

January 6th, 2025

Find Us On Facebook: Camerado Springs has a Facebook page! "Like it" to receive information on upcoming events. You can access the Camerado Springs Facebook page through the school website or go to <https://www.facebook.com/Camerado-Springs-Middle-School-306541389375088/>.



Camerado Springs Website: Camerado Springs has a new Website. Check it out and bookmark it: <https://csms.buckeyeusd.org/>

Disney Quote of the Week: "I give myself very good advice, but I very seldom follow it." - Alice (Alice) Alice in Wonderland

Hands4Hope Meeting: The next Hands4Hope meeting is scheduled for Wednesday, January 8th after school. For more information check out their website at <https://www.youthmakingadifference.org/cameradosprings>

PTO Hot Chocolate: Our Parent Club will have Hot Chocolate by the flagpole every Friday in January. They are asking for a donation of \$1 to help cover the costs.



2nd Quarter Report Cards: 2nd Quarter Report Cards will be available in ALMA Now Friday, January 10th.

Uniform Turn In: If you were on the Girls Soccer or Boys Basketball Team, please return your uniform this week to the office or to your coach. Thank you.

Flight Academy Leadership Workshop Coming: We are excited to have Flight Academy, a leadership workshop coming to Camerado on Monday, January 13th (All 7th Graders) and Tuesday, January 14th (All 8th Graders). Parents interested in volunteering, please email Mr. Shupe at dshupe@buckeyeusd.org.



Gardening Club: Do you have a green thumb? Gardening Club happens on Wednesdays after school. Meet in the library, 1:10-2:00 PM.

6th Grade Board Games Club During Lunch: 6th grade Board Games Club takes place every Thursday during lunch in room 32. Bring your lunch and your friends and enjoy some of your favorite board games together.



7th Grade Gaming Club During Lunch: We are starting a new club, Gaming Club - This Thursday in Room 18. Bring your lunch and your friends.

AFTER SCHOOL SUPPORTS

6th Grade Homework Help: Tuesdays and Thursdays - 2:05-3:05 PM ([CLICK HERE](#) to view the schedule).

7th & 8th Grade Homework Club: Homework club for 7th and 8th grade students starts this week! Tuesdays in Room 9 with Mrs. Schubert and Thursdays in Room 10 with Ms. Plitt. Homework Club runs 2:10-3:10 PM Every Tuesday and Thursday.

7th & 8th Grade Math Help: Math help in Room 7 is now available to students. Tuesdays and Thursdays - 2:10-3:10 PM.

SPORTS

Girls Basketball Tryouts: Girls Basketball Tryouts will be Monday and Tuesday (January 6th and 7th) in the MP. 6/7th Grade Tryouts will be 2:15-3:15 and 8th Grade Tryouts 3:30-4:30.

Boys Soccer Tryouts: Boys Soccer Tryouts will be Tuesday and Wednesday (January 7th and 8th) after school 2:30-4:00 PM on Tuesday and 1:30-3:00 on Wednesday. Come prepared to be active. The CSMS Boys Soccer Team will consist of 6th, 7th, and 8th graders.

Foothill Athletic League (FAL) Game/Meet Schedule 24/25: [CLICK HERE](#) to access the game/meet schedules for all 8 sports teams.



JUST FOR PARENTS

Submit Your Box Tops With The Box Tops App: Help support our school by submitting your Box Tops through their online app. Download it today, it's an easy way to support our Parent Club.

Staff Appreciation Favorite Things: As we approach the holiday season, upon request, we have developed a list of our staff's "Favorite Things". If interested in viewing the list to get some ideas on how to show appreciation, [CLICK HERE](#).

Attendance Matters: This is the season for family trips. If your child will be missing 3 or more days of school, please complete an Independent Study Contract. The form needs to be submitted to the office at least a week in advance so that teachers have time to compile any work. Once your child completes the work their absences will be cleared.

CAMERADO SPRINGS YEAR END FLASH SALE



\$5 OFF
ALL T-SHIRTS



\$10 OFF
ALL HOODIES



\$15 OFF
ALL JACKETS

1STPLACE.SALE/9479

Sale Ends January 3rd



Interested in joining the National Charity League (NCL) El Dorado Hills Chapter?



Join us for a Mandatory Prospective Member Information Meeting (Mothers only)

Attendance is required at one of the following meetings in order to submit an application:

- ★ **In-Person: Wednesday, February 5, 6:30-8:00 pm**
- ★ **By Zoom: Monday, February 10, 7:00-8:00 pm**

Please RSVP via email to:

Ashley Austerman: membershipeldoradohills@nclonline.org

(Please include mother & daughter's name, current grade level, school, phone number & email)

We are currently **accepting applications for girls graduating High School in 2031** (current 6th graders) and we have a very limited number of openings for our 2029 and 2030 classes. All prospective applicants must attend a meeting in order to receive an application for membership. Incoming 9th grade (current 8th graders) is the last year we accept applications.

