



# Cave Spring Middle School eNews

## Upcoming Events:

**Monday, September 29th:**

**Volleyball vs. Read Mountain Middle School – Home – 5:30 PM**

**Wednesday, October 1st:**

**8th Grade Choir Fall Concert – CSHS Auditorium – 6:00 PM**

**Thursday, October 2nd:**

**Football @ Smith Mountain Lake Christian Academy – 6:00 PM**

## School News:

**\*\*\* SAVE THE DATE\*\*\***

**\*\*\*UPCOMING GRADE 7 CAREER QUEST FIELD TRIP\*\*\***

On Tuesday, October 7th, Grade 7 Students will attend a Career Quest @ the Berglund Center.

**\*Please note that each student MUST complete and return a field trip permission form, in order to attend this event.**

Students should submit completed field trip forms to Mrs. Carroll in our Counseling Department, on or before Tuesday, September 30th.

Thank you!

**\*\*\*UPCOMING GRADE 8 BCAT FIELD TRIP\*\*\***

On Tuesday, October 14th, Grade 8 Students will tour the *Burton Center of Arts and Technology (BCAT)*.

**\*Please note that each student MUST complete and return a field trip permission form, in order to attend the Burton Tour.**

Students should submit completed field trip forms to Mrs. Carroll in our Counseling Department, on or before Tuesday, October 7th.

Thank you!

Questions??

Please contact Mrs. Carroll, in our Counseling Dept. @ 540.562.3900 Ext. 30010

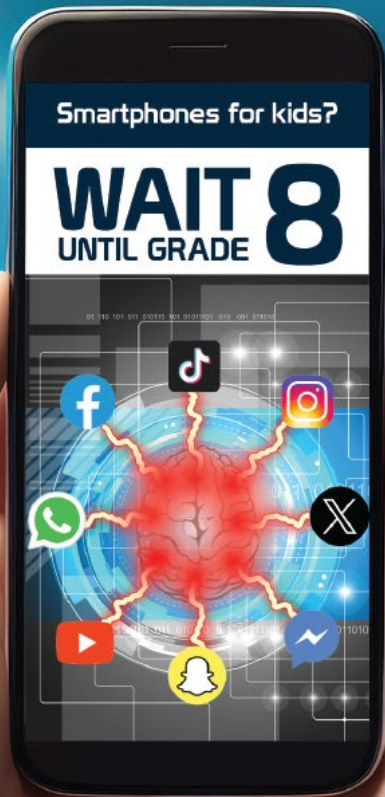
Thank you!



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\*\*\*UPCOMING COMMUNITY CONVERSATIONS\*\*\*

## Protect your child from online dangers



Wednesday, Sept. 17: William Byrd High School

Monday, Oct. 6: Hidden Valley Middle School

Monday, Oct. 13: Northside High School

Tuesday, Nov. 18: Cave Spring High School

Monday, Dec. 8: Glenvar Middle School

ALL MEETINGS BEGIN AT 6 p.m.

- **Know the Dangers Lurking Online:** Today's digital world is full of threats: dangerous apps disguised as harmless games, online predators, social media addiction, and relentless cyberbullying. Learn exactly what to look for — and how you can fight back.
- **Wake Up to the Hidden Costs of Screen Time:** Excessive device use is rewiring young brains, disrupting sleep, fueling anxiety, and lowering academic success. The damage is happening now — and it's deeper than most parents realize.
- **Protect Your Child Before It's Too Late:** Know more about powerful tools and expert-backed strategies to reclaim control over your child's digital life and guard their mental and emotional health in a tech-driven world.

**PCW** Partnership For  
Community Wellness

 **ROANOKE COUNTY**  
Public Schools

\*\*\*YEARBOOK SALES\*\*\*

CSMS Yearbooks are officially on sale for the low introductory price of \$35.00, which includes one line of free personalization. The deadline for free personalization is November 30th. Personalization is still available after this date; however, there will be an additional cost.

Don't delay, order today!

Go to [www.yearbookforever.com](http://www.yearbookforever.com) or scan the QR code below to order your 2025-2026 yearbook. If you have any questions, please email Mrs. Sarrell at [ksarrell@rcps.us](mailto:ksarrell@rcps.us)

Buy your  
CSMS  
yearbook  
today!





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\*\*\*❤️ **New CSMS Spirit Wear T-Shirt for Sale!** ❤️\*\*\*

Show your school spirit with our brand-new CSMS Spirit Wear Tee! Shirts are only \$15 and available in sizes Youth XL through Adult XL.



👉 Payment options: Cash or Check (made payable to CSMS)

👉 Where to buy: Pick up your shirt in the CSMS front office or at most home sporting events.

Don't miss out - get your shirt while supplies last!

❤️👉 Show off your CSMS Squires' Pride! 👉❤️



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## 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)

### Upcoming Seasons

1. Both Boys' & Girls' Basketball are currently hosting open-gyms. Please visit the CSMS Canvas page for full schedule.
2. Any athlete interested in Wrestling, open-mats are taking place at [CSHS](#) on Tuesdays (6:00-7:00) and Thursdays (4:00-5:00).
3. Any 8<sup>th</sup> grade athlete interested in JV Softball, open-fields are taking place at [CSHS](#) Thursdays, during September, from 4:00-5:30.
4. Any 8<sup>th</sup> grade athlete interested in JV Baseball, open-fields/ workouts are starting Monday, 9/29/25 and will take place every Monday & Wednesday at CSH from 3:45-5:45.

### Coaches Needed

CSMS is in need of the following Coaches for the Spring Season:

- Head and Assistant Boys' Track & Field
- Head and Assistant Girls' Track & Field
- Head and Assistant Boys' Soccer

Please contact Mrs. Galle if interested - thank you for your consideration.

### VHSL Physicals

Please make sure you have submitted a current VHSL physical to CSMS before your student participates in sports. Physicals can be emailed directly to Mrs. Galle or turned into the main office. Physicals must be completed on the new form (April 2025 revision). Link to the physical form can be located on the CSMS Athletic Canvas page.

**CSMS Athletic Passes are on Sale!**

Provides entry to ALL remaining HOME sporting events.

Adults = \$40.00  
Students = \$20.00

Please contact CSMS Bookkeeper, Marianne Williams, to purchase.