MAY 19, 2026 VOLUME 37

THE COUGAR CONNECTION

CHRISTIANA MIDDLE SCHOOL

Upcoming Events

Thursday, 5/21
Football Scrimmage at RHS

Monday, 5/25
No School- Memorial Day

Thursday, 5/28
Teacher Work Day- No School for Students

Friday, 5/29
2 Hour Day- Last Day of School

A Message From Dr. Nix



Welcome to Volume 37 of The Cougar Connection!
Happy Tuesday, Cougar Nation!

I apologize for the delayed release of this week's Cougar Connection Newsletter. I spent all of yesterday (and last night) supporting our track athletes at the State meet. They did an incredible job representing CHMS and Rutherford County Schools! I am so proud of them!

Today we had three AWESOME awards ceremonies for our 6th, 7th, and 8th grade students. Thank you to all of our families who came out to support our students and school. This was the first year doing our ceremonies in one day AND using our weapons detection system, and you all were so great with helping us work through our kinks and make the ceremonies memorable.

We have two weeks left of school for this school year. If your child is not planning to attend school next Friday on the 2 hour day, feel free to send in a self-addressed stamped envelope and we will mail their report card home.

Remember, WE are Christiana and Christiana is the BEST! GO COUGARS!!

Happenings at The Den

Congratulations to all of our track athletes that competed at State in Knoxville on Monday!





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Cougar Kudos

Congratulations to all of our students that received Cougar Kudos last week!





Cougar Kudos

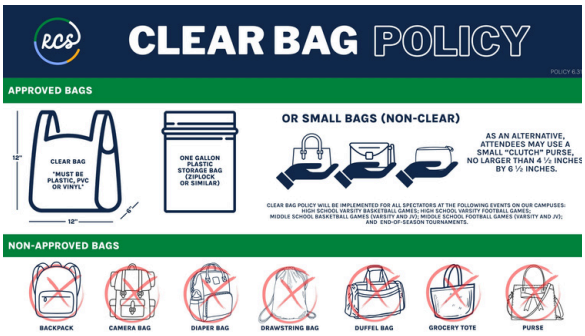
Congratulations to all of our students that received Cougar Kudos last week!

CHMS Athletic Information

Check back here for updated information on athletic tryouts for Christiana Middle School teams.

Remember that all future athletes must have an updated physical and all paperwork updated in Final Forms prior to conditioning and/or tryouts. Students that do not have updated paperwork will not be permitted to condition/tryout.

Please be aware of the RCS Clear Bag Policy, which is in effect at all RCS football and basketball games! Christiana Middle follows this policy strictly. We will also have our Weapons Detection System at all football and basketball games as well as end-of-season tournaments.





Must Be Complete Prior to Tryouts:

1. **Complete Final Forms Athletics Profile.**

Please Visit www. rutherford-tn.finalforms.com to complete the necessary forms.

2. **Physicals: All athletes must have an up-to-date physical dated on or after April 15th, 2025, and either uploaded to Final Forms or in hand at tryouts to participate.**

Items to bring with you:

Soccer Cleats
Shin Guards
Water
Size 5 Soccer Ball

If you are trying out for goalkeeper please bring your own pair of goalie gloves.

All potential athletes must register at FinalForms.com, complete all electronic forms, and upload the necessary forms prior to trying out for, or participating in any way with, any RCS teams per RCS athletic guidelines.

Christiana Middle

DANCE TEAM

2026-2027 TRYOUTS

2026 JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



TIME: 3:30-5:00

PLACE: CHMS AUDITORIUM

SCAN THE QR CODE FOR MORE INFORMATION AND TO SIGN UP FOR TRYOUTS.

WE ARE CHRISTIANA, AND CHRISTIANA IS THE BEST! GO COUGARS!

INTERESTED IN JOINING CROSS COUNTRY?

SIGN UP THROUGH FINAL FORMS!

INFORMATION MEETING

CHMS Cafeteria
Thursday, May 28th
3:30 - 4:30

GET SPORTS PHYSICAL

Upload to Final Forms

Can't make meeting or have questions? Email:

quinnm@rcschools.net

CHMS Volleyball Tryouts



When: Friday, May 29th
Time: 1:30pm - 3:30pm
Where: Christiana Middle Gym



CHMS Girls Basketball Tryouts

2026 - 2027 Tryouts



Who: CURRENT Students

When: Friday, May 29th

Time: 11:00 Am to 1:00 PM

Where: Christiana Middle Gym



Parent meeting will be after tryouts for girls making the team!

Physicals: All athletes must have an up-to-date physical dated on or after April 15th, 2026, and uploaded to Final Forms in order to participate.

