

CARTER BUZZ



CARTER MIDDLE SCHOOL

November 2018

WATSON'S WORLD~

Basketball Season is here!

The 2018 Middle School basketball season officially kicked off on October 29th with our first game. Basketball games are a fun social event for students and parents. Tickets to the games are \$5.00 for adults and \$4.00 for students at the door. Girl's games usually start at 4:30 pm and the boy's game follows at 5:30 pm. We want everyone to enjoy the games and show their Hornet P.R.I.D.E. during the games.

Our goal is 95%.

We are working hard to reduce the number absences and making sure students are in school. Our school goal is to have an overall attendance rate of 95%. As of November 1st our yearly attendance rate is 93.81%. Please be at school.

Carter Auction and Store

Each year at the end of the first semester the school holds a Carter Auction and Store as our PBIS event. Students earn Carter Cash during the second nine weeks for grades, attendance, and PRIDE tickets. Then the week before Christmas break they get to attend the auction and store to purchase items for themselves and families. This event is donation based. If you would like to donate items or make a monetary gift to help support this event, please contact the main office. We also would love volunteers to help monitor tables, stock tables, and wrap presents.

Parking

Parking at CMS is an issue when we have big events. We have the parking spaces around back near the gym, parking in front of the school, parking at the old gym, and parking in the lots between the middle school and high school. During ballgames and concerts the doors on street level near the parking lot between the schools will be open for people to walk through the school to get to the gym. We ask that you do not park on the curved road that goes to the gym because it blocks access for emergency vehicles.

Thank you!

On November 22nd we will celebrate another Thanksgiving Day. This is a day designated for us to give thanks for all we have, but I am thankful every day for the opportunity to serve the Carter Community and to work with your students. Enjoy your Thanksgiving Holiday November 21st through November 25th.

Have a Happy Thanksgiving and Go Hornets!

Mr. Watson



STANLEY'S SECTION~

To the 7th grade Parents and Guardians,

The holidays are vastly approaching and our students are right in the thick of things. Here are a few things to remember. The first nine weeks report card has been sent home. So parents, please talk to your child about his or her academics. Ask your child to show you what he or she is learning in school. Please check your child's agenda or contact their teacher for any questions or concerns. Please allow your child to stay for tutoring before or after school if they need any additional help. The more help they can get, the better chance they have to succeed.

Jennifer Stanley
7th Grade Assistant Principal



"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

~Oprah Winfrey

KEEP
CALM
AND
BUY A
YEARBOOK

The 2018-2019
CMS Yearbook
will be on sale
November 12th.

More information coming soon!

RAMSEY'S REVIEW~

Hello Hornet Family,

Can you believe that the holidays are just around the corner? Wow! Time is flying!!

If your student is going on the New York/DC trip the deposit and signed permission slip is due November 9th. If you and your student are planning to sell chocolate to offset the cost of the trip, a signed permission slip needs to be turned in to Ms. Finley. Chocolate can be picked up on November 9th, please see Ms. Finley. Beta club trip is all set for November 18th- 20th.

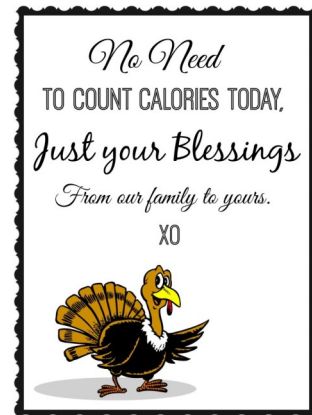
Please remember the Thanksgiving holiday is November 21st-23rd. And I hope that you all have a wonderful Thanksgiving celebrating with family and friends!

Thank you all for your continued support and encouragement!

GO HORNETS!!!
Joey Ramsey
Assistant Principal
8th Grade

"Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give."

~Eleanor Roosevelt



Counselor's Corner~

The body of scientific research illustrating the positive effects of mindfulness training on mental health and well-being—at the level of the brain as well as at the level of behavior—grows steadily more well-established: It improves attention, reduces stress, and results in better emotional regulation and an improved capacity for compassion and empathy. Brain-imaging studies at Harvard and Mass General Hospital have shown that long-term mindfulness training can help thicken the cortical regions related to attention and sensory processing, and may offset thinning of those areas that typically comes with aging. Mindfulness is widely considered effective in psychotherapy as a treatment not just for adults, but also for children and adolescents with aggression, ADHD, or mental-health problems like anxiety.

