

Celebrating 10 Years of Excellence



CYCLONE SPIRIT NEWSLETTER

August & September

Important Dates:

**August 27 - Parent Party
5:00 - 7:00 PM**

**September 5 - Labor Day,
School Closed**

**September 8 - Curriculum
Night**

September 16 - Rafting



Cumberland Academy
of GEORGIA

"An Exceptional School for Exceptional Students"

CYCLONE SPIRIT

**From the
Headmaster -
Debbi
Scarborough**



The school year has begun! We are on our mission with a renewed enthusiasm after a summer that seemed to slip by quickly. I was able to spend training time in the weeks leading up to "the first day of school" with our incredible faculty and staff. Our wonderful staff are so dedicated to your children and it gives me great joy to see them interacting with your exceptional children each day. They give me great confidence in our plans for the coming year.

Like me, you may enjoy watching HGTV. I notice there is often a mention of "curb appeal". We have greatly improved ours with the installation of a beautiful new entry which we wanted to be fresh and welcoming. We hope Cumberland is a source of pride for our students and their parents. The new canopy allows for some protection from the elements. That is exactly what we try to provide for our kids when they come inside our building.

Great things are happening at Cumberland! Come on in to a friendly staff, amazing student body and lots of learning!

**From the
Principal -
Don Sasso**



Welcome back! I know it is somewhat cliché but doesn't the summer just speed by! We are looking forward to a great school year with returning and new staff! Joining Cumberland will be Michelle Zierten as Explorer Coordinator and high school Social Studies teacher; Brooke Swearingen as Physical Education and High school Math and Career Prep teacher; Melissa Cammack as High School and Middle School Spanish teacher and teacher assistant, and Anna Scheidt as Pioneer teacher assistant and school counselor.

Cumberland has adopted a new grade 4-12 Math program by Pearson Publishing which more closely aligns with the Georgia Standards of Excellence. We have discontinued GRADE and GMADE assessment testing in favor of MAP (Measures of Academic Progress) testing which will be computer administered and give almost immediate results. We have also discontinued IXL in favor of the Study Island remedial and practice program which aligns nicely with the MAP testing. All of these changes will better enable us to serve our students.

We also welcome many new students and families to the Cumberland community! Please make them feel at home as you meet them. Here's hoping for a productive and rewarding school year!

From Your Teachers

Pioneer Coordinator - Mrs. Morgan



The Pioneer teachers are excited to welcome the Pioneer parents/students to an exciting new school year! Hopefully, the summer has provided you with many memorable opportunities to spend time with family and friends. It continues to be an honor and privilege to serve as a teacher of such an exemplary and student centered learning community. We are eagerly looking forward to partnering with you as we continue to nurture the ongoing development of your child.

As we begin another school year, we will continue to deepen our understanding of the best practices in fostering a safe and inclusive learning environment. We are excited to be introducing our new Math Curriculum which will follow the Georgia Performance Standards even more closely. We have also planned an engaging Science curriculum with hands on experiments. For all subjects we plan on utilizing our amazing technology in many areas of the classroom.

We're looking forward to sharing more information with you about the work we will be doing over the course of the school year during Curriculum Night, September 8.



Navigator Coordinator - Mrs. Mensing



Navigator teachers are thrilled to begin a new school year and have planned a year full of educational experiences for your child. The navigator teaching crew: Mrs. Abramson, Mr. Allpere, Mrs. Bishop, Mrs. Liang and Mrs. Mensing (Thurmond), is the same as last year. We are excited to have our new rising 6th graders and our "new to Cumberland" students in 7th and 8th grade.

Our focus this first 9 weeks will be to foster friendships amongst peers and to develop a predictable routine throughout the school day. Teachers will communicate with you regularly via email. We know that you might have many questions for us as the school year begins, don't hesitate to email. Don't forget to calendar our Curriculum Night September 8th. This will be an excellent evening to learn about your child's school day and teachers. We will have a brief introduction to our new Math Curriculum, Envision by Pearson, which follows the performance standards of the state (Georgia Performance Standards). Additionally, students will be assessed in the fall and spring using a new teaching tool called MAPS.

