



Monarchs

# This year it's GAME ON!!

“Game on” lends itself to intrinsic motivation. You can set yourself goals when working towards something and the “game on” mentality can motivate you to work towards meeting those goals or when working on a difficult assignment. As our MVA students approach deadlines at the end of the semester, I’d like to encourage them to rise to the challenges that are ahead of them and give their best effort in all that they are doing. **Mrs. Dodd, MVA Math Teacher**

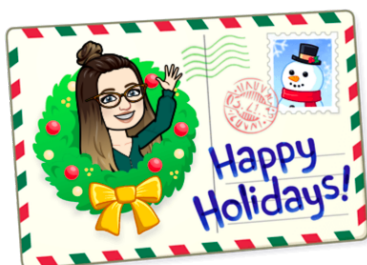
# Messenger



Life can be a lot sometimes... especially in December! It's both exciting... and stressful. We're in the final push for students to finish up the semester, and then there is the anticipation and preparation for the holidays. On top of all the activities and fun there is often some significant emotional weight added to the mix with both relationships and world events. Whatever the next couple weeks look like for you, let me encourage you to set a goal for yourself (see Mrs. Dodd's column left) to **take**

**some moments to just... breathe.** When we're busy, it's common to not notice that our body may be getting increasingly tense. Pretty soon our shoulders are up around our ears, and several body parts are in pain! It can be helpful to consciously set aside a moment to slow down. Maybe do a 2 minute breathing exercise, read a fun book, take a break from your phone, go for a walk, write in your journal, do some yoga, etc.). *No matter what you do, we hope the coming days contain many joyful moments with those you love, and truly wish you and yours a peaceful holiday season!*

The MVA staff  
wish you all a  
wonderful holiday  
season!



## NOVEMBER

Dec 10 - PZ Week 14 & 16

Dec 11-15 - FINALS WEEK

Dec 18 - WINTER BREAK  
BEGINS



## MVA Clubs Schedule for December

Club Name	Meeting Day	Time
Art Club	1st Thursday	12:30 - 1:00 pm
Crochet Club	1st Thursday	1:00-1:30 pm
Elem Lego Club	2nd Monday	2 - 2:30 pm

### State Assessment VIRTUAL Testing

Parents with students in Grades 3-8, 10 and 11, you should have received a message in Parent Square about the option to take upcoming State Assessments virtually. We are approaching this with caution due to the extensive technology demands on the family. If you have questions please email or call the office.

## Monarch Mornings & Lunch Bunch



### Monarch Mornings

**MTW 9:30 - 9:50am**

Monarch Mornings are an opportunity to get to know other students and do some fun activities together. We will come up with many of the activities together. We will begin with a sweet 16 coping skills/self-care activity to level up our self-regulation gam

### Lunch & Learn

**MTW 11:30 - 11:50am**

Lunch & Learn is an opportunity to grab your lunch and hang out to level up our relationships and build community. We will share stories and watch videos. Game on! It is also a great time to share outside accomplishments and projects.

**Zoom Link:** <https://us06web.zoom.us/j/9848119564?pwd=VzYrL2lCRnFzTDJJR1FOekROSHU0Zz09>



## DECEMBER 2023

	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1	2	
3	4	5	6	7 Elem Assembly 8:45am All School Assembly 10am Art Club 12:30pm Crochet Club 1pm	8	9
10	11 ELEM LEGO 2 pm	Finals Week			15	16
PZ wk 14-16	Week 17			PZ wk 17		
17	18	19	20	21	22	23
		Winter Break				
24	25	26	27	28	29	
		Winter Break				
31						



# MHK Veteran's Day Parade

Nov 10, 2023



**A good time was had by all at the Manhattan Veteran's Day Parade. If you were able to make it, thanks for coming out!!**



The K-2 adopted calf, Diamond, is in a celebratory mood! (Sorry, couldn't resist.)



Fani's dog, Ellie, is ready for the cold!

