

# UA Beginning of Year Newsletter

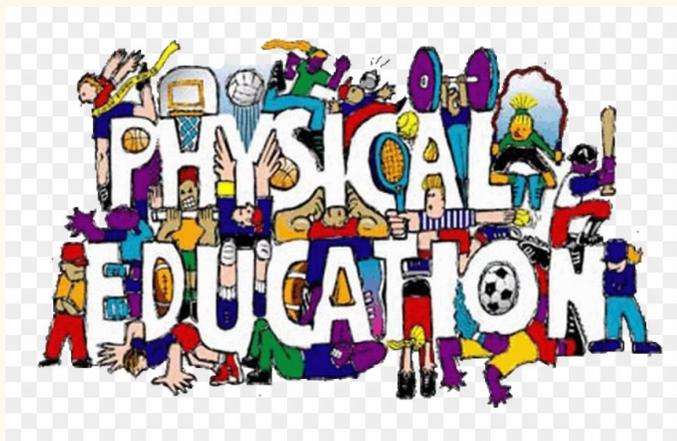
Notes from your UA Team

September, 2020

## P.E. - Mr. Urda

Hello everyone my name is Mr. Urda and this is my second year at CMS as one of the two PE teachers. Even though this year will look a little different I am very excited to get back to school! I am a sports fanatic that loves to be outside and be active all the time. In PE at CMS we try to teach skills and concepts for a lot of different games and activities that you may or may not have played before. I can't wait to get back into school to see familiar faces and meet new ones!

If you have any further questions, comments, or concerns, please email me at [hurda@sau6.org](mailto:hurda@sau6.org).



## Family and Consumer Science

Hello, My name is Sarah Ferland and I teach Family and Consumer Science! I am always excited to start a new year, and I hope you are too! This summer my two children and I did many fun activities like cooking, horseback riding, planting a garden, camping in the yard, and sewing to name a few.

During a students three years in Family and Consumer Science they will learn:

- \* How to plan for possible careers
- \* Development of practical skills for employment
- \* Demonstrate management of financial resources to meet the goals of individuals and families.
- \* Understand the importance of nutrition
- \* Learn cooking/safety basics
- \* Learn sewing basics
- \* Develop Interpersonal Skills/positive communication styles
- \* Develop self-awareness, identify personal values
- \* Look at the importance of family/parenting and its effects on children and society
- \* Investigate behaviors that conserve, reuse, and recycle resources to maintain the environment

This class provides students with hands-on, real-life, practical skills that will benefit them greatly. If at any time you or your child have any questions, comments, or concerns please feel free to email me!

Education is not the filling of a pot but the lighting of a fire -W.B. Yeats

Sarah Ferland  
[sferland@sau6.org](mailto:sferland@sau6.org)



**Computers**

Alex Hill  
[ahill@sau6.org](mailto:ahill@sau6.org)

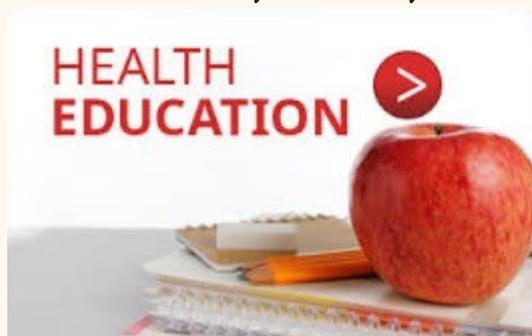
**Health**

Hello Students and Families!

I am so excited to see you all! It has been so long and I can not wait to give you a big hello! I can not wait to hear about your summer! This summer I did a lot of swimming and exploring new things with Jack! We had a lot of fun and I can't wait to hear about yours!

In Health we will be learning all about the body and how amazing the human body works! Within in each of the three years you will learn the different parts of the body and it's jobs. We will also be focusing on disease prevention, smoking, substance abuse and relationships. All of these topics will help us learn why our health is so important and we will be creating goals to help ourselves stay happy and healthy!

Please feel free to reach out if you have any



questions!

Kaitlin Wallace  
[kwallace@sau6.org](mailto:kwallace@sau6.org)

## Music

Hello!

My name is Tom Smith-Knox. I am super excited to work with the music students this year! I enjoyed spending time with my dogs outside, seeing friends at socially-distanced occasions and getting married this summer!

We will have a great time in Music UA this year digging into all that music has to offer. Lots of listening to music, talking about music, and learning how music impacts the world and communities around us.

Please stay tuned for more information about band and chorus opportunities this year.

Please reach out if you have any questions!  
Take care and stay safe,  
Tom Smith  
[tsmith@sau6.org](mailto:tsmith@sau6.org)

## P.E. - Mr. Boone

Hey everyone! My name is Mr. Boone and I am excited to be teaching P.E. again this year! This is my second year at CMS and I enjoy being outside, working with kids, and playing games! In my P.E. class, we take the time to work on skill development, fitness, and introducing students to new games/activities they may not be familiar with. P.E. is a great opportunity to work cooperatively with others and have fun while being active. Just talking about it gets me excited for school to start!

If you have any further questions, comments, or concerns, please email me at [cboone@sau6.org](mailto:cboone@sau6.org). Thank you!



## Tech Ed

Welcome to Tech Ed at CMS. We will be working side-by-side with Mr Hill and Ms Jones in designing, planning and constructing projects. This is quite a change from previous years and we are all excited about this new opportunity!

I have many years experience in woodworking, automotive, computers, metal work and just having fun figuring out how to make things work. The sky is the limit, and beyond! (If you want to know what I mean by that, we have some interesting PBLs in the works.)



Dave Burden  
[dburden1@sau6.org](mailto:dburden1@sau6.org)

## Art

Hello! I'm Mrs Jones and this is my 4th year teaching Art at CMS. I've enjoyed my summer with my little daughter, and our family has done lots of fun things like waterskiing, rock climbing and camping. I'm excited to hear about your summer-- I bet it looked different than usual!

In Art at CMS, everyone is an artist (even if you haven't felt that way before). We are so excited to start in a new direction, collaborating with Tech Ed and Computers in the new STEAM space in the basement. We'll be doing some new projects and some old ones and some old ones in totally different ways! I can't wait to work with you!

Happy creating!   
Lindsay Jones  
[ljones@sau6.org](mailto:ljones@sau6.org)

## CMS Library Media Center Mrs. Oksana Kevorkian (Mrs. K)



I am excited to welcome all of you, our readers, to the CMS Library Media Center! Thousands of interesting young adult fiction and nonfiction books are waiting for you at our library; we also get new ones throughout the year. Our Graphic Novels

section is very popular; I bet you love those! I take book recommendations, so get them ready. I hope you love reading and researching new topics, and I can't wait to see you and assist you in using the wealth of resources our library has to offer! Please stop by and also check out our CMS Media Center **website** at

<https://sites.google.com/sau6.org/cms-okevorkian/>

To chat about books you are reading and if you would like to be part of our **VIRTUAL BOOK CLUB**, please email me at [okevorkian@sau6.org](mailto:okevorkian@sau6.org). I can't wait to hear about books you have read during the summer.

