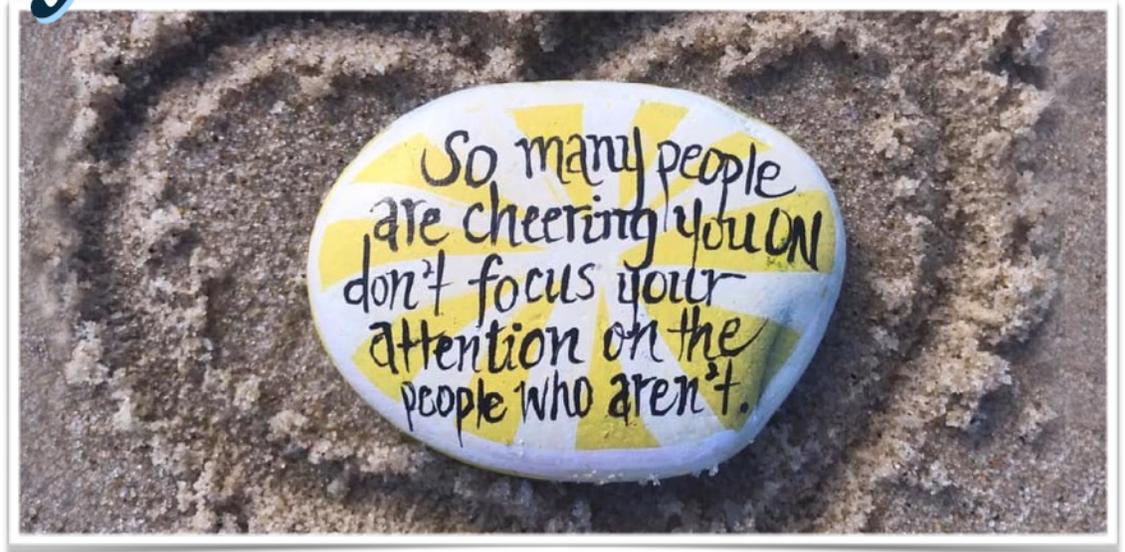


# Family Focus



## Bully Prevention

The first full week of October is national Anti-Bullying Awareness Week. Kansas participates with the Choose Respect Program.

The Choose Respect Program creates awareness and addresses the harm bullying creates. For more resources on bullying go [here](#).

The Kindness Rocks project is one of the ways MVA is addressing the issue of bullying. For more information on Kindness Rocks click [here](#).



What is bullying? It is defined as unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time and can be verbal, social, or physical.

What is cyberbullying? It is defined as bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying includes sending, posting, or sharing negative, harmful, false, personal, or mean content about someone else.

Consider these tips to guide your students:

- Encourage your teen to be an upstander - bullying stops within 10 seconds, 85% of the time if a bystander becomes an upstander in a nonthreatening way ([link](#)).
- Create a [Family Media Use Plan](#).
- Follow or friend your teen on social media sites and know their user names and passwords for email and social media.
- Talk to them about what is acceptable and unacceptable online behavior and content.
- Keep communication open.
- Stay up-to-date on the latest apps, social media platforms, and digital slang. Helpful reviews can be found at [Common Sense Media](#).

OCTOBER	
Oct 6:	Permanent Zero
Oct 4:	OzFest Academic Outing
Oct 7:	Last day to drop a class
Oct 10:	KBI Academic Outing
Oct 17:	Pre ACT testing, 9th grade
Oct 18:	Mid-term grades, no school
Oct 20:	Permanent Zero
Oct 26:	ACT Test
Nov 1:	Future Maker Lab Outing



**October 4th** at 10:00 am.  
 We'll meet at the historic Columbian Theatre in Wamego. After the presentations we will eat lunch in City Park and then have a guided tour of the Oz Museum. [Link to sign up.](#)

**October 10th** at 1:00. We will visit the KBI Forensic Lab and learn about evidence collection in different areas such as biology, chemistry, and bloodstain pattern analysis. **YOU MUST BE 16 OR OLDER TO ATTEND.** [Link to sign up.](#)



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!



**November 1st** at 10:00 am. This 40 foot trailer contains a variety of interactive activities where students can experience actual and virtual tools used in high demand STEM jobs. [Link to sign up.](#)

## Fall Photo Contest

### 3 Categories

#### Kindness Rocks



Take a creative picture of your rock!



#### Virtual Rock

Graphic design - Create an digital version. Be creative! You may use your own rock background.



#### Kindness

Kindness is everywhere. Take a picture or have someone take a picture of you. Be sure you have their permission to share it with us.



## What Makes a Successful Online Learner?

There is no magic formula that guarantees success in online learning, but we do have a list of tips that will help students be successful at MVA.

- Organize your time! Everyone has the same 24 hrs in a day, how will you organize yours?
- Use your pace charts and a calendar to create a To- Do list.
- Log into each course daily.
- Check your school email several times per day.
- Attend and participate in your vClasses.
- Advocate for yourself. Ask for help, teachers are there to help you, but you need to let them know.
- Take advantage of office hours.
- Look ahead: know what's coming up next week, not just the next day.
- Create a quiet, distraction free work area.
- Make connections, with your teachers and other students.
- And, most importantly, stay on pace!

**Planning for success is only the beginning.**

Please include name and grade in the file name. **DUE Oct. 31st**  
 Submit in this google folder: <https://tinyurl.com/MVAFallPhoto2019>

Each month we'll feature one of our MVA staff's rocking bitmoji, their favorite song and what music means to them. Mrs. Huninghake is one of our new teachers this year.

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

**Lydia Huninghake**  
 MVA SPED & 6th Grade Math Teacher  
 MTSS at TR

Unforgiven by Metallica  
 Nothing Else Matters by Metallica  
 Thunderstruck by AC/DC

Music is all around. I jam out when I'm cleaning house, I sing to my kids while in the car and at bedtime and enjoy looking up old songs from my childhood and still know every lyric. I can recite every word to a good Spice Girls song but I can't remember all the generals from my 8th grade civil war tests!

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



Our first Academic Outing (left) was the Landon Lecture at KSU McCain Auditorium, sponsored by the MVA Social Studies department. Despite today's politically charged climate, this was a rare opportunity for MVA students to hear from a national leader from Kansas.

Our second Outing was the annual Kernel to Plate event, where students spent the day in exploring wheat, including milling wheat kernels, preparing bread dough, baking and eating pizzas, and a visit to the USDA Research Bake Lab. Every year the event is a little bit different, with a different agriculture or nutrition facility to tour. We always get to eat pizza though!



Left to right: Making the dough, grinding wheat, learning about USDA Bake Lab procedures, viewing yeast through the microscope, learning about the history of wheat and bread making.



**Thank you to Rachael Barr & Ryan Likes for leading our outing!**

Here are the final products, pizzas for lunch and bread made for the Common Table project, a community meals program in downtown Manhattan.

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