



February 8, 2021

A Proud Past, A Promising Future

●.....●
REMINDER TO STUDENTS/PARENTS:
Student e-mail accounts should only be used for
schoolwork and educational purposes.
●.....●

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved.”
— Helen Keller

MONDAY, FEBRUARY 8

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Varsity Girls Basketball @ Keenan – 6 p.m.

TUESDAY, FEBRUARY 9

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Varsity Boys Basketball @ Chester – 6 p.m.
- Wrestling @ Greenwood - 6 p.m.

WEDNESDAY, FEBRUARY 10 VIRTUAL LEARNING DAY

THURSDAY, FEBRUARY 11

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Varsity Boys Basketball vs. Chester – 6 p.m.
- JV Girls Basketball @ Chapin – 5:30 p.m.

FRIDAY, FEBRUARY 12

Professional Development Day – No Students

- Varsity Girls vs. Keenan – 6 p.m.

SATURDAY, FEBRUARY 13

- Wrestling Duals Qualifier

Good News

The Mid-Carolina Academic Challenge team had a great night January 28 with three wins. The first match was won in a nail-biting double overtime match against Laurens High with a score of 25-24. The second match was against Ninety-Six with a score of 23-19. The third match went back and forth between Mid-Carolina and Dixie with a final score of 25-12. This was the final night of regular meets. On Monday, February 1 they had their Region meet. The MC Academic Challenge placed second in the Region for large high schools. The first match against Greenwood High was won with a score of 26-14. The Championship match with Clinton High went into overtime and then sudden death with Clinton squeaking by Mid-Carolina by one point (24-25). The team did a fantastic job! Great job MC Academic Challenge Team and coaches!

.....
Nine band students submitted virtual auditions for the SC Region 6 Honor Band. We have three students who have scored high enough to advance to the All-State level. Their auditions will now be assessed against the top percentage of musicians from each of the six regions.

Congratulations to **Emma West** (Flute), **Teagan Rauch** (Clarinet), and **Katy Mae Crooks** (Saxophone). We wish you luck as the All-State committee meets to score the next round of auditions.

Congratulations to our January Students of the Month, **William Hobby, Katy Mae Crooks, Emma Chapman, Tyler Shackelford, and Shelton Brooks.**

Congratulations to **Dr. Hyman Rubin**, our Teacher of the Month and **Mrs. Jennifer Long**, our Support Staff of the Month for January.

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.

On-going/Upcoming Events

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>



Here is the link for parents and students to donate to our Pennies for Patients campaign. Our campaign runs from February 15 - March 5, 2021.

<https://events.ils.org/pages/sc/Mid-CarolinaHighSchool-2021/EmilyJonesMCHS>



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
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	LIVID furious, enraged LOFTY elevated in character and spirit
I	MALEVOLENT filled with spite and ill-will MEDIocre ordinary, moderate to low quality
W	MENTOR advisor, counselor METTLE courage, strength of spirit
MH	MIMIC to closely watch, imitate, ape MOMENTOUS very important, significant
F	MUNDANE ordinary, commonplace NAIVE overly innocent, lacking sophistication



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.

DEFENSIVE MUCH?

Ever get defensive? I think we all do. Maybe it was that time your Mom said you might be getting a little heavy (GASP!) or when some new person at work suggested a different way of doing something you've been doing since before they were born. I believe when we're getting defensive, we need to pay close attention. I think we get defensive because we know there's some truth there.

Think about it – let's say you are busily working away at your computer and someone comes up to you and says, "I really think you'd get more done if you used a typewriter. You wouldn't have to click print and then walk over to the printer. Think of the time you'd save!" Would you get defensive? Um, no. You might smile and thank them, but you wouldn't change a thing. Now let's say someone comes over and says, "I see that you constantly check e-mail. If you try checking it just a few times a day, I bet you'd get a lot more done." I can see your defenses going up from here!

I see it with my audiences all the time – the ideas that could have the greatest impact on their work and their lives are the ones they resist the most.

(And I'm the same way, believe me!) So what to do?

1. Recognize when it's happening. All of a sudden you start justifying your way or making excuses. Maybe your heart rate goes up or you start attacking the messenger. You might not even realize how defensive you were getting until later – in the heat of the moment all we think is that we are under attack.

2. Consider the other person's motive. What is their intention? As much as our Moms can drive us crazy, their intentions are good. Most people really don't spend countless hours obsessing over what we're doing so they can pick us apart. For the most part, they are just like us and want to help or be recognized for having good ideas. If they were really evil, they'd let you continue to do whatever stupid thing you're doing, now wouldn't they?

3. Realize your resistance to change. It's human nature. We think, "I got this." Yeah, maybe we had it 5 years ago and now things have changed. Technology is different or our metabolism slowed down. None of us want to admit that our way might not be the

best way anymore. We think that means we are losers. Actually, we're bigger losers if we don't change and grow.

4. Ask yourself what it is about their words that made you push back. Is it because what they're suggesting might be hard? Is it because you've taken something personally when it wasn't meant that way? I promise you, there's a take-away there. If you thought they were completely insane, you wouldn't get upset (the typewriter example). Maybe their timing was bad or they phrased things poorly, but look for the nugget of insight.

5. Practice managing this emotion. Let's say you are 100% right about something. Your weight hasn't changed one ounce in the past ten years! And here's your Mom asking if you've "put a few on"! Before you rush to defend yourself, try letting it go. You might ask yourself what is going on with your mother – maybe she's worried about her own weight. Maybe she needs new glasses. Maybe she's jealous you're young and beautiful and she's aging. Who knows? Getting defensive usually means you lose. There's a time and a place to defend yourself and a time to let it go.

- Denise Ryan

M-C

Faculty

News

February 8 2021

Volume 9, Issue 16

REMEMBER YOU ARE
BRAVER
THAN YOU BELIEVE
STRONGER
THAN YOU SEEM
SMARTER
THAN YOU THINK
& LOVED
MORE THAN YOU KNOW

Important Dates

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
5/31	Memorial Day—School/Offices Closed
6/1-6/4	Senior Exams
6/5	SAT

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.



VALENTINE WISHES!!!!

Happy Valentine's Day To All Of You



"A rose must remain with the sun and the rain or its lovely promise won't come true" - Roy Evans