



January 25, 2021

A Proud Past, A Promising Future

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● **REMINDER TO STUDENTS/PARENTS:**
Student e-mail accounts should only be used for
schoolwork and educational purposes.
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“One person in pursuit of excellence raises the standards of everyone around them. And as they strive for greatness they bring out the greatness in others. Be that one person today.” – Unknown

MONDAY, JANUARY 25

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- JV Boys Basketball @ Chester – 6 p.m.
- JV Girls Basketball vs. Irmo

TUESDAY, JANUARY 26

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Varsity Basketball @ Chester – 6 p.m./7:30 p.m.

WEDNESDAY, JANUARY 27 VIRTUAL LEARNING DAY

- Wrestling vs. Woodmont – 6 p.m.

THURSDAY, JANUARY 28

Virtual Parent Teacher Conferences (3:30–7:30 p.m.)

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- JV Boys Basketball vs. Chester – 6 p.m.
- JV Girls Basketball @ Irmo – 6 p.m.

FRIDAY, JANUARY 29

Virtual Parent Teacher Conferences (8 – 11:30 a.m.) – No Students – Professional Development Day

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

SATURDAY, JANUARY 23

- Wrestling @ Chester (Region Individual Tournament) - TBD

Good News

Congratulations to the Mid-Carolina Varsity Boys Basketball team and Coach Kevin Winch on their huge road win over #1 Keenan, 52-51.

Cafeteria News

FREE Breakfast & Lunch All school lunch and breakfast are at NO charge for the remainder of the 2020-2021 school year. Students who choose to bring their own lunch may still get a fruit, vegetable, fries, or milk at no charge. Also, if you have a negative balance from last year please clear it up asap.

We have meal pickups on Wednesday 10 a.m. until 12 noon. You do not have to register to pick up. Pick up is in the car rider line.

Mid-Carolina High School does not discriminate on the basis of race, color, religion, national origin, sex, disability, or age in admission to, treatment in, or employment in its programs and activities.

On-going/Upcoming Events

Parent/Teacher Conferences will be held on **January 28, 3:30-7:30 p.m.** and **January 29, 8:00-11:30 a.m.** Students will attend school all day on the 28th. The 29th is a student holiday. All meetings will be held virtually or by phone. Any parent wishing to meet with a teacher will need to sign up for one 10-minute time slot in advance. Once you sign up for a time, you will need to access the Google Meet link on January 28 or 29 at your designated time. This link will be provided once your sign-up is confirmed. If you would like to conduct the conference over the phone or if you are unable to conference on January 28 or 29, please contact the teacher directly at 803-364-2134 or via e-mail and alternative arrangements for a conference can be made. If you have any questions about the sign-up process, please contact the MCHS main office or your child’s teacher.

<https://www.mid-carolinahighschool.org/article/384261?org=mchs&fbclid=IwAR09D1wEYA-FZ4i9os29cCUYohJsUkDIEBsuz3ndH84pKijm4roEBb6GHo>

Our next School Improvement Council (SIC) Meeting will be held on Monday, January 25, at 6:00 p.m. in the Media Center.

SDNC Delays Four Day Return to School for High School Students (Grades 9-12)

The School District of Newberry County, out of an abundance of caution, will delay the return to four days of face to face instruction for high school students to Monday, February 1, 2021. **This change only affects our students in grades 9-12.** The district will remain on a hybrid (2 days of face to face instruction) schedule for high school students until February 1, 2021.

High school students who are changing their instructional setting (moving from virtual to face to face or hybrid to virtual) will make this instructional setting change on January 22, 2021, as originally scheduled. However, the students who are moving from virtual to face to face will do so on a hybrid schedule. (Group 1 Monday/ Thursday or Group 2 Tuesday/Friday).

Parents are reminded to use the link on each school’s website to report a COVID-related incident. The information requested indicates if your child has symptoms, has tested positive, or has been identified as a close contact or household contact. Thank you for your continued support of our district.

<https://www.mid-carolinahighschool.org/article/369980?org=mchs>



If you have questions concerning **Senior yearbook ads** and personal ads please contact Mr. Peter Lewis, plewis@newberry.k12.sc.us.

2020-2021 ACT Test @ MCHS
December 12, 2020
February 6, 2021
April 17, 2021

2020-2021 SAT Test @ MCHS
March 13, 2021
May 8, 2021
June 5, 2021

SAVE THE DATE MCHS PROM 2021 - Saturday, April 24, 2021

Anyone wanting to be on the Prom Committee needs to contact Mrs. Felker or Mrs. Haltiwanger.



Yearbooks for the 2020-2021 school year have already been ordered.

A limited number of extras were ordered.

If you would like for your name to be placed on the waiting list, please contact Mr. Peter Lewis at

plewis@newberry.k12.sc.us as soon as possible

If you receive a yearbook at delivery, payment of \$75 will be expected at time of issue.

