



# Cave Spring Middle School eNews

## Upcoming Events:

### **Saturday, February 21st:**

CSMS Drama Club Presents: *Seussical, Jr.* - CSMS Auditorium - 2:00 PM

CSMS Drama Club Presents: *Seussical, Jr.* - CSMS Auditorium - 7:00 PM

### **Wednesday, February 25th:**

\*\*\*3-Hour Early Dismissal – 12:25 PM (Lunch will be served.)

### **Thursday, February 26th:**

Baseball vs. Northside Middle School – Starkey Field #2 – 5:00 PM

Softball @ Northside Middle School – 5:30 PM

Boys' Soccer vs. Northside Middle School – Home – 5:00 PM

Girls' Soccer @ Northside Middle School – 5:30 PM

CSMS Choir Concert – CSMS Auditorium – 6:30 PM

## School News:

\*\*\*PTO NEWS\*\*\*

### Save the Date:

🌸 The *7th/8th Grade Spring Dance* is scheduled to take place on **March 14th** 🌸  
Please click on the link below to donate refreshment items, volunteer to sell tickets, decorate, and/or volunteer your time on the evening of March 14th.

[CSMS SPRING DANCE VOLUNTEER DONATE SIGN UP LINK](#)

### The Details:

- ▶ Saturday, March 14th from 7:00 PM to 9:00 PM in the CSMS Gym
- ▶ Open to 7th & 8th Grade CSMS Students
- ▶ Tickets (\$5.00) will be sold during 7th & 8th grade lunches, on Wednesday, Thursday, and Friday (March 11th, 12th & 13th).
- ▶ Tickets will **NOT** be sold at the door.
- ▶ Dress: Dressy Casual (RCPS Dress Code Applies)



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## School News:

### \*\*\*CS CLEAR BAGS FOR SALE\*\*\*

Only clear bags may be brought into any/all ticketed events at RCPS schools.

To accommodate this requirement, we have clear CS Logo bags available for sale. (\$20 per bag or two bags for \$30)

To purchase a 12x12 bag, please call or stop by our Bookkeeper's Office (540.562.3900 Ext. 30009). We accept cash or checks made payable to CSMS.

Thank you!



### Clear Bag Policy in Effect for Public Events:

To provide a safe environment for all, [Roanoke County Public Schools \(RCPS\) Middle and High Schools have introduced the following procedures](#) for guest events (these include athletic competitions, performances, concerts, and any event where the public is invited to attend):

- **Only clear bags allowed** (exceptions made for small clutches 4.5" x 6.5", medical supplies, and diaper bags which may be searched)
- No outside food or drinks allowed
- **All elementary and middle school age students must be accompanied by an adult at all times**
- No re-entry for ticketed events (exception for events with all-day passes)

These restrictions exclude players, participants, officials, and authorized individuals. Event staff, with the support of school administrators, will enforce these procedures. Those violating these procedures may be denied entry or may be asked to leave school property.

This is part of our ongoing efforts to enhance the safety and security of our schools. Thank you!



# Cave Spring Middle School eNews

**\*\*\*CSMS READ-A-THON – A Message from our CSMS Librarian\*\*\***

**Cave Spring Middle School has decided to hold a Read-A-Thon this year! Read-A-Thons actually get your reader excited about reading and allow friends and family to encourage your child to read even more. Our Read-A-Thon starts Monday, February 23, 2026.**

**Ask your student for instructions on how to activate their personal page. This is where you can view and record their progress.**

**We encourage you to activate your reader's account today by clicking on <https://www.read-a-thon.com/readers/r/SgzxLu/1?utm=email> and following the simple instructions.**

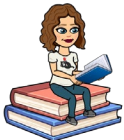
**We've chosen Read-A-Thon because it will not take much of your time, gives your child a reason to read, and helps in the development of stronger reading skills. Every donation shared goes directly back to students by funding the purchase of new, high-interest books, enhancing the library space, and supporting programs that encourage students with varied interests to visit the library. All of these things makes the library an inviting place to learn and relax.**

**We hope EVERYONE participates.**

**Thanks for signing up, sharing the information with family and friends through Facebook posts, texts, and emails, donating, and encouraging your student to read!**

Sincerely,

Cave Spring Middle School Librarian,  
Sarah Haskins





# Cave Spring Middle School eNews

\*\*\*RCPS COUNSELING DEPARTMENT\*\*\*



# Let's Talk

powered by Gaggle Therapy 

Roanoke County Public Schools is proud to announce the launch of "Let's Talk," a new telehealth service available for elementary, middle, and high school students and parents/guardians. Through this new service, students/parents/guardians can receive up to five (5) free counseling sessions for a variety of issues including:

- ▶ Relationships
- ▶ Stress
- ▶ Anxiety/Depression
- ▶ Coping with grief or loss
- ▶ Any other difficult life situation

Like so many communities across the country, the Roanoke Valley faces a challenge when it comes to local availability of licensed mental health counselors due to overwhelming demand. *Let's Talk* helps bridge that gap and connects students and parents/guardians to critical counseling services. The *Let's Talk* service, powered by Gaggle Therapy, is possible thanks to a grant from the Virginia Department of Behavioral Health and Developmental Services.

This program will support students and parents/guardians through direct counseling, prevention, and early intervention services, delivered by a contracted mental telehealth provider. The goal is to improve access to care by reducing barriers such as transportation and scheduling challenges, supporting early identification and intervention for mental health concerns, and fostering a more supportive and responsive school environment that promotes wellness and academic success.

To register for a counseling session, please click on the following link:

[www.rcps.us/letstalk](http://www.rcps.us/letstalk).



# *Cave Spring Middle School eNews*

 **EXPLORE@RC**  
The Lab School at Roanoke College



# 8th Grade DAY ACADEMIES

8th graders are invited to spend a day on Roanoke College's campus. Students will learn from Roanoke College professors across many disciplines, take a tour of campus, and eat lunch in our dining hall, all at no cost  
Questions? Contact [explore@roanoke.edu](mailto:explore@roanoke.edu)

**March 26th & 27th**

**8:30 AM - 3:30 PM**  
**Roanoke College**

Scan to register!





# Cave Spring Middle School eNews



## CSMS Athletic Announcements



Thank you for your support of CSMS Athletics!  
Please visit the CSMS Canvas page or CSMS website for more information.  
Stacey Galle - CSMS Athletic Director - [sgalle@rcps.us](mailto:sgalle@rcps.us)

### Spring Sports

#### Parent Meetings:

**Track & Field - Monday,  
2/23 @ 5:00,  
CSMS Cafeteria**

**Girls Soccer - Tuesday,  
2/24 @ 5:00,  
CSMS Cafeteria**

**Boys Soccer -  
Wednesday, 2/25 @ 5:00,  
CSMS Cafeteria**

Reminder: ALL  
interested athletes  
need to have a valid  
VHSL physical on file  
to participate!

### Mark your Calendars:

1. Track & Field  
practices begin on  
Monday, 2/23, at 3:30
2. Spring Sports Picture  
Day (during  
practices): February  
27th and (TRACK  
ONLY) March 3<sup>rd</sup>
3. Cheer-Open gyms  
will begin on  
Monday, 3/3 at 4:00

### **Please welcome new CSMS Head Coaches:**

**Football - Jamie Simpkins**  
**Girls Soccer - Tom Brown**  
**Track & Field - Hunter Allen &  
Kelli Fridley**