Our Mission

To foster mother-daughter relationships in a philanthropic organization committed to community service, leadership development and cultural experiences. Through the mother-daughter relationship, it is our vision to develop strong women leaders serving and impacting communities today and for generations to come.

Our Core Values

Honoring the mother-daughter bond by learning and growing together
Empowering women with the skills and confidence to lead
Nurturing through mentorship
Inspiring a legacy of social awareness and compassion
Providing depth of support in local communities
Integrity and excellence in all actions

<https://eldoradohills.nationalcharityleague.org>

NOTE: We are a non-profit organization and not affiliated with the school districts.



Buckeye Union Food Service



What's Cooking?

We've added a new menu item this year: Frank's Red Hot Buffalo Wings. They are freshly prepared, tossed in sauce and served with 2 pretzel rods. And boy, are they a hit! The students absolutely love them. We definitely have a winner here!

This month we continue to support local California farmers by featuring Kale from Rancho La Familia. Rancho La Familia is a 50 acre family run farm with delicious produce and a passion for delivering the best quality fruits and vegetables to their customers.



Buckeye Union Food Service



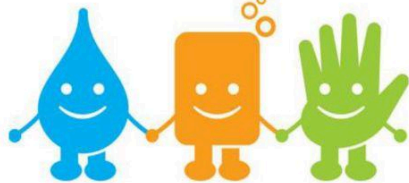
What's Cooking?

The students definitely love our Crispy Chicken Sandwiches. They are served on a whole grain bun and offered with lettuce and tomato on the side. They're delicious!

This month we continue to support local California farmers by featuring Kale from Rancho La Familia. Rancho La Familia is a 50 acre family run farm with delicious produce and a passion for delivering the best quality fruits and vegetables to their customers.

Nurse's Notes: It's Winter – *Let's talk about handwashing?*

Winter typically marks the beginning of Influenza season. We usually see cases rise by January. **Set aside time to chat with your child about handwashing!!** *The most obvious means of prevention is washing of hands.*



- WET – preferably with warm water
- LATHER – use soap
- SCRUB – get all surfaces of hands up to the wrists, under the nails
- RINSE – thoroughly to mechanically remove germs
- DRY – well to prevent an environment where germs can flourish

Do you know... about **Type 1 Diabetes (T1D)**?

During the winter months, BUSD typically has had one or more students diagnosed with **Type 1 Diabetes**. The T1D symptoms can often be mistaken for common illnesses such as flu or a cold. Misdiagnosis can have tragic consequences, so learning the warning signs can save a life. Early diagnosis is critical to treatment. **PLEASE, get to know the warning signs for T1D in children and young adults... Knowing these signs (which may occur suddenly) can save a life:**

Extreme thirst	Frequent urination	Increased appetite
Sudden weight loss	Sudden vision changes	Drowsiness, lethargy
Heavy, labored breathing	Fruity or sweet breath odor	Nighttime bedwetting
Altered or loss of consciousness	EXTREME FATIGUE	Hunger with weight loss

If your child or someone else you know begins to experience these symptoms, contact your pediatrician immediately. **Please share what you've learned with others you know.** For more information about T1D, basics, myths, and support

FIFTH/SIXTH GRADERS: Now is the time to get boosted for Pertussis. Not sure if your child is up-to-date? Please reach out to your health office team to confirm. Students may also need a 2nd immunization for Varicella. Winter break is a great time to obtain any vaccines required for 7th Grade advancement.

KINDER/FIRST GRADERS: Did you complete the oral health examination for your kindergarten child? Or CDPH health examination for your 1st Grade child? If in doubt, please reach out to your child's health office team. For more information online about the requirements, follow the links.

Oral health: <https://www.cda.org/Home/Public-Health/Kindergarten-Oral-Health-Requirement>

For more about CDPH: <https://www.dhcs.ca.gov/services/chdp/Pages/SchoolEntry.aspx>



WHAT ELSE TO KNOW? We provide a variety of care and first aid and see many students daily. We try to call home for concerns that may need to be monitored, head bumps, etc. **Our health office would love donations** – consider donating wipes, Ziploc baggies, sport shorts, sweats or stretch pants/leggings (*gently used items for the elementary grades are perfect, NO JEANS*). **Thank you so much for your support!**



REMINDER: ALL medications require a permission form every year, whether *prescription inhalers or over the counter creams, even cough drops* –consider sending lifesavers, peppermints or lemon drops instead of these!!! BUSD medication permission form link is on the district website and listed below – please print, sign and attach to a physician's order or have your pediatrician complete:

<https://drive.google.com/file/d/1kFCKzfSisDwrkRv5mXuAx4LS0dDDXay/view>



HAPPY NEW YEAR!! Looking forward to a healthy 2025!!