Final Forms: All athletes trying out are required to have a Final Forms account with all required forms uploaded and signed electronically by parents. This includes:

A new TSSAA physical for the 2025 - 2026 season must be completed on or after April 15, 2025, and signed by a Doctor. The entire TSSAA physical packet should be completed and uploaded into Final Forms before tryouts.

ALL PAPERWORK MUST BE COMPLETED AND ENTERED INTO FINAL FORMS BEFORE THE START OF TRYOUTS OR YOUR DAUGHTER WILL NOT BE ABLE TO TRY OUT.

Email Coach Bransford with any questions: bransfordc@rcschools.net.

CHMS Boys Basketball Tryouts

2026 Summer Tryouts
Rising 6th - 7th - 8th grade students will all tryout on this date



Date: Saturday, May 30th
Time: 10 am - 12pm
Parent Meeting following tryouts





CHMS Baseball



2026 Summer Tryouts
Date: July 29th and July 30th
Time: 5:30pm - 7:00pm
Makeup Day 7/31 if needed

Players need: Cleats, Glove, Bat, Helmet, and Water. Wear baseball pants and a baseball hat. Make sure you have a physical dated on or after April 15, 2026 and make sure everything is entered into Final Forms.



Any questions email Coach Hunt: huntj@rcschools.net

CHMS COUGARS

SOCCER TRYOUTS

26-27

DATE: THURSDAY JUNE 4

TIME: 5:00-7:30PM

LOCATION: CHRISTIANA SOCCER FIELD

BRING SOCCER CLEATS, SHIN GUARDS, AND WATER.
IF TRYING OUT FOR GOALKEEPER
PLEASE BRING YOUR OWN PAIR OF GLOVES.

ALL ATHLETES MUST HAVE THEIR FINAL FORMS FILLED OUT
AND A PHYSICAL DATED AFTER APRIL 15TH.
PHYSICAL FORM MUST BE UPLOADED TO FINAL FORMS
OR IN HAND AT TRYOUTS IN ORDER TO PARTICIPATE.

PARENTS WILL NEED TO COORDINATE
DROP OFF AND PICK UP ACCORDINGLY.

FOR QUESTIONS OR MORE DETAILS
CONTACT: frostt@rcschools.net

PLAY HARD. PLAY TOGETHER. BE A COUGAR.

Breakfast and Lunch Information!

Don't forget that Rutherford County Schools no longer offers free breakfast and lunch to students unless they are a part of the free and reduced lunch program. The breakfast and lunch costs are as follows:



Breakfast- $2.00
Lunch- $3.50



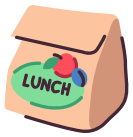
You can place money on your child's account using myPayments plus.
That can be found here:
https://www.mypaymentsplus.com/welcome

If you believe your family qualifies for free or reduced lunch, please fill out the application online so we can get your child into that program today! We suggest ALL families apply! That can be found here: https://frmeals.rcschools.net/

****If you qualified for free or reduced lunch last year, please be aware that you will need to reapply again this year by around September 13th to remain eligible for the 2025-2026 school year!!****

****There is a new charge policy followed by all Rutherford County Schools. Students with charges of $60+ will be provided with an alternative breakfast/lunch until charges are paid. You will be notified if your child has charges that need to be paid!****

If you have questions regarding our breakfast and lunch programs, please reach out to Ms. Leonard at leonardb@rcschools.net.



This Week's Lunch Menu



Monday: Cheee Pizza, Hot Dogs, Sweet Potato Fries, Broccoli with Ranch, Tropical Fruit, Bananas

Tuesday: Beef Taco, Chicken Fajita, Hot Turkey and Cheese Croissant, Rancho Pinto Beans, Tuscan Veggie Blend, Corn, Kiwi/Strawberry Sidekicks, Apples

Wednesday: BBQ Pork, Teriyaki Beef Bites, Stir Fry Veggies, Dragon Juice, Pineapple, Oranges, Rice

Thursday: Salisbury Steak, Chicken Drumstick, Green Beans, Mashed Potatoes, Peach Cups, Assorted Fruit, Rolls

Friday: Chicken Tenders, Cheeseburgers, Peas and Carrots, Scalloped Potatoes, Diced Pears, Blue Raspberry Juice, Onion Rings

Menu is subject to change

RIVERDALE
HIGH SCHOOL
SOCCER







SUMMER SOCCER CAMP

Faculty and Feeder School Discount!

