

# CVCS Middle School Newsletter

2/28 to 3/4



# Important Information

- **Students are expected to wear school uniform everyday. This includes:**
  - No hoodies or denim jean jackets.
  - Sweatshirts or Jackets are acceptable but in the solid color of Red, White or Navy Blue.
  - No stretch pants.
  - Khaki or Navy Blue bottoms.
  - Red, White, or Navy Blue collar shirts.
  - **SCHOOL T-SHIRTS ARE TO BE ONLY WORN ON FRIDAY'S**
- **Water bottles**
  - Please make sure your child has a (labeled) WATER BOTTLE at school, for water ONLY.
- **Powerschool**
  - <https://ccsdschools.powerschool.com/public/>
  - If you need access to Powerschool or have forgotten your password, email [Ms. Frasier](#) for assistance.
- **March 11**
  - E-Learning Day (No School)
- **March 13**
  - Daylight savings time (Spring Forward)

# Summer 2022 Opportunities for Career Exploration

All of the opportunities listed are student led, meaning students must take the leadership role in applications, etc. Students should speak with their school counselor, and parents before applying for any of these opportunities.

Career Focus	Type	Opportunity	Eligibility	More Info
Health Science	Event	MUSC's "PharmDamentals" – A deep dive into the pharmacy career pathway > Registration opens in early March for this July 29 event!	Rising 9th grade students	<a href="#">LINK</a>
Horticulture / Building Community	Volunteer	Charleston Parks Conservancy	Varies by opportunity	<a href="#">LINK</a>
STEM	Career Camp	GoSciTech @ SC Governor's School for Science & Math	Rising 8th – 10th graders	<a href="#">LINK</a>
STEM	Career Camp	USC's Carolina Master Scholars Adventure Series	Rising 6th – 12th graders	<a href="#">LINK</a>
Various	Volunteer	SC Aquarium Splash Program	Students ages 13-15	<a href="#">LINK</a>
STEM	Career Camp	Girls Who Code Summer Immersion Program	Rising 9th grade students	<a href="#">LINK</a>
Various	Career Camp	Charleston County Summer Camps	All Ages	<a href="#">LINK</a>

Career Focus	Type	Opportunity	Eligibility	More Info
College Readiness	Class	Explore fun topics designed to be challenging, engaging, and rewarding for students who are interested in a wide variety of subjects with Carolina Mini Adventures.	Grades 4th -12th	<a href="#">LINK</a>
College Readiness	College Camp	Carolina Masters Scholars Adventure Series	Grades 6th - 12th	<a href="#">LINK</a>
STEM	Charleston Academy of Musical Theatre	Students will learn acting techniques, get vocal training, and learn choreography from our professional staff. Sessions end with a recorded performance to showcase their new talents!	Ages 7 - 17	<a href="#">LINK</a>

South Carolina 4-H presents

# The 4-H Pinckney Leadership Summer Programs



## **Conference**

June 19 - 25, 2022 & July 10 - 16, 2022  
At Clemson University, SC  
For rising Sophomores and Juniors

## **Camp**

July 24 - 29, 2022  
At Camp Long, Aiken, SC  
For rising 7th and 8th graders

Visit [www.clemson.edu/pinckney](http://www.clemson.edu/pinckney) to learn more



**If interested, please see Ms. Frasier for an application.**

**Looking for Awesome Speakers for:**

# Career Day

***Do you, or someone you know, have an interesting career you'd like to share with our students? Are you available on Friday, March 18th, to talk about your career for 15 - 20 minutes? We're looking for all kinds of careers, from musicians to doctors to plumbers to firefighters to scientists!***

**Please contact Ms. Frasier  
[dfrasier@carolinavoyager.org](mailto:dfrasier@carolinavoyager.org)**





# Students Spotlight

Bailey Reed  
Billy Minter  
Nat Wohfeil  
Vaughn Barrette  
Jesse Forconi  
De'Jon Chapman  
Ryder White  
Jada Hunter  
Sullivan Stone  
Caroline Lannou  
Jeremiah Jenkins  
Dylan Driggers  
Katlyn Hart  
Kamryn Hart  
Sonya Washington



**KUDOS FOR DOING A GOOD JOB!!!**

'Education is not the filling of a pot but the lighting of a fire.'

March Trait of the Month

# Perseverance

Do You Have What  
It Takes ?

Students that exhibit  
perseverance are:

- \* Hardworking
- \* Dependable
- \* Finish what is started, despite barriers and obstacles that arise.
- \* Respect the feelings and needs of others.

If this is you, strut your stuff and  
earn student of the month !!!





