



# Trojan Weekly

## Principal's Corner



Date: October 1, 2023

### Principal's Corner

Vol. 2, No. 5

Greetings Trojans!

As planned, the middle school high school hosted a presentation from Kiersten's Ride. Both Barb Smith and Lisa Clavier shared personal compelling stories that students respectfully listened to. The message was more than raising the awareness of a very sensitive subject-suicide, but more about making sure that students knew of all the resources that are available to them. In fact, the presentation focused on the present and how we all bear burdens that are not always apparent. The presenters worked through an analogy of a backpack that becomes increasingly heavier as a stone representing a life burden is placed inside. Students volunteered for this demonstration, and the student audience engaged thoughtfully responding with appropriate suggestions and solutions. The big message was that we never know how heavy the burdens are that one is carrying in their backpack, and when the weight becomes too heavy to bear. If we can recognize the struggle and reach in and remove a stone, life will become more manageable.

Our students walked away with a greater understanding and appreciation of how complicated life can become. With that in mind, a greater intention to kindness, empathy, and support can and will make a greater impact in all of our lives.

We were also blessed to have in attendance over ten community partners that explained their role, and how they could and would support when a student needed to reach out. Many took the time to say how impressed they were with our students' behavior throughout the presentation. I was also proud of them, and hopeful that we can build a kinder school community. I know that will never be an easy task, but it is some of the most important work that can be done.

If you have any questions or concerns, please contact me at your convenience.

Have a great week!

*Principal Larry Rager*

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Elementary Newsletters	MSHS Newsletters	Parent PowerSchool Information
<a href="#">Kindergarten, Miss McAvoy</a> <a href="#">1st Grade, Ms. Neiter</a> <a href="#">2nd Grade, Mrs. Buffman</a> <a href="#">3rd Grade, Ms. Stenbeck</a> <a href="#">4th Grade, Mr. VanderHart</a> <a href="#">5th Grade, Mrs. Perkins</a> <a href="#">Elementary Title</a> <a href="#">Elementary Specials</a>	<a href="#">6th Grade</a> <a href="#">7th Grade</a> <a href="#">8th Grade</a> <a href="#">9th Grade</a> <a href="#">10th Grade</a> <a href="#">11th Grade</a> <a href="#">12th Grade</a> <a href="#">Middle School Electives</a>	<p>Parents of students in grades 6-12 can login to PowerSchool to monitor their child's attendance and academics. If you need assistance with your PowerSchool account, please email Mrs. Rogers</p> <p><a href="#">Parent PowerSchool Link</a></p>

Upcoming Bond Proposal Information	Michigan Post-Graduate Opportunities
<p>On November 7th, our community will vote on a comprehensive school bond proposal.</p> <p>If approved by voters, it will...</p> <ul style="list-style-type: none"> <li>● Enhance student safety and school security</li> <li>● Update and renovate instructional spaces for music, art, science, shop, and technology</li> <li>● Finance athletic improvements, including renovating the restrooms and the concession stand at Herrick Sports Complex</li> </ul> <p>Registered voters can vote on November 7th or after September 28th through Election Day by absentee ballot. For more information visit <a href="http://www.clps.k12.mi.us">www.clps.k12.mi.us</a> and click on <b>Bond Election info</b>. Your vote will help our school district now and well into the future. Thank you!</p>	<p><b>Families of students in grades 8-12:</b></p> <p>The Michigan Department of Education (MDE) has partnered with the Michigan Department of Labor and Economic Opportunity (LEO) to enhance the Michigan Career Pathfinder (<a href="http://mitalent.org">mitalent.org</a>) Resources page with organized resources that will help students and their families review college information, find financial aid information, get a job, serve their community or country, assess their skills if unsure of their path, and explore opportunities to earn college credit or receive training in high school. Please see the following resources below, or contact Mrs. Spyhalski: <a href="mailto:spyhalski@clps.k12.mi.us">spyhalski@clps.k12.mi.us</a></p> <p><a href="#">Parent Check List</a>  <a href="#">Pathfinder Link</a></p>
Dental Sealant Clinic	Immunization Clinic
<p>October 25th and October 26th, The Health Department of Northwest Michigan Oral Health Program, in partnership with the Michigan Department of Health and Human</p>	<p>Friday, October, Central Lake Public Schools is hosting an Immunization Clinic from 3:00-5:00 in the Central Lake Middle High School Cafeteria.</p>

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Services, is offering a FREE GRANT FUNDED Dental Sealant Clinic (Grades 6-12) at CLPS Middle/High School to help stop tooth decay in your child's teeth. Sealants seal out food and germs from the grooves of teeth, where a toothbrush cannot reach. Prevention is the key to life-long oral health. Students in grades 6-12 wishing to participate need to complete the consent form and return to Mrs. Rogers. [Dental Sealant Consent Form \(Grades 6-12\)](#)

Flu, all routine vaccinations, and all COVID-19 vaccines/boosters will be available. Children must be accompanied by an adult.