For parents, important papers will come home in our Thursday folders this year. Please plan to check bookbags for the blue folder and return any paperwork requiring signatures Friday morning. Returning paperwork quickly helps with planning special events and trips! We look forward to a great year!

From Your Teachers

Explorer Coordinator - Ms. Zierten



Our students are called Explorers because that is exactly the type of student we aim to foster. In the high school program of Cumberland, our goal is to create an atmosphere that promotes and encourages (even pushes) students to(ward) becoming life long creative thinkers. Our Explorers will be challenged with projects and experiential learning - all of which will be aligned with, and will support, the Georgia Standards that are being taught in each classroom.

We have several new teachers in the high school. All of whom have amazing experience and will bring new, exciting and engaging learning strategies. We will utilize all of the electronic teaching tools available. Your children may have conversations about the PBS learning media website or perhaps Brain Pop and Newsela in Social Studies. In Science, their classroom may use the gardens outside to discuss ecosystems across the world. Developing their questioning skills and becoming inquisitive thinkers and problem solvers are critical goals for our students.

Hands on, minds on learning is the focus for the high school. Watch us shine this year!



Career Prep - Mr. Sentell



The Career Prep Program is poised once again this year to deeply engage the program's students through on-site vocational work, an immersion in consumer academics, and constant instruction and support in social and life skills.

I am pleased to announce the continuation of last year's vocational relationships around Atlanta as well as several new opportunities that the students will benefit from throughout the year. In the Career Prep Program, the students learn the value of work and contribution to their employer and the local community, and when they graduate from Cumberland, they'll be completely prepared for a satisfying life of performing, and understanding, what they enjoy. I am so proud of my students, and am extremely excited to usher in what will be a super successful school year!

Career Prep Partners

**Publix at Abernathy Square
The Gap at Mall of Georgia
Whole Foods/Salud Cooking School
Sandy Springs Community Assistance Center
Keep North Fulton Beautiful Recycling Center**



From Your Teachers

Counselor's Corner



Your Cumberland Counselors hope you and your family had a fun and relaxing summer break! It is our hope that this school year will be full of successful experiences for all our students. The term "back to school" inspires both joy and anxiety. Because transition from vacation to school can be challenging, we will share a few suggestions to help reduce anxiety for the new school year.

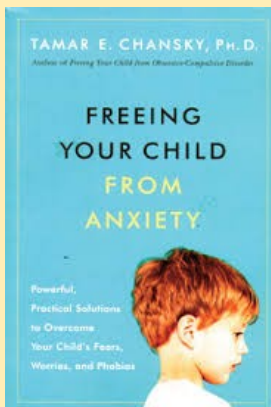
- Establish the school routine a week or two before school starts. Will bedtime be earlier? Will TV/Video time and bath/shower times be different? Regular routines make life more predictable for your child.
- The basics are important - anxious children and teens often forget to eat, don't feel hungry and don't get enough sleep. Stick to routines in the morning and bedtime and provide nutritious snacks for your students.
- Encourage your child to share his or her fears. Some students feel most comfortable sharing at bedtime or during mealtime. Teens often share more when in the car or taking a walk. Focus on problem solving - "If the worst happens, what could you do?" Or "Let's think of some ways you could handle that situation."

This year we welcome Ms. Anna Scheidt to the counseling staff as Pioneer Counselor Coordinator. Anna is a familiar face as she worked as a Cumberland Counselor Intern last year. We look forward to Ms. Belinda returning for her 7th year at Cumberland. Ms. Belinda has experienced much success working with students to reduce anxiety through color therapy and progressive relaxation. We look forward to Ms. Yvon Roland returning as Navigator Counselor Coordinator and Ms. Val working with the Explorers and as Director of Counseling Services. We are excited to have Dr. Kelli Ritter return for her 7th year advising at Cumberland. We welcome Ms. Carla Carter and Ms. Christy Muffley as Counselor Interns for the 2016-2017 school year. In addition to individual counseling, the Cumberland Counseling Team will be connecting with your students less formally during arrival/dismissal, lunch/recess, and in their enrichment classes. We will continue monthly counseling themes starting in September with Strengths.

If you are looking for a resource to help with your student's anxiety, check out the book *Freeing Your Child From Anxiety* by Tamar E. Chansky, Ph.D. Dr. Chansky has helped thousands of children overcome fears from negative thinking and OCD as well as anxiety.

