



Cub Newsletter

October 2019

Main Office 324-2800 Attendance Line 324-2802

Office hours 7:30 a.m.- 4:00 p.m.

School day hours 8:05 a.m.-2:50 p.m.

Library hours 7:30 a.m. - 3:20 p.m

Transportation 324-2100

Upcoming Events

Oct 1st Angel Fund forms available

Oct. 14th Picture Retakes - 8:00-10:00 am

Oct. 15th Wrestling begins

Oct. 16th Parent Council Meeting - 12:00 noon

Oct. 17th & 18th No School – MEA Teacher Conferences

Oct. 22nd 6th/7th grade girls' basketball begins

Oct. 31st and Nov. 1st 6th & 7th Grade Orchestra Informances

Nov. 1st End of 1st Quarter

Nov. 1st Halloween Dance 3:00-5:00 pm

Nov. 13th & 14th Parent Teacher Conferences

Nov. 20th Parent Council Meeting - 12:00 noon

Nov. 21st Winter Choral Concert – 6th, 7th, 8th grades & VOT

Nov. 27-29th Thanksgiving Break-No School

Attendance Office phone number 324-2802

If your student will be absent from school, **PLEASE CALL THE ATTENDANCE LINE at 324-2802** to notify us. If you do not get an answer, PLEASE leave a message. We check the voicemail frequently. With 1000+ students enrolled at CRA, the phones ring constantly, and we aren't always available to answer.

Also, if you will be picking your student up from school early, please try to contact us ahead of time. We are able to have your student available much more efficiently. 😊

**** Please let us know if any phone numbers, addresses, or e-mails have changed so we can keep in contact with you!**

Early Release on Mondays!

Students will be released from classes at 2:15 p.m. each Monday, for professional development time for teachers. Busses will run their regular routes.

Our district is very appreciative of our community for supporting our efforts to schedule professional development time that is directly related to student achievement. Teachers and support staff will be using the early release time to work together to improve their professional practice in an effort to ensure more students learn more. Our work will include:

- **Studying and clarifying the meaning of the MT State Standards and The Career and Technology Education industry standards**
- **Developing an understanding of what the standard looks like in student work**
- **Designing units of study**
- **Writing common assessments**
- **Analyzing the results of the common assessments**
- **Planning additional, time, support and extension for students.**

Our goal is simply to have more students learning more.

The 2019-20 District Calendar and the A/B Day Calendar are posted on our website.

<http://cra.helenaschools.org/resources/>

Picture Retakes will be October 14th 8:05 am-10:15 am

If you are getting retakes please bring your pictures and give them to the photographer. If you are getting more pictures or pictures for the first time, please stop at the office and get an order form.

CRA Library Hours
7:30am-3:20pm

Students using the library at 7:30 need to use the NW entrance
(by the basketball hoops)

Parent Council

Parents: If you are looking for a way to keep in touch with your child's school – CRA Parent Council would like to meet you. The next meeting is scheduled for **Wednesday, October 16th** at **12:00 noon**. We are looking forward to new ideas and energy and everyone is welcome.

Middle School Activities

The C.R. Anderson Sports Program is to provide equal and safe opportunities for all students to participate. Our focus is to foster competition, sportsmanship, teamwork, and individual improvement.

Registration forms will be available at the main office, prior to the start of that particular sport. Fees (\$40 per activity) must be paid at the time of registration.

Wrestling 6 th /7 th /8 th Boys/Girls	Starts Oct. 15 – Nov. 20 – registration closes Oct. 11
Girls Basketball 6 th /7 th	Starts Oct. 22 – Dec. 6 – registration closes Oct. 11
Girls/Boys Basketball 8 th	Starts Dec. 10 – Jan. 31
Boys Basketball 6 th /7 th	Starts Feb. 4 – March 13
Volleyball 6 th /7 th	Starts March 17 – May 1
Track	Starts May 5 – June 3

Cross Country

The Cross Country meet schedule is as follows:

Wednesday, October 2nd at 3:30 PM - Northwest Park;

Wednesday, October 9th at 3:30 PM – Northwest Park; and

Wednesday, October 16th at 3:00 PM – Bill Roberts Golf Course

Student Council:

Welcome back to another great year at CR Anderson! Our seventh and eighth grade executive board members were elected in the spring, and in September, we opened the election process to 6th grade students to elect class representatives. Because there were only two sixth grade candidates, both students are elected by default and will be recording introduction speeches to be shared with their classmates soon.

8 th Grade Positions	7 th Grade Representatives	6 th Grade Representatives
President: Gus Swant	Mollee Boyle	Canyon Crocker
Vice President: Becca Thomas	Kate Drynan	Dallin Wall
Secretary: <i>currently unfilled – internal election in October</i>	Sophie Shanight	
Treasurer: Kennedy Bartole		

Upcoming Events:

- Fall Fundraising Drive: September 18th – 30th
- Halloween Dance: November 1st, 3-5 pm
- State Convention: November 3rd – 5th (Bozeman/Belgrade)

Fall Fundraiser Updates:

Thank you to all the families who participated in the Fall Fundraising drive! We are excited to raise this money to help pay for projects that support students, like extracurricular activity fees, student water bottle filling stations, and more.

