



KINDNESS AND "A CAUSE" FRIDAYS...JUST BECAUSE!

AT
C.M.S.



KINDNESS
is
CONTAGIOUS

**BE KIND...JUST BECAUSE
SUPPORT A GOOD CAUSE...JUST BECAUSE**



**BECAUSE IT'S
THE RIGHT THING
TO DO!**

THE C.M.S. STUDENTS & STAFF WILL PARTICIPATE IN

ACTS OF KINDNESS

&

DRESS TO SUPPORT A GOOD CAUSE

EVERY FRIDAY.

FRIDAY, OCTOBER 20TH is

KIND ACT: BRING IN A CANNED GOOD FOR THE FOOD BANK.



GOOD CAUSE: "PURPLE OUT DAY"

WEAR PURPLE TO SUPPORT ADHD AWARENESS



Attention deficit hyperactivity disorder (ADHD) affects children and teens and can continue into adulthood. ADHD is the most commonly diagnosed mental disorder of children. Children with ADHD may be hyperactive and unable control their impulses. Or they may have trouble paying attention. These behaviors interfere with school and home life.

It's more common in boys than in girls. It's usually discovered during the early school years, when a child begins to have problems paying attention.

Adults with ADHD may have trouble managing time, being organized, setting goals, and holding down a job. They may also have problems with relationships, self-esteem, and addiction.

"RACING FOR SUCCESS AT C.M.S."