



Online Learning Continues

Our world has changed a great deal in just one month.

Enjoy this encouraging rock from Mrs. Lackey. MVA Loves You! #KindnessRocks



One student stated, “We’re living a chapter in a future social studies textbook.” As Kansas education navigates this chapter, we are grateful that our school system allows our teachers and students to continue their education without too much disruption. We appreciate our students and families so very much.

As things around us continue to evolve, we will make changes to any of our practices that are directly affected. The most recent changes:

- We would like to plan on having our graduation and 8th grade promotion ceremony at a later date...we all really love this important celebration. The date will be determined once we know how and when people can return to regular daily activities.
- We will not be administering state assessments this year.
- Final exams have been redesigned, check your email for details about the changes.

Please watch for emails and check FaceBook and Twitter for updates throughout the remainder of the school year.

Don't forget...it's re-enrollment time! I've seen a lot of enrollments for next year coming in! If you have questions about re-enrollment give us a call, 785-587-2100, ext 8073. Or contact Cindy about choosing classes, 785-293-2980.



We want to “see” you! Come join

MVA clubs where in **Astronomy Club** we generally talk about recent news/discoveries and talk about possibilities, next things, stuff like that. My purpose is to broaden the mind to think about space in ways students wouldn't normally. It is more of a social gathering. Of course, Dr. Pepper conversation is prominent. I also provide snacks for everyone, but to date no one has taken any. They are sitting in my living room just waiting for students to come and get some. ~ *from Mr. Leddy*

In **Yearbook Club** we are planning and creating the 2019-20 Yearbook. We are working to create a record of this extraordinary year, as well as celebrate the activities our students normally engage in. If you would like to be a part of this effort, join us in homeroom on April 9th at 1:00 p.m.

Other clubs include the always fun **Harry Potter Club** and the inspiring **Leadership Club**. We would love to “see” and talk to you, come join the fun!



Tips for Success - Social Distancing Quarantine got you down?? Things you can do to cope.

- ✦ **Establish Routines:** Disruption in your normal daily routine can be difficult and make you feel directionless. Structure your time as much like a regular school day as possible.
- ✦ **Be As Active As Possible:** Even short periods of physical inactivity can make an impact on your mental and physical health. There are great online workouts, bodyweight exercises, and fitness apps you can use. Getting some fresh air and taking a walk around the block can work wonders for your physical and mental health.
- ✦ **Tackling Boredom and Frustration:** Try to maintain as many of your regular routines as you can. Keep working on school work and if you can't go to work or participate in your regular activities, find new activities to fill your time, whether it's organizing your closet or trying out a new hobby.
- ✦ **Communicate:** Stay in contact with your teachers, friends, and family. Eat regular meals with others in your home. Use different types of communication including phone, text, email, messaging, and Face Time. This is really important if you are feeling anxious or stressed, talking and sharing your fears and concerns can be a great help.
- ✦ **Stay Informed, but Not Overwhelmed:** Focus on getting helpful information from trusted sources. Sources such as the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), state and local health departments, and your doctor can all be helpful. Being immersed 24/7 in reports that focus on inaccurate or overly negative information can cause a sense of panic that is NOT helpful.
- ✦ **Remember why we are doing this:** By doing our part to prevent the spread of the disease, we are protecting others and making sure that those who are sick are able to have greater access to available health resources. Reminding yourself of these reasons can sometimes make your time in quarantine a little easier to bear. And remember...MVA is here for you!

A bitmoji-style graphic for Paul Smith, a music teacher. The background is a dark blue space with glowing purple and white concentric circles. Paul Smith is depicted as a cartoon character with blonde hair, sunglasses, and a white shirt, holding a red keyboard instrument. Text on the graphic reads: 'Paul Smith Music Teacher', 'Music is learning keeping the mind active and agile; it helped me learn how to learn, makes me a lifelong learner, and helps me to help others learn.', and 'Favorite Rock Song: Funeral for a Friend by Elton John. It's Classical, Jazz, Rock Ballad, and total jam session all in one.'

Each month we'll feature one of our MVA staff's rocking bitmoji, their favorite song and what music means to them.

We love to recognize our students and the amazing things they do both in school and out in their communities, so feel free to send your student's information to us to share. Thank you to all the students who let us share their stories!

Student Spotlight



Grace and Gage Gardiner, competed at the NRCHA Snaffle Bit Futurity in Ft Worth. These pictures were taken by another MVA student, **Cashen Turner**. **Gage** also starred as Marius in the production of "Les Misérables" in Wichita in December.



Ally Brennaman, left, has been a huge help to her family during this year's calving season.



From Cindy Schultz, MVA Counselor

Below is a reminder of some mindfulness strategies (from "EQ in your PJs") and why they might work. Let me know if you find a favorite!

- Strategy: Time Out.** *Why it works: Gives a chance to cool down away from the pressure of the situation.*
- Strategy: Walk It Out.** *Why it works: Releases natural chemicals that help let go of tension and feel better.*
- Strategy: Talk It Out.** *Why it works: Helps you understand the source of your stress and connect with others.*
- Strategy: Write It Out.** *Why it works: Helps get some distance, think things through and review progress.*
- Strategy: Deep Breathing.** *Why it works: Moves focus from stress to breath, helps release tension, and gets more oxygen to the brain for clearer thinking.*
- Strategy: Mindful Moment.** *Why it works: Helps let go of unwanted thoughts, decreases pulse or heart rate, and changes focus.*

Manhattan Virtual Academy 

2100 Poyntz Ave Room
E146 Manhattan, KS
66502

Phone: 785-587-2100
ext. 8073

Email:
ronnao@usd383.org

Website: manhattanvirtualacademy.org