# Mindful March 2022

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**



1

Set an intention to live with awareness and kindness

2

Notice three things you find beautiful in the outside world

3

Start today by appreciating your body and that you're alive

4

Notice how you speak to yourself and choose to use kind words

5

Bring to mind people you care about and send love to them

6

Have a 'no plans' day and notice how that feels

7

Take three calm breaths at regular intervals during your day

8

Eat mindfully. Appreciate the taste, texture and smell of your food

9

Take a full breath in and out before you reply to others

10

Get outside and notice how the weather feels on your face

11

Stay fully present while drinking your cup of tea or coffee

12

Listen deeply to someone and really hear what they are saying

13

Pause to watch the sky or clouds for a few minutes today

14

Find ways to enjoy any chores or tasks that you do

15

Stop. Breathe. Notice. Repeat regularly

16

Get really absorbed with an interesting or creative activity

17

Look around and spot three things you find unusual or pleasant

18

If you find yourself rushing, make an effort to slow down

19

Appreciate nature around you, wherever you are

20

Focus on what makes you and others happy today  
[dayofhappiness.net](http://dayofhappiness.net)

21

Listen to a piece of music without doing anything else

22

Notice something that is going well, even if today feels difficult

23

Tune into your feelings, without judging or trying to change them

24

Appreciate your hands and all the things they enable you to do

25

Focus your attention on the good things you take for granted

26

Choose to spend less time looking at screens today

27

Cultivate a feeling of loving-kindness towards others today

28

Notice when you're tired and take a break as soon as possible

29

Choose a different route today and see what you notice

30

Mentally scan your body and notice what it is feeling

31

Discover the joy in the simple things of life



**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**



## TIPS ON CYBERBULLYING

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\* Age Approved: Parents beware of the age guidelines of the social media platform your child engages in.

\* Talk About It: If your child is using social media and communicating online, don't wait until they experience cyberbullying to talk to them.

\* Being Safe: Encourage your child to only add people that they trust on social media and to keep personal information including your location private.

\* Beware What They Share: Discuss with your child what they should and should not be share online.

\* Learn about it: Find out about the apps, social networks and online games they are using and what they are able to share through them.

\* Take Control: Set safety filters on their devices and ensure privacy and settings are at the highest level.

\* Take it Seriously: Check in with your child regularly and look out for signs of cyberbullying.

\* Block and Report: Teach your child what to do if they want to prevent or report abusive messages.





**ARE YOU OVERWHELMED  
WITH  
TODAY'S CURRENT EVENTS?**

**Feel free to reach out to  
Ms. Lindgren or Ms. Frasier  
as our school counselors  
are here to help you!**  
**[klindgren@carolinavoyager.org](mailto:klindgren@carolinavoyager.org)**  
**&**  
**[dfrasier@carolinavoyager.org](mailto:dfrasier@carolinavoyager.org)**

# News You Can Use COVID

Please help our schools stay safe by monitoring your child for any symptoms that could be related to COVID-19. Do not send them to school if they are symptomatic or if they have been in close contact with a COVID-positive person outside of school. The most common symptoms include new or worsening cough, shortness of breath or difficulty breathing, and loss of taste and smell. If your has tested positive, please contact the school immediately.

## COVID-19 ISOLATION AND QUARANTINE GUIDELINES

UPDATED JANUARY 2022

### Positive COVID Individual

#### VACCINATED or UNVACCINATED:

- **Must isolate at home for at least 5 days** since COVID symptoms began.
- **Earliest return to school is day 6** with students required to provide note from parent that symptoms have improved and no fever for past 24 hours (without medication).
- **Must wear mask days 6-10** (regardless of CCSD mask exemption).

### Close Contact of Positive Individual

#### IF VACCINATED:

- **No quarantine is required if symptom-free.** DHEC recommends test on day 5; mask on days 1-10.

#### IF UNVACCINATED:

- **Must quarantine away from school for 10 days WITHOUT a negative viral test.**
- **Must quarantine away from school for 5 days WITH a negative viral test** (no home tests accepted, and must be taken no sooner than day 4) and no symptoms. Return to school on day 6, and must wear mask on days 6-10 (regardless of CCSD mask exemption).
- **Household contact:** Students or staff who are unable to separate from a household member with COVID must quarantine for an additional 5 days.

# 6th Grade

**ELA - Hatch** - This week we continued to read One Crazy Summer. I love how much students are getting into the story! We also started a writing activity where we are rewriting a scene of the story from another character's perspective.

## **Math - Kane**

This week students wrapped up module 9 on solving problems using equations and inequalities. Next, students will focus on real-world relationships with variables.

## **Social Studies - Tracey**

This week we started our unit on the Rise of the Modern Age. The students work on a research report all week, please check in with your student to make sure that it is completed!

## **Science- Kane**

This week students got hands-on in science and worked with a partner to build an electromagnet. They completed their student choice projects and will take their final quiz on Monday. Next, they will learn about energy transformations. .



