

Home & School

FEBRUARY, 2023

CONNECTION

COMING
SOON

CALENDAR OF EVENTS

2/2 Elementary Quiz Bowl
team to Arch Ford

2/3 Elementary Honor Roll
Assembly K-2 1:15 pm; 3-6
2:00 pm

2/4 Pee Wee Basketball Home
Games

2/10 Elementary Second Cup
of Coffee - 7:30 am - 8:30 am
Come join the principal for a
cup of coffee, a sweet treat
and a chat!

2/10 High School Basketball
Senior Night

2/11 Pee Wee Basketball at
Rosebud (This is the last
normal game, tournament will
follow)

2/14 Elementary Valentine
Parties

2/15 School Resource Officer
Day

2/17 Vaping Presentation for
9th graders

**2/20 President's Day - no
school**

2/ 28 High School
Parent/Teacher Conferences
3:30-8:30

3/1 Early Release

3/2 Elementary Parent/Teacher
Conferences

3/3 School Holiday

the NURSE'S CORNER

February is American Heart Month! This is a time to reflect on heart healthy habits. Here are some tips from the National Heart, Lung, and Blood Institute to help you start thinking heart healthy!

If you have any questions about heart health, please feel free to reach out to Nurse Jamie or Nurse Lori.

Heart disease is a leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7-8 hours of quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

Eat heart-healthy

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Together, try NHLBI's free Dietary Approaches to Stop Hypertension (DASH) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves cholesterol levels. Find delicious recipes at NHLBI's Heart-Healthy Eating web page.

Track Your Heart Health Stats, Together

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort. Check out NHLBI's Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers worksheet. References: Drop-in Articles, PowerPoint Slides and Flyers | NHLBI, NIH

ELEMENTARY NEWS

Elementary "Big Buddies"

5th and 6th grade students go to lower grade classrooms to help students with skills and peer mentoring:



Little Dribblers at the MVE vs Quitman game. They almost stole the show!



Peewee Athletes being honored (Elementary version of Senior Night)



Be on the lookout at Parent/Teacher Conferences for a survey link where you can express ways to make our district better! We use results from the survey to plan for next year and would greatly appreciate your feedback.



The Dangers of Vaping

The Arkansas Department of Health visited MVE 7th and 8th graders to present on the dangers of vaping. The students learned that one vape contains the same amount of nicotine as two packs of cigarettes and other electronic devices can contain significantly more nicotine.



***Juniors will be taking the ACT on Wednesday, March 8.
A free ACT prep is being offered on Tuesday, March 7.***

COUNSELOR'S CORNER

We will be celebrating ***National Kindness Week district-wide on February 12-17***. Each day we will have challenges for students to complete at home. For elementary, parents can take a picture of their student completing that act and email it to sfranklin@mvevarhawks.org. For high school, parents or students can take a picture of the act of kindness and post to a Facebook thread that will be created. If you don't have Facebook, please email the picture to tcornett@mvevarhawks.org.

The kindness challenges will be as follows:

Monday: Make your bed Monday.

Tuesday: Take out trash Tuesday

Wednesday: Wash the laundry Wednesday

Thursday: Thoughtful Thursday-write a kind note

Friday: Fill a bucket Friday--give someone a kind word or compliment, anything nice for someone else

Children learn by example, and there are so many acts of kindness you can do as a family during this week as well. Below is a link detailing family acts of kindness as a way to model kindness to your children. <https://www.naturalbeachliving.com/kids-kindness-challenge/>

"No act of kindness, no matter how small, is ever wasted"- unknown.

CLUB NEWS



Future Business Leaders of America (FBLA) attended the District V Spring Conference and earned these honors:

Kennedy Peterson-1st Place-Intro to Business Communications
Jordan Rodgers-1st Place- Intro to Financial Math
Avery Sanson-2nd Place-Journalism
Ashlea Simmons-2nd Place-Intro to Business Procedures
Olivia McClelland, Ella Claire Sublett, Blake Stewart, Zane Ussery-2nd Place-Parliamentary Procedures
Kacey Davis-3rd Place-Public Speaking
James Rodgers-4th Place-Intro to Business Concepts
Avery Simmons-5th Place-Human Resource Management
Siena Olive-5th Place-Political Science

These winners will represent our school at the State Leadership Conference in April!



Kacey Davis was also elected as our new District V Vice-President for the 2023-24 school year!

ATHLETICS

Junior and Senior High Basketball Teams are gearing up for end of season tournaments

Jr. High District Tournament: February 4-9 at Sloan Hendrix

Sr. High District Tournament: February 13-18 at White County Central

Sr. High Regional Tournament: February 22-25 at Sloan Hendrix High School

Sr. High State Tournament: March 1-4 at Rector High School



FCCLA - Dessie McCarty competed in Region 2 STAR Events, and earned the gold medal for her presentation in Level 3 Sports Nutrition. Dessie will represent MVE at the FCCLA State Leadership Conference & STAR Events on April 5-6.