

THE **G** GUIDE

CASA GRANDE MIDDLE SCHOOL PARENT RESOURCE GUIDE

September 2021

Vol. 02

Where [GROWTH] Matters



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A Message from the Principal

by **Samantha Sarnowski, CGMS Principal**

At Casa Grande Middle School, we live by a mantra that reads "Where [EVERYTHING] Matters." Each month, we switch out a core value for the word [EVERYTHING]. That core value is then ingrained in all we do for the month. This shows students how having positive, meaningful values should be celebrated, and how they can help you grow not only as a student, but as a person as well. This month's core value is [GROWTH]. Stay up to date as we post things on social media to celebrate and recognize all of the areas we are growing in the month of September! I appreciate the opportunity to educate your student, and I invite you to become an integral part of our learning community.



The September *Need to Know*

Check out the calendar below to stay up to date with all that's happening here at CGMS.

September 2021							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	VOLLEYBALL/ SOCCER 4:30PM @ Villago PTO MEETING 6PM - 7PM @CGMS Library	2	3	4
5	6 LABOR DAY NO SCHOOL	7 <i>Virtual Workshop</i> Human Trafficking 12PM-1:30PM HOMEWORK HELP 4PM-5PM @CGMS	8 EARLY RELEASE @ 1:45	9 VOLLEYBALL/ SOCCER 4:30PM vs. Maricopa Wells <i>Virtual Workshop</i> Parenting on the Same Page 6PM-8PM	10	11	
12	13	14 HOMEWORK HELP 4PM-5PM @CGMS <i>Virtual Workshop</i> Suicide Awareness & Prevention for Parents 6PM-7:30PM	15 <i>Virtual Workshop</i> Conscious Discipline 10AM-12PM	16	17 DISTRICT WORK DAY NO SCHOOL	18	
19	20	21 HOMEWORK HELP 4PM-5PM @CGMS	22 <i>Virtual Workshop</i> Conscious Discipline 10AM-12PM EARLY RELEASE @ 1:45	23 <i>Virtual Workshop</i> Managing Stress as a Parent 6PM-8PM	24 PICTURE RETAKES FAMILY FRIDAY 6PM-8PM @ CGMS GYM	25	
26	27 COFFEE W/ THE PRINCIPALS 8AM - 8:45AM @ CGMS OFFICE	28 HOMEWORK HELP 4PM-5PM @CGMS	29	30 PARENT-TEACHER CONFERENCES			

Our **Parent Teacher Organization (PTO)** meets the first Thursday of every month at 6pm in the library! Contact CGMS.PTO.Matters@gmail.com for more information.

Family Fridays will be happening the last Friday of every month at 6pm in the gymnasium. Come play pick-up basketball, participate in arts & crafts, or just hang out! This is a great way to have some free fun with your family! Masks are strongly encouraged.

Coffee with the Principals is a great avenue to get to know our principals and to offer your feedback on how we can better serve your child! It will occur the last Monday of every month at 8am. Coffee's on us :)

Virtual parenting workshops are being offered by Child Crisis Arizona this fall! To learn more or to register, visit

register.communitypass.net/ChildCrisisArizona.

Activity busses for after school programs run everyday at 5:15pm except for early release days. We want your child to take advantage of all the after school opportunities that CGMS offers!

Sports currently in season include boys soccer and girls volleyball. Boys flag football and girls soccer will begin in October, boys baseball and girls basketball in January, and boys basketball and girls softball in April.

After school clubs & activities happening in September include Student Council (STUCO), Yearbook, Homework Help, and Youth Alliance. More details to come on these via morning announcements!

THE FLEX ZONE

At Casa Grande Middle School, we encourage our students and staff to "Be 100" in all that they do - to give their best effort and practice Wildcat PRIDE (Patience, Respect, Integrity, Dependability, and Excellence) with diligence and consistency. Every month, we will recognize students and staff members that practice our core values.

Last month, Mrs. Tuttle, Mrs. Beechum, and Mrs. Andree were recognized as Marigold Recipients by our District. Marigolds are companion plants which, when placed near another plant, help that plant to grow and flourish. We applaud these three staff members for demonstrating dependability and excellence to our students!



Introducing our Family Engagement Specialist

Welcome parents! I'm glad you're reading our newsletter. My name is Sara Hamilton, and I am an AmeriCorps VISTA hired by Casa Grande Alliance to provide support to CGMS families this school year through student programming and family events. I want YOUR input, ideas, and feedback! Please don't hesitate to reach out via email or phone.

Email: vista4.cga@gmail.com • Cell: 650-535-0763



Growing in Communication

by Sara Hamilton, CGMS Family Engagement Specialist

Communication is an ever-improving skill for us all. Middle schoolers, however, face a particularly unique challenge – as their responsibility, relationships, and freedom take on new meaning so does their need for effective communication.

Lexi Wright from *Understood.org* has compiled 10 great tips to build your child's communication skills. Here's what she suggests:

Keep conversation going with your child.

Communicating is hard and takes practice, so don't give up on talking with your child!

Recount the day. Ask your child to recall what happened and how events made them feel. This will help your child with recollection and sequencing, two important communication skills that kids often struggle with.

Model good listening skills. Pay full attention when your child is talking, repeat back what you heard, and ask follow up questions.

Have practice conversations with your child. Help your child think through anticipated social situations to make them more comfortable.

Point out body language. As it can be difficult for kids to pick up on nonverbal cues. Find time to observe with your child how people around you are feeling based on how they're acting.

Read together as much as possible. Reading helps strengthen decision-making and independent thinking skills. Take time to talk through a book that your child has read.

Enjoy movies, books, and shows together. Replay the highlights of the plot to help your child learn to be engaged in a story.

Play word games. This will help your child build their vocabulary and find a new way to learn.

Ask for your child's opinion. Using "I think" or "I feel" statements is good practice for having successful conversations each day.

Encourage your child to keep a journal or blog. This will help your child express their thoughts & emotions, to think critically through their ideas, and to feel more prepared and confident when it's time to talk to others.



Get Connected!

Phone: 520-836-7310

Website: <https://www.cgesd.org/CGMS>

Facebook: www.facebook.com/CGMSCGED

Instagram: @cgmswildcats

Twitter: @CGMS_Wildcats

School Counselor's Website:

<https://sites.google.com/cgesd.org/mrs-tuttle>

PTO Website: <https://sites.google.com/view/cgmspto>

Sign Up for SchoolMessenger

Our district will begin using the SchoolMessenger system to deliver text messages on September 7 to communicate information about events, safety alerts, and more. We highly recommend participating in this free service by sending a text message of "Y" or "Yes" to our district's short code number, 67587.