For 2nd-8th Graders-Boys and Girls

$75 per player/Sibling discount

Dead line: June 10th

JUNE 15TH-18TH

June 19th-Rain Make Up

- Passing
- 1v1 defending
- Shooting and finishing
- Dribbling for possession/beat opponent
- Licensed Coaches
- Goal Keeper Training

RIVERDALE HIGH SCHOOL: STADIUM

802 Warrior Drive
Murfreesboro, TN, 37128

6:00pm-8:00pm

Payment Link

More Information:

Coach Arman:
615-423-5374
armana@rcschools.net

Coach Gabby:
615-854-6155
gabriela.anchondo25@rcschools.net

Info for Future Warriors

RHS VOLLEYBALL TRYOUTS

RHS Volleyball tryouts will be held on May 29th from 11:30am - 1:30pm.

****All information shared with us by the Riverdale HS athletic teams will be included in this section.****

****Remember- in order to tryout for any sport at the middle or high school level, you must have an updated physical on or after April 15th and it must be uploaded into Final Forms! Final Forms must be completed prior to tryouts****

THOSE ZONED FOR RIVERDALE

BOYS SOCCER PLAYER EVALUATIONS

thursday June 4th

9:30AM-11:00AM

SOCCER FIELD

MUST BE COMPLETE IN FINAL FORMS



Cougar Nation Store

Check out the Cougar Nation Store at polkadotskystudio.com! There are tons of options for all ages and the styles change regularly. Already purchased something? Check again for all of the updated goodies! All goods can be found at **www.polkadotskystudio.com**



Social Media, Cell Phones, Threats, and Safety

With the increase in the number of students that have cell phones and social media, we have also seen an increase in threats, or perceived threats, be sent out via mass message and spreading fear amongst students and parents. Here are a few things we want you to know:

If you (student, parent, community member) hear about a threat or see something is being spread around via text message or social media, **report it to the CHMS administration and/or SRO immediately**.

Do NOT send screenshots of a threat, or perceived threat, in group texts or place it on social media. This causes widespread panic amongst students, parents, and community members and often leads to miscommunications (think of the game telephone- it starts with one thing and becomes something completely different). If you are in a group text or group message on social media that is circulating a threat, shut it down and contact the CHMS administration and/or SRO immediately.

Please do not post about threats or perceived threats on social media, especially when we are investigating the situation. Again, this causes panic amongst students, parents, and community members and can lead to miscommunications and misunderstandings. If it is reported, know that we are investigating and will do everything we can to resolve the situation whether it is real or false.

If there is a real, viable threat towards CHMS or people at CHMS, the administration will notify parents as soon as possible. If there is an immediate threat within the building, the administration will notify parents as soon as the situation is resolved and everyone is deemed safe. Communication is incredibly important to us (we are parents too!) and we know that you want to be in the know. If there is something to share, we will share it.

Please be aware that there will be times that we only contact those individuals involved in situations because it does not pertain to the entire school. It is not always appropriate to contact all of our stakeholders with every situation. Again, know that we are always doing everything we can to resolve situations and ensure the safety of all of our faculty, staff, students, and community members.

Parents, please talk to your student(s) about the importance of reporting things of concern to the administration/SRO and not spreading information on social media. Also talk to them about what a threat is and how serious we take threats. We do this at CHMS, but we need this supported and reinforced at home. Students who make threats towards CHMS or towards faculty/staff/students run the risk of being suspended, remanded, or even expelled. Many times our kiddos don't understand the weight of their words and the impact they can have on their future.

Be aware that often times there are situations on the national and global level that do not have anything to do with CHMS but are spun into perceived threats towards our school. Our administration is always working with our central office safety team to stay on top of these events to monitor their impact on our community.

Social media and text messaging (especially group messaging) are the cause of the majority of the reports that are made at our school. If your child has social media, please monitor it. There are chat features in Instagram and SnapChat that many of our students use. In some cases, these can be hidden, deleted, or can disappear. Know what apps your child has and how they work. We have amazing kids at CHMS, but kids will be kids and without being monitored, they often say and do things that would be considered out of character and can be deemed inappropriate.

Our administration works tirelessly to keep our faculty, staff, students, and community members safe while providing a high-quality educational environment. At Cougar Nation, we are a team. Please work by our side to help us continue to make Christiana the BEST! Go Cougars!

General Safety at CHMS

Faculty, staff, student, and community member safety is extremely important to us here at Christiana Middle School. Safety is a priority and we take all things related to safety seriously.

Here are some things for you and your student(s) to know:

*If you see/hear something, say something! If you there is anything that you see or hear that is concerning, please let an adult know. You can tell a teacher, administrator, or the SRO. As a parent, you are always welcome to contact us with concerns!

*Take drills seriously! Drills are in place to help you better know how to react in the event that there is an emergency. If you do not take them seriously, you may struggle remembering to know what to do in a time of need.

*All visitors must enter CHMS ***through the front office*** and provide ID upon entry! All visitors to CHMS will need to provide their photo ID to pick up a student or to enter into the main area of the building. Visitors that enter the building will always be provided with a badge to signify that they have been cleared by the front office. RCS employees who come into our building should always have their badge visible. If you see a person in our building that you do not think belongs and does not have a badge, please report that immediately!