WORD POWER

| | |
|---|---|
| M | ARDUOUS hard, demanding ASPERSION an insulting highly critical remark |
| I | AVERSE opposed to, a strong feeling of dislike CAUSTIC biting like acid, sarcastic |
| W | DIFFIDENT to be self-doubting, lacking in self-confidence DISPIRITED to be discouraged, disheartened |
| H | ENERVATED fatigued, loss of strength ESTRANGE to alienate |
| F | INDEFATIGABLE tireless, never fatigued INDELIBLE lasting, cannot be erased |



Mid-Carolina High School

A Proud Past. A Promising Future.

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.

FOCUS, PEOPLE!

I find the harder I work the more money I seem to make. But I have to make sure I'm working on the right things. It is very, very easy to tell yourself you are the hardest worker in the office and spend loads of time working – on the wrong things. If you work for someone else, you need to ask them, "What is the most important part of my job? What should I focus on every day?" You may be very surprised at the answer. I bet you'll never hear: "E-mail. I want you to focus on e-mail." If you work for yourself, you need to focus on activities that increase profit and generate sales (probably not going to involve as much time on Facebook as you think).

The best book I've read on this topic is Deep Work, Rules for Focused Success in a Distracted World by Cal Newport. And since I know most of you are too distracted to read it, I'll share some of its great insights.

We are all knowledge workers and if we don't spend focused time to improve our knowledge our value will decrease. We have to be able to learn new things quickly and that, my friends, takes the ability to concentrate. An ability that we are losing thanks to technology. I've said it a million times and Cal gives all the data to prove it

right – multitasking is a lie we tell ourselves. You are not driving and checking e-mail. You are switching back and forth from driving and checking e-mail. Which means for part of the time you are not driving at all.

Deep work (defined by Cal) is the work you do "in a state of distraction free concentration that pushes your cognitive capabilities to their limit. These efforts create new value, improve your skill, and are hard to replicate." Depending on your job, deep work might be writing, strategizing, or learning a new skill. The key is your attention and the importance of the work.

Concentrate? Focus? We can't even be still. Have to wait in line for two minutes? Check your e-mail! Driving? So boring! Text your spouse! Have to go to the bathroom? Why get off the phone? The attention span of Generation Z (those under 18) is 8 seconds. Yep – 8 seconds. Shiny objects are everywhere. Or should I say Vine videos?

The good news is Cal's book has exercises you can do to improve your concentration. I'll give you my version of one you can try right now. Pick something you need to get done that requires concentration. Set an hour

aside to work on it. Do not check your phone, e-mail, or do anything else during that hour but the task. Could you do it? Was it uncomfortable? Expand that practice.

Too much? Try being bored in small doses. Next time you are in line someplace, resist the desire to check your phone. Just wait. Mediate or mull over something. Think. Breathe.

Cal has a whole chapter entitled Quit Social Media and it's very compelling. He makes the case that if you had the goal of "maintaining close & rewarding friendships with people who are important to you," you might find that all the time you spend on Facebook could be better spent actually being present for the people who really matter to you. Go figure.

I always say you have to be ruthless with your time and Cal agrees – even saying the word yes is the most dangerous one in our language. I love that – makes me think twice before I say it.

Developing concentration and focus are vital to your success. Just think how we could crush Gen Z! They'll be clicking on some celeb's latest video and we'll be mastering nuclear fission. Bam!

In case you're thinking "Cal's just old," he's a Millennial (33).

- Denise Ryan

M-C Faculty News

January 25, 2021
Volume 9, Issue 14

"YOU DON'T GET RESULTS BY FOCUSING ON RESULTS. YOU GET RESULTS BY FOCUSING ON THE ACTIONS THAT PRODUCE RESULTS."

Mike Hawkins

Important Dates

- 1/28 Parent/Teacher Conferences—PM
- 1/29 Parent/Teacher Conferences—AM—No School for Students
- 2/12 Professional Development—No School for Students
- 2/15 President's Day—Schools/Offices Closed
- 2/26 Interim Reports Issued
- 3/12 Holiday—Schools/Offices Closed
- 3/23 ACT Spring Testing
- 3/24 SAT Spring Testing
- 3/30 End of 3rd Nine Weeks
- 4/2—4/9 Spring Holidays—Schools/Offices Closed (April 2—3rd Make-Up Day)
- 4/12 Report Cards Issued
- 4/17 ACT
- 4/24 PROM (Tentative)
- 5/4 Golden Oldies (Tentative)
- 5/6 Art Show (Tentative)
- 5/8 SAT

Birthday wishes this week to
John Bass (1/26).



Reminders

FACULTY FUND

Don't forget to contribute to the MCHS Faculty Fund. The cost for 2020-2021 is \$15 each.



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

