



Cave Spring Middle School eNews

Upcoming Events:

Monday, September 8th:

Volleyball @ William Byrd Middle School – 5:30 PM

Wednesday, September 10th:

Hearing/Vision Screenings: (7th grade students, as well as 6th & 8th grade students who are new to RCPS) If your child wears glasses or contact lenses, please remind him/her to wear his/her glasses/contacts during the vision screening.

Thursday, September 11th:

Football vs. Hidden Valley Middle School – Home – 5:00 PM

Volleyball vs. Hidden Valley Middle School – Home – 5:00 PM

Friday, September 12th:

***Interim Midpoint – First 9-Week Grading Period**

School News:

Protect your child from online dangers



Wednesday, Sept. 17: William Byrd High School

Monday, Oct. 13: Northside High School

Tuesday, Nov. 18: Cave Spring High 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.



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UPCOMING COMMUNITY CONVERSATION: SUICIDE PREVENTION



You are not alone.

Let's Talk About **Suicide Prevention**

September 22, 2025 | 6:00 p.m. | Northside High School

Suicide is a leading cause of death in the U.S., *but it is preventable.*

**Parents and caregivers play a powerful role in protecting young lives.
Join us to learn how *you* can make a difference.**

Learn more about:

- How to recognize signs and symptoms of mental health struggles in teens
- Risk factors that may increase your child's vulnerability
- Steps you can take to strengthen your child's mental and emotional well-being
- Support services available through your school and local community

Presenters:

Sheila Lythgoe: Coordinator Community Prevention Initiatives Prevention & Wellness Services
Blue Ridge Behavioral HealthCare
RCPS Life Counselors



ROANOKE COUNTY
Public Schools



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*****CSMS KINDNESS COUNTS CHALLENGE*****

Please Join our Kindness Counts Challenge!

This September, our school is participating in the RCPS Kindness Counts Challenge! We are encouraging all students to show daily acts of kindness to create a more positive school environment. Acts of kindness, like offering a smile, helping a classmate, or thanking a teacher - will be tracked throughout the month. The kindest school at each level (elementary, middle, and high) will win a \$250 prize!

Help us spread the kindness every day, in every way!

Thank you!



Character
Counts!



SEPTEMBER KINDNESS CHALLENGE



**GOAL: 1000
SHIELDS**

Earn a shield for being Kind!
Help our school win \$250

CSMS is KIND!!!!



Cave Spring Middle School eNews

PTO NEWS: FALL FUNDRAISER

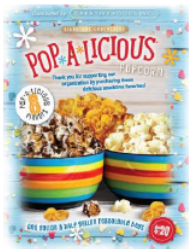
The CSMS PTO Fall Fundraiser began on Friday, August 22nd. Students attended a Fundraiser Kick-Off Assembly on Thursday morning and took home fundraiser packets on Thursday afternoon. This is a catalog fundraiser that includes Virginia Diner products, popcorn, and chocolates, etc.

Students who sell 8 or more items will have the opportunity to attend a celebration party "The Mega Party" on Thursday, October 16th during 4th block.

Fundraising packets are due back to school, on or before Wednesday, September 10th.

Please help support CSMS by participating in the PTO's only fundraiser. The money raised from this sale will fund programs that benefit all CSMS students.

Thank you!



CAVE SPRING MIDDLE



Fall Fundraiser Sale Starts August 22, 2025!
Profits from this sale will be used for student and school activities and incentives.
Thank you for your support!

SALE DATES



Please collect money and orders starting today. Turn both order forms and money into the school on or before September 10, 2025.

Make checks payable to CSMS PTO.

Door to door selling by students is not allowed.

Online ordering: To participate online, you must first register your student at forfundsonline.com using the school code **72667**. Once registered, use email and social media to get friends and family to shop online. Our online store offers some of the VA Diner products and many other exciting options. *All online orders will ship directly to the customer. Only order items in the brochure(s) on the order form provided. ***Items available online that are not in the brochure must be ordered through our online site.***



Scan the QR to go directly to
forfundsonline.com



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Cave Spring Middle PTO Membership Form

**Please Join the CSMS PTO! \$6 per member.
Faculty and Parents are encouraged to join!**

The Cave Spring Middle School Parent-Teacher Organization (PTO) is an independent organization that operates under its own bylaws and retains funds at the local school level. Our mission is:

- To promote an enriched educational environment including
 - a. Academic Excellence
 - b. Health and Safety
- To support a variety of important activities that include:
 - a. Helping Hands, Red Ribbon Week, Kindness Week, 8th Grade Celebration, School Dances
 - b. Volunteering in the school
 - c. Staff Appreciation

Follow us on Facebook @ *Cave Spring Middle School PTO* to find information about upcoming events and committee meetings. PTO meetings are a great place to meet and connect with other Cave Spring families and support ongoing PTO initiatives.

Option 1 (preferred): Go to <https://pto-membership-2025-2026-94747.cheddarup.com>

Option 2: Complete the bottom portion of this form and return with cash or check payable to CSMS PTO for \$6.00.

PTO Membership Form:

Member Name: _____

Email Address: _____ **Phone Number:** _____

Membership Type (Circle one):

Parent/Guardian Faculty/Staff Student (grade level) _____

*******Donations*******

If you would like to contribute to our General Fund, please indicate the level of giving:

The General Fund is for families wishing to make an additional tax-deductible donation.

____ Friend of the Court (up to \$25)	____ Page Level (\$26-\$49)
____ Squire Level (\$50-\$99)	____ Knight Level (\$100 or more)

Total Amount Paid: \$ _____ **General Fund Donation:** \$ _____