

MHS NEWS - January 25, 2019

UPCOMING DATES

1/28	2nd Semester begins
1/30	2:00pm Math Meet in the Library
1/31	9:00am SRTC Presentation for Sophomores in the Auditorium
2/6	11:45 Early release day
2/8	Last day of add/drop
2/8	7:00pm Coffee House in the Cafeteria
2/11-3/5	Credit Recovery School
2/16-2/24	February Vacation
2/25	6:00pm Sports Information Night in the Gym



Dear Parents/Guardians: Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight. Skipping breakfast is very common with high schoolers- and can make kids feel tired, restless, irritable or have stomachaches. In the morning their bodies need to refuel for the day ahead, after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal. Especially when a growth spurt is happening!

Breakfast also can help keep weight in check. Breakfast kick-starts the body's metabolism, the process by which the body converts the fuel in food to energy.

People who don't eat breakfast often consume more calories throughout the day and are more likely to be overweight. That's because someone who skips breakfast is likely to get famished before lunchtime and snack on high-calorie foods or overeat at lunch. Take a peek at the **Let's Go 5-2-1-0** suggestions below, and here are some tips for how to fit breakfast into your day:

- stock your kitchen with healthy breakfast options
- prepare as much as you can the night before (get dishes and utensils ready, cut up fruit, etc.)
- get everyone up 10 minutes earlier
- let kids help plan and prepare breakfast
- have grab-and-go alternatives (fresh fruit; individual boxes or baggies of whole-grain, low-sugar cereal; yogurt or smoothies; trail mix) on days when there is little or no time to eat

Students learned about our new anonymous reporting system, Say Something, today. You can find the presentation on our website or follow this link:

https://docs.google.com/presentation/d/1HI_apgx4oEeYWq2wL3lau3-qOK7--3-8y22lypdUejk/edit#slide=id.p

GUIDANCE

Semester 2 classes will begin on Monday, January 28th. Students will start their day in Advisory on the 28th and will be given their Semester 2 schedules.

Students: Add/Drop for Semester 2 ends on February 8. If you have a scheduling concern, please ask your advisor to add you to the schedule change request list. Guidance counselors` will be calling students to the Guidance Office as quickly as they can during the first two weeks of Semester 2.

See attached for information on Credit Recovery School.

Parents and Students: FAME has a presentation that discusses why attending college for either a 1 year, 2 year, or 4 year degree helps a student both financially and personally and it discusses why Maine needs more credentialed, educated workers over the next few years. Check out FAME's webinar that explores the question: [Why Consider College?](#)

Students: Do you like to write? We The Students Essay Contest sponsored by the Bill of Rights Institute in Arlington, VA, is a chance to earn up to a \$5,000 scholarship. Open to high school students ages 14 and older, the deadline is February 14, 2019. Essay Prompt: What are the essential qualities of a citizen in your community in 21st century America? FMI - [We The Students Essay Contest](#)

Parents and Students: Rippleffect is an outdoor leadership organization for youth that offers programs throughout the year. Each program is designed to help students "build confidence, develop leadership skills, and increase their appreciation of the outdoors." Most programs have a fee but some scholarships are available. [Use this link to learn more about Rippleffect.](#)

ATHLETICS

MHS Athletic Announcements 1/26-2/2

Saturday 1/26

MOB Ice Hockey vs Mt Ararat
Competition Cheering Regionals Augusta Civic Center
Wrestling at Portland

USM 8:20pm Bus 6:30pm
10am Bus
6:30am Bus / 8am WI / 9am Start

Monday 1/28

Ice Hockey to USM
MHS Swim Practice @ UNE

3:50pm Bus 2:30pm
Bus 3pm

Tuesday 1/29

MHS Girls Basketball vs Sanford
MHS Boys Basketball @ Sanford
MHS Swim Practice @ UNE

4:30pm / 6pm
4/5:30/7pm Bus 2:30pm Varsity Bus 4:30pm
Bus 3pm

Wednesday 1/30

MHS Wrestling Home vs Deering
Ice Hockey to USM
MHS Swim Practice @ UNE

5pm WI / 6pm Start
3:50pm Bus 2:30pm
Bus 3pm

Thursday 1/31

MHS Swim Practice @ UNE

Bus 3pm

Friday 2/1

MHS Girls Basketball vs Biddeford
MHS Boys Basketball @ Biddeford
MHS Unified Basketball vs Thornton Academy
JV Ice Hockey vs Lake Region @ Bridgton
Ice Hockey to USM
MHS Swim Practice @ UNE

4:30pm / 6pm
4/5:30/7pm Bus 2:30pm Varsity Bus 4:30pm
3:30pm
6:10pm
3:50pm Bus 2:30pm
Bus 3pm

Saturday 2/2

MHS / MMS Cheering @ Cheers From the Heart Biddeford HS
MHS Indoor Track @ USM
MHS Wrestling @ Kennebunk w Biddeford
MOB Ice Hockey @ Skow/Law Colby College
MHS Swim at Sanford Sanford YMCA

2:30pm Bus 12:30pm
7am Bus 6:00am
9am / 10am Bus 8am
7:30pm Bus 4pm
1pm WU / 2pm swim Bus 12:15pm