*Doors should NEVER be propped open! This is especially true for our outside doors. Whether school is in session or we have an after school event, a door should never be open and unattended. Please note that if you plan to attend a band or choir event at CHMS, our band/choir teachers will let you know when doors will be closed for entry.

***If you would like to report something, you can always do so using the STOPit! App. This can be used to report bullying or threats. Information regarding STOPit! can be found here: https://www.rcschools.net/apps/pages/index.jsp?uREC_ID=526076&type=d&pREC_ID=1713118**

The CHMS Administration will always contact parents with any information regarding safety concerns that arise at our school. If we go into a safety protocol for any reason, we will make you aware when we are safe, secure, and all clear.

If you ever have questions or concerns, please email Dr. Nix at nixk@rcschools.net.

CHMS Dress Code

The CHMS dress code policy can be found in our student handbook as well as below! Please review this with your child so that they know what the expectation is. We will review it with them as well! Please make note of these dress code expectations before purchasing items for the new school year!

The Christiana Middle School dress code reflects the importance of promoting a positive learning atmosphere and wholesome attitude for all members of Cougar Nation. Any dress that is considered contrary to good hygiene, disruptive in appearance, or detrimental to the educational environment or the public image of the school will not be permitted. The administration has the right to determine if attire or appearance is inappropriate for school.

Students are expected to follow these guidelines:

- Clothing considered too revealing is prohibited. ***No skin should be visible above the fingertips or when hands are extended overhead***. Materials that are see-through, crop tops, open back clothing, tops that are low-cut, tube tops, tank tops, halter-tops, mesh, or sleeveless t-shirts are not permitted.
- Undergarments must be covered at all times.
- Bandanas, shower caps, bonnets or head scarves (unless for religious purposes) are not permitted.
- Hats and sunglasses are prohibited while in the building.
- Shorts, skirts, and dresses (including open-slits in skirts/dresses) ***must be as long (or longer) than the top of the longest finger all the way around the body***. High-low skirts/dresses that do not meet this guideline are prohibited.
- Pajama costumes or boxer shorts as shorts are not permitted.
- Jeans/clothing with holes that fall ***above the top of the longest finger*** all the way around the body are to be covered completely with leggings or patches.
- Clothing, accessories, or any item that advertises substances which are illegal for teenagers (drugs, alcohol, tobacco products, etc.) or which otherwise are inappropriate (profanity, sex, obscenities, violence, gang related, etc.) are not to be worn or brought to school.
- Hair picks, stocking caps, hair curlers, hats, beanies, hoods, and other head coverings (unless for religious purposes) may not be worn in school. Hoodies may be worn, but the hood must stay down at all times. No Bandanas.
- Clothing must be size appropriate. Sagging is not permitted. Pants must be worn at the waist. All belts, buttons, and fasteners must be fastened at all times.
- Shoes must be worn at all times. ***No house shoes, slippers, or wheelies***.
- No blankets.

If a student is deemed out of dress code, they will be brought to the front office to change into school-appropriate clothing. When available, CHMS will provide the student with appropriate pants and a t-shirt to ensure they do not miss instructional time.

CHMS School-Wide Discipline Plan

To create and maintain a safe and positive learning environment for students, Christiana Middle School operates under a general, schoolwide behavior plan that is consistently enforced by all faculty members throughout the building.

Depending on the severity of the issue, the following members will respond to student misconduct:

1st Tier – Teachers
2nd Tier – Deans
3rd Tier – Administration

The following process is used to address general classroom misconduct. This plan can be modified at teacher and/or administrative discretion. Our tardy discipline will follow these same steps (as previously mentioned), but will be recorded separately from classroom discipline.

1.Warning
2.Educational Assignment
3.Early Morning School (EMS) – 7:15 am – 7:55 am
4.9th Period – 3:15 pm – 4:00 pm
5.Dean Referral

Automatic Dean Referrals: If a student does any of the following, he/she receives an automatic dean referral and is NOT required to complete the four steps.
Vandalism
Defiance
Harassment and/or Bullying (sexual, racial, ethnic, religious, disability)
Profanity
Removal from Class

Automatic Administrative Referrals:
·If a student fights or hits another student, he/she is subject to receive out of school suspension.
·If a student is disrespectful to an adult in the building, he/she is subject to receive out of school suspension.

Restriction: Students can be assigned restriction minutes to be completed for violating school rules. To protect classroom instruction time, minutes will be assigned during early morning school (EMS: 7:15-7:55), lunch restriction, or 9th period (3:15-4:00). Students typically receive between 100-250 minutes depending on the infraction, but this can be modified.

