

# Family Focus



## What does 2020 hold for you?

New decade, new classes, new skills, and promotion/graduation in May.

Mike Dorst, MHS head principal, found one of our #MVARocks.

Thanks for letting us know and sharing your picture, Mr. Dorst!



Welcome to 2020! The standard meaning of 20/20 is “meeting a standard of normal visual acuity.” Paraphrasing an optical website, when the doctor tests for 20/20 visual acuity he is testing how well your eyes can see an object, usually how clearly you can see the letter on a vision chart. Going into this semester, how clearly do you see your educational goals? Do you know what your goals are? It may be as simple as advancing to the next grade, and that is absolutely fine, as long as you know what you are going to do to get there.

The other meaning of 20/20 is keenly or acutely perceptive. Many of us have heard the axiom “hindsight is 20/20.” We can use our hindsight, i.e. experience from previous semesters at MVA to know what you need to do to succeed. Maybe your goal needs to be to attend more vClasses in real time to be able to interact with the teachers. Maybe it’s to make a vow to stay on pace so you aren’t pushing those permanent zero windows. If you are new to MVA this semester, don’t hesitate to ask your teachers or other students what their experience has taught them. No matter what that goal is, use the hindsight you have to make this semester better. Keep improving!!





## Tips for Success: How to prepare for a new semester!

**Reflect** on last semester. How did it go? What would you like to do better? How was your organization? Were you happy with your grades?

**Set Goals.** Do you want to get a better grade in a certain class? Not get any permanent zeros? Setting goals for yourself will give you a target to shoot for, and will make you accountable to finish the task. Goals are tools to focus your energy in a positive direction.

**Prepare** for your classes. You can log into your courses on **Sunday, January 5<sup>th</sup>**. Do you have new courses this semester? Page 4 of your planner has a vClass schedule for 2<sup>nd</sup> semester. Don't forget to update the times. Check out your pace charts and see what's happening the 1<sup>st</sup> week of school.

**Have a plan.** Schedule time for school. Remember that vClasses aren't the only thing you need to put on your schedule. Going through content, working on your assignments, reading novels, etc. should be on your calendar too. Having a plan and routine will cut down on the tendency to procrastinate.

**Know your resources.** Office hours are a great way to get extra help or get your questions answered. Don't be afraid to reach out. Your teachers are there to help. If you don't understand something, ask. Don't know who to call? Call the **MVA office 785-587-2100 ext. 8073**, we'll connect you to the right person.

**Make time for fun.** There needs to be balance in your life. Make time for your friends, family, doing activities you enjoy, and being active. Spending time in nature every day has many health benefits! It reduces anger, fear, and stress and increases happy feelings.

Communication is a key aspect for MVA, so we have several methods for getting information to our families. We use FaceBook, Twitter, email from the USD383 Infinite Campus and email from our [mvaschooloffice@gmail.com](mailto:mvaschooloffice@gmail.com) account. If you haven't been receiving emails from us, please let us know so we can make sure we have the right address. You can call us anytime you have questions, we are always happy to talk to you!



**Academic Outings** for Spring semester will include two McCain performances: Feb 5 - Walk On - Story of Rosa Parks, and Mar. 8 - 1984 by George Orwell. Let us know if there is a college at KSU you would like to visit to add to those events.

Also in planning is a trip to the Nelson Atkins Art Museum in Kansas City on April 17.

## ACT and Work keys

The Kansas Legislature appropriated funds to offer one free ACT assessment and one free WorkKeys suite of assessment to all public high school juniors. MVA will offer the ACT on February 25 at various locations across the state. To be able to plan the logistics for the test, MVA 11th grade students need to sign up for the test by January 13. The WorkKeys test will be offered in Manhattan only on February 26th. Use this link to register: <https://docs.google.com/forms/d/1BVYA6oK5HieeAS-mOnQH0bRIqPknyGkTYmJDoJLXYqQ/edit>

Why might you take one or both of these tests? Here are some of the benefits of each:

1. ACT is required by most four-year universities and accepted at many two-year colleges. It helps colleges find you and recruit you, and high scores can earn additional scholarships.
2. WorkKeys helps you stand out to employers, provides you with a better understanding of your job skills and helps students match their skills to the right job.
3. For more information on both tests you can go to [www.act.org](http://www.act.org).

Any questions can be directed to Dr. Jeanne Disney, District Test Coordinator at [jeanned@usd383.org](mailto:jeanned@usd383.org) or Cindy Schultz, Counselor, at [cindys@usd383.org](mailto:cindys@usd383.org) or 785.293.2980.

**"What's your favorite rock song, Mrs. Vannocker?"**

**Becky Vannocker**  
English & French

*Life is Eternal -  
Carly Simon*

*Music makes happy!*

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



**Zoe Dyer** makes and sells these adorable pig ornaments to raise money for an animal refuge called Odd Man Inn. They rescue abandoned and injured farm animals and help them live their best lives. They helped her adopt her pet pig Charlotte.

**Maddy Signore (middle)** performed in "The Wizard of Oz" at The Columbian in October in several parts including an Ozian manicurist (the costume in the picture). Her sister **Renee** won a \$500 scholarship at the American Royal Hunter/Jumper show for being high point junior rider. What a talented family!

**Jake Holmes (middle)** Jake Holmes competed in the Mike Johnson Vegas Tuffest Rodeo in Las Vegas. In the 12 and under tie down he won the World Championship! He also compete in the Tuff Jr World Finals and finished 2nd.



Before



Working on the project with the help of other scouts.

**John Rhodes** is working on his Eagle Scout Project. "For those of you who do not know what an Eagle Scout Project is, it is one of the final steps in completing all of the ranks in Boy Scouts. Currently I am a Life scout, working towards finishing up my Eagle. For my Project I have decided to re-gravel the grounds of a local playground in St. George, Kansas. So far I have removed all of the old gravel, dirt, and weeds from the playground as well as I have partially taken the Merry-Go-Round apart. This spring I look forward to laying down weed prevention fabric as well as recovering the playground with gravel and fixing the Merry-Go-Round."

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