



March 15, 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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*“A problem is a chance for you to
do your best.” –Duke Ellington*

MONDAY, MARCH 15

Breakfast –Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- JV Boys Soccer vs. Clinton – 5:30 p.m.
- Track @ Newberry

TUESDAY, MARCH 16

Breakfast –Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Boys Tennis @ Keenan - 5 p.m.
- Golf @ Lakeside (Clinton, Newberry) – 4 p.m.
- JV Baseball vs. Newberry – 5 p.m.
- Softball @ Newberry – 5 p.m./7 p.m.
- Varsity Baseball vs. Newberry – 7 p.m.

WEDNESDAY, MARCH 17 - VIRTUAL LEARNING DAY

- B-Team Baseball vs. ST – 5 p.m. (DH)

THURSDAY, MARCH 18 – ASVAB TEST

Breakfast –Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Boys Tennis vs. Keenan – 5 p.m.
- Lacrosse @ Blythewood – 6 p.m.

FRIDAY, MARCH 19

Breakfast –Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Boys Soccer @ Chapin - 5:30 p.m./7 p.m.
- JV Baseball @ Newberry - 5 p.m.
- Softball @ White Knoll - 5:30 p.m./7:15 p.m.
- Varsity Baseball @ Newberry - 7 p.m.

SATURDAY, MARCH 13

- Track @ Pelion
- B-Team Baseball vs. Clinton – 10 p.m. (DH)

Good News

Congratulations to our principal, **Mr. Ray Cooper**, for being selected for recognition as the SCAAA (South Carolina Athletic Administrators Association) 3A Principal of the Year 2021

Congratulations to **Zachary Hornsby** and **Jonathan Hicks!** Both Zach and Jonathan qualified and competed at the Individual State Wrestling Tournament this past weekend. Zach placed third in his weight class and Jonathan placed fourth in his weight class.

Cafeteria News



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>

ATTENTION 12th GRADE STUDENTS AND PARENTS/GUARDIANS

Senior (graduation) supply delivery date is **Friday, March 26, 2021**

Balances must be paid in full before seniors can receive their supplies. Parents may pay online at www.rhodesgraduation.com and only need their invoice number and student name, school, etc. If you have questions concerning your balance or have not yet placed your order, please contact Rhodes Graduation Services (Jostens) at (803) 485-4503. You may also contact them at office@rhodesgraduation.com.

SENIORS PLEASE CONTINUE TO CHECK YOUR STUDENT E-MAIL ACCOUNTS for detailed information concerning the times and procedures for this event.

**2020-2021 ACT
Test @ MCHS
April 17, 2021**

**2020-2021 SAT
Test @ MCHS
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

T	TREPIDATION apprehensive, fearful
T	TYRANNICAL acting in an oppressive, arbitrary manner
U	UNCONVENTIONAL uncommon, unorthodox
U	UNFETTERED freed, unrestrained
W	UNFLAGGING tireless, never fatiguing
W	UNNERVE upset, shaken
U	UNORTHODOX acting in an unusual or uncommon manner, independent
U	UPBRAID to scold, reproach
V	VACILLATE to waver, to hesitate
V	VALIANT to exhibit bravery, courage



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.

HOW TO OVERCOME NEGATIVE THOUGHTS AND FEAR

“Do you struggle with Fear?”

Every hand in the audience went up when I asked the question.

“Do your negative thoughts come from you?”

Most said “Yes.”

“Are you sure,” I asked?

“Who would ever choose to have a negative thought?”

Eyes widened, some heads shook and a few people smiled. They were having an Aha moment.

I then explained that your negative thoughts don't come from you. They come from consciousness. They pop in at random times or, for some, more frequently. They are like an unwanted surprise guest that show up at your front door to tell you how weak, unworthy, insignificant and incapable you are.

But here's the deal. Like any unwanted surprise guest you decide whether or not to entertain them. A thought's power only comes from the power you give it. You don't have to give your negative thoughts power. You can ignore them. You can see them for what they truly are: lies, lies, lies.

Always remember that just because you have a negative thought doesn't mean you have to believe it.

Fear is a liar and if you struggle with fear and negative thoughts, it's because you believe the lies that they tell. Fear stands for False Evidence Appearing Real. Fear looks and feels true but it isn't.

Fear says you aren't strong enough, good enough, successful enough, wealthy enough, happy enough, smart enough, talented enough. Well, I say enough with fear. Instead, know the truth. You have everything you need inside you to be successful. You weren't meant to be average. You have a desire to be great because you were created and born to go great things. You have a purpose. There's a plan for your life. You may be going through a hard time now but the best is yet to come.

When fear and negativity pop in your head you can ignore them or speak truth to the lies. That's what I do and I was thrilled to hear that's what the singer Jewel does as well. I was recently listening to an interview she did on The Finding Mastery Podcast and she said she makes a list of all the lies fear tells. Then

she writes down the truth next to the lies. She said it has given her a lot of power and freedom.

It can do the same for you. There is a tremendous amount of freedom in knowing that negative thoughts are not coming from you. There's a ton of power in knowing that you don't have to believe the lies. You can know and live the truth and just keep moving forward with belief, optimism, faith and grit.

During the Australian Open Championship a few weeks ago, Roger Federer lost the first few games of the 5th and deciding set to Rafael Nadal. Federer said that at the time he thought “It's probably not going to happen for me tonight.” A thought popped in and then it popped out. He didn't energize it. He just kept playing one point after another and eventually won the set and the match.

You can do the same. No matter what thoughts come your way, you have everything you need to accomplish your task. Thoughts will come and go but you just stay in the game and keep moving forward. The truth is that the best is yet to come. Do you believe it?

—Jon Gordon

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.



M-C

Faculty

News

March 15, 2021

Volume 9, Issue 11

A positive attitude brings much *gratitude*. Think positive, be positive, and speak positive. Do it every day, make it a habit.

Important Dates

3/22	SIC Virtual Meeting
3/23	ACT Spring Testing
3/24	SAT Spring Testing
3/26	Senior Supply Delivery Day
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



Birthday wishes this week to Jonathan Fowler (3/16), Michael Maduzia (3/18), Valerie Haltiwanger (3/20), and Peter Lewis (3/20).