

CVMS NEWS

Expect Academic Excellence; Let Education help you Soar

January 2019



Young at Heart club spreads Christmas cheer at The Rosewood

How to Help Kids Slow Down Social Media Use

This information is from "Why Social Media is Not Smart for Middle School Kids" by Victoria L. Dunkley M.D. You can read the entire article by visiting <https://www.psychologytoday.com/us/blog/mental-wealth/201703/why-social-media-is-not-smart-middle-school-kids>.

Delay access. The longer parents delay access, the more time a child will have to mature so that he or she can use technology more wisely as a young adult. Delaying access also places a greater importance on developing personal authentic relationships first.

Follow their accounts. Social media privacy is a lie: Nothing is private in the digital world, and so it should not be private to parents. Make sure privacy settings are in place but know that those settings can give you a false sense of security.

Create family accounts. Create family accounts instead of individual teen accounts. This allows kids to keep up with friends in a safer social media environment.

Allow social media only on large screens. Allow your teens to only use their social media accounts on home computers or laptops in plain view, this way they will use it less.

(continued on the next page)

Calendar of Events

15 - Renaissance Reward Day, Battlefield AMC and CiCi's for all A's, B's, E's, and S's. Movie and games on campus for A's, B's, C's, E's and S's. Parent chaperones welcome!

16 - Spelling Bee, Media Center, 8:30 am. Families are welcome!

21 - MLK Day, No School

28 - Young Authors Contest Entries Due

Changes to Tutoring

Math Mondays

3:30-4:30 pm

If you are struggling in MATH, this is your day!

Math, math, math, and more math!!!

Tuesday & Thursday

3:30-4:30 pm

Wednesday

7:00-7:30 am

(bring your breakfast!)

If you are struggling in any subject, come to the Media Center and we will help you. Remember, math help is specifically on Monday!

Website: cvm@walkerschools.org

Instagram and Twitter: [@cvmeagles](#)

Phone: 706-820-0735

Facebook: [Chattanooga Valley Middle School](#)

Social Media Slow Down (cont.)

Keep a sharp eye on the clock; they will not. Do you know how much time your child spends on social media a day? Be aware of this, and reduce the amount of time your child is on social media across all platforms.

Plan face-to-face time with their friends. Remember that they don't need 842 friends; four-to-six close friends are enough for healthy social development.

Spend more real non-tech time together. Tweens who are strongly attached to their parents and family show more overall happiness and success in life.

Students of the Month

Congratulations and thank you to the students of the month. Your actions and attitude make our school a better place! The outstanding students of December are Lily Bednar, Gabe Hackney, Anna Lyons, Hadley Middlebrooks, Ben Wilhelm (6th grade), Evan Broome, Jacob Groves, McKenna Holder, Breily Luna (7th grade), Andrew Brown, Nic Groce, Shelly Mack, Travis Medford, Cayla Pemberton, Jack Shovan (8th grade), and Jacob Burton (PE, Coach Duble).

Health and PE

With January comes a new class of Connection Students to Health & Physical Education. In Health, students need about 25 sheets of paper to put in their folders, and need to bring a pencil to class. PE students are required to wear non-marking athletic shoes in the gym, and are advised to dress appropriately for vigorous activities. They should bring a lock if they would like to be issued a locker for P.E. Students are strongly urged not to leave valuables lying about. CVMS is not responsible for phones, headphones, or other items that may be lost. Students are allowed to change clothes, at the beginning, and the end of class. Please bring deodorant, and wash P.E. clothes frequently. Coach Duble has all other supplies needed for students to shower, or they may bring their own towels, etc.

Away

10 - Varsity Basketball @ Rossville, 4:30 pm girls tip off, boys follow

15 - Varsity Basketball @ Ringgold, 4:30 pm girls tip off, boys follow

22 - Varsity Basketball @ Gordon Lee, 4:30 pm girls tip off, boys follow

Home

17 - Varsity Basketball vs. Dade, 4:30 pm girls tip off, boys follow

22 - Varsity Basketball vs. Rossville, 4:30 pm girls tip off, 8th player recognition after Lady Eagles game, boys game follows recognition

Spring Sport Tryouts in February

All students must have a physical and concussion form on file at CVMS to participate in any sport. Physicals are good for one year from the date it was given by the doctor.

Baseball - February 4-7, 3:30-5:30 pm, baseball field

Golf - Golf tryouts will begin in early February. See Coach Gouger for details.

Soccer - boys, February 4-5, 3:30-5:00 pm, field behind school and girls, February 6-7, 3:30-5:00 pm, field behind school

Track - Track tryouts will begin in early February. See Coach Duble or Coach Montgomery for details.

Doodle for Google

Google is having a "Doodle for Google" Art contest. This is open to all CVMS students. Students must pick up a entry form from the art room and submit their drawing to Mrs. Bowling by Friday March 15th! The art work must be on the google entry form, you may use any medium; pencil, pen, crayons, markers...There will be 5 winners in each state of the US. The winners receive cash prizes from \$5000 to \$30,000!

Let's show them how creative we are...Fly High with Creativity Eagles!

Leslie Shepherd is the Family Engagement Coordinator. The Family Center is in the school office. Hours are 10:00 am - 2:00 pm.

