



The CDS Times



QUARTER 1 NEWSLETTER

Quarter 1 Highlights

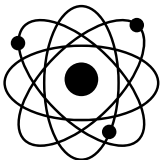
- Welcome back!

- Our motto for the 2026 - 2027 school year is "Anchored in Community." Our nautical theme will anchor us throughout the year as we sail our ship through the year with our CDS Community!



- Science Fair - October 15th

- CDS's Third Annual Science Fair took place this year and our students were able to showcase their curiosity and display their knowledge!



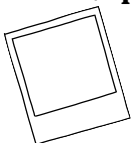
- Parent Night - October 15th

- Our monthly Parent Night events are kicking off in October with our Restorative Intervention & Supports team! Dinner and childcare were provided, as with all our parent nights! Look out for more upcoming parent nights this year happening each month.

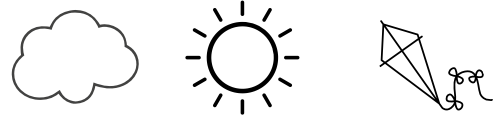


- Picture Day - October 16th

- It's time to dress for success - picture day is October 16th! Dress code still applies. All students who have a permission form may participate!



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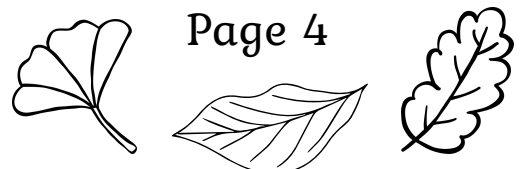
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Wolf Pride Week and Our Annual Pep Rally

This year's theme was Connected by Purpose, Anchored in Community. Timmy the Timber Wolf joined our students and staff for an exciting Wolf Pride Pep Rally filled with fun, friendship, and school spirit! From cheering each other on, to trying new activities, our students made the most of this special day. The fun included musical chairs, Hungry Hippos, limbo, board games, obstacle courses, tug-of-war, pickleball, Spikeball, cornhole, inflatable races, dunk tank, AND a video game truck! Students also enjoyed music, time with friends, a delicious BBQ lunch, and a special treat from Kona



Timmy the Timber Wolf was part of a day that celebrated our Circle of Courage values: Belonging, Mastery, Independence, and Generosity. Students had opportunities to build connections, try new things, work as a team, and encourage one another. Thank you to everyone who helped make this day possible! With Timmy leading the way, we celebrated what makes our school community special: coming together, building friendships, and showing our Wolf Pride!

- Ms. Laura Grimes



Academic Spotlight

A Day in the Life of Mr. Lewis's Class : Q1

This quarter Mr. Lewis' class has been very active. They began the year by learning about early exploration of the new world and all of the technological achievements made at that time. They then designed and built their own sailboats which they successfully sailed in a large pool of water. It was an absolute blast and the students truly enjoyed themselves. During Community Circle, Mr. Lewis' class designed a classroom crest that represents who we are as a class. Everyone enjoyed sharing their interests with the class and demonstrated excellent belonging! The quarter came to a close with the Science Fair where many students designed and demonstrated their experiments for the school and during parent night. It was a huge success and the students were all very proud of their accomplishments! It's been a busy first quarter and we can't wait to see what will be coming in the second quarter!

Program Spotlight: Theatre Club

This year, CDS started its very first Theatre Club! This club allows students to express their creativity and explore various talents and skills as it relates to acting, set design, costume design etc. Students will get the opportunity to learn about improvisation, stage presence, blocking, production and various techniques to support their confidence and enhance their self esteem. This group has already hit the ground running, and students have been involved in practicing monologues in front of groups of people and acting out scenarios together as a group. This club meets weekly on Wednesdays. Any students who are interested should speak to Mr. Kreamer. Onward fellow thespians!!!!



Coping Column

The Autumn Harvest Grounding Exercise

Try using this seasonal twist on the classic 5-4-3-2-1 sensory countdown to help calm the nervous system.

Steps:

1. Get comfortable. Take one slow, deep breath. Tip: when you breathe, try and move your stomach and have your chest be completely still.
2. Look around the environment. Try and notice small details like colors, patterns, smells, etc.
3. Name 5 things you can see: look for vibrant shifting colors of the changing leaves, a pumpkin on a porch, or a flock of birds.
4. Name 4 things you can touch: feel the crunch of a dry leaf, the rough bark of a tree, the smooth surface of a jack-o-lantern, or the warmth of a hot mug.
5. Name 3 things you can hear: listen closely for the rustling of leaves, cars driving, geese honking, etc.
6. Name 2 things you can smell: pay attention to leaves, campfires, or damp soil after it rains.
7. Name 1 thing you can taste: if able, savor the taste of a fresh apple, a sip of warm cider, or the taste of cool, crisp autumn air.

What's Ahead in Q2?

Upcoming Days Off

Nov 6th - No School

Nov 23-24 - Parent/ Teacher Conferences

Nov 25-27 - Thanksgiving Break

Dec 21- Jan 1 - Winter Break

Important Dates

October

October 16th - End of Quarter 1, Report Cards Distributed

November

November 20th - Thanksgiving Feast and early dismissal

November 23rd - 24th - Parent Conferences

December

TBD - Winter Field Trip

Report Cards

- Report cards will be distributed at the end of the quarter!

Thanksgiving Feast

- Our annual Thanksgiving feast takes place November 20th - the whole family is invited to join CDS students and staff in a celebratory feast. Details will be sent closer to the date!

Parent Conferences

- Even though our students are not in attendance, all of our staff will be! Teachers will be reaching out to families to schedule conferences to discuss students' academic and therapeutic progress.

Heritage Calendar and Events

October

LGBTQIA+ History Month

Bullying Prevention Month

Domestic Violence Awareness Month

ADHD Awareness Month

National Depression & Mental Health Screening Month

Week 1 is LGBTQIA+ Solidarity Week & Mental Health Awareness Week

Week 2 is OCD Awareness Week

October 2nd is International Day of Non-Violence

October 8th is National Depression Screening Day

October 10th is World Mental Health Day

October 11th is National Coming Out Day

October 10th is Indigenous Peoples Day

October 14th is National Stop Bullying Day

October 20th is LGBTQIA+ Spirit Day

October 20th is Unity Day

November

Native American Heritage Month

National Adoption Awareness Month

Week 2 is Hunger and Homelessness Awareness Week

Week 3 is Transgender Awareness Week (1st Tuesday in November)

November 2nd is Election Day

November 3rd is International Stress Awareness Day

November 9th is World Adoption Day

November 11th is Veterans Day

November 13th is World Kindness Day

November 20th is Transgender Day

December

December is Universal Human Rights Month

December 2nd is National Special Education Day

December 3rd is the International Day of Persons with Disabilities

December 4th is National Cookie Day

December 7th is Computer Science Week

December 10th is Human Rights Day