

CMS Lunch Menu

NO STUDENT IS ALLOWED TO 'CHARGE' A LUNCH

Monday	Vegetable Soup, Grill Cheese Sandwich, Chicken Tenders, Beef Enchilada, Deli Sandwich, Various Salad Plates
Tuesday	Roasted Turkey, Cheese Pizza, Taco, Deli Sandwich, Various Salad Plates
Wednesday	Meatloaf, Pizzas, Nachos Grande, Deli Sandwich, Various Salad Plates
Thursday	Oven Fried Chicken, Cheeseburger, Pepperoni Pizza, Deli Sandwich, Various Salad Plates
Friday	Fish Tenders, Grilled Chicken Sandwich, Gordita, Deli Sandwich, Various Salad Plates

Aroma, Coffee & Books ~ Book Fair

Come join us **in the mornings for coffee** while you browse our books. All parents/guardians who attend the Book Fair will be entered in a drawing for prizes from local area businesses. **Thank you to our local businesses that have provided our prizes: The Roasting House in Roswell (donated Monday and Friday's specialty coffee), Alessio's Pizza, Cakes by Darcy, Coffee Buy the Book, Lulu's Bakery, Shape Xpress and Trader Joe's.**

Book Fair Dates and Times:

Monday Oct 15 from 7:30-4:00; Tuesday-Thursday Oct 16-18 from 8:00-4:00 and Friday Oct 19 from 7:30-1:00.

There will be a wide variety of books specifically selected to appeal to middle school interests. In addition, there will be bestsellers and cookbooks that adults will find interesting and useful. Volunteer to work a shift at the Book Fair and receive a 10% discount! Email Tonjua Lohnes @ cl220@mindspring.com.

Roswell Area Parks Annual Middle School Halloween Dance

The Roswell Parks and Recreation Department will be hosting its annual Middle School Halloween Dance on Friday, Oct. 19th from 7:00pm until 9:00pm at the Community Activity Building. The cost will be \$3.00 per student and you can register early or pay at the door. Come for a 'ghoulish' evening of fun with a disc jockey, prizes and refreshments!

Annual Reflections Program

Students, it's time to gather your creative talent and get ready for Reflections! This year's theme is "*I can make a difference by...*". Students may submit entries in six different areas: Literature, Film/Video Production, Musical Composition, Dance Choreography, Photography and Visual Arts. If your child is interested in participating in this wonderful program, please contact Machelde Loudon at maloudon@comcast.net for more information. Registration forms are available in the school's front office.


Information About TEACH

TEACH, Technology Enriched Accelerated Charter High, in its second year is proud to serve a diverse student body with the focus on college acceptance and readiness. Now enrolling 9-12 grades for 2007-08 school year, we offer AP classes, Honors and TAG program as well as ESL and Special Education programs. We are a small learning community of about 300 students where every teacher knows each individual student. Every student is provided laptops and technology is used by teachers and students at its best. We are initially accredited by the regional accreditation agency, SACS, and expect to complete the accreditation process before the year's closure. In our first year our students did exceptionally well in academic competitions across the state. Our students are awarded first place in the State Science Fair; INTEL EXCELLENCE in COMPUTER SCIENCE AWARD; one second place and two third places in the State Technology and Engineering Fair; and a SUPERIOR rating in the State Media Festival competition. TEACH believes first and foremost in building a family. We rely on students, parents, faculty, staff and the broader community to collaborate on developing best practices for being professional, staying safe and doing the right thing. TEACH is a partnership for learning whose goal is to empower students to achieve in academics and succeed in life. We believe that technology is our primary means of preparation for a productive future, and that it should be used to enrich our curriculum wherever possible. Alongside high expectations for our students' ability to utilize these cutting edge tools, we also believe in the necessity of good old-fashioned character development. TEACH strives to hold its family accountable to a fair and consistent set of ethical behaviors, in hopes that we are building a new generation capable of valuing its integrity when the watchful eye of its teachers is gone. Ultimately, our mission is to create a self-stimulating and challenging atmosphere that not only recognizes but also fosters the intellectual and moral growth of our



Partnership Perks

We would like to thank Mario's Pizzeria for supplying the pizzas enjoyed by two different student groups this week.