# 6th Electives

## Health -Negrey

Unit 2 closes 3/11! Please check that your child has completed all late or makeup work!

[Not getting email from me? Click her to sign up to the H&PE mailing list.](#)

## School Counseling - Frasier

This week in counseling, we started working on our vision boards to create goals for ourselves. It was fun to hear the kids talk about what goals they're going to achieve. .

## Technology-

6th- Students will finish their device case presentations and begin learning some coding tricks.

ALL students will continue to work on designing solutions to real world problems the rest of the semester.

**Art** - Higgins : This week we started a grid drawing of an animal eye close-up. Students learned how a grid can be used for getting accurate proportions and enlarging an image in art. We will continue our drawings next week implying texture through drawing with pastels and looking at a close up of an animal eye.

**!\*\*\* If your student misses days of class they are expected to get the missed notes, check google classroom for assignments and find time to make up work. If they are on an individual quarantine they need to choose a project from the choice board and complete one per week out.**

<https://docs.google.com/document/d/1nUeSS3yPmHsZayISRjED8hAXprD-YqFCu0A6jadm7ns/edit?usp=sharing>

# 7th Grade

**ELA - Hatch** - This week we continued to read Hidden Figures. Students read this section of chapters independently and completed questions that they then discussed with their group. We also began our pro/con writing that has partners looking at opposite sides of a topic and writing to persuade their classmates to side with them and not their partner.

## **Social Studies - Gladu**

This week students completed their Mexican Culture Art through making a "Ojos De Dios" We discussed it's representation both of the Native tribes of Mexico and the Spanish influence of the culture. Students also completed a geography test on North America and the present day political borders of Russia and Ukraine.

**ELA - Alexander:** This week we continued working on our argumentative essay unit. We began writing our rough drafts this week. The drafts will be due on Tuesday and we will peer edit in class next week. We continued reading "Hidden Figures" this week, wrapping up with a test today on chapters 6-10..

## **Science - Tracey**

This past week we studying natural selection and the students work on a report about a famous scientist. Please make sure that you student has completed their report, we are finishing up this unit and shouldn't have any missing work.

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# 7th Electives

## Health -Negrey

Unit 2 closes 3/11! Please check that your child has completed all late or makeup work!

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## School Counseling - Frasier

This week in counseling, we started working on our vision boards to create goals for ourselves. It was fun to hear the kids talk about what goals they're going to achieve.

## Financial Literacy - Reid

Greetings, Students will rap up budgeting and prepare for the lesson 3 test which will be on March 10th.

## Art - Higgins

This week we finished our abstract self portraits. We have spent some time on foundational skills working with 2 dimensional drawings and paintings. Next week we are going to start a 3 dimensional art unit by working with air dry clay. Students will learn basic building techniques. **If your student missed class please be sure they get the missed notes, check google classroom for assignments and find time to make up work. If they are on an individual quarantine they need to choose a project from the choice board and complete one per week out.**

<https://docs.google.com/document/d/1nUeSS3yPmHsZayISRjED8hAXprD-YqFCu0A6jadm7ns/edit?usp=sharing>

## Technology

7th- Students are designing and building their current robot ideas. We will work on developing these further in the coming weeks

ALL students will continue to work on designing solutions to real world problems the rest of the semester.



# 8th Grade

**ELA - Alexander:** This week we continued reading “The Help”. They had a test yesterday on chapters 1-6. We also began doing research, for our next paper which will be due on March 14th.

## **Math - Kane**

This week students wrapped up module 3 on multistep linear Equations. In the next module, students will focus on angle relationships in triangles.

## **Social Studies- Gladu**

This week students completed their unit on The Civil War. Sully Stone and Jada Hunter did especially well on their unit test. We began the period of Reconstruction with an understanding of some basic vocabulary terms from that time period.

## **Science - Tracey**

This week students worked hard learning about earth’s materials and the rock cycle. Next week we will continue to work on the rock cycle and get some hands on experience!



# 8th Electives

## **Financial Literacy - Reid**

Greetings, students will be wrapping up lesson 3 and preparing for their test on March 10th.

## **Health -Negrey**

Unit 2 closes 3/11! Please check that your child has completed all late or makeup work!

**[Not getting email from me? Click her to sign up to the H&PE mailing list.](#)**

## **School Counseling - Frasier**

This week in counseling, we are still focusing on creating a plan for life after high school. This past week we looked into trade school. Students explored a trade that they are interested in. Next week we will be exploring community colleges.

## **Technology**

8th- Students are finishing up their designs for a structure made of shipping containers.

ALL students will continue to work on designing solutions to real world problems the rest of the semester.

## **Theatre - Gladu**

This week students studied how we can change the feel of the scene by using different tone, fluency, emotion and expression in our voices and movements. Students began with two lines and worked up to creating a whole scene.