CHMS Personal Communication Device Policy

Students are not allowed to use their personal electronic devices at Christiana Middle School. All personal electronic devices must be in the student's backpack or purse, turned off, from student entry to student exit (roughly 7:15am to 3:00pm) per board policy 6.312.

Students who are caught using their personal electronic device at any time will receive disciplinary action. Students will receive a warning for a first offense, early morning school for a second offense, and a dean referral for every offense thereafter.

Parents that need to contact their children in emergency situations during the school day should call the front office at (615) 904-3885.

Please be aware that CHMS will not be held responsible for lost or stolen items that include, but are not limited to, cell phones, air pods, headphones, etc.. Items that are lost or stolen may be reported to the front office for further inquiry.





ATTENTION CAR RIDER FAMILIES!

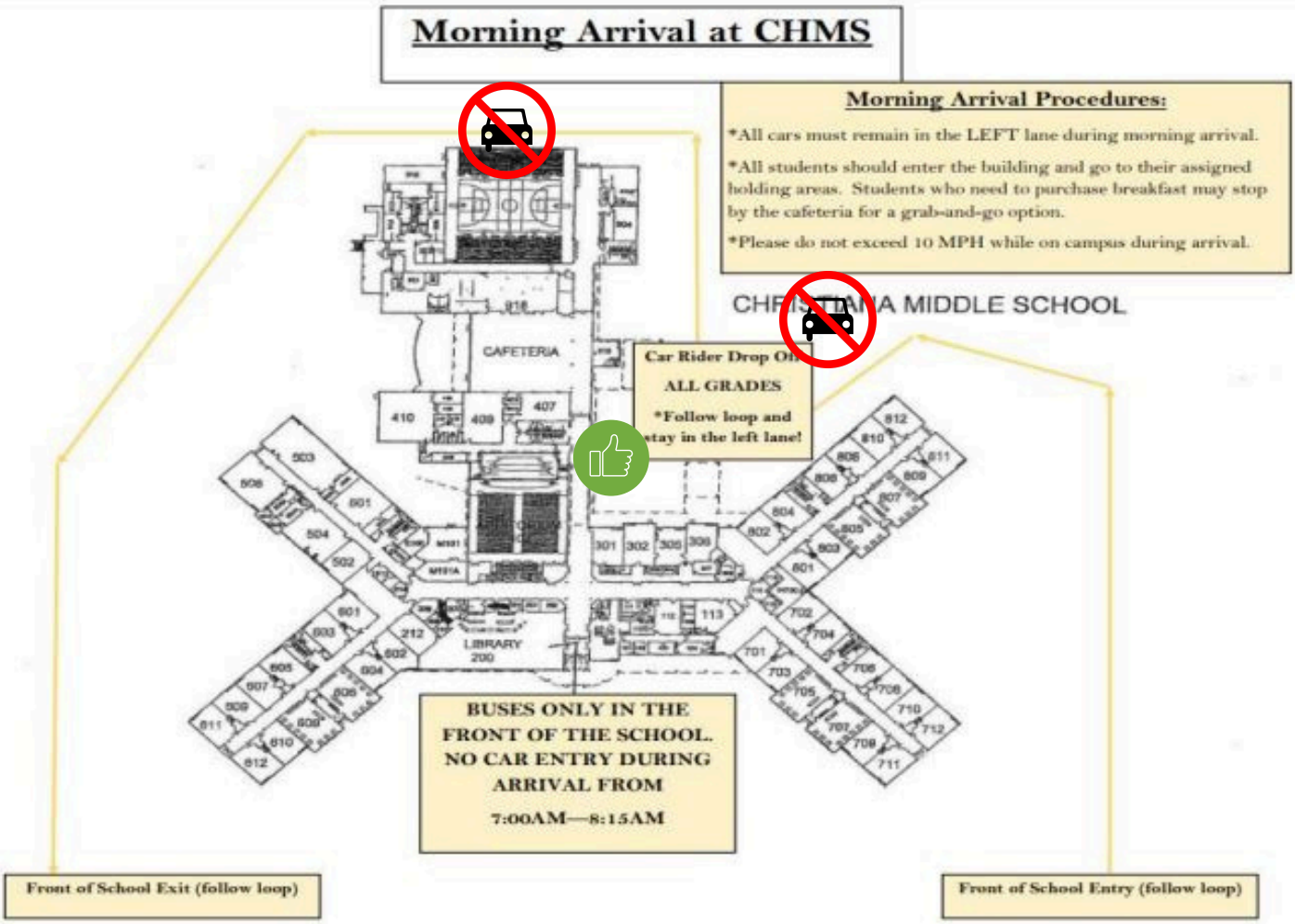
PLEASE help us with morning arrival by <u>properly following our drop off procedures</u>!

