



December 5, 2022

A Proud Past, A Promising Future

"The struggle you're in today is developing the strength you need tomorrow." -- Robert Tew

MONDAY, DECEMBER 5

- **Academic Challenge Regionals**

Breakfast – Manager's Choice, Juice, Milk

Lunch – Manager's Choice, Juice, Milk

TUESDAY, DECEMBER 6

- **Academic Challenge Regionals**
- **After School EOC Academy 3:30-4:30 p.m.**

Breakfast – Manager's Choice, Juice, Milk

Lunch – Manager's Choice, Juice, Milk

- JV Boys Basketball @ Clinton 5 p.m.
- Varsity Basketball @ Clinton 6/7:30 p.m.
- Varsity Wrestling Scrimmage @ Dreher

WEDNESDAY, DECEMBER 7

- **After School EOC Academy 3:30-4:30 p.m.**

Breakfast – Manager's Choice, Juice, Milk

Lunch – Manager's Choice, Juice, Milk

- JV Basketball @ Broome 6/7:30 p.m.

THURSDAY, DECEMBER 8

Breakfast – Manager's Choice, Juice, Milk

Lunch – Manager's Choice, Juice, Milk

- Varsity Basketball vs. Broome 6/7:30 p.m.

FRIDAY, DECEMBER 9

Breakfast – Manager's Choice, Juice, Milk

Lunch – Manager's Choice, Juice, Milk

SATURDAY, DECEMBER 10

- **HOLIDAY MARKET @ MCHS 9 a.m.–3 p.m.**
- JV/MS Wrestling Patriot Scuffle @ Powdersville
- Varsity Wrestling Silver Fox Invitational Tournament @ Dutch

MONDAY, DECEMBER 12

- **EOC TESTING**
- **WINTER CHORUS CONCERT**

Breakfast – Manager's Choice, Juice, Milk

Lunch – Manager's Choice, Juice, Milk

TUESDAY, DECEMBER 13

- **EOC TESTING**

Breakfast – Manager's Choice, Juice, Milk

Lunch – Manager's Choice, Juice, Milk

- JV Boys Basketball @ Batesburg-Leesville 5 p.m.
- Varsity Basketball @ Batesburg-Leesville 6/7:30 p.m.
- JV/MS Wrestling vs. North Augusta
- Varsity Wrestling Tri-Meet @ MCHS

WEDNESDAY, DECEMBER 14

- **EOC TESTING**

Breakfast – Manager's Choice, Juice, Milk

Lunch – Manager's Choice, Juice, Milk

- JV & Varsity Boys Basketball vs. Gilbert 6/7:30 p.m.

THURSDAY, DECEMBER 15

- **EOC TESTING**
- **Band Winter Concert @ MCMS 6 p.m.**

Breakfast – Manager's Choice, Juice, Milk

Lunch – Manager's Choice, Juice, Milk

- JV Boys Basketball vs. Broome 6 p.m.

FRIDAY, DECEMBER 16

- **EOC TESTING**

Breakfast – Manager's Choice, Juice, Milk

Lunch – Manager's Choice, Juice, Milk

- Varsity Basketball @ Broome 6/7:30 p.m.
- JV Girls Basketball @ Broome 5 p.m.
- Varsity Wrestling Demon Holiday Classic Tournament @ Lugoff-Elgin

SATURDAY, DECEMBER 17

- Varsity Wrestling Demon Holiday Classic Tournament @ Lugoff-Elgin

GOOD NEWS

Congratulations to **Katy Mae Crooks** and **Sarah Hicks** for attending and performing at the 41st Annual Winthrop University Invitational Band Clinic.

MCHS Student Council sponsored a blood drive on November 21. Twenty-two pints of blood were donated!

On November 21st, we celebrated our Annual Chili Cook-Off with faculty, staff, and district office personnel. Our Golden Spoon Award winners were **Coach Branham** (1st), **Coach Bass** (2nd), and **Mr. Cooper** (3rd).

MCHS, along with JROTC Cadets and Leaders, held our annual Veterans Day Program on Tuesday, November 22, to recognize and honor military service and patriotism to our nation. It consisted of breakfast, a special recognition of our area veterans, guest speaker Officer Philip Hunter, patriotic songs performed by our chorus students, Taps played by our band, and a POW/MIA ceremony.

Mid-Carolina High School teachers participated in their monthly departmental book study professional development meeting on Wednesday, November 30. At each meeting teachers discuss targeted instructional strategies from their readings that most impact student growth in the classroom.

Job well done MC!

Congratulations **Anthony "MooMoo" Wicker!** Anthony is the MCHS Newberry County Exchange Club Youth of the Month for December 2022. He was recognized at the Newberry County Rotary Club meeting on Friday, December 2, 2022.

On-going/Upcoming Events

2022-2023 ACT
Test @ MCHS
 December 10, 2022
 July 15, 2023

2022-2023 SAT
Test @ MCHS
 March 11, 2023
 May 6, 2023
 June 3, 2023

Free SAT/ACT Sign-Up

All third-year students will be given the opportunity to take the ACT or SAT at Mid-Carolina School at no cost. **The SAT will be administered on Wednesday, March 1, 2023, and the ACT will be administered on Tuesday, March 7, 2023.** Students can select their college entrance assessment by filling out the ACT/SAT - College Entrance Assessment Google form that was **e-mailed to students on Monday, November 14, 2022.** Students, please check your e-mail at your earliest convenience. If a student with an IEP or 504 wishes to take the ACT or SAT with accommodations, please contact Mrs. Lyles @ tglyles@sdcnc.org for an accommodations request form.

