloween dance from 2:40-4:00, and all the above costume rules apply.

ACCESS: Hopefully you have heard from your child that they have already participated in a variety of activities in their ACCESS class. So far, we have utilized ACCESS to have students participate in a social media/Internet safety seminar with Officer Walsh, an organization and time management seminar, and a study strategies seminar. Students have also learned how to create SMART goals and will set some personal academic goals for first semester. Again this year, we are using "advisory" time from 2:00-2:10 to have discussions with students around some very important things which we value- having integrity, being empathetic, showing respect toward adults and peers, etc. Our hope is that your children are coming home and talking about these discussions.

Parent/Teacher Conferences: We have conferences scheduled for the evening of October 24th from 5:00-8:00 PM and again on October 25th from 8:00-11:30 AM; there is no school for students on the 25th. Parents/guardians are welcome to come during any of these times and see all of your child's teachers or only the ones who you feel you need to see. Unfortunately, with approximately 630 students in the junior high, there is no way to conduct conferences like you may be used to. To help minimize lines outside of teachers' classrooms, we use a timer system where parents are afforded about seven minutes to talk with a teacher. We understand this is not ideal, but we want to provide all parents with at least some access to all teachers. If you require more time with a teacher, all you need to do is set up an appointment with the teacher at a different time to more fully discuss your child's progress. And please remember, these appointments can be set with teachers any time throughout the school year.

School Picture retake day: We have scheduled our school picture retake day for Friday, Oct. 4th. This day is for students who did not have their picture taken on orientation day or for students who purchased school pictures and are unsatisfied with them. If you would like your student to take **another** set of pictures, please send the original package of pictures back with your child on Oct. 4th to return to Lifetouch, and he/she will take another picture. If you have not yet ordered pictures from orientation day but are interested in doing so, please pick up a picture packet in the office or see the announcement on the CMJH home page. We will take a picture for the yearbook of every student at the junior high regardless of whether parents want to purchase pictures.

Social Media: Many parents make the decision to allow their child to utilize various forms of social media and trust them to be responsible while doing so. While I agree children should be allowed to earn more privileges and freedom through responsible behavior, I caution parents to be aware of the potential dangers involved with social media. I regularly become aware of inappropriate behavior and situations that happen on Facebook, Twitter, Snapchat, etc. Often these situation revolve around inappropriate conversations, the sending of inappropriate pictures or images, cyberbullying, and the use of inappropriate language. If you are a parent who trusts your child with these forms of social media, I urge you to

have regular conversations with your child about his/her cyber behavior, who he/she is "talking" to online, and what sites are being visited. I also highly recommend that parents regularly check their child's devices to monitor what sites are being utilized, to check who their child is communicating with, and to check to make sure their child's cyber behavior is appropriate.

Elevate: Help support Elevate, our D-12 food pantry, by donating any of the following non-perishable food items...cereal, soup, canned meat, canned veggies, canned fruit, pasta, canned/jarred pasta sauce. For food pick-up/delivery or questions please contact Monica Grage 719-331-2270. All donations stay within the district..."District 12 families helping District 12 families"! Thank you!!!!

District crosswalks: Cheyenne Mountain School District 12 has multiple crossing guards who support us at all D12 schools. The district has asked us to remind everyone that our crossing guards are here to keep our school community members safe as they make their way to and from school each day. Crossing guards are not here to direct traffic, nor are they authorized to do so. They are here to help students and parents safely cross at our crosswalks. We ask all of our community members to please support our crossing guards as they do their jobs. Follow their directions, and do not stop or park in the cone zone to drop off or pick up your student(s). We understand that sometimes you might be in a hurry, and drop-off & pick-up might be hectic and busy. Please be patient. We all need to work together to keep our kids safe, and we appreciate your understanding and support!

I want to again thank you for everything you do for us here at Cheyenne Mountain Junior High. Some parents choose to serve on our PTO, some serve on our SAAC, some parents attend our athletic events and performing arts events, but ALL of you choose to send us your wonderful and capable children on a daily basis. Please know that your support of our school is never taken for granted and is truly appreciated.

Sincerely,

Greg Watkins
CMJH Principal

Child Find Evaluation

If you suspect your child has a disability or are concerned about your child's ability to learn, communicate, socialize, interact, see, hear or move, you are encouraged to contact your school to determine whether a Child Find Evaluation is necessary. Child Find is the identification, assessment and determination of eligibility for services for students who may have a disability or impairment. For more information please click on the following link: <https://www.cmsd.k12.co.us/childfin>

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CREEK CLUB NEWS

Creek Club is off to a great start with 18 new members. On September 25, club members participated in Creek Week Cleanup Projects, and on September 27-28 students in the club gathered at Starsmore Discovery Center in Cheyenne Canon for a training in River Watch procedures.