Car riders should be dropped off through the official car rider line only, NOT in the back parking lot or behind the gym. Safety is a number one priority for us! ***Please make safety is a number one priority for you as well***. Dropping off in the wrong location puts your child and others at risk. While we focus on making sure your students are taken care of IN the building and at our official drop off site, we rely on you to do the right thing and follow the procedures through the line.

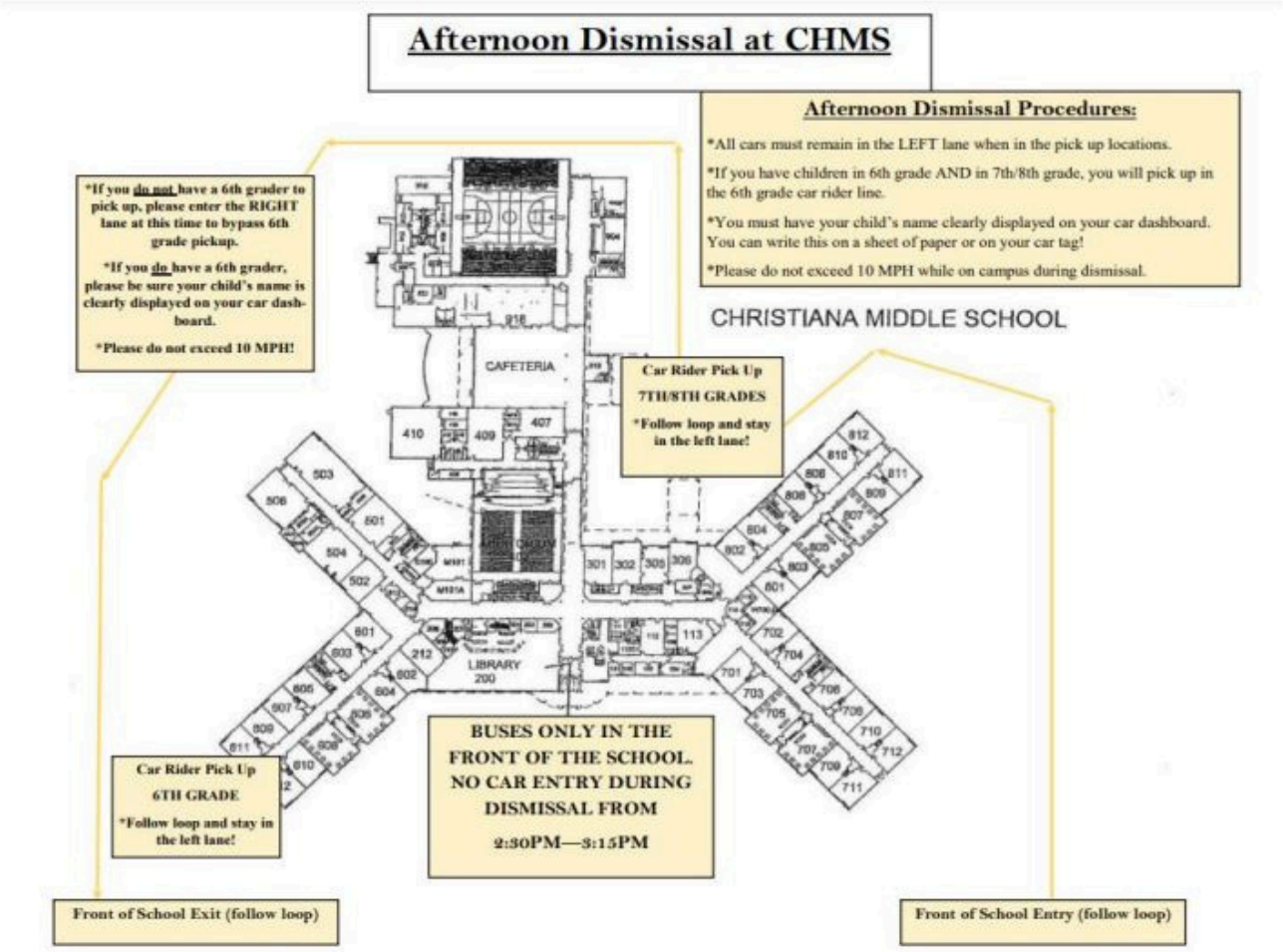
<u>If our arrival plans do not fit your time schedule, please use our bus system that all students zoned for CHMS have access to.</u>

Please let your student out as soon as you are at the sidewalk and the line stops! Do not wait until you get to the doors and do not wait to see your child go through the weapon detection systems. We need the line to keep on moving!

See below for a reminder regarding where drop off is located!