Crabapple Middle School Friday Notes

Week of Oct. 15—Oct. 19, 2007
www.crabplemiddleschool.org



MARK YOUR CALENDAR

Oct. 16	Orchestra Cluster Concert @ 6:30pm
Oct. 15-19	Book Fair
Oct. 18	Report Cards Issued
Oct. 22-26	Red Ribbon Week
Oct. 24	Early Release Day-Students Dismissed @ 12:35
Oct. 31	Volleyball vs. Elkins Pointe MS @ EPMS 5:00
Nov. 1	Volleyball vs. Haynes Bridge Ms @ CMS 5:00
Nov. 7	Volleyball vs. Northwestern MS @ CMS 5:00
Nov. 9	Volleyball vs. Ridgeview @ Ridgeview 5:00

MARQUE SU CALENDARIO

15-19 de octubre	Feria del libro
18 de octubre	Calificaciones van a casa
22-26 de octubre	Semana de Red Ribbon
24 de octubre	Salida de la escuela temprana
31 de octubre	Partido de volibol contra Elkins Point - 5:00
1 de noviembre	Partido de volibol contra Haynes Bridge -5:00
7 de noviembre	Partido de volibol contra Northwestern MS-5:00
9 de noviembre	Partido de volibol contra Ridgeview—5:00

Gearing Up for the 8th Grade Washington Trip

8th graders—don't delay in reserving a seat on the bus for the trip to Washington, March 19-22. There is a \$100.00 deposit due by October 31st to reserve a seat on this trip, which has become a highlight of the 8th grade year and, with some changes and enhancements, it will be the best ever! Forms are in the front office.

Step Team Members Announced

Congratulations to the following students who auditioned and were chosen to be a member of the CMS Step Team: Bethany Ferguson, Simone Okonta, Jasmine Murry, Paige Banks, Safari Sheats, Ayana Owens, Zana Larocque-Harris, Nadine Larocque-Harris, Jacana Scott, Jasmine Spann, Socorro Kenoly, Taylor Terrell, Taaj Parks, Angel Sims, Asyah Payton, Choice Uchehara, Nyra Alcorn, Nadia Jones, Zaakiyah Rashid, Tyra Blackmon, Jade Ferguson, Ekene Obele, Cierra Mathis, Keba Brown, Tyra Hoyle, Roni Blackmon, Shayla Hudson and Natane Dillahunt. Ms. Mimi Gamel is their sponsor.

Sally Foster Pick Up

Sally Foster distribution will be on Oct. 18th and 19th. All items will be in room 108. Further instructions regarding times for pick up will be forthcoming.

COACH'S CORNER

Mimi Gamel ~ Graduation Coach



Dear Parents,

This week's topic is **all about food**. Family meals might do more for your child's well-being and achievement than any soccer program or Spanish-immersion class. Researchers have found that kids who sit down to meals most often with their families—seven or more times weekly—tend to have higher grade-point averages and are more well-adjusted in general than those who eat the fewest family meals (two or fewer per week). Family meals were found to be a protective factor in these high achieving kids' daily lives. What's more incredible, children who eat regular meals with their families also eat more healthfully, in general, taking in more fruits and vegetables and calcium-rich foods, fewer soft drinks and snack foods. They may also have a lower risk of disordered eating. **Why are family meals so powerful?** For one, they give parents an opportunity to model good eating habits—and to show kids what a "normal" meal might look like (unlike the French fries/hot dog/soft drink combo they might otherwise choose). Mealtimes are also critical for connecting. It's one of the few opportunities families have to be together as a group and sharing in conversation. Buen provecho!

A Winning Tennis Tournament

Congratulations to the CMS tennis team for a successful weekend at the Fulton County Tennis Tournament. Mason Finley, Jeffrey Johnson, Logan Blignaut, Harry Campbell, Matt Danielak, and George Pratt all played very well. The girls team was unstoppable! The only loss our girls had for the day was to our own players as Nicole Keegan and Morgan Green defeated Piper Cerny and Taylor Green for the girls doubles championship. In addition, Kourtney Keegan had a nearly flawless day as she defeated five girls to win the girls singles championship. The girls' team brought home a large trophy and plaque. Mr. Perozzi, the sponsor, would like to thank the entire tennis team for representing CMS so well and appreciates the Husky Pride that each player displayed.

Jr. Beta—Last Chance for 8th Graders to Join

Eighth grade students were invited to join the Jr. Beta Club in Sept. However, due to numerous requests and our sincere desire to enable students to succeed, we are offering eighth grade students **one final day** of clemency. Interested students may pick up an application packet from Ms. Gaffney (room 803) on Wednesday Oct. 17th. The completed packet must be returned to Ms. Gaffney the very next day - Thursday Oct. 18th.