

CARTER BUZZ

CARTER MIDDLE SCHOOL

FEBRUARY 2021



OWEN'S ORACLE~

The Homework Dilemma

This has been a challenging year for all of us. One of our largest concerns is the lack of homework completion. In going virtual, we have had the challenge of teaching students both within the school and virtually. With this, we have noticed a trend with students not turning in homework. Our teachers try to only assign homework which will reinforce skills necessary for them to be successful in mastering material.

So, how can you help? There are many tools at parent's disposal in order to ensure their students' are keeping up with their studies. At the forefront is ASPEN. This allows parents to see assignments missing. While we have been liberal about taking late work, it is important that students do the work in a timely manner so the work coincides with the lesson being taught. On our website you may find how ASPEN works and how you may even get alerts on your phone or email informing you that a student has dropped below a grade threshold set by the parent.

Tips:

- Talk to your child about homework. If they say they did the work in class, ask to see the work.
- Set a regular time and space for students to do homework as soon as they get home from school.
- Make use of ASPEN to track student progress
- Reach out to teachers for updates. Often this is best done through email.

Taking these basic steps will help to make a successful school year for your child.

Being Present is Half the Battle

Attendance:

Our attendance goal is 95% or better. We are currently short of that goal due to illness. This cannot be helped when we are hit with unexpected illness. We encourage you to turn in doctor's notes and or notes excusing students from absences. Please try your best to encourage your students to wash hands and eat healthy. Please click the link below to see more about how attendance impacts student achievement.

<https://www.attendanceworks.org/wp-content/uploads/2017/09/5-Key-Findings-MG-Final.pdf>

Beware the Vape

It seems like vaping is becoming a fascination for some high school and middle school students. It has been a problem at the high school level for a year or so around the county. Now it is starting to seep down to middle schools, including Carter Middle. What are E-cigarettes? According to the Centers of Disease and Control (CDC): E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air. E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid. Please see the link below for more information about Knox County's policy on vaping.

<https://www.knoxschools.org/Page/21567>

Don't need a tourist
Destination to "celebrate"
Life!
Take your time to explore the
treasures
In your own backyard.

Agorman 2019©

STANLEY'S SECTION~

To the 7th Grade Parents/Guardians

February is Black History Month. Carter G. Woodson is known as the "Father of Black History". He started "Negro History Week" in 1926 during the second week of February to commemorate the birthdays of Abraham Lincoln and Frederick Douglas. This week has now evolved into a month long celebration.

Carter Middle School would like to remember those famous African Americans from the state of Tennessee who have made a contribution to the United States of America: Chris Blue, Judge Joe Brown, The Clinton Twelve, Aretha Franklin, Nikki Giovanni, Rev. Al Green, Alex Haley, Isaac Hayes, Benjamin Hook, B.B. King, Wilma Rudolph, Bessie Smith, Tina Turner, Ida B. Wells, and Oprah Winfrey. These are just a few names to remember.

Please note that Black History Month is American history and should be celebrated 365 days of the year not just during the month of February.

Jennifer Stanley
7th Grade Assistant Principal

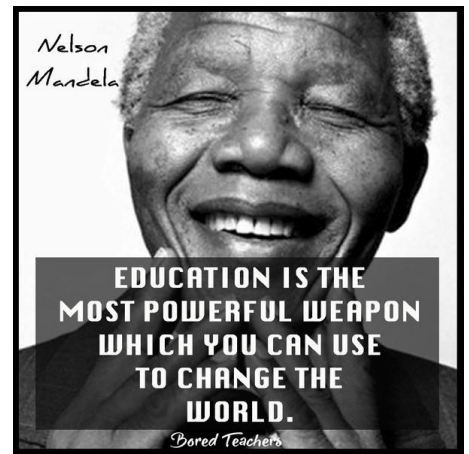
RAMSEY'S REVIEW~

Hello Hornet Family,

We are off to a great spring semester. I want to thank you for making first semester a success in spite of so many obstacles. The spring semester is very important for 8th grade students. They will be making the transition to high school in a few short months. We will be sharing information about high school registration as soon as it becomes available. I would like to challenge you to help your student stay focused and encourage them to keep up with their grades and assignments. As always thank you for your continued support and encouragement.

GO HORNETS!!!!

Joey Ramsey
8th Grade Assistant Principal



"The best and most beautiful things in the world
Cannot be see or even touched. They must be felt
with the heart." - Helen Keller

GOFORTH'S GAB~

It is amazing how quickly the school year passes! We are quickly heading towards Spring!

With that in mind let's not forget to stress the importance of good school attendance both in person and online. Lots of important work is being done by the fine teachers at Carter Middle School to prepare your student for transitioning to the next grade or moving on to Carter High School. If your student is not present by not coming to school or not signing in and participating in online classes (if virtual), their grades could suffer and they might miss important skills that they will need for the next grade level. Also remember that their absences whether excused or unexcused will affect our chronically absent numbers. Remember to turn in notes for absences, since unexcused absences could lead to court involvement for truancy.

As the weather changes, do not forget that Knox County Schools has a wonderful resource for needy families called the Clothing Center. They provide brand new socks and underwear and good used school clothes that are seasonally appropriate. The service is free. It does require a voucher from the school (contact the School Social Worker 257-5819) and an appointment with the center. The center also takes donations of good new and used clothes (contact the Social Worker for details). The clothing center is a great place to donate because Knox County provides the office space and pays the employees, so 100% of the money and clothing donated goes to the children. It is an awesome resource!