On October 2, student volunteers will work with Colorado Parks and Wildlife Officials to conduct their annual 'Fish Census' to see how healthy the population of fish is in the area south of Canon School.

Mr. Eick
CMJH Science Teacher
NJHS Co-Advisor
Cheyenne Creek Conservation Club Advisor
719-475-6120, x. 147

CMJH Performing Arts OCTOBER dates:

Monday, October 14 - Hits Night ACCESS rehearsal/3:15 dismissal from CMHS

We will be riding a district bus to CMHS. Students will be dismissed from the CMHS Auditorium at 3:15PM. *Musical Theatre, Thunderbird Singers, THUNDER

Tuesday, October 15 -

Hits Night Dress rehearsal at CMHS, 6:00pm for Thunderbird Singers, THUNDER!, & Musical Theatre *Musical Theatre, Thunderbird Singers, THUNDER

Thursday, October 17 -

7:00PM Hits Night Performance, CMHS Auditorium - Performers' call 6:20PM - Thunderbird Singers, THUNDER!, & Musical Theatre

*Musical Theatre, Thunderbird Singers, THUNDER

Wednesday, October 30-

7:00PM Fall Concert - CMJH Commons, Performer's call 6:30PM, *Thunderbird Singers & THUNDER!

CMJH FORENSICS TEAM

Welcome to CMJH's Forensics (Speech and Drama) Team. We compete against schools from all over southern Colorado. Practices are held Wednesday afternoons from 2:45-3:30 PM. Students may also practice during lunch or Access on Fridays. Students are able to compete in one or two events in twelve different categories. There are two groups (Patterns) of events that take place simultaneously. Students may compete in one event from each pattern or in a single event during the competition.

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PTO CORNER

Happy October, CMJH families!

Thank you to all for your One and Done contributions. We are still accepting donations- just drop them in the office. It is so wonderful to be able to hand Mr. Watkins a significant amount at the end of the year to add items of value to our Junior High. As a reminder, we are now a 501c3, so you may write off donations to CMJH.

A huge thank you to the PTO board- everyone has been working to get the year off to the right start.

And a huge thank you to all of you- chaperoning a dance, sending in donations, helping to sell spirit wear- all takes your time & energy and we appreciate y'all giving that to our school.

As such, directories are in the final stages and should be sent home with your student late next week. Thank you all for your patience; our directory person has another big job in the district as she wears the Art in a Suitcase hat as well- she is doing a great job at making our directory easy to read& use. If you would like to purchase a directory, please contact Maggie Bowring(maggienb1@gmail.com).

Be on the look out for donations/chaperoning opportunities for our next dance, the Halloween dance, on-Halloween!

Our next PTO meeting is Wednesday, September 25th. We hope you can pop in for half an hour to hear about our endeavors. Our meetings are fast and informative! They are held monthly in the JH library at 1:30. Dates for the year are: 9/25, 10/30, 11/20, 1/22, 2/26, 3/18, 4/22.

Check out our PTO eblasts for the most up to date information. Not on our eblast? Go

to: Cmjh.cmsd12.org Hover on:Our School; click PTO; visit PTO Website. Enter email address to receive eblasts.

** you will receive an email to that address and you must confirm.

I hope you all enjoy the beautiful weather we are about to have- a perfect time to be outside and soak up the joy of living in Colorado.

Please let me know if you have any questions,

Beth DePeppe, PTO President

(703)981-5564

depepped@aol.com

SPIRIT WEAR

As the weather cools off, now is a great time to buy a CMJH hoodie for your child. The hoodies come in gray and maroon. T-shirts are also available. We have restocked our supply and have plenty of sizes. Check the PTO website for pricing and sizes.

