



Messenger



Photo by Grace Conser

Getting ready to build - Spring semester 2022



How are you building the future?

From MVA K-2 and Gifted Teacher, Mrs. Lori Rice: Building the future with MVA is exciting and full of energy with our K-2 crew as we are reading, playing math games, exploring cultures and doing science investigations to learn about our world.

Happy 2022! It is always refreshing to start a new year to see what new goals and achievements are in store for our staff and our students. The most exciting event comes as a celebration at the end - graduation and 8th grade recognition! We have a few new students and families this semester. We welcome you and are excited to be part of your educational journey. Please let us know whenever you have questions, we want to help you be successful!

Remember to send your student's picture for our 2021-22 digital yearbook to ronnao@usd383.org. We also love to have pictures of students doing the things they love, to share in the yearbook, this newsletter and on Facebook with your permission.

There are many events coming up soon in the next few months - ACT signup and testing across the state, graduation deadlines to meet, Parent/Teacher conferences, just to name a few. Our Spring calendar has changed just a bit, and to keep up with all that is going on check our Facebook, Instagram and Twitter pages, keep an eye on your email, and make sure to read the Monarch Messenger every month. You can subscribe to our calendar on our [website](#) or you can find the updated calendar in the handbook in advisory class. We work hard to make sure you have all the information you need to build your student's success for the future.

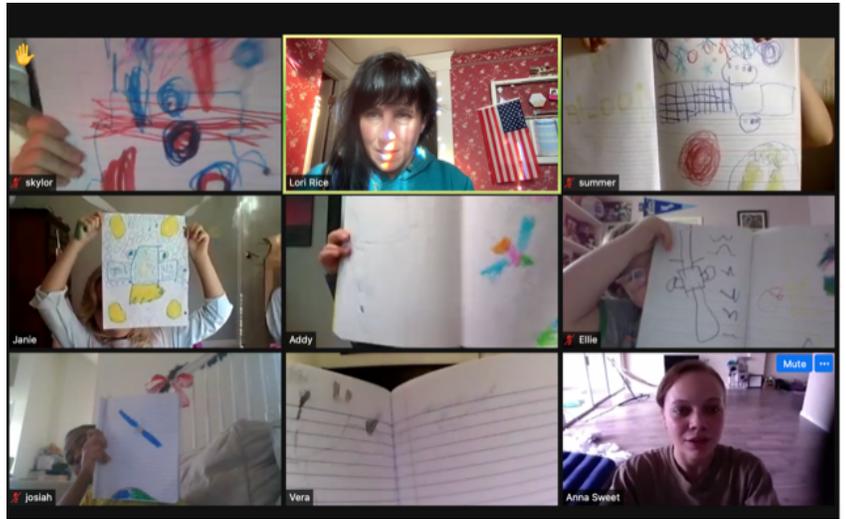
Time to put the hardhats back on for Phase II Spring semester!

JANUARY

- Jan. 5: K-5 School Assembly
- Jan. 6: 6-12 School Assembly
- Jan. 7: ACT registration deadline for Juniors
- Jan. 16: Senior Cap and Gown orders due
- Jan 16. PZ week 1
- Jan 17: MLK Jr. Holiday, no school
- Jan. 18: Last day to add class
- Jan 30: PZ weeks 2-3

Elementary - always celebrating learning!

K-2 participated in this year's *STEM to Space* initiative in conjunction with the United States Space Force. This is the newest branch of the services. To celebrate their 2-year anniversary USSF is giving back to communities and engaging with students across the country, sharing their story and the importance of STEM. Ms. Rice's K-2 MVA classroom was selected as one of the classroom in KS. They met with Sargent Sweet and she shared her job duties as well as how satellites are used for communication and transportation on Earth and answered questions from the students. Students then drew their own satellite to share.



K-2 invited the MVA staff to a virtual snow ball fight. It was so much fun!



New MVA Clubs

We have new clubs for Spring Semester, including two for our Elementary students! An Elementary Book Club is in the works (time TBA) along with the Creative Club for K-5 on the last Thursday of each month. This club will explore art, music, and engineering as students learn about different modes and eras of art and then apply their skills through virtual and creative expression. Students can use the virtual methods each month, or get the supplies to create at home with art and building supplies. The list will be provided monthly. The Civics/Volunteer Club will meet on the second Thursday, 2:30-3:00 p.m. for MS/HS students. Civic volunteerism is the backbone of towns across America. In civics volunteer club students will explore civic knowledge, skills, and attitudes, civic equality; build 21st century skills; improve school climate. Another new club is the Art Club for MS/HS students. Students will get to showcase their artwork and share techniques with other students on the third Wednesday from 12:00 - 12:30 pm.