There is research out there that backs up using mindfulness to help students become more effective learners, and better-rounded people. Over the course of the school year during Mindful Mondays we will be covering academic, social emotional, and career/college readiness lessons. These topics will range from test taking tips, organizational skills, empathy, tolerance, anger management, and more. We will also be following a program using mindfulness techniques to help students control their emotions, conflict, stress, attention, etc. all things that can produce positive results. These lessons may seem hokey, but if you look past the initial skepticism and get your kids to participate it could improve classroom behaviors and help create an overall positive student-centered school climate. So, if your student feels overwhelmed or upset about something, remind them to “JUST BREATHE” and practice mindfulness.

The Magnet transfer window is now open for until February 19th. If you want to attend L&N STEM, CMA, or any other magnet school you must apply before February 19th, 2019. You can access this application on the Knox County Schools website, by clicking Magnet Schools under the academics top tab.

Sincerely
Your friendly Carter Middle School Counseling Dept.



Carter Middle School's
FALL FESTIVAL
NOVEMBER 9, 2018

\$5 Pass
includes 7 game tickets

4:00 TO 6:00

ADDITIONAL GAME TICKETS \$1

ACTIVITIES carnival games sports clinics face painting photo booth video game room pie throwing contest pumpkin patch	ONO FOOD hot dogs snow cones chips & candy 	SILENT AUCTION 2 Kayaks Smokies Tickets Gift Cards && MORE
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SPECIAL GUESTS: Carter High Athletes

BENEFIT FOR CARTER MIDDLE SCHOOL PTSA
204 N. Carter School Rd.

Thanksgiving

The year has turned its circle,
The seasons come and go.
The harvest is all gathered in
And chilly north winds blow.

Orchards have shared their treasures,
The fields, their yellow grain.
So open wide the doorway-
Thanksgiving comes again!



PTSA NEWS~

You are always welcome to attend PTSA meetings. Our general meetings are the second Tuesday of the month at 6 p.m. in the library. We would love to have you come!

cartermiddleschoolptsa@knoxschools.org

GOFORTH'S GAB~

Hello Parents,

As we continue our focus on **EXCELLENT** school attendance we continue to need your help with an important goal at Carter Middle School:



We want your student to attend school **EVERY** day.

Attending school regularly has a significant, positive impact on your child's academic success—from kindergarten through high school. Even as he or she grows older and more independent, you play a key role in making sure your child gets to school safely and on time every day. For context, most students in Tennessee miss six or less days each school year.

We realize some absences are unavoidable due to health problems or other circumstances. But, we also know that when students miss too much school—regardless of the reason—it can cause them to fall behind academically. Absences can add up quickly. Students are less likely to succeed academically if they miss 10% or more of instructional days over the course of the school year (this means missing about two days of school per month or about 18 days per year).

Research shows:

Tennessee students who are chronically absent in kindergarten are 15 percentage points less likely to reach proficiency in either 3rd grade math or ELA.

Nationally, four out of five students who miss more than 10% of both kindergarten and first grade are unable to read on grade-level by third grade.

The problem continues as students get older. Tennessee students who are chronically absent in 9th grade are 30 percentage points less likely to earn an on-time diploma (62% vs. 92%).

We don't want your child to fall behind in school or get discouraged. Please ensure that your child attends school every day and arrives on time.

We want your child to be successful in school. Let us know how we can best support you and your child so that he or she shows up for school on time every day. If you have any questions or need more information, please contact your child's teacher, principal, or school counselor.

Thanks for all you do to support good attendance habits and for supporting Carter Middle School.

Thanks,



~Fun Facts about Thanksgiving~

Thanksgiving Day is celebrated on the fourth Thursday in November in the United States.

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Thanksgiving became a national holiday by President Lincoln in 1863.

The pilgrims did not serve pumpkin pie rather, they made stewed pumpkin at the first Thanksgiving feast.

They celebrated the first Thanksgiving Day at Plymouth, Massachusetts.

The first Thanksgiving feast was held with about ninety Wampanoag Indians and the Wampanoag chief, Massasoit.

The first Thanksgiving celebration lasted three days.

According to Guinness World Records, the largest pumpkin pie ever baked was 12 feet in diameter and 2,020 pounds.

The famous Macy's Thanksgiving Day Parade began in the 1920's.

Every year, the president officially pardons a turkey from being killed for dinner. The tradition started with President Truman in 1945, and continues till this day.



GREEN



WHITE



**Way to Go
Mr. Watson!!
CMS Pep Rally
11/1/18**



HORNETS!



Carter Middle School FCA/Beta Club

2018 Thanksgiving Basket/Food Drive

The FCA and Beta Club are doing a Thanksgiving Basket/Food Drive for our school and community. This food drive will be ongoing from October 29th until November 16th. All food collected for these baskets will be used for families within our school as well as in the community. All extra food collected will be given to a local food pantry. Thank you for your support and let's show our community Hornet Pride!

