



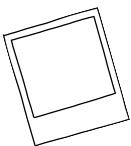
The CDS Times



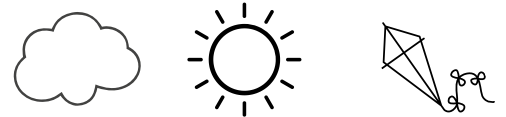
QUARTER 1 NEWSLETTER

Quarter 1 Highlights

- Welcome back!
 - Our motto for the 2025 - 2026 school year is "Growing dreams, planting leaders." We are so happy to welcome our CDS students back into the building for another year of growth and learning!
- Parent Night - October 16th
 - Our monthly Parent Night events are kicking off in October with our Restorative Intervention & Supports team! An email and flyer will be sent with more information! Dinner and childcare will be provided.
- Picture Day - October 16th
 - It's time to dress for success - picture day is October 16th! Dress code still applies. All participating students will receive complimentary prints, courtesy of CDS!



This issue:



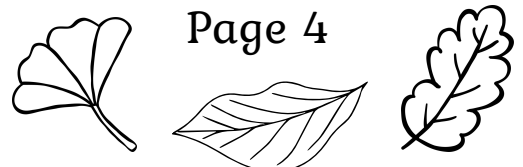
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Open House BBQ Brings Families & School Together — Engagement Up 30%!

Our recent Open House BBQ was a huge success! Families gathered to meet staff, tour classrooms, and enjoy a meal together. Compared to last year, we saw a near 30% increase in family participation, showing how food, fun, and community can strengthen the connection between school and home. Thank you to all who joined — your presence makes our school stronger!

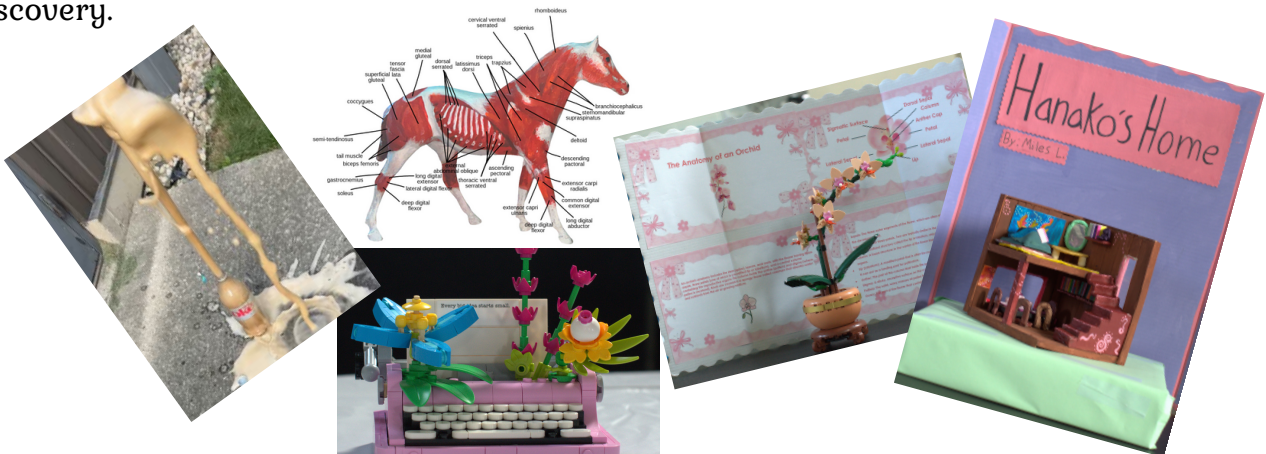


CDS 2nd Annual [More Than Just Science] Science Fair:

The CDS community gathered for the 2nd Annual Science Fair, where students showcased creativity, problem-solving, and discovery. Rooted in the Circle of Courage values—belonging, mastery, independence, and generosity—the fair celebrated both scientific learning and the courage to share ideas.

Projects ranged from exploring the Needs of Plants, Rock Identification, and a Botanical Garden to engineering designs like a Draw Bridge, Balloon Car, and Self-Filling Waterfall. Students tested physics with a Coke and Mentos Rocket, a Pencil Launcher, and asked, “Why is the triangle the strongest shape?” Others blended science and creativity with a Roblox Game, Lego Lamborghini, and a study of Music’s Impact on Stress Levels.

From Horse Anatomy to Air-Powered Paper Airplanes, Ocean Tides, and even Denali’s Origins, each project reflected persistence, curiosity, and joy in learning. Together, students proved science is more than experiments—it’s about courage, connection, and discovery.



Academic Spotlight

NFeLementary

Mr. Meinhardt's elementary classroom is participating in a program called "NFeLementary." This program allows students to "draft" an NFL team and participate in football-themed weekly activities. Throughout the year students will be able to write a letter to their team, practice math skills by tracking their teams stats, and use research skills to learn more about their team!



Program Spotlight: Team Read

Mentorship in Action



CDS is excited to introduce TEAM READ, a program where high school students mentor younger, striving readers. Guided by our Reading Specialist, Ms. Isberner, volunteers have been trained to lead phonics activities that, while simple, make a big difference in reading growth.

A striving reader is a student who may struggle with word recognition or comprehension but is working to close learning gaps. Sessions in the CDS Library foster encouragement, growth, and connection—building skills for younger readers while giving mentors valuable experience as future educators.

TEAM READ is more than a program—it's a community of learners lifting each other up, one page at a time.

Coping Column

Leaf Your Worries Behind

Sometimes worries pile up like fallen leaves. This mindfulness activity helps you notice your thoughts and gently let them go.

Steps:

1. Get comfortable: Sit in a quiet spot. Close your eyes if you feel safe doing so.
2. Breathe like the wind: Take a deep breath in through your nose and slowly exhale through your mouth like a gentle fall breeze. Do this 3 times.
3. Imagine a tree in fall: Picture a tall tree with colorful leaves. Each leaf on the tree represents a thought, feeling, or worry you're holding.
4. Let the leaves fall: Imagine the wind gently blowing. As each leaf falls, name one worry or stressful thought and picture it floating down to the ground.
5. Watch them blow away: As the leaves settle, imagine a breeze gently carrying them away. You're not ignoring your worries, you're letting go of what you don't need right now.
6. Return to the moment: Take one last breath. Wiggle your fingers and toes. Open your eyes when you're ready.

What's Ahead in Q2?

Upcoming Days off

Oct 23- Indigenous People Day
 Nov 10th - 11th Veterans Day
 Nov 24-25 Parent/ Teacher Conferences
 Nov 26-28 Thanksgiving Break
 Dec 21-31 Winter Break

Important Dates

October

October 17th - End of Quarter 1, Report Cards Distributed

November

November 21st - Thanksgiving Feast and early dismissal
 November 24th - 25th - 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 the 21st - 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 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
 Week 1 is 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 International Day of the Girl
 October 11th is National Coming Out Day (2nd Monday in October)
 October 10th is Indigenous Peoples Day
 October 14th is National Stop Bullying Day
 October 20th is LGBTQIA+ Spirit Day
 October 20 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 Veteran's Day
 November 13th is World Kindness Day
 November 14th is Day for Tolerance
 November 20th is Transgender Day of Remembrance & Resilience
 November 20th is International Survivors of Suicide Day
 November 20th is National Adoption Day

December

December 3rd is International Day of Persons with Disabilities
 December 10th is Human Rights Day