Car Rider Reminders: Arrival and Dismissal



Parent Access to Schoology

Interested in having access to your child's Schoology? If so, email your child's 1st period teacher and they can provide you with the code. This access will allow you to view the materials and assignments that our students are working with so that you have a better idea of what is happening in their classrooms!

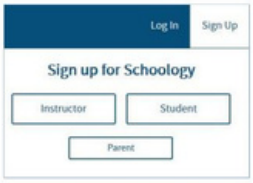
schoology

Parents: Register to view your child's activity

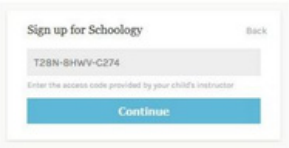
1. In your browser, navigate to www.schoology.com.
2. In the top right corner of the screen, hover over **Sign Up**.



3. Select **Parent** from the options in the drop-down menu.

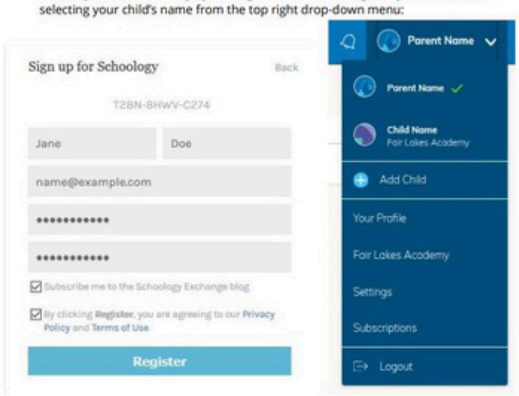


4. You should have received a Parent Access Code from your child's school, in the format XXXX-XXXX-XXX. Enter that code here:



schoology

5. Enter your name, email address, and password. Once you log in, you'll be able to browse your child's activity by clicking the arrow to the right of your name and selecting your child's name from the top right drop-down menu:



6. You also have the option to associate additional children using Schoology with this account. To associate additional children, click the down-facing arrow in the top right of your Schoology account, select **Add Child**, and enter the Parent Access Code of your other child/children.

Now that you've successfully registered for Schoology to view your child(ren)'s activity, check out our Parent Guide in the Help Center: support.schoology.com.

CHMS Calendar 2025-2026 Q4





March 2026

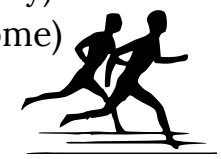
Friday, 3/6- End of the 3rd 9 Weeks
Monday, 3/9- Baseball/Soccer/Softball vs. Siegel MS (Home)
Tuesday, 3/10- STEAM Night (5:00pm – 6:30pm)
Tuesday, 3/10- Spring Picture Day (Individuals + Spring Sports)
Thursday, 3/12- Teacher Admin Day- No School for Students
Thursday, 3/12- Baseball/Soccer/Softball vs. Rock Springs MS (Home)
Monday, 3/16- Baseball/Soccer/Softball vs. Rocky Fork MS (Home)
Thursday, 3/19- Parent/Teacher Conferences (3:00pm – 6:00pm)
Thursday, 3/19- Baseball/Soccer/Softball vs. Whitworth Buchanan MS (Away)
Monday, 3/23- Baseball/Soccer/Softball vs. Smyrna MS (Away)
Tuesday, 3/24- Band Concert (6:30pm)
Thursday, 3/26- Baseball/Soccer/Softball vs. Central Magnet (Home)
Monday, 3/30 – Friday, 4/3- Spring Break





April 2026

Monday, 3/30 – Friday, 4/3- Spring Break
Monday, 4/6- Baseball/Soccer/Softball vs. Rockvale MS (Away)
Thursday, 4/9- Baseball/Soccer/Softball vs. Blackman MS (Away)
Friday, 4/10- Choir Coffee House (6:00pm)
Monday, 4/13- Baseball/Soccer/Softball vs. Stewart's Creek MS (Away)
Monday, 4/13 – Friday, 5/1- TCAP Testing
Thursday, 4/16- Progress Reports
Thursday, 4/16- Baseball/Soccer/Softball vs. Oakland MS (Away)
Monday, 4/20- Baseball/Soccer/Softball vs. LaVergne MS (Home)