Coach Howell and Mrs. Mays

Thanksgiving Basket List

- 1 - box of instant potatoes
- 1 - box of stuffing mix
- 1 - box of macaroni and cheese
- 1 - bag of turkey/gravy mix
- 1 - box of Jello

- 2 - cans of corn
- 2 - cans of green beans
- 1 - can of yams
- 1 - can of cranberry sauce



PLEASE BRING ALL ITEMS TO COACH HOWELL IN ROOM 704



Carter Middle School

Spirit Week

*October 29th—November 2nd
2018*



Carter Middle School PTSA T-Shirt Order Form



Adult Sizes \$12

\$13 for 2X or 3X

Hornet Shirt in black: Small ____ Medium ____ Large ____ X-Large ____ 2XL ____ 3XL ____

Hornet Shirt in grey: Small ____ Medium ____ Large ____ X-Large ____ 2XL ____ 3XL ____

(Please indicate number of each size)

Prices include handling and provision to homeroom for student.

Total Enclosed \$ _____

Student Name

Homeroom Teacher

Name and Phone number for PTSA questions about order (if any)

Include cash or checks payable to: Carter Middle PTSA

***Please send form to your student's homeroom teacher.
Orders will be filled within days, as they arrive.***

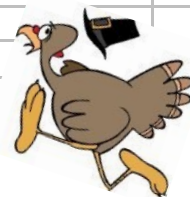


NOVEMBER 2018



UN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
	SPIRIT WEEK			FLU MIST Home Game w/Gresham		Daylight Savings Set Clocks back one hour
4				5	6	7
	BB @ Vine			Home Game w/Powell	Fall Festival 4:00-6:00	10
11	12	13	14	15	16	17
	Home Game w/Halls			BB @ Northwest		
18	19	20	21		22	23
	Home Game w/Gibbs		Thanksgiving Holiday~ School Closed			24
25	26	27	28	29	30	
	BB @ Karns			Home Game w/Holston		

Carter Middle School Tutoring Schedule 2018-2019



Morning Tutoring Monday through Friday

7:30-8:00	Room 812	Mrs. Kinchen
7:30-8:00	Room 606	Mrs. Morris
7:30-8:00	Room 808	Mrs. Simpson

Afternoon Tutoring Tuesday, Wednesday, and
Thursday 3:30 pm -5:00 pm

Tuesday	Wednesday	Thursday
Room 803 Mrs. Reinthaler	Room 810 Dr. Robinson	Room 810 Dr. Robinson
Room 607 Mrs. Nicely	Room 607 Mrs. Nicely	Room 607 Mrs. Nicely
Room 604 Ms. Brannom	Room 604 Ms. Brannom	Room 803 Ms. Reinthaler



Middle Years

Working Together for School Success



Short Stops

Conferences in middle school

A parent-teacher conference is the perfect opportunity to work with the school to support your child. You may meet with one of his teachers who will share information from all the others. Or you might spend a few minutes with each teacher. If you have questions for specific teachers or need more time with them, call or email to follow up.

Fit in fitness

An hour of daily physical activity promotes good health. Suggest that your tween calculate how many minutes of exercise she gets each day. She could include walking to school and participating in PE. Encourage her to add more exercise, perhaps by meeting a friend to swim at an indoor pool or by following along with a Zumba video.

Promptness, please

Being at his desk when the bell rings means your middle grader won't miss class instruction or important announcements. Have him add a five-minute "cushion" to his morning so he has time to deal with the unexpected (missing shoe, early bus).

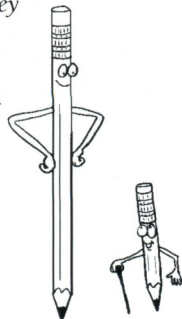
Worth quoting

"I am not a product of my circumstances. I am a product of my decisions." *Stephen Covey*

Just for fun

Q: What's tall when it's new and short when it's old?

A: A pencil.



Study secrets—revealed

Anna knows what she needs to accomplish when she sits down to study. She stays focused and tends to remember the material. Her secret? Strong study skills! Share these strategies with your tween.

Skill: Set goals.

Strategy: Encourage your child to jot down specific goals for each study session and check off each one as she meets it. She should be as detailed as possible. *Example:* "Learn 30 vocabulary words before Friday's Spanish test." It may also help to make deals with herself. ("I can take a break after I've learned 15 words.")

Skill: Stay focused.

Strategy: Suggest that your middle grader eliminate distractions before she studies. For instance, she should silence her phone and put it in another room. Hunger and



fatigue can also make her mind wander, so she could eat a healthy snack or go for a quick jog before she buckles down.

Skill: Monitor understanding.

