

CMS Wildcat Connections

February 2025

From: Lewis and Clark



Resource:

Opportunity Room: First Semester, 60+ students utilized the Opportunity Room. This is a resource our school offers (see CMS Flow Chart). Please call #1218 before sending a student to room 33A. Students will have a set time duration to utilize restorative practices and coping mechanisms to help reset before returning to the academic environment. This is open for most unexpected classroom behaviors. Lewis will communicate strategies used to help with carry over of implementation.

Did you know that Mrs. Clark is also available for the teachers! YES! No need to feel the 3rd Quarter slump too! Do you need an outlet to debrief or somewhere to reset. Reach out via email to arrange an opportunity to fill your cup.

Tips and Tricks:

Two-Minute Tidbits: Set aside the first two minutes of class for students to share something exciting or interesting that happened in their lives. This personal touch not builds rapport. Why it works: Middle schoolers are social. Allowing them to share channels their energy into a constructive and engaging activity.

10 Second Reset: When the energy in the room is getting off-track try this reset. This involves everyone taking a deep breath and refocusing attention on the task at hand. It's quick and effective. Why it works: Middle schoolers can easily get carried away. This strategy provides an opportunity to use of a coping skill, maintains class unity and avoids blame.

Feel Good Friday:

Increase positive reinforcement towards the end of the week: Positive Praise, Wildcat Bucks, play a special classroom playlist. Share how you celebrate a week complete and one lucky educator will get a surprise!

Counselor's Corner:

- 4 direct parent meetings
- 60 individual sessions
- 3 days of in class lessons
- 6 scheduled daily student AM check-in's. With an average of 10 students to check-in before the school day starts
- 5 Counselor Form requests per daily
- 1 Off-campus training

Stats and Facts:

1. Majority of CMS behavior referrals occur on **Tuesday**. Second highest referral day is **Friday**.
2. Behavior referrals increase with weather changes (barometric pressure, full moon, etc). Be ready for Spring Forward shortly!

Encouragement:

"When educating the minds of our youth, we must not forget to educate their hearts" - Dalai Lama