Please feel free to share your student's strengths, vulnerabilities or triggers with the faculty, counseling staff or administrative staff, and please contact us if you have any concerns.

We are excited to start a new year working with the students and families of Cumberland Academy!



There's More...

Barks from Haley



- What a great idea! The first ever Back to School Bash will be a wonderful time, and we are all so grateful to Ami and Jeff Levy for hosting the event.
- Isn't the front of our school beautiful? Thank you Lettie Pate Evans Foundation for your commitment to Cumberland.
- A gift just because they believe in the work of our school is an amazing surprise. Thank you Mr. & Mrs. Anthony.
- Variety, The Childrens Charity of GA, we have enjoyed working with you and are so grateful for your donation to Cumberland!
- One big bark goes to City Wide Maintenance of Metro Atlanta for your large donation!
- Kathy Ray, you made the Cumberland uniform store look amazing and an easy place to shop. Thank you!



Technology



We're very excited about our instructional technology program here at Cumberland. We are currently renewing our status as a Common Sense Media Digital Certified School. We are also increasing our number of Digital Citizenship Certified Educators from three to seven, including two of our full-time counselors. We believe very strongly that our students benefit from explicit instruction in online etiquette, privacy, and copyright. Before the students are allowed to use Chromebooks at school, they will complete three hours of instruction on these topics. We will also be sending home "Family Tip Sheets" you can use as a resource to have your own discussions at home. Please look for them in Thursday Folders each month.

Cumberland uses Chromebooks as our assistive technology solution. Chromebooks are currently the number one best-selling educational device, outselling both iPads and traditional laptops. Chromebooks are ideal for students with special needs. Online files mean no more missing assignments lost in backpacks. Students can set the text to be more readable by changing fonts and contrasts. Spell checkers and voice typing reduce anxiety about writing assignments. Also, Google tools are explicitly designed for collaboration, giving our students more opportunities to work together on projects and practice social skills.



Sports, After School & More!



If you happen to hang out at Cumberland after school, you will see a lot of kids running around Sandy Springs! Cross Country season is here! Contact Coach "C" for more information.

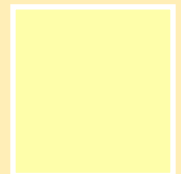
Give me a "C" for Cumberland cheer! All girls all ages can sign up for this team building and fun cheer squad. Coach Anna has some very fun ideas for our amazing cheer team. The team meets once a week and will include a competition as well. Contact coach Anna for more details.

Sorry, if you didn't sign up for Bowling Club you will need to "strike" it from your list - it is full until next semester!

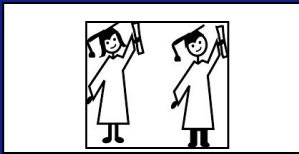
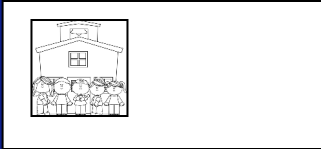
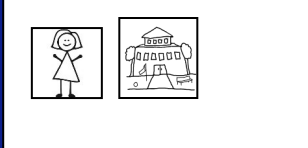
Cumberland offers an after school activity for many different interests. Tae Kwon Do, Screen Free Game Club, and Girl Talk are held each week. Check the calendar for days and times.



- **Nathan's Driving School** will offer classes at Cumberland. For more information and to register for the course go to www.cumberlandacademydriverseducation.com
- All future Cyclone Spirit Newsletters will be sent electronically via the Cumberland Connection (sent each Sunday night).
- Don't forget to attend Curriculum Night, September 8.
- The student run Cumberland Cafe is open each Friday morning.
- Cumberland is offering a lot of different gift cards for purchase as a fundraiser. Look for an order form in your Thursday folder! This is a great help to the school with zero extra cost to you!
- Its almost here...the annual BoxTops contest. Its the Explorers vs the Navigators vs the Pioneers. Who will win this year? Please save your Box Tops more info to come.



Make An Impact....



MAKE YOUR GA TAXES WORK FOR YOU! Will you help a family in desperate need? We often hear "my child is struggling in another school but I need financial help to come to Cumberland". Will you help these families? We are looking for families and businesses to help re-direct their GA State taxes into the GOAL Program. It's a 2 minute process that does not cost any additional funds. Contact Valerie.laura@cumberlandacademy.org or goalscholarship.org for more information.

