



Cave Spring Middle School eNews

Upcoming Events:

Tuesday, September 22nd:

Volleyball @ Andrew Lewis Middle School – 5:30 PM

Cross Country @ Christian Heritage – Clash w/the Eagles – 4:00 PM

Wednesday, September 23rd:

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

Thursday, September 24th:

Football @ William Byrd Middle School – 5:30 PM

Saturday, September 26th:

Cheer @ William Byrd Middle School – Battle @ Byrd – 10:00 AM

School News:

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

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

- ▶ On Tuesday, October 6th, Grade 7 Students will attend a Career Quest @ The Berglund Center.
- ▶ Students will leave CSMS @ 11:15 AM and will return to CSMS @ 1:45 PM.
- ▶ Students received field trip forms earlier this week. Students should submit completed field trip forms to Mrs. Carroll in our Counseling Department, on or before Thursday, October 1st.
- ▶ **Each student MUST complete and return a field trip permission form, in order to attend this event.**
- ▶ For more information about Career Quest, please check out their website @ <https://careerquestva.com/career-quest-october-2026/>
- ▶ Questions? Please contact Mrs. Carroll in our Counseling Department @ 540.772.7560

Thank you!



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HELP
save the **next**
GIRL

BE KIND ♥ BE SUPPORTIVE ♥ MAKE A DIFFERENCE

2026 T-SHIRTS
are now on sale!

\$18
each



Please return this order form along with your payment to
Mrs. Sharp (Room 278) or the CSMS Front Office,
on or before **September 21st.**

***Please make checks payable to CSMS.**
(Please write HSTNG in the subject line.)

_____ Youth Large (14/16)
_____ Adult Small
_____ Adult Medium
_____ Adult Large

_____ Adult XL
_____ Adult XXL (+ \$2)
_____ Adult XXXL (+ \$3)

Student Name: _____ Grade Level: _____



CSMS SQUIRES

— STRONGER TOGETHER —

*Kindness
Matters!*
♥



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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.

RCPS School Counseling Website:

<https://www.rcps.us/departments/counseling-student-records>

[Mental Health Information for Parents/Guardians](#)



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CSMS



SOL TUTORING AND REMEDIATION SCHEDULE

All students will have the opportunity to receive before/after school tutorial and remedial assistance beginning Monday, September 14, 2026 through Thursday, May 20, 2027. Any student who needs additional assistance with specific skills/content is urged to attend. Below is the weekly schedule for this program. All sessions will run from 3:30 PM to 4:30 PM, unless otherwise noted.

***Before/After-school remediation will not be offered on early dismissal days and days that schools are not in session (teacher workdays, etc.).

DAY	SUBJECT	TEACHER	ROOM
Monday	Math 6	Ms. Emery	Room 358
	Math 7 Math 8	Mr. Beheler	Room 360
Tuesday	Algebra 1 *7:45 AM to 8:15 AM	Ms. Ficarro	Room 159
	English 7 English 8	Ms. Rhoda	Room 176
Wednesday	English 6	Dr. Scaer	Room 375
	Social Studies	Mr. Leisen	Room 174
Thursday	Science 6	Ms. Snead	Room 369
	Science 7	Ms. Bonnick	Room 267
	Science 8	Ms. Nichols	Room 169



When?

September 14, 2026 –
May 20, 2027

All sessions run
3:30 PM – 4:30 PM,
unless otherwise noted.



Special Time:

Algebra 1
7:45 AM – 8:15 AM
on Tuesdays



Where?

Teachers'
classrooms
(see schedule above)

*Support Today.
Success Tomorrow.*

CSMS
OPPORTUNITY READY



Cave Spring Middle School eNews



CSMS Athletic Announcements



Basketball Open-Gyms:

Girls - 9/23, 10/5, 10/7, 6:30-8:00, CSMS Main Gym

**Boys - 9/22 (8th grade),
9/24 (7th grade), 9/28 (6th grade),
9/29 (7th & 8th grade), 10/8 (6th grade),
6:15-8:00, CSMS Main Gym**



Wrestling Open-Mats:

**Every Tuesday & Thursday
@ CSHS, 6:00-7:15**

Next Week:

**9.22 - Volleyball @ ALMS (5:30) &
XC @ Knights v. Eagles (4:00)**

9.24 - Football @ WBMS (5:30)

9.26 - Cheer @ Battle at Byrd

Go Squires!



New this Year:

**Students must have an
Arbiter registration
completed to be
eligible for
participation.**

*****Please ensure
pages #1-3 of the VHSL
physical are
uploaded*****

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