**Call to schedule your appointment:**

**1-800-432-4121**

[Central Lake Immunization Clinic Flyer](#)

### Career Exploration Field Trips

On October 5th, 8th and 9th grade students will be going to Northwestern Michigan College to attend a Building Tomorrow Event. Students will be participating in hands-on activities exploring the trades: electrical, plumbing, welding, construction, and automotive. October 6th, 9th and 10th grade students will be attending the MiCareerQuest Event at North Central Michigan College. Students will have the opportunity to meet employers in Northern Michigan and participate in hands-on activities to experience the career on display. *For both events, we will be stopping for lunch at Burger King. If students do not want to buy lunch, they can bring a home lunch or let Mrs. Spy know by Tuesday, October 3rd if they'd like a school lunch.*

### Trojan Wellness Program

Fall weather is quickly approaching and while many of our CLPS students are getting back into the swing of school and all that goes with it, some students are already struggling with feelings of worry, sadness, or something else that could be making everyday school activities more difficult.

The Trojan Wellness Center has current openings for mental health support for new or returning students. Services are available during the school day for students right at school, including individual or group sessions. Be watching your mail/email for more information about access to services or contact Kris Hoeksema, LMSW at 231-544-3141 ext 54407 or [k.hoeksema@nwhealth.org](mailto:k.hoeksema@nwhealth.org).

The changing schedules also mean students tend to feel run down and tired. According to the American Academy of Sleep Medicine, "healthy sleep is critical for students to excel in schoolwork, sports and extracurricular activities". To help feel fully rested, students 6-12 years old should get 9-12 hours of sleep each night. Teenagers 13-18 should have 8-10 hours. Nightly relaxation routines and consistent schedules can ease the adjustment of new school year sleep habits. If you or your student would like further help, please contact Jamie Klooster, school nurse at 231-544-3141 ext 54400 on Mondays or Tuesdays.

### Early Childhood Programming

Our program still has Preschool openings in both classrooms for 3 to 5 year olds Please reach out to Anne at [thornton@clps.k12.mi.us](mailto:thornton@clps.k12.mi.us)

Our playground is almost done! Please stay tuned for a Fall Family Playground Open House.



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### Building Contact Information

Larry Rager, K-12 Principal Athletic Director, [rager@clps.k12.mi.us](mailto:rager@clps.k12.mi.us)

231-544-3141 ext 54201

#### Elementary School

Rebecca Moffat, Assistant Elementary Principal, Assistant Athletic Director, District Special Ed. Director, [moffat@clps.k12.mi.us](mailto:moffat@clps.k12.mi.us)

231-544-3141 ext 54335

Amanda Teal, Secretary, [teal@clps.k12.mi.us](mailto:teal@clps.k12.mi.us)

231-544-3141 ext 54300

#### Middle/High School

Cindy Rogers, Secretary, [rogers@clps.k12.mi.us](mailto:rogers@clps.k12.mi.us)

231-544-3141 ext 54200

#### Early Childhood Program

Anne Thornton, Director, [thornton@clps.k12.mi.us](mailto:thornton@clps.k12.mi.us)

231-544-3141 ext 54331

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### Upcoming School & Athletic Events

- Monday, October 2nd
  - a. MS. Volleyball vs. Onaway 6:00 PM @ Onaway Bus: 4:00 PM
- Tuesday, October 3rd
  - a. JV & Varsity Volleyball vs. Jo'Burg 6:00 PM @ Jo'Burg Bus: 4:00 PM
- Wednesday, October 4th
  - a. MS Football vs. Bellaire 6:00 PM @ Bellaire Bus: 4:30 PM
  - b. MS Volleyball vs. Bellaire 6:00 PM @ Home
  - c. JV Football vs. Mesick 6:00 PM @ Home
- Thursday, October 5th
  - a. 8th & 9th Grade Student Field Trip to NMC Aeropark Trades
  - b. JV & Varsity Volleyball vs. Kalkaska 5:30 PM @ Kalkaska Bus 4:00 PM
  - c. Varsity Football vs. Onaway 7:00 PM @ Onaway
- Friday, October 6th
  - a. 9th & 10th Grade Student Field Trip to NCMC