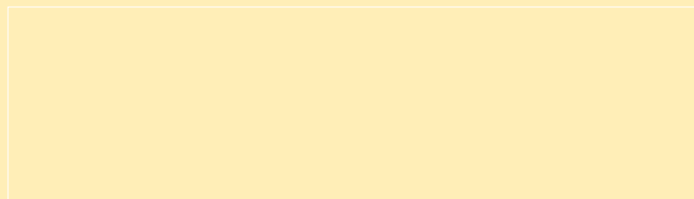
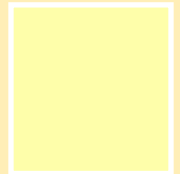
Think GOAL!

Be a part of the story....

It started with just one student and a dream of helping others, now in our 10th year Cumberland is celebrating by re-launching the "BRICK CAMPAIGN".

Purchase a lasting memory and be a part of our future.

****Bricks can be purchased for \$100****



AUGUST 2016

CUMBERLAND ACADEMY OF GEORGIA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 School Starts Pizza provided	12 Casual Dress Lunch provided 2:00 Dismissal	13
14	15 EDP until 4:30 Cross country until 4:30	16 EDP until 4:30 Cross country until 4:30	17 EDP until 4:30	18 Pizza EDP until 4:30	19 Spirit shirts okay Cumberland Café - Lunch provided 2:00 Dismissal Bowling until 4:45	20 Saturday Series Aviation Museum and Barbecue
21	22 EDP until 4:30 Cross country until 4:30	23 EDP until 4:30 Cross country until 4:30	24 EDP until 4:30	25 Pizza EDP until 4:30 Screen Free Game Club until 4:30 Chess until 4:15	26 Casual Dress Cumberland Café - Lunch provided 2:00 Dismissal Tae Kwon Do until 3:00 Bowling until 4:45	27 Back to School Bash! 5-7 (Parents only)
28	29 EDP until 4:30 Cross country until 4:30	30 EDP until 4:30 Cross country until 4:30	31 EDP until 4:30			

SEPTEMBER 2016

CUMBERLAND ACADEMY OF GEORGIA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Pizza EDP until 4:30 Chess until 4:15	2 Spirit shirts okay Cumberland Cafe Lunch provided 2:00 Dismissal Tae Kwon Do until 3:00 Bowling until 4:45	3
4	5 Labor Day No School	6 EDP until 4:30 Cross country until 4:30	7 EDP until 4:30	8 Girl Talk at 8:00 a.m. Pizza EDP until 4:30 Chess until 4:15 Curriculum Night	9 Casual Dress Cumberland Cafe Lunch provided 2:00 Dismissal Tae Kwon Do until 3:00 Bowling until 4:45	10
11	12 EDP until 4:30 Cross country until 4:30	13 EDP until 4:30 Cross country until 4:30	14 EDP until 4:30	15 Girl Talk at 8:00 a.m. Pizza EDP until 4:30 Screen Free Game Club CC Meet at Mill Springs Academy Chess until 4:15	16 All Day Rafting Trip No other activities	17
18	19 EDP until 4:30 Cross country until 4:30	20 EDP until 4:30 Cross country until 4:30	21 EDP until 4:30	22 Girl Talk at 8:00 a.m. Pizza EDP until 4:30 Cheer until 4:30 Chess until 4:15	23 Casual Dress Cumberland Cafe Lunch provided 2:00 Dismissal Tae Kwon Do until 3:00 Bowling until 4:45	24 Saturday Series North Georgia Waterfall Tour #3
25	26 EDP until 4:30 Cross country until 4:30	27 EDP until 4:30 Cross country until 4:30	28 EDP until 4:30	29 Girl Talk at 8:00 a.m. Pizza EDP until 4:30 Cheer until 4:30 CC Meet at Mill Springs Academy Screen Free Game Club Chess until 4:15	30 Spirit shirts okay Cumberland Cafe Lunch provided Brown Bag Lunch & Learn for Parents 12:30 2:00 Dismissal Tae Kwon Do until 3:00 Bowling until 4:45	