All Google forms are due to Mrs. Lyles by Friday, December 9, 2022. If you have any questions, please feel free to contact Mrs. Lyles or Ms. McAllister at 803-364-2134. Thank you for your time.

Illness Reminder:

As we are seeing increased flu activity, we need your help to reduce the spread of germs.

- It is very important to stay home when feeling sick, and consult with your healthcare provider.
- Ill children should stay home until 24 hours after they are fever free without the use of fever-reducing medicines.
- Keep sick children at home for at least 24 hours after they no longer have vomiting or diarrhea.
- If your child has fever, vomiting or diarrhea today, they cannot come to school tomorrow.
- If you have any questions please contact your child's school nurse.
- Reinforce opportunities for students and staff to engage in hand hygiene, respiratory hygiene, and cough etiquette.
- Hand washing should occur upon reentering the building from recess, after handling trash, before eating, after coughing and sneezing, and after using the bathroom.
- Students should cover their nose and mouth with a tissue or their upper sleeve when coughing or sneezing. Place tissue in a trash bin after use and wash hands.
- Provide adequate supplies for hand washing.

DON'T WAIT UNTIL THE LAST MINUTE.

Reserve your 2022-2023 yearbook today for \$75. After Christmas the price will increase to \$80.

Yearbook orders are placed on January 23 with the publishing company. A limited number of extras will be ordered. Therefore, if you wish to purchase a yearbook after January 23, your name will be placed on a waiting list. If you receive a yearbook at delivery, payment of \$85 will be expected at time of issue.



Important Dates

- 12/10 ACT
- 12/10 MCHS Holiday Market
- 12/12 Winter Chorus Concert
- 12/12 - EOC Testing
12/16
- 12/15 Winter Band Concert @ MCMS
- 12/19 High School Exams
- 12/20 High School Exams
- 12/21 1/2 Day for Students
- 12/22 - Winter Holidays (Schools/
1/3 Offices Closed)



- 1/4 Teacher Planning & Preparation
(No Students)
- 1/5 Students Return
- 1/10 End of 2nd Nine Weeks/1st Semester
- 1/11 2nd Semester Begins

Always end your day with a
positive thought
No matter how things are,
tomorrow is another chance
to make things better.



HAPPY BIRTHDAY!

Happy birthday wishes to
Rebecca Ringer (12/8),
Tim Lawson (12/12),
Lindsey Stribble (12/13), &
Tara Long (12/18).

M-C Faculty News

Our mission: To engage students in educational experiences that ensure success and life-long learning.

Our vision is of a culture where all ideas are valued; a cooperative relationship exists between the school, the district, and the community; collaboration is expected; and people want to work and students want to learn.

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DECEMBER 5, 2022

THE POWER OF THANK YOU



I'd love to share with you the benefits and power of two simple words. **THANK YOU.**

They are two words that have the power to transform our health, happiness, athletic performance and success. Research shows that grateful people are happier and more likely to maintain good friendships. A state of gratitude, according to research by the Institute of HeartMath, also improves the heart's rhythmic functioning, which helps us to reduce stress, think more clearly under pressure and heal physically. It's actually physiologically impossible to be stressed and thankful at the same time. When you are grateful you flood your body and brain with emotions and endorphins that uplift and energize you rather than the stress hormones that drain you.

Gratitude and appreciation are also essential for a healthy work environment. In fact, the number one reason why people leave their jobs is because they don't feel appreciated. A simple thank you and a show

of appreciation can make all the difference.

Gratitude is like muscle. The more we do with it the stronger it gets. In this spirit here are 5 ways to practice Thanksgiving every day of the year.

1) Take a Daily Thank You Walk - I started this practice 16 years ago and it changed my life. Take a simple 10-30 minute walk each day and say out loud what you are thankful for. This will set you up for a positive day. I wrote more about this in *The Positive Dog*.

2) Meal Time Thank You's - On Thanksgiving, or just at dinner go around the table and have each person, including the kids, say what they are thankful for.

3) Gratitude Visit - Martin Seligman, Ph.D., the father of positive psychology, suggests that we write a letter expressing our gratitude to someone. Then we visit this person and read them the letter. His research shows that people who do this are measurably happier

and less depressed a month later.

4) Say Thank You at Work - When Doug Conant was the CEO of Campbell Soup he wrote approximately 30,000 thank you notes to his employees and energized the company in the process. Energize and engage your co-workers and team by letting them know you are grateful for them and their work. Organizations spend billions of dollars collectively on recognition programs but the best and cheapest recognition program of all consists of a sincere **THANK YOU**. And of course don't forget to say thank you to your clients and customers too.

5) Say Thank you and Good-night - At bedtime reflect on your day, identify and share all that you are thankful for. If you have children you can read Thank You and Good-night with them and add to it.

Thank you for allowing me to share this newsletter with you. I'm thankful for **YOU**.

- Jon Gordon



Reminders



FACULTY FUND

Don't forget to contribute to the MCHS Faculty Fund. The cost for 2022-2023 is \$20 each.



Please check your mailboxes and e-mail for vital information early each morning.

