



Crabapple Middle School

Friday Notes

Nov. 12-Nov. 16, 2007

www.crabapplemiddleschool.org



MARK YOUR CALENDAR

Nov. 12	PTA Board Meeting—12:30pm
Nov. 14	Volleyball vs. Sandy Springs MS @ SSMS
Nov. 15	Jr. Beta Club Meeting
Nov. 15	CMS 'Movie Night' 5:30-8:45
Nov. 16	Volleyball vs. Ridgeview MS @ Ridgeview MS
Nov. 19	Progress Reports Issued
Nov. 21-23	Thanksgiving Holidays

MARQUE SU CALENDARIO

15 de noviembre	Reunion del Beta Club Junior
15 de noviembre	"Noche de cine" en CMS 5:30-8:45
16 de noviembre	Partido de volibol contra Ridgeview
19 de noviembre	Calificaciones de progreso son distribuidas
21-23 de nov.	Vacaciones del Dia de Gracias

Yearbook Information

Parents, you can order a yearbook anytime on line. Just go to <http://jostensyearbooks.com?REF=A01506755>. It's that easy! Also, you now have the opportunity to submit your own photos of school and community events to be included in the yearbook on line. It's simple: go to images.jostens.com, enter the login ID of 1145054 and password husky08. Then, browse to select the photo(s) you wish to upload, click on "Image Share" and enter information about the photo, providing contact information should more details be needed and click "Save Details". Any questions regarding the yearbook should be directed to Mr. Williams, at WilliamsW1@fultonschools.org.

Debate Team News

Congratulations to Genesis Williams, Christine Coldwell, and Trevor Appier for the participation in the Urban Debate League Tournament at Brown Middle School on Sat. Christine and Trevor competed against 22 teams in the Jr. Varsity League and won First Place! This is our first "first place" in the JR. Varsity Division. This team will now go on to compete in the Varsity League. Nice work CMS teams!

Orchestra 'Students of the Month' Announced

Congratulations to the following students who were chosen as the 'Student of the Month' in Orchestra:

6th grade:	Stacy Adkins and Nazareth Cardiel
7th grade:	James Morelli and Hamish Dallaway
8th grade:	Jessica Jarrett

COACH'S CORNER

Mimi Gamel—Graduation Coach

How important is sleep in the life of a middle schooler? Sleep is a natural part of everybody's life, but many people know very little about how important it is and some even try to get by with little sleep. Sleep is something our body needs: it is not an option. Some parts of the brain actually increase their activity dramatically and the body produces more of certain hormones during sleep. Sleep, like diet and exercise, is important for our minds and bodies to function normally. In fact, sleep appears to be required for survival. Feelings of depression and low self-esteem plague children as they advance through middle school because they get increasingly less sleep, according to a new study from NIMH. Attempts to improve the health, quality of life and academic careers of adolescents should consider the importance of a good night's sleep. So, let's make sure our CMS students get at least 8 hour of sleep a night.



CMS 'Movie Night'- Come See 'Transformers'

We are so excited about our first school movie night to be held Thursday, November 15th from 5:30pm until 8:45pm. This event will begin with a pizza dinner at 5:30pm, following by the movie, *Transformers* shown in the gym. Admission to the movie will be \$8.00 in advance or \$10.00 at the door with a signed permission form. Ticket price includes pizza, a soft drink, cookie and the movie. There will be concession items on sale during the movie. All students are encouraged to bring a pillow so they can relax and enjoy the movie with their friends. Turn in all permission forms and money to homeroom teachers. Additional permission forms are in the front office. Don't miss out!

Band 'Students of the Month' Announced

The following students have been selected for 'Student of the Month' in Band. These students demonstrated a positive attitude, self respect, a positive work ethic, dependability and a standard of excellence in class:

6th grade:	Patrick Boehni and Mikaela Bridges
7th grade:	Brandon Romanos and Grant Portwood
8th grade:	Alexa Zack and Damien Ramirez

CMS Lunch Menu

Adding money to Meal Pay Plus takes 48 hours to show in the account

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

Tumbling Tryouts

Tumbling tryouts for all students will be Monday, November 12th immediately after school until 5:00pm. Please verify that your child has an intramural form completed and on file with Mr. Thomas. If you have any questions, contact Mrs. Burt or Mr. Thomas in the PE department.

Help Us Help Others~ Canned Food Drive

The holidays are just around the corner. The Jr. Beta Club and Student Forum are co-sponsoring a canned food drive. Collection efforts will begin November 5th and continue through November 30th. All of the proceeds will be delivered to North Fulton Charities. Their food pantry is almost depleted. Please support the students' efforts!!! Items can be sent in with your child to homeroom or dropped off at the school's front office anytime during school hours.

Roswell Youth Lacrosse Association Presentation

Jim O'Connor, Liz McFarland and Tom Pratt from the Roswell Youth Lacrosse Association made a presentation to our physical education and health classes about the game of lacrosse, donating sticks, balls and teaching materials to the school. This organization will be donating 1,000 sticks to local elementary and middle schools in the Roswell area to promote the game of lacrosse. For further information, email www.laxroswell.com. You can register for winter clinics through the Roswell Parks and Recreation Department at the Community Activity Building or online at www.roswellgov.com. We would like to thank the representatives for their informative presentation and donation to our school.

Volleyball Team Highlights

Our girls and boys teams played their first games against Elkins Pointe Middle School last week, with the girls losing their match in two games and the boys winning their match in three games. They played their second games against Haynes Bridge Middle School last Friday and both teams won their matches. Congratulations to all players for a show of great effort and superb attitude ~ go Huskies!

National Charity League

National Charity League is an organization made up of mothers and daughters in grades **seven** through **twelve** who have a strong desire to work together in philanthropic and educational activities within their age group. A group of CMS moms are in the process of organizing a new chapter in this area. An informational meeting is planned for November 13th at the Roswell High School Media Center. For further information, contact Karen Faber at 770)649-1984 or email ksfaber@aol.com.

Partnership Perks!

- ✔ We are happy to announce that CMS raised **\$850.00** in a joint fundraising effort with Wal-Mart to benefit Children's Miracle Network. The three Husky Huddle groups who collected the most donations, per grade level, were treated to a delicious cake from the Wal-Mart bakery. We are so proud of our students and staff for helping this wonderful cause and working with Wal-Mart, a great business partner!
- ✔ We want to thank Mario's Pizzeria for working with our PTA in acknowledging the winners of the **Red Ribbon** Homeroom contest with a pizza party.