



Cave Spring Middle School eNews

Upcoming Events:

Monday, August 24th:

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

Wednesday, August 26th:

Cross Country @ Blue Ridge Invitational – 5:00 PM

Thursday, August 27th:

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

Volleyball @ Northside Middle School – 5:30 PM

School News:

PTO NEWS: FALL FUNDRAISER

The CSMS PTO Fall Fundraiser begins today, Friday, August 21st. Students attended a Fundraiser Kick-Off Assembly on Thursday morning and took home fundraiser packets today. 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 15th during 4th block.

Fundraising packets are due back to school, on or before Wednesday, September 9th.

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!



SALE INFORMATION

Please collect money and orders starting today.

Turn both order forms and money into the school on or before

September 9, 2026.

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 **73824**. 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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School News:

*****Please See Letter Below from Cave Spring High School Administration*****

Hello Knights,

As we prepare for our Home Football Season we would like to share the expectations for Bogle Stadium. Safety is a top priority for all.

We welcome elementary and middle school students to attend the games with adult supervision. Tickets will not be sold to elementary and middle school students that are not with an adult. These students are expected to stay with the adult they come with during the game. This means that students should not be congregating behind the stands, on the hill, or roaming around the stadium. Additionally, there is no playing of tag, football, soccer, etc. at the events. Our students should stay on the home side. We would love to pack the stands and support our Knights together!

Due to safety concerns extra bags and bookbags are not permitted. Only clear bags will be permitted inside of Bogle stadium. Outside food and drinks are not allowed including water bottles. If you leave the stadium, you will need to pay to re-enter.

During the game we want to cheer for our coaches and players. We ask that you show sportsmanship to the other team, coaches, and officials. Unsportsmanlike behavior and unruly behavior will result in dismissal from the game and potentially all future home events. Additionally, we ask that you help keep our stadium and areas clean by placing your trash in the trashcans when you leave the stadium.

As we are trying to promote with our students at Cave Spring High School- Live Like a Knight by being responsible, being respectful and being safe, we ask that you do the same.

If you see something concerning while at the game, please speak to an administrator or police officer.

Thank you in advance for your cooperation.

Let's have a great season supporting our Knights!

Go Knights!



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DIABETES

INFORMATION FOR PARENTS

DIABETES IS A CONDITION THAT:

- AFFECTS HOW THE BODY USES SUGAR (GLUCOSE)
- LEADS TO HIGH AND LOW BLOOD SUGAR LEVELS
- CAN OCCUR IN CHILDREN AND TEENS
- NEEDS ONGOING MANAGEMENT TO STAY HEALTHY

WHAT IS TYPE 1?

THE BODY DOESN'T
MAKE INSULIN

USUALLY DIAGNOSED IN
CHILDREN OR YOUNG ADULTS

NOT PREVENTABLE

COMMON SIGNS & SYMPTOMS

FREQUENT URINATION

EXTREME THIRST

UNEXPLAINED WEIGHT LOSS

FATIGUE

FRUITY-SMELLING BREATH

CARE & MANAGEMENT NEEDS

DAILY INSULIN
(INJECTIONS OR PUMP)

**REGULAR BLOOD
SUGAR MONITORING**

**BALANCED MEALS
& CARB COUNTING**

**CARE PLAN COORDINATED WITH
HEALTHCARE PROVIDERS
AND SCHOOL NURSES**



WHAT IS TYPE 2?

THE BODY DOESN'T
USE INSULIN PROPERLY

INCREASINGLY SEEN
IN CHILDREN AND TEENS

OFTEN LINKED TO
LIFESTYLE FACTORS

COMMON SIGNS & SYMPTOMS

INCREASED THIRST & URINATION

FATIGUE

BLURRED VISION

SLOW-HEALING CUTS OR SORES

**MAY DEVELOP GRADUALLY
OR GO UNNOTICED**

CARE & MANAGEMENT NEEDS

HEALTHY EATING HABITS

REGULAR PHYSICAL ACTIVITY

WEIGHT MANAGEMENT
(IF RECOMMENDED)

SOMETIMES MEDICATION OR INSULIN

**ROUTINE BLOOD SUGAR
MONITORING**

**CARE PLAN COORDINATED WITH
HEALTHCARE PROVIDERS
AND SCHOOL NURSES**

Parents should reach out to their child's healthcare provider with any questions or concerns

HELPFUL RESOURCES

CDC — Managing Diabetes at School | bit.ly/cdc-diabetes-at-school

American Diabetes Association — Safe at School | diabetes.org/about-diabetes

Breakthrough T1D — Type 1 Diabetes School Guide | bit.ly/bt1d-school



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CSMS Athletic Announcements



Please consider supporting CSMS Volleyball with a meal at El Rodeo (on Electric Rd.);
Monday, August 24th from 5:00-9:00!
10% of food sales during these hours will be donated to the team!



Basketball Open-Gyms:

**Girls - WEDNESDAYS, starting August 26th,
6:30-8:00, CSMS Main Gym**



**Boys - TUESDAYS & THURSDAYS, starting
September 1st (8th grade only) & September
3rd (7th grade only), 6:15-8:00, CSMS Main
Gym**

*****Additional dates will be communicated.**

Next Week:

8.24 - Volleyball v. HVMS (5:00)

8.26 - Cross Country @ Blue Ridge
Invitational (5:00)

8.27 - Volleyball @ NMS (5:30);
Football v. RMMS (5:30)

Go Squires!



New this Year:
Students must have an
Arbiter registration
completed to be
eligible for
participation.

Thank you for your support of CSMS Athletics!
CSMS Athletic Director: Stacey Galle (sgalle@rcps.us)