



Cougar Courier



School Calendar

March 2009

March 23-27 - Book Fair, CMS Library
 March 27 - End of 3rd Nine Weeks
 March 30 - Teacher Work Day (No School for Students)
 March 31 - String Orchestra Field Trip/Concert in Charlottesville
 April 1 - CMS Cheerleading Informational Meeting for 2009-2010 at 6:00pm in the Cafeteria

April 2 - Reports Cards Distributed during Homeroom
 April 9 - Seventh Grade Field Trip
 April 10-17 - Spring Break - No School for Students
 April 21 - Parent Orientation for Rising Sixth Graders

Life Science Students Conduct "Crime" Scene Investigation

On Friday, March 6, seventh grade science students became amateur crime scene investigators. The students used a variety of skills they learned this year, like blood typing, analyzing hair and thread samples, and looking at finger prints and foot prints. Students also used science technology they've seen on crime scene television shows, like interpreting gel electrophoresis plates and forensic entomology. In addition, they used the crime scene itself to extract evidence. Meanwhile, visitors to the science hall found the area blocked with crime scene tape to avoid contamination of the evidence. Students ultimately solved the murder mystery through their investigative techniques.



Instrumental Music



On Saturday, March 7, the Culpeper Middle School Concert and Symphonic Bands participated in the District XIII Band Festival in Charlottesville. The event is judged and the groups are scored and rated based on two criteria: stage performance of three prepared pieces and sight-reading a selection. Both groups had outstanding performances and received a rating of II - Excellent, which is the second-highest rating. I am very proud of the students for their achievements. We look forward to our next competition with Music in the Parks at Kings Dominion on May 30th.

Rebecca Roach, Band Director

National Junior Honor Society

The advisors of the Ruth Lea Davies Chapter of the National Junior Society are planning the 2009 induction ceremony. The following criteria are used to select candidates to be inducted into the chapter:



- * student must have attended CMS for at least one semester prior to the semester of induction (unless transferring from another chapter)
- * membership is open to 8th graders only
- * a cumulative grade point average of 3.5 or higher
- * must have completed and submitted the application to the advisors by the deadline with the appropriate signatures
- * student must be free of office/bus referrals for one year prior to consideration
- * students must receive an average rating of 7.5 or better from the selection committee

The following dates are important in the 2009 process:

- * applications will be distributed to candidates the week of March 23rd
- * applications must be returned to an advisor by April 8th
- * induction ceremony will be held the week of May 12th

For further information, please contact Mrs. Alice Robinson at CMS.

The CMS Choral Department goes National!



In September, students from CMS sent off audition CDs to be considered for the ACDA Junior High/Middle School National Honors Choir. This choir was made up of 300 students ranging from sixth to ninth grade. Two eighth grade CMS students had the great pleasure of being selected. These students were **Omar Bokassa** and **Edward Sonifrank**. Only seventeen students from Virginia were chosen to participate. Mr. Hughes and the two boys traveled to Oklahoma City March 3–8 to participate in this nationwide event. The choir rehearsed from sunup to sundown. The week ended with two concerts in which the choir performed for thousands of educators from across the country. The guys even had the chance to visit the Oklahoma National Memorial Site at the close of the trip, which Omar called “a great site.” Both Edward and Omar commented that they enjoyed meeting new people from around the U. S. Edward added, “I learned a lot of information on how their state is different from ours.”

We’re proud of Omar and Edward for their accomplishments and their representation of CMS at this special event.

New CMS Boys Choir

You heard right! The CMS Choral Department has recently created a Boys’ Choir! This choir is made up of sixth to eighth grade boys who share a passion for singing! Any boy – regardless of singing experience – is eligible to join. Participants must be *willing* to learn the music, *want* to learn the music, and of course *learn* the music! Practices are every Tuesday and Thursday during WEB Time in the Choir Room. Members of this newly formed group will have the opportunity to perform at the Kings Dominion Choral Festival (May 2nd) and the Spring Choral Concert (May 19th). Not a member yet? No problem! See Mr. Hughes A.S.A.P. for further details. We’d love to have you!



CMS Focuses on Health

CAFFEINE

Concerns about Caffeinated Energy Drinks

Their names say it all: Full Throttle, Red Bull, Amp, Red Line, Monster, and many others. About one third of all young people ages 12–24 regularly drink energy drinks that can contain as much caffeine as 12 cans of coke per bottle or can. They can contain twice the amount of caffeine found in a strong cup of coffee. Many of these bottles/cans aren’t labeled with how much caffeine they contain. Yes, these drinks “wake you up” and make you more alert, but they also can cause some significant health problems.

Caffeine intoxication is a growing medical condition in young people. It causes nervousness, anxiety, restlessness, insomnia, gastrointestinal upset, tremors, fast heart beat, and pacing. Caffeine is a drug and causes a hyper-alert state. Remember, your bodies are growing and you need breakfast, lunch, and dinner that includes vegetables, fruits, dairy, water, protein (meats and or beans), grains and a small amount of fat. Please see the nurse for any more information. Please stay healthy. You only have ONE body – take care of it!

Be Thankful for Your School's Breakfast and Lunch program

Did you know that 691,000 children went hungry in 2007? That number has almost doubled since 2006 and tripled since 2000. Many Americans don't have the money or assistance to get enough food to maintain active, healthy lives. It is predicted that the 2008 hunger numbers will be worse given the sharp economic downturn. So thank our cafeteria ladies, our families that provide food for us, and our hard working farmers. When your Mom says, "Eat your broccoli, there are many kids starving," she is right. Eat healthy, please.

Mrs. Walsh, School Nurse