Jaliah and Jeremiah Blount were both recognized as GRIT award recipients last semester. GRIT stands for Goal-oriented, Responsible, Independent, and Trustworthy. Good job Blount family!!



Face It! The 5th grade played a short round of "Face It Challenge" based off Jimmy Fallon's Tonight Show game. The card we had was "a bee just stung your tongue." Check out some of their amazing silly faces created in this fun team builder.



MVA third graders mailed off their flat versions of themselves to learn about communities. We read the story, Flat Stanley, made flat versions of ourselves and ventured out into the wide world. Flat Marissa was the first one returned to us! She went all the way to Lancaster, VA. She's brought back with her a shark tooth, oyster shell in the midst of making a pearl, and a shell. We can't wait to see more of our flat travelers return with stories to tell!

MVA Clubs schedule for January

	Club Name	Meeting Day	Time
	Art Club (new)	3rd Wednesday	12:00 - 12:30 pm
	Astronomy - We will talk about our solar system, the galaxy, and the universe!	2nd Wednesday	2:00 - 2:30 pm
	Book Club Grades 3-5 (new)	TBA	
	Culture Club - Explore different cultures, their customs, practices and beliefs.	2nd Wednesday	11:00 - 11:30 pm
	Civics/Volunteer Club (new)	2nd Thursday	2:30 - 3:00 pm
	Creative Club K-5 (new)	Last Thursday	2:00 - 3:00 pm
	Harry Potter - Everything Harry Potter!	2nd Wednesday	2:30 - 3:00 pm
	Lunch Bunch - An opportunity for students to virtually get together to talk.	Every Monday, Wednesday	12:00 (noon)
	Photography -Share your interest in photography and learn new photo techniques.	2nd Thursday	12:00 - 12:30 pm
	Science Olympiad - Explore STEM topics and videos	1st Tuesday	11:00 - 12:00 pm
	Yearbook - Join us to plan and design the 2021-22 MVA Digital Yearbook.	2nd Thursday	12:30 - 1:00 pm

What are you building in 2022?

Counselor's Corner

Juniors Only - Free ACT March 1, 2022. The form is due January 7, 2021. All Juniors in the state of Kansas are offered a free ACT test to be taken on a date selected by each high school. Manhattan Virtual Academy Juniors will take the ACT during the school day on Tuesday, March 1st. There are three locations available, MHS West Campus, Kansas City Area and the Wichita Area

Make an Appointment:

<https://calendly.com/mvacounselor>

Virtual Vibes Website:

<https://tscounseling.weebly.com>



Graduation

MVA 2022 Graduation Details

Who: MVA Students, Families, and Guests

What: Graduation Ceremony

When: Saturday, May 21, 2022, at 2:00 p.m.

Where: Manhattan High School Auditorium

Why: Celebrate your accomplishments and your future, meet your classmates and staff in person.

Timeline

January: Order Cap and Gown (Directions below) - **DUE Jan. 16, 2022** www.highschool.herffjones.com

February: Submit how you would like your name printed on your diploma to Ronna. ronnao@usd383.org

March: Submit individual senior photos (3-5) Email your photos to ronnao@usd383.org & tamis@usd383.org

March: Submit Senior Survey Responses <https://forms.office.com/r/Eh3HrVLsHA>

March: Parent Volunteer Survey & Meeting <https://forms.office.com/r/A77wSfYp28>

April: RSVP for Graduation <https://forms.office.com/r/KRXtpBtyEg>

May: Saturday, May 21, 2022 - Graduation Ceremony at 2:00 p.m. Seniors need to arrive at 1:30 p.m.

CITIZENSHIP IN THE DIGITAL AGE

Many of the hallmarks of any good citizen — from being respectful and responsible to doing what's right — are key elements of digital citizenship as well. But students must learn how to apply these tried and true qualities to the realities of the digital age.