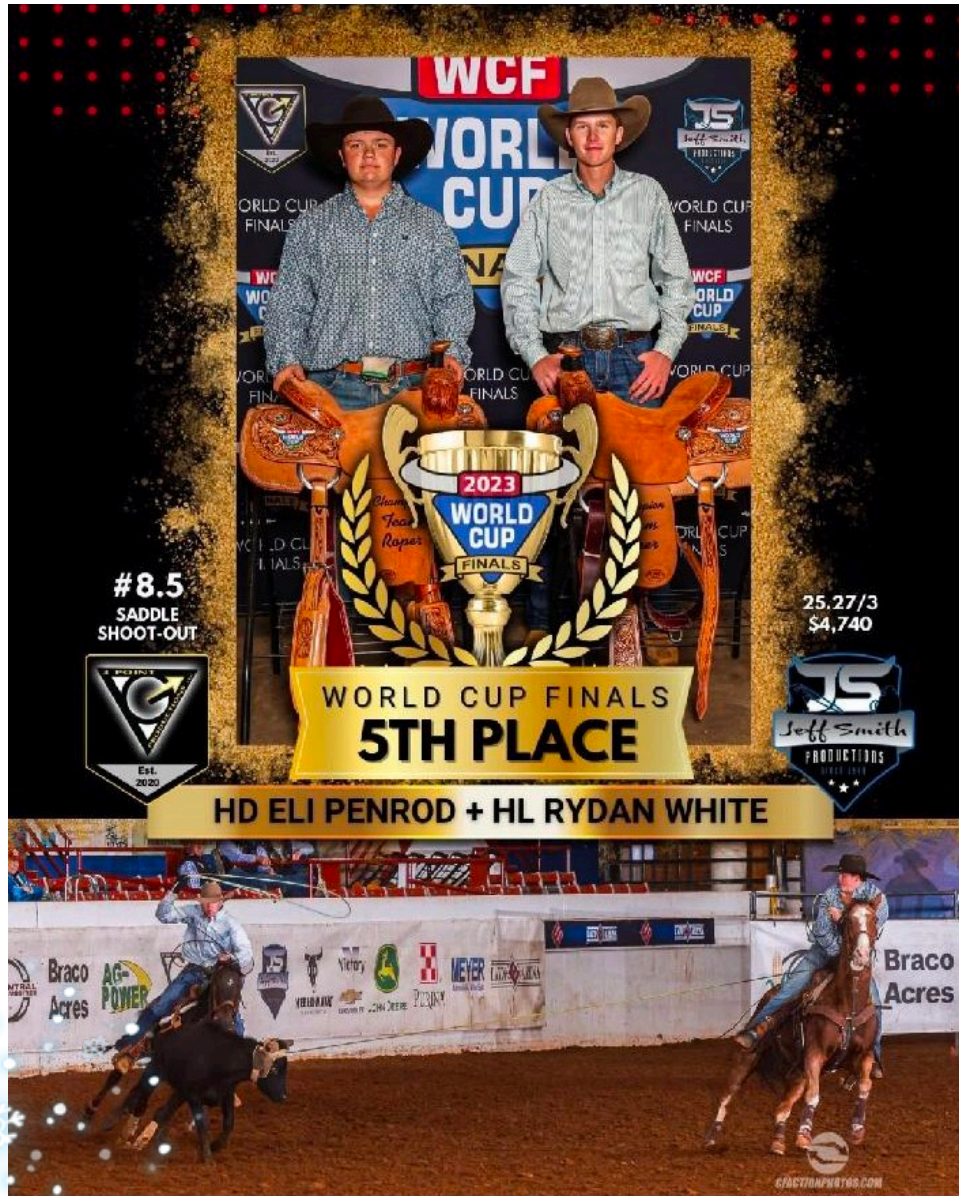


We love to recognize our students and the amazing things they do both in school and out in their communities, so *feel free to send your student's information to us to share*. Thank you to all the students who let us share their stories!



## CONGRATULATIONS

to **Eli Penrod** and **Rydan White** for their 5th place finish in the Team Roping World Cup Finals, #8.5 Saddle Shoot-Out this fall. *Well done, gentlemen!!*



**Congratulations to **Lily Collard** for the winning design for the 2023-2024 yearbook cover!**



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