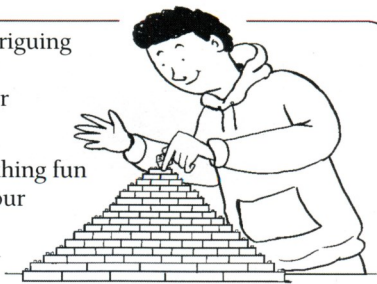
Strategy: After your tween reviews her notes, handouts, and textbook, she can make up a quiz. Taking the quiz and checking her answers will show her what she still needs to work on. Have her write anything she doesn't understand on a sticky note and ask her teacher for help. 👍

Spotlight on history

History is full of fascinating places and intriguing people for your child to discover. With these ideas, he can step into the past—right in your living room:

- Work separately or together to create something fun that represents a time period. For instance, your family might build a Lego model of an Egyptian pyramid. Or tape large sheets of paper to a wall, and draw or paint an Aztec mural.

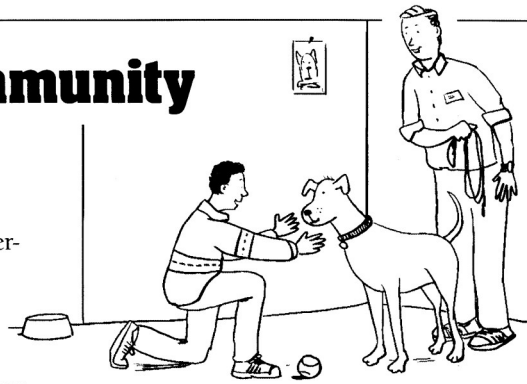
- Have each person secretly pick a historical figure to research, maybe Benjamin Franklin or Amelia Earhart. Then, host a game show where everyone asks yes-or-no questions to guess each other's characters. 👍



Serving our community

Volunteering as a family can teach your middle grader about empathy and helping others. Here's how to get started.

1. Have your tween research community service opportunities for families. He should list ideas that match the ages of family members, and also jot down the time involved for each job. He could visit websites such as createthegood.org and volunteermatch.org. He might also call or email community centers, shelters, and places of worship to ask if they need help.



2. Review your child's list together. Talk about possibilities that interest everyone, and pick one to sign up for. If your family loves animals, maybe you could feed and play with dogs and cats in a shelter. Or if you like to cook together, maybe you'll volunteer at a soup kitchen or a fire station's spaghetti dinner.

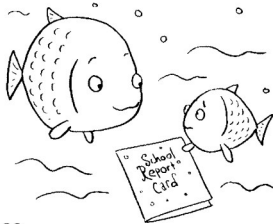
3. Talk about those you'll be helping, such as people who don't have enough to eat or animals who need attention and comfort. Considering how others feel will show your middle grader how important it is to help out—and make your volunteer experience more meaningful. 👍

Parent to Parent

Report cards: Find the positives

My sixth-grade daughter just got her first report card with letter grades. In elementary school, she always received "Excellent" or "Good," so I was surprised to see a C in English.

I decided to focus on the positives first. I pointed out Chelsea's good attendance, an A in science, and a nice comment from her chorus teacher.



Then, we discussed her English grade. Chelsea said she had fallen behind on assigned readings. As a result, she struggled to answer comprehension questions and participate in class discussions. We brainstormed solutions, including reading a certain number of pages each night and jotting down points to make in class.

Chelsea said that when she gets her next report card, she hopes that one of the first things I can point out will be a B in English! 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Same answer, different strategies

There's often more than one way to approach a math problem. Try these tips for using family game night to help your tween talk through math strategies—and see that for herself!

Monopoly. When a player decides to buy (or not to buy) a property or add houses or hotels, have her share her thinking. Your child might calculate how many times an opponent would need to land on her properties to cover the cost. Or she could total her cash, subtract the cost of the hotels, and consider her liability (the rent she would owe if she lands on other players' properties before getting "paid" again).

Yahtzee. Let family members explain how they determine where to record their rolls of the dice. Say your middle grader gets four sixes and one five. Will she score it as four of a kind or as her sixes roll? Perhaps she'll consider the probability of rolling four of a kind again (unlikely) and decide to check off four of a kind rather than risk scoring zero in that spot. Or maybe she'll count it as sixes, which will put her on the path to earning a bonus. 👍



Q & A Concern about anxiety

Q Several of my friends and neighbors have mentioned that their kids have anxiety. My son gets stressed out sometimes—could he suffer from anxiety, too?

A It's normal for middle graders to feel stressed from time to time about school, friends, or growing up. But if they're excessively anxious for long periods of time and miss

out on activities because of it, that may signal a bigger problem.

Anxiety disorder symptoms include worrying persistently for weeks or months, trouble sleeping, frequent headaches or stomachaches, and avoiding school or friends.

If you notice any of these symptoms in your son, contact your pediatrician. She can refer you to a specialist if necessary. 👍