Important Dates:

- Final Turn-in: September 30th by 4 pm
(Late orders may be accepted until October 4th – no guarantees)
- Delivery Date: November 20th (tentative)
 - Students who have sold a considerable number of items – **especially frozen goods** – will need to be picked up on the delivery day.
 - Please stay tuned if this date changes as we work out the logistics with the delivery company.

From the Lunch Counter:

If your child was part of the free/reduced meal program last year, but you have not completed an application for the 2019-2020 school year, **please do so immediately**. Current eligibility **ends October 9, 2019**; at that time, all free/reduced students who do not have a current application on file will be charged \$2.80 for lunch and \$1.45 for breakfast. Applications are available in the main office at C.R. Anderson or may also be completed online at www.mymealtime.com.

Thanks in advance for your immediate attention. Please feel free to contact me with any questions at the phone number or e-mail listed below.

Rachelle Lilletvedt, Bookkeeper
C.R. Anderson Middle School
(406) 324-2757/rilletvedt@helenaschools.org

2019/20 Breakfast and lunch prices and information

	Full Price	Reduced Price
Breakfast	\$1.45	\$.30
Lunch	\$2.80	\$.40

Procedure for putting money onto a student's meal account is as follows:

1. You may go on-line to the meal account program and use your credit/debit card to put an amount on to your student's account <https://www.mymealtime.com/signin.aspx>. Funds will not be available for 48 hours.
2. You may send a check or cash to school with your student and they may bring it to the main office before school. If sending a check to school, please put the student's first and last name along with their student ID number on the memo line. We are not able to take credit/debit cards at the school.

MealTime Parent Portal Overview

This portal is for both Pay Online and Apply Online.

Logging in:

1. Go to <http://www.mymealtime.com>
2. If you already created an account
 - a. Enter your username and password
 - b. Click on Sign In
3. If you need to create an account
 - a. Click on Register
 - b. Enter YOUR OWN date of birth (not your student's)
 - c. Mark the box stating You have read and agree to Terms of Use
 - d. Click OK
4. Please fill in the fields to create your MealTime Online Parent Profile. You are entering **YOUR** information here, not your student's information.

Adding Your student:

1. On the Left side, click on Manage Cafeteria Accounts
2. Under Add student, **click New**
3. Select State, Enter **Montana**
4. School Name, Enter **CRA Middle School**
5. Student ID, Enter your **Student's ID #**
6. Click Add

Free/Reduced Meal Application:

1. On the Left side, Under MealTime Apply Online, Click **Let's go!**
2. You will have to Sign In again
3. Click on New Application
4. Please follow the prompts to apply

If you have any questions, please call Rachelle Lilletvedt at 324-2757.

After-School Kids Academic Assistance Program

We are currently accepting applications for the after-school study program. Applications are available in the main office. Return completed applications to the main office.

Mrs. Bisom will contact you prior to your child starting, which will be early October.

We will meet Tuesday and Thursday from 3:00 to 4:00.

Students in this program receive assistance with their homework from teachers. The participants are expected to follow all school rules and come prepared to work during the study time. Attendance is expected unless there has been an excused absence for the school day. Enrollment is limited and a waiting list is kept for any overflow.

CRA Off-Campus Emergency Evacuation

Recently all students participated in our annual evacuation drill to our Off-Campus Emergency Evacuation Sites. We practice this drill in case there would be a situation where our students can not stay in the building or need to leave the building due to an emergency.

The following are the locations our student would evacuate to:

6th grade and special needs: Calvary Baptist Church-across the street from CRA

7th grade: Headwaters Covenant Church, 1030 Choteau St. (formerly Alliance Church)

8th grade: Alliance Church, 1400 Stuart St. (formerly Our Redeemer's Lutheran Church)

If CRA would need to evacuate the building and could not return we would put into use our all school In-Touch notification system. This is the same system that is used for our attendance calling/emailing. You would receive a call and/or email letting you know the situation and the location of the grade levels. We will also post the locations on our reader board at CRA.

We hope to not use these Off-Campus sites, but if we need to, we are prepared and ready.

Thank you to the churches and their staff members for allowing our students into their buildings!

Is it a cold or the flu?

Check your symptoms and ask your doctor for advice.
Remember, a **flu shot** is your best protection against the flu.

Symptoms	Cold	Flu
Fever	Rare in adults and older children, but can be as high as 102°F in infants and small children	Usually 102°, but can go up to 104°F and usually last 3 to 4 days
Headache	Rare	Sudden onset and can be severe
Muscle aches	Mild	Usual, and often severe
Tiredness and weakness	Mild	Can last 2 or more weeks
Extreme exhaustion	Never	Sudden onset and can be severe
Runny nose	Often	Sometimes
Sneezing	Often	Sometimes
Sore throat	Often	Sometimes
Cough	Mild hacking cough	Usual, and can become severe

If you have flu symptoms they will usually be mild or we may never know we have the flu virus. Many patients may not be tested for the flu because the test results usually do not change how you are treated and may take several days for the results.