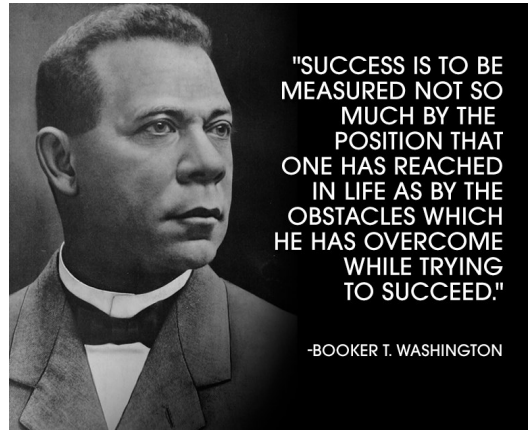
Have a great Spring and Go Hornets!

Scott

Scott Goforth, MSSW
Social Worker

February Trivia

- ◇ The U.S. Supreme Court met for the first time on February 1st, 1790.
- ◇ February is the most misspelled of all the months
- ◇ Groundhog Day, which is celebrated on February 2nd, came about because of a German superstition. It was thought that if a hibernating animal cast a shadow on February 2nd, winter would last another six weeks. If there was no shadow, spring would come early.
- ◇ On February 14, 1859, Oregon became the 33rd state to join the Union.
- ◇ On February 10th, 1962, Astronaut John Glen, Jr. became the first American to orbit the earth.



5 Super Interesting Facts About Black American History

1. **Rosa Parks wasn't the first.** Claudette Colvin, a 15 year-old girl, refused to move to the back of a bus nine months before Parks did.
2. **MLK improvised his most famous speech.** Although he had prepared notes, Martin Luther King, Jr. improvised much of his "I Have A Dream" speech.
3. **Esther came before Betty.** The iconic cartoon character Betty Boop was modeled after a Harlem jazz singer named Esther Jones.
4. **There were black senators in the 19th century.** The first black U.S. Senator was Hiram Revels, who took office in 1870.
5. **Satchel Paige was baseball's first black hall-of-famer.** Pitcher Satchel Paige was the first black player to be inducted into the Major League Baseball Hall of Fame.

COUNSELOR'S CORNER~

Top
10

Ways to Improve Mental Health

Maintaining your mental health is just as important as maintaining your physical health.

Here are 10 ways to improve your mental health!

1. Get enough sleep

The amount of sleep you get impacts your mood. Go to bed at a regular time each night and make sure you get at least eight hours of sleep.

2. Exercise

Your body releases mood-improving chemicals when you exercise. Look for ways to integrate physical activity into your daily routine.

3. Open up to someone

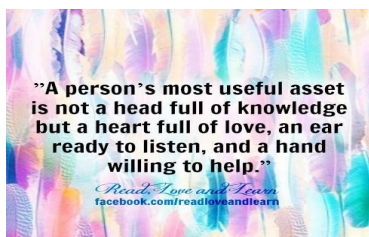
Talking about your feelings is a great way to process them. Talk to a friend or family member when you have a problem or something is bothering you.

4. Be grateful

Notice the things you are thankful for in your everyday life. Regularly reflect on, and feel grateful for, each of these things.

5. Help someone else

Helping others has been shown to reduce stress and improve your mental health. It also just makes you feel good.



6. Be mindful

Mindfulness is being aware of the world around you and focusing on what you are experiencing. Throughout your day, remind yourself to be fully present, and to focus on the "now."

7. Eat healthy

Food fuels your body's health, including your brain. Research shows that nutrients found in health foods like fish, fruits, and vegetables can improve your brain function.

8. Deal with stress

Stress can really take a toll on your mental health. To feel more empowered and less overwhelmed, make a list of the things that stress you out and come up with a plan for dealing with them.

9. Reflect

Put your phone away, turn off the TV, and take some time every day to rest, relax, and reflect. You might also try writing your thoughts in a journal.

10. Reach out for help

Just like with physical health, we sometimes need the help of a professional to be at our best. If you'd like to feel better, talk to a counselor, advisor, or your family doctor.

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7th grade M-Z

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7th grade A-L

Library News -

Here's a peek at some of our new library books. Look for these titles and many more in the library catalog!



There are also a ton of new ebook titles available through MackinVIA. Visit the Library page of the CMS website or the library Canvas course for access to all the books and more!

Rachel Smith
Librarian - Carter Middle School
@CarterMSReads #CMS_Lib



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SCHOOL
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Challenge



Link your ValuCard

and EARN

\$CASH

for your school



NEW

CHECK YOUR POINTS

ONLINE!

Link your account online at
foodcity.com/schoolbucks



* Please note, linking at checkout is no longer available.



February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3	4	5	6	
7	8	9 Care Closet 4:30–6:00pm At new gym	10	11	12 Lincoln's Birthday	13
14 	15 IN-SERVICE DAY NO-SCHOOL PRESIDENTS DAY	16 	17	18	19	20
21	22	23	24	25	26	27
28						

Carter Middle's Care Closet Distribution

February 9, 2021
4:30 pm - 6:00pm



Carter Middle Student Council will hand out bags of "comfort items" to the first 50 families in a drive thru.

Starting at 4:30 pm participants may come to the back of the gym/car rider line and receive a bag of various hygiene items.

**PLEASE REMAIN IN YOUR CAR
AND THE BAGS WILL BE
BROUGHT TO YOU!**

All you need is love. But a little chocolate now and then doesn't hurt.

Charles M. Schulz

BrainyQuote

