



August 14, 2023

A Proud Past, A Promising Future

“Each new day is a blank page in the diary of your life. The secret of success is in turning that diary into the best story you possibly can.”

— Douglas Pagels

OPEN HOUSE

On Wednesday, August 16th from 5 p.m. – 7 p.m. MCHS will host Open House and 11th & 12th Grade Parent Night - <https://www.mid-carolinahighschool.org/o/mchs/article/1187480>

MONDAY, AUGUST 14

Breakfast – Manager’s Choice, Juice, Milk
Lunch – Manager’s Choice, Juice, Milk

TUESDAY, AUGUST 15

Breakfast – Manager’s Choice, Juice, Milk
Lunch – Manager’s Choice, Juice, Milk

WEDNESDAY, AUGUST 16

- **OPEN HOUSE – 5 p.m. – 7 p.m.**

Breakfast – Manager’s Choice, Juice, Milk
Lunch – Manager’s Choice, Juice, Milk

- **Swim @ Newberry YMCA (NHS, Westwood, Fox Creek, MCHS, Emerald)**

THURSDAY, AUGUST 17

Breakfast – Manager’s Choice, Juice, Milk
Lunch – Manager’s Choice, Juice, Milk

- **Volleyball Scrimmage vs. Clinton – 5:30/7 p.m.**

FRIDAY, AUGUST 18

Breakfast – Manager’s Choice, Juice, Milk
Lunch – Manager’s Choice, Juice, Milk

- **Varsity Football vs. Saluda – 7:30 pm (Helmet Night & Wall of Fame Night)**

SATURDAY, AUGUST 19

- **Cross Country Skyhawk Invitational @ Columbia (Varsity & JV)**

MONDAY, AUGUST 21

Breakfast – Manager’s Choice, Juice, Milk
Lunch – Manager’s Choice, Juice, Milk

TUESDAY, AUGUST 22

Breakfast – Manager’s Choice, Juice, Milk
Lunch – Manager’s Choice, Juice, Milk

- **Volleyball @ Irmo – 5:30/7 p.m.**

WEDNESDAY, AUGUST 23

Breakfast – Manager’s Choice, Juice, Milk
Lunch – Manager’s Choice, Juice, Milk

- **Swim @ Newberry YMCA (NHS, RNE, Westwood, MCHS, Emerald)**
- **Girls Tennis vs. Whitmire – 5 p.m.**

THURSDAY, AUGUST 24

Breakfast – Manager’s Choice, Juice, Milk
Lunch – Manager’s Choice, Juice, Milk

- **JV Football vs. Chapin – 6 p.m.**
- **Volleyball vs. B-L – 5:30/7 p.m.**

FRIDAY, AUGUST 25

Breakfast – Manager’s Choice, Juice, Milk
Lunch – Manager’s Choice, Juice, Milk

- **Varsity Football @ Chapin – 7:30 p.m.**



Congratulations to **Marie Wise** of Mid-Carolina High School on being named District Teacher of the Year for 2023-2024!



Congratulations to **Melanie Jenkins**, School Nurse at Mid-Carolina High School on being named Runner-Up Support Staff Employee of the Year for the 2023-2024 school year!

On-going/Upcoming Events

2023-2024 ACT

Test @ MCHS
September 9, 2023
October 28, 2023
December 9, 2023
February 10, 2024
April 13, 2024
June 8, 2024
July 13, 2024

2023-2024 SAT

Test @ MCHS
August 26, 2023
October 7, 2023
November 4, 2023
December 2, 2023
March 9, 2024
May 4, 2024
June 1, 2024

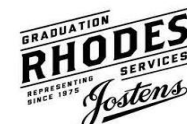
MCHS 2023-2024

Underclassmen Picture Day

Friday, September 1, 2023

[https://www.mid-](https://www.mid-carolinahighschool.org/o/mchs/article/1199655)

[carolinahighschool.org/o/mchs/article/1199655](https://www.mid-carolinahighschool.org/o/mchs/article/1199655)



Rhodes Graduation Services (Jostens) will hold a **senior class meeting** on **Thursday, September 14**, to inform students of ordering senior supplies.

The senior class meeting will begin at 9:00 a.m. Seniors will be able to place their orders online at www.rhodesgraduation.com. The deadline to order graduation supplies will be **Thursday, September 21**. Rhodes Graduation will return at a date to be determined in October to deliver early celebration items.



