

# Family Focus



## 2019 Fall Semester

Six weeks left in the first semester of the 2019-20 school year. Time to reflect and meet your goals.

Have you made your kindness rock yet? We would love to have a picture of you with your rock to feature in our newsletter!



Wow - is the semester flying by or what? How are you doing in reaching your semester goals? This is a great time to check progress and make positive changes if necessary. Here are a few tips from our MVA teachers to help you out.

Your tip from Mrs. Vannocker: Use note cards to study for finals. Put the question on one side and the answer on the other. Excellent memorization tool! Use Thanksgiving break to complete missing assignments.

From Mrs. Lackey: Don't wait until December to review for final exams. Start reviewing now for a few minutes every day.

Mr. Leddy says: Spend the time needed! There are so many distractions that it is easy to lose sight of the importance of working in your courses. As we get closer to the end of the semester, you will have less of an opportunity to improve your grade as there will be fewer and fewer assignments. Spend the time you need to now to reduce the cramming and stress that goes with it at the end of the semester.

Mrs. Huninghake's tip is: Make a checklist for each day - mark off at least 3 items on your list.

Use these tips to make the end of your semester an awesome and less stressful one!



## Academic Outings



**November 20th** at 9:30 am. A Menagerie of Mechanical Marvels by Cirque Mechanics dares us to leap into the circus ring and experience the timelessness of this evolving art form. Not only is it a great show, it also engages students in the areas of physics and social studies. [Link to sign up.](#) We will eat lunch together at the KSU Union after the production.

**November 1st** at 2:00 pm. We'll visit this 40 foot trailer containing a variety of interactive activities where students can experience actual and virtual tools used in high demand STEM jobs. [Link to sign up.](#) Come join us at 1:00 to paint Kindness Rocks at the Park City Library.



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!



## Steps to Success -

### How to take good notes

There are many methods for taking effective notes. Let's look at the Cornell Method.



Divide your paper into 3 different sections.

**Note-taking Column:** Complete this section first, during your vClass or while going through content. All actual notes go into this main area.

**Cue Column:** Complete this section after your vClass, write down key words and questions.

**Summary:** After you have taken your notes, write a brief summary in your own words, this is a great review.

### Strategies for effective note-taking

• **Before your vClass:** Go through, or even skim the content, to help you get familiar with the topic so you know what to expect, and what questions to ask.

• **Don't write everything down:** Listen 80 % of the time, and write 20 % of the time.

• **Write down the main ideas and supporting facts:** Dates, names, places, formulas or any-thing else that is emphasized by your teacher.

• **Use your own words:** Complex points should be in your own words so they are easier to understand later. This helps information "click" and reinforces long-term retention.

• **Keep your notes organized:** Date your notes, use a highlighter to highlight main points, and leave some blank spaces in case you missed something you need to add.

• **Review your notes:** Reviewing your notes within the first 24 hours reinforces everything that you heard in your vClass and makes it stick.

### Did you know???

Some courses have Guided Notes already done for you...you just need to fill them in! Most teachers will let you use notes on your finals.

## Are you ready to Fall Back?

How does the time change affect you? Many people struggle, and it can take up to a week to adjust our bodies circadian rhythm. Look for tips and strategies to help you adapt.



## Joanne Kirchoff Science Teacher

Bridge over Troubled Water  
by Simon & Garfunkel

I grew up in a dance studio so picking one song is really tough for me. Through dance, music has taught me confidence, humility and how to express myself. When life brings me joy there is usually a song I connect to the moment, when life brings me sorrow or grief, I find myself listening to songs that heal my heart.



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



The **OzFest Academic Outing** (right) featured presenters Paul Miles Schneider and Jane Albright as well as all things Oz! Our Kansas students appreciated the impact of this classic story. We learned about writing, culture and got to see an ozsome museum.



At the **KBI Forensic Lab**, students were able to see and hear about how different types of evidence collected across the state is processed and

prepared for court cases. These included toxicology, digital, chemical and biological processes. As a bonus, we met the Washburn Director of Admissions while having lunch at the Lincoln Dining Center.



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