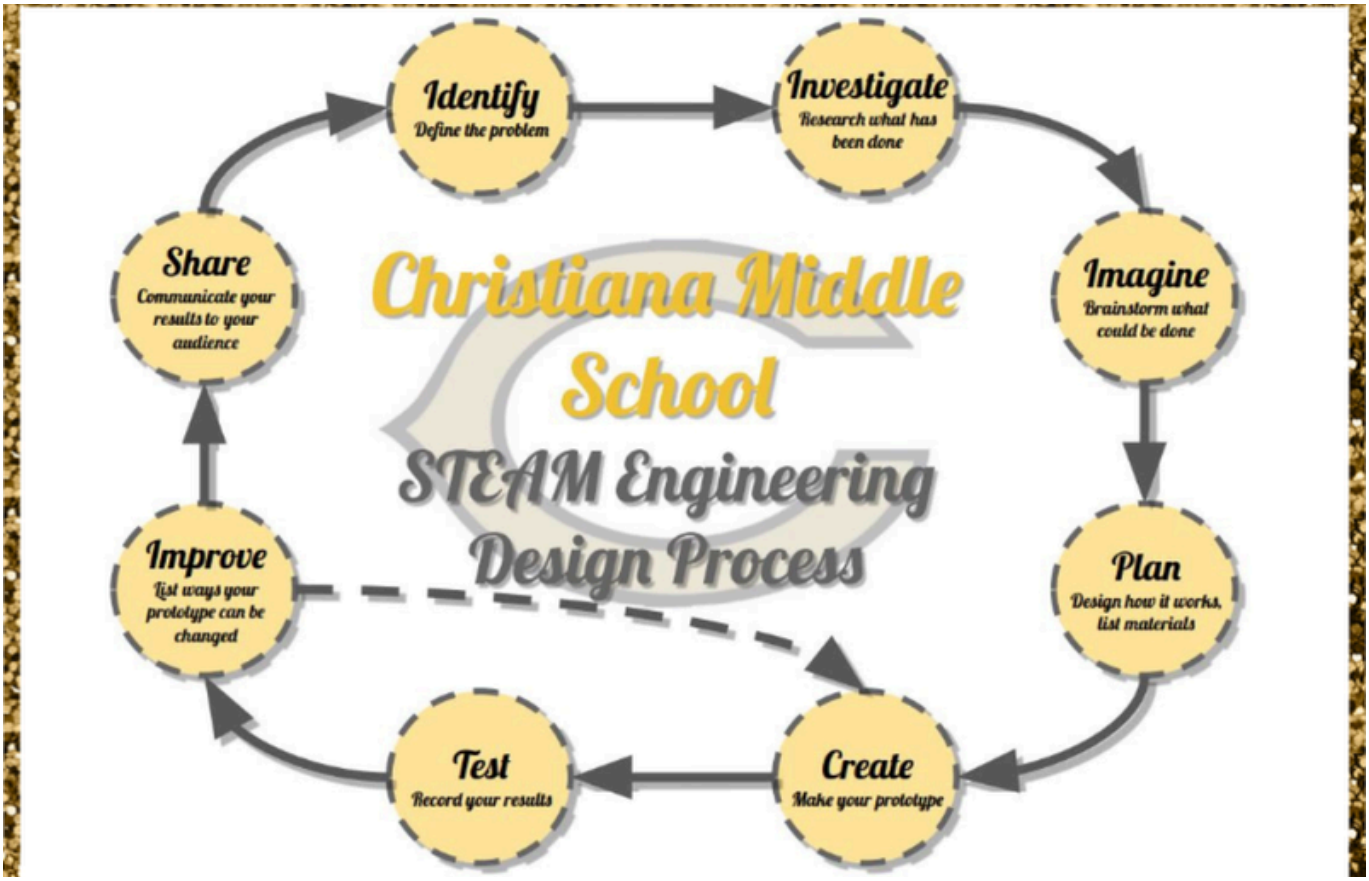
May 2026

Tuesday, 5/5- Teacher Admin Day- No School for Students
Friday, 5/8- Spring Fling Semi-Formal Dance (6:00pm – 8:00pm)
Saturday, 5/9- 6th Grade All Star Band
Thursday, 5/14- CHMS Fine Arts Night (6:00pm – 7:00pm)
Friday, 5/15- Cougar Carnival
Monday, 5/25- Memorial Day- No School
Thursday, 5/28- Teacher Workday- No School for Students
Friday, 5/29- 2-Hour Day/End of the 4th 9 Weeks/Report Cards



STEAM and the Engineering Design Process

The foundation of STEAM at CHMS is the Engineering Design Process (EDP). Our students are working through this process each week to get one step closer to solving their quarterly STEAM problem. Take some time each week to ask your student(s) where they are in the EDP and how it is helping them get closer to finding a solution!



CHMS Cougar Creed

When at CHMS, always keep in mind the importance of our Cougar Creed:

We are Christiana Cougars.

We are Respectful, Responsible, and Compassionate.

We **C**ollaborate with others, are **O**pen-minded and **U**nderstanding, express **G**ratitude for what we have, are **A**mbitious and **R**esilient, and are **S**ervant Leaders within our school and community.

We are Christiana, and Christiana is the BEST! GO Cougars!