2023-2024 MCHS

Senior Picture Make-Up Day

Monday, November 13, 2023

ASVAB

(Nov 14, 2023 & March 19, 2024)

The ASVAB is offered to high school students as part of their Career Assessment. It helps students learn more about career exploration and planning, in both the civilian and military worlds of work. The ASVAB assessment is free of charge to students.

The ASVAB is administered at Mid Carolina High School generally in the fall and spring to interested sophomores, juniors and seniors. Please note: you do not need to be joining the military to take this test. To reserve your spot for the test please stop by the guidance department and add your name to the test list. <https://www.mid-carolinahighschool.org/o/mchs/article/1195128>

DON'T WAIT UNTIL THE LAST MINUTE.

Reserve your 2023-2024 yearbook today for \$85. After Christmas the price will increase to \$90. *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 \$90 will be expected at time of issue.*

https://yearbookforever.com/schools/midcarolina_high_school_buy_yearbook_5230/V3FCaysuWIQV25mT3FMMAZZO

Important Dates

8/16	Open House 5-7 pm
8/23	Faculty Meeting
8/25	Pep Rally
8/26	SAT
8/28	SDNC School Board Mtg.
9/1	Underclassmen Picture Day
9/4	Labor Day Holiday Schools/Offices Closed
9/6	Faculty Meeting
9/9	ACT
9/11	Quarter 1 Interims
9/13	Student Early Release Day
9/14	Sr. Class Grad Meeting w/ Rhodes Graduation-9 a.m.
9/21	Graduation Order Deadline
9/25	SDNC School Board Mtg.



Reminders

**FACULTY SUNSHINE
FUND**

Don't forget to contribute to the MCHS Faculty Sunshine Fund.



The cost for 2023-2024 is \$20 each.

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



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.

Volume 12, Issue 1

August 14, 2023

WAYS TO IMMEDIATELY LOWER YOUR STRESS

Ah, for the good ol' pre-pandemic days! I only **thought** I was stressed then. Here are some things I'm doing now to lower my stress:

Let go of drama. My former neighborhood is on nextdoor. It's mostly people selling stuff and complaining. They complain about wildlife, they complain about HOA rules and dues, they complain about what other people are or are not doing. My heart rate would go up just reading it all. I finally stopped reading – but I had to move first! FOMO kept me on there. Looking back, in 5 years on the platform, it brought me far more stress than joy. Is there a source of drama in your life it's time to let go?

Be more intentional with your time. Even if I just spent 5 minutes a day on nextdoor, in 5 years that was almost a week! What a waste! How many weeks are you spending on Facebook or

TikToc? Is that really how you want to spend your time? What could that time mean for your marriage or your friendships? Or your health? Much of our stress comes from feeling we don't have enough time. The problem is we don't determine what REALLY matters and allocate our time accordingly. Your health REALLY matters. Facebook? Not so much. Small amounts of time accumulate into large amounts of time.

Realize the source of most of your stress is you. I have spent a lot of time stressing over 6 pounds. I gain them, I lose them. I gain them back. If I were the only human on the planet, I wouldn't give a toss about those six pounds. I'm totally doing this to myself. What is your six pounds? Expectations you **think** other people have of you? An arbitrary income goal? Recent studies prove that 1) people like us more than we think they do and 2) people don't

pay as much attention to us as we think they do. So people like me (even if I have the six pounds) and they probably don't even notice! Why am I causing myself so much stress?

Don't have a dog in every fight. Ignore the urge to weigh in on every debate or post. Some things are worth fighting for and some things are better walked away from. Most are the later.

Be in the moment. Much of our stress is caused by looking ahead (stressing about not having enough to retire or messing up in the big meeting tomorrow or kids not growing up perfect). Just ask yourself, "What can I do right now?" All we can do is our best in the moment. Create a plan for what's important to you, then work it, step-by-step. Worrying and stressing don't change outcomes, action does.

—Denise Ryan

HAPPY BIRTHDAY!

Happy belated birthday to:
**Hanna Reese (7/5), Ray Cooper (7/8), Shaq Counts (7/17),
 Wilhelm Saldo (7/25), and Leonard Martin (8/7).**

Happy birthday wishes to:
Sissy Delesandro (8/22), Alice Martinez (8/27), and Brad Fultz (8/27).