A GOOD CITIZEN...	A GOOD DIGITAL CITIZEN...						
<p>1 Advocates for equal human rights for all.</p>	<p>Advocates for equal digital rights and access for all.</p> <p>U.S. citizens with internet access at home:</p> <table style="font-size: x-small;"> <tr> <td>African-Americans</td> <td>94%</td> </tr> <tr> <td>Hispanics</td> <td>82%</td> </tr> <tr> <td>Whites</td> <td>78%</td> </tr> </table>	African-Americans	94%	Hispanics	82%	Whites	78%
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<p>2 Treats others courteously and never bullies.</p>	<p>Treats others with respect in online spaces and never cyberbullies.</p> <p>88% of social media-using teens have witnessed someone being mean or cruel.</p>						
<p>3 Does not steal or damage others' property or persons.</p>	<p>Does not steal or damage others' digital work, identity or property.</p> <p>800 The average teen's media player contains 800 illegally downloaded or shared songs.</p>						
<p>4 Communicates clearly, respectfully and with empathy.</p>	<p>Makes appropriate decisions when communicating through a variety of digital channels.</p> <p>SIX MILLION teens report that they have received sexually suggestive images from someone they know.</p>						
<p>5 Actively pursues an education and develops habits for lifelong learning.</p>	<p>Uses digital tools to advance their learning and keeps up with changing technologies.</p> <p>Working Americans who use digital tools on the job:</p> <table style="font-size: x-small;"> <tr> <td>Internet</td> <td>62%</td> </tr> <tr> <td>Technology</td> <td>96%</td> </tr> </table>	Internet	62%	Technology	96%		
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<p>6 Spends and manages money responsibly.</p>	<p>Makes responsible online purchasing decisions and protects their payment information.</p> <p>A typical teen reports having lost an average of \$400 to cybercrime.</p>						
<p>7 Upholds basic human rights of privacy, freedom of speech, etc.</p>	<p>Upholds basic human rights in all digital forums.</p> <p>26% of U.S. high school teachers believe websites should not publish freely without "government approval."</p> <p style="background-color: yellow; border: 1px solid black; padding: 2px;">CENSORED</p>						
<p>8 Protects self and others from harm.</p>	<p>Protects personal information from outside forces that might cause harm.</p> <p>54% of teens frequently have private online conversations with strangers.</p>						
<p>9 Proactively promotes their own physical and mental health.</p>	<p>Proactively limits health risks of technology, from physical to psychological.</p> <p>8% of youth ages 8-18 are addicted to video games.</p>						

SOURCES: Pew Research, Microsoft, Symantec, Association for Psychological Science

Connected learning. Connected world.™

Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the "winter blues," some people may have a type of depression called seasonal affective disorder (SAD). The first step is to determine how much your symptoms interfere with your daily life.

<p>Do you have mild symptoms that have lasted less than 2 weeks?</p> <ul style="list-style-type: none"> Feeling down but still able to take care of yourself and others Having some trouble sleeping Having less energy than usual but still able to do your job, schoolwork, or housework 	<p>These activities can make you feel better:</p> <ul style="list-style-type: none"> Doing something you enjoy Going outside in the sunlight Spending time with family and friends Eating healthy and avoiding foods with lots of sugar
<p style="font-size: x-small;">If these activities do not help or your symptoms are getting worse, talk to a health care provider.</p>	
<p>Do you have more severe symptoms that have lasted more than 2 weeks?</p> <ul style="list-style-type: none"> Social withdrawal Oversleeping Gaining weight Craving foods with lots of sugar like cakes, candies, and cookies 	<p>Seek professional help:</p> <ul style="list-style-type: none"> Light therapy Psychotherapy (talk therapy) Medications Vitamin D supplements

For help finding treatment, visit nimh.nih.gov/findhelp. If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

National Institute of Mental Health

nimh.nih.gov/sad

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 Conser is pictured with Prada who is also on the front page of the newsletter. Prada is a sled dog who now lives in Florida because she got a new home in February! Grace explained, "When I raced in the Casper Mountain Sled Dog Races in Wyoming, she was my main lead dog on my team."



Ashley Kennedy shows cattle and was awarded Champion Maine-Anjou Jr. Breeding Heifer at the Arizona National Livestock Show. Great job Ashley!



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Sam Barr, senior, has been a MVA student since 7th grade. These pictures are from the Kansas State 4-H fair, where he served as a Morris County Ambassador (above). He exhibited his train drawing and felting projects and was part of the Morris County FACS judging team. Thanks for sharing Sam!