Text Nina Ballenger to order anytime. 719-510-2476

Spring Break 2020

Italy, France, Spain

Dear Parents and Students,

We want to invite you to join us again on another adventure – this time to Italy, France, and Spain for the 19th annual world-cultures trip, which has had tremendous response, participation, and success over the years. This trip is open to any former or current student and/or parent(s) and family -- including grandparents, siblings, and friends, and parents are, of course, welcome and encouraged to travel with us. In 2020, we will explore the Italian Riviera to Cote D'Azur to Provence, to Costa Brava and Barcelona

From March 21 to March 29, 2020, we will visit the major, famous, historical, and scenic sights of Italy, France, and Spain. Our basic itinerary: **Day 1** Fly to Italy. **Day 2** Ciao Milan

Meet your tour director, travel to the Italian Riviera & check into hotel. **Day 3** Cinque Terre excursion - Cinque Terre ("five lands") is a series of five traditional fishing villages strung along the scenic cliffs of the Italian Riviera. Colorful houses and gorgeous views line the road between the five villages (Monterosso, Vernazza, Corniglia, Manarola, and Riomaggiore), where wine-making, olive-farming, and anchovy fishing still occupy most of the residents' energies. **Day 4** Italian Riviera-- Côte d'Azur -- Travel to Côte d'Azur via Eze;

Parfumerie visit in Èze; Travel to Antibes; Antibes Old Town dinner. **Day 5** Côte d'Azur and Nice - The Côte d'Azur's largest city spills down the hillsides to pebble beaches that line the shore. Your Tour Director will show you around the narrow pedestrian streets and tiny squares of "Le Vieux Nice" (Old Town), which is sprinkled with old palaces and mansions. Stroll down the Promenade des Anglais, which runs parallel to the water. Backed by Nice's grand hotels, the Promenade was built in the 19th century for the British who flocked here en masse. St. Paul De Vance -- St. Paul de Vence is a beautifully preserved medieval hill town, and its terra cotta roofs and cypress- and palm tree-dotted landscape have attracted prominent artists for over a century. A favorite hotel was the Colomb d'Or, where painters often paid for their room and board in artwork -- the dining room still displays works by Picasso, Modigliani, and Matisse. Check out Matisse's other work in a more traditional setting in Nice, where you'll visit the Matisse Museum. But before you arrive at the coast, stop by a traditional confiserie in Pont du Loup, where you can taste artisan jams and jellies—a lovely compliment to a freshly baked baguette. **Day 6** Travel to Provence -- Lush lavender fields, olive groves, terra-cotta roofs, and ochre walls lit by golden sunlight...Your Tour Director will guide you through the splendor that is Provence. Explore legacies of the Roman Empire like the Pont du Gard aqueduct, a sophisticated work of engineering that is intact after more than 2,000 years, and visit the Nîmes amphitheater. Built by the Romans, it was once the site of gory gladiator and animal combat, and is still used today for performances and bullfights (some things never change). Also see the medieval ruins of Baux-de-Provence.

Avignon, Aix-en-Provence city walk, Pont du Gard visit, Nîmes amphitheater visit, Les Baux de Provence, Van Gogh Museum visit and travel to Montpellier area for the night.

Day 7 Provence—Barcelona -- Travel to Barcelona via Figueres and visit the Dali Museum; Barcelona city walk -- Mercat de la Boquería, Las Ramblas, Columbus Monument and Tapas dinner. **Day 8** Barcelona -- See brilliant Barcelona, a city of graceful Gothic churches, wrought-iron balconies and wide, grand avenues filled with outdoor cafés. Throughout the city, daringly innovative buildings sit side-by-side with the medieval past. A licensed, local guide will show you some of the high points of this architectural showcase. First stop, the pointy spires of the La Sagrada Familia (Church of the Holy Family), a half-finished church complex that became the obsession of Barcelona's famously eccentric architectural genius, Antoni Gaudí. At the top of Güell Park, another of Gaudí's masterpieces, is a terraced area where you get a wonderful view of the park and Barcelona City. The vibrant colors of the tiles are breathtaking. Then step back to the past with a journey up to Montjuïc (Hill of the Jews), a fortress built atop an ancient Jewish cemetery. This was the site of numerous battles to control Barcelona, and also the location of the 1992. **Day 9** End tour and fly home.

Students who take educational tours have classroom lessons come to life as they explore what they have seen and heard in class. They also gain new perspective on other cultures and their own, which is critical during this evolution of the world community -- the world is much smaller than it has ever been. From these experiences, students gain valuable life skills through independent exploration, under the watchful eye of chaperones, and realize their abilities to make a positive contribution to the world. Additionally, more and more competitive colleges are looking for international travel; Harvard requires that all of the incoming freshmen have passports.

These trips have sold out quickly in the past, so don't hesitate if you are interested.

If you have any questions, please don't hesitate to contact Mr. Pierce or Mrs. Milliron. It is important to note, this trip is not sponsored by Cheyenne Mountain Junior High or Cheyenne Mountain School District 12.

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