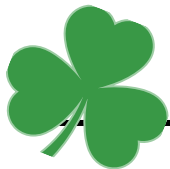
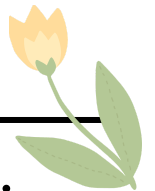




The CDS Times



QUARTER 3 NEWSLETTER



Quarter 3 Highlights

• Valentine's Ice Cream Social



◦ Our seniors hosted their annual Ice Cream Social for CDS on Valentine's Day! Our students and staff enjoyed their generosity and the sweet treats - this event is always highly anticipated!

• Parent Night - February



◦ Our February Parent Night was hosted by Ms. Merke, our transition coordinator. Topics included graduating high school, seeking employment, and developing independent living skills. Don't hesitate to contact her for more information at any time! She is incredible resource and advocate for our students.

• Spring Conferences



◦ Spring Conferences with parents, teachers, and therapists took place on March 12th. Fall and Spring Conferences are a great way to connect families and the CDS team and ensure effective collaboration and communication.

• Awards Ceremony



Our annual CDS Awards Ceremony took place on Friday, March 20th. The theme this year was MVP! Our staff donned their CDS jerseys to celebrate all our student MVPs and their accomplishments this year!



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Connections Got Talent

Students at CDS took the stage for our annual Connections Got Talent show on February 26th. The creativity and courage on display were incredible! Performers wowed the audience with a wide range of talents including singing, dancing, piano and guitar performances, impressive flips, magic tricks, and even basketball trick shots. We also enjoyed some great dad jokes, animation skills, and saw the art of paper airplane design in action!



We are so proud of all the students who bravely shared their talents and helped make this a fun and memorable experience for our school community!



2nd Annual CDS Art Show



CDS Students were invited to participate in the 2nd Annual CDS Art Show, which took place on March 12th! Over the last few months, students have been working diligently to finish various creative projects and art work to showcase their talents. Students were able to submit artwork that they created at school, in therapy sessions, or at home for the show.

A huge variety of media and types of artwork were on display: sketchbooks, drawings, paintings, jewelry, sculptures, and more. Individual students displayed multiple works of art, and even Ms. Volbrecht's World Geography class submitted their pottery projects!

Visitors to the art show were also encouraged to share their positive comments with our artists, which further fueled our students' feelings of motivation, belonging, and mastery!

Door Decorating Competition



In celebration of Black History Month, CDS hosted a creative Door Decorating Contest to honor the achievements, culture, and history of Black Americans. Classroom doors were transformed with displays that highlighted influential leaders, powerful quotes, and important moments in history. Students and staff worked together to design meaningful artwork and share inspiring messages that reflect the impact of Black History on our world today. Thank you to all the classes who participated and helped make this celebration both educational and fun!

Please see this year's winning doors... Mr. Thunholm and Mr. Meinhardt's classroom!



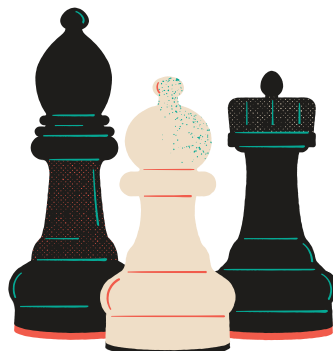
Academic Spotlight: Advocacy in Action

Students in Mr. Thunholm's Law class recently applied their learning through an Advocacy Project connecting classroom concepts to real-world issues. Students researched legal and social topics, analyzed laws and policies, and created persuasive campaigns to raise awareness and inspire change.

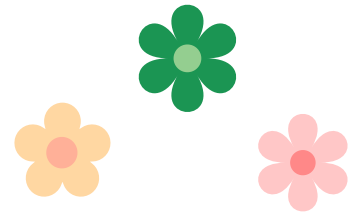
Through position statements, presentations, and outreach materials, they demonstrated strong research, critical thinking, creativity, and public speaking skills. The project strengthened communication abilities while showing students how informed citizens can influence policy and promote justice—proving that learning the law is about using knowledge to make a difference.

Program Spotlight: Chess Club

Chess Club is a structured enrichment activity held on Fridays from 10:45–11:15 AM that provides students with an opportunity to engage in strategic gameplay while developing important academic, social, and self-regulation skills. Students may participate as peers or mentors, with more experienced players helping guide others in learning rules, strategies, and respectful gameplay. Through chess, students practice a variety of skills including, executive functioning (planning, problem-solving, working memory, and cognitive flexibility), attention and persistence, strategic thinking, and social communication. The activity also promotes game-playing etiquette and sportsmanship, including turn-taking, respectful dialogue, appropriate handling of winning and losing, and patience and self-regulation during competitive play.



Coping Column



Flower Petal

Breathing

Steps:

1. Draw a large flower with 5-6 petals.
2. Place your finger at the bottom of one petal.
3. As you slowly trace your finger up the petal, take a long, slow breath in through your nose like you're smelling a fresh flower.
4. When you reach the top of the petal, pause for just a second, holding your breath.
5. Slowly trace your finger down the other side of the petal and breathe out through your mouth like you're softly blowing a breeze across the grass.
6. Repeat with each petal and notice if anything in your body feels even a tiny bit calmer!

What's Ahead in Q3?

Upcoming Days off

March 23-27th - Spring Break

April 3rd - NO School

May 8th - NO School

May 25th - NO School

Important Dates

March

Friday, March 20th - Student Awards Ceremony

Elementary & Middle School: 10:00-11:15am

High School: 12:30-1:15 pm

Enjoy spring break from March 23rd - 27th! We look forward to welcoming students back on March 30th

April

April 9th Parent's Night Event 5:30-7:30 pm

April 14th Pre/ACT Testing

May

May 14th Parent's Night Event 5:30-7:30 pm

May 29th Graduation Day / Last Day of School

Graduation Day

We are excited to celebrate the accomplishments of our hardworking CDS students and graduates! This year, we will host a Graduation Ceremony to honor our graduating students and a separate Student Awards Ceremony to recognize the achievements and progress of many of our students.

Please take a moment to review the dates listed above so you don't miss the opportunity to join us in celebrating your student's hard work and success. We look forward to celebrating together! 🎉

June 1 - 5 - Summer Break!

Heritage Calendar and Events

March

March 8-14 — Sleep Awareness Week

March 13 — World Sleep Day

March 21 — International Day for the Elimination of Racial Discrimination

March 30 — World Bipolar Day

April

Arab American History Month

Autism Awareness Month

National Child Abuse Prevention Month

Sexual Assault Awareness and Prevention Month

Stress Awareness Month

Alcohol Awareness Month

World Health Day

April 2nd - World Autism Awareness Day

April 10th - LGBTQ + Day of Silence

April 18th National Stress Awareness Day

April 22nd - Earth Day

May

Asian Pacific American Heritage Month

Jewish American Heritage Month

Mental Health Awareness Month

Foster Care Awareness Month

National Pet Month

Week 2 is National Prevention Week

May 9th is National Children's Mental Health Awareness Day