

The Official Newsletter of
Mulvane Middle School
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Cat News



WILDCAT PRIDE!

MMS Fall Sports finished on a winning note! The MMS Cross Country teams competed at Mulvane in the Pioneer League Cross Country Meet on Monday, October 16th. The results of the meet:

Team League Div. IV Champions:

- 8th grade Girls' Cross Country Team
- 7th grade Girls' Cross Country Team
- 8th grade Boys' Cross Country Team

Congratulations to all the athletes and Coach Williams and Coach Beckwith for their hard work and dedication!



8th grade Volleyball Team League Tournament Champions! Back-to-Back Tournament Champions!

Pioneer League Food Drive

November 12th – 16th

Student Council, along with Dillons, the Mulvane Police and Emergency Departments, are again helping to sponsor the Patriot League Food Drive for MMS. Bring any non-perishable food item during this week. Advisement classes with the most donations per student will win a breakfast party. All food stays in the community!

The last time Mulvane Middle School won the League trophy for collecting the most cans was in 2004! And we won two years in a row!! Let's bring the traveling trophy back to Mulvane!

Student Council Dance

When: **Friday, December 7th 7:00PM – 9:00PM**

Who: 7th & 8th grade MMS students ONLY
and are in good standing per handbook

Where: MMS Commons

\$5

Dress is Semi-Formal (and meets dress code)

Students of the Month

Your Character Counts:

October- RESPECT

- | | |
|--------------|--------------|
| 6A Keilan B. | 6B Alaina B. |
| 7A Will P. | 7B Haydyn B. |
| 8A Avery C. | 8B Andrew H. |



Special Music Honors

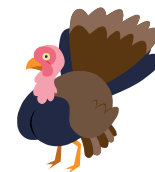
Every fall the Patriot League recognizes talented vocal and instrumental music students in a League Honors Music Festival. Prairie Hills Middle School will host the event on Saturday, November 10th. These students were selected to participate:

2018 Honor Choir:

Valerie F., Rosie M., Jolie E., Aubrey M., Piper F., April B., Mackinsey S., Natalie J., Troy B., Aaron N., Jacob B., Jax J., Mason O.

2018 Honor Band:

Jericka S., April R., Teagan G., Eden C., Jayden J., Kaia M., Kaitlyn W., Andrew H., Lexi M., Kameron B., Damien R., Timothy H., Xander K., Taten M., Mattea G. James R., and Teanna N..



Thanksgiving Break!

NO SCHOOL – Nov, 21st – 23rd

What's happening in November?

Day	Event	Place	Time
2	PROGRESS REPORTS		
4	Daylight Savings Time Ends		
5	Scholar's Bowl	@ Circle	4:00PM
7	NJHS Induction Ceremony		7:00PM
8	Scholar's Bowl	@ Valley Center	4:00PM
	Wrestling @ Haysville		4:30PM
9	Circle of Friends Lunch		
10	League Honors Music @ Prairie Hills		9:00AM
	Wrestling @ Haysville West		9:00AM
12 – 16	Pioneer League Food Drive Yearbook Sales (Last Chance at \$30) <i>American Education Week</i>		
12	Scholar's Bowl @ Newton		
13	Wrestling @ Haysville		4:30PM
14	1 st day of Basketball practice		
15	League Scholar's Bowl @ Wellington		4:00PM
17	JV Wrestling @ Derby		9:00AM
19	7A Field Trip Cosmosphere		
20	8 th grade Poetry Slam	MMS Library	
21 – 23	Thanksgiving Break – NO SCHOOL		
26	Site Council	MMS Commons	5:45PM
29	Wrestling Home		4:30PM



Basketball Season

Wrestling season is underway and basketball tryouts will take place on November 14th.

All student athletes must have a KSHSAA physical and concussion form completed and turned into the office by Nov. 14 in order to participate. Please see the school website for a copy of the form or stop by the office to pick one up.

Sportsmanship is good citizenship in action!

As a member of the Kansas State High School Activities Association (KSHSAA) we would like to remind spectators and participants to adhere to the policies and rules of good sportsmanship.

ALL ACTIONS are to be FOR, NOT AGAINST; POSITIVE, NOT NEGATIVE or DISRESPECTFUL!

Section 1: General Regulations (apply to grades 7-12)

Art. 1: SPORTSMANSHIP is a general way of thinking and behaving. The following sportsmanship policy items are listed below for clarification:

- Be courteous to all. (participants, coaches, officials, staff and fans)
- Know the rules, abide by and respect the official's decisions.
- Win with character and lose with dignity.
- Display appreciation for good performance regardless of the team.
- Exercise self-control and reflect positively upon yourself, team and school.
- Permit only positive sportsmanlike behavior to reflect on your school or its activities.



YEARBOOK SALES!!

Last Chance at Early Bird Price

During the week of November 13th – 16th, the MMS Yearbook Staff will be selling the 2018-19 Yearbooks for the last time at the early bird price of **\$30**. After this week, the price will go up to \$35!! Be sure to reserve a copy of your middle school memories!

Kansas Communities that Care Survey

On October 18th we mailed home first quarter report cards. In this mailing we also included a parent letter in to 6th and 8th grade students requesting participation in the KS Communities that Care Survey. This information is valuable to our school district in its continued efforts to provide solid education about students making healthy choices. The survey can be found at:

<http://tiny.cc/kctcsurvey>

If you need another copy, please call the middle school office and we will be happy to provide another one for parent/ guardians to sign.

Superintendent	Dr. Jay Ensley
MMS Principal	Mrs. Traci Becker
Assist. Prin./AD	Mrs. Heidi Perkins
Counselor	Mrs. Kelly Ball

Counselor's Corner

Mrs. Kelly Ball, MMS Counselor

November will be a busy month at MMS. Many students will try out for the basketball teams and begin practicing, scholar's bowl competitions will continue, and the bands and choirs will all be preparing for upcoming performances. While all this is happening, your student will also be required to continue to focus on his or her number one job: learning the grade level curriculum.

In addition to what is happening at school, many students have a number of responsibilities at home so it is not surprising that middle school students are stressed out. According to TeensHealth.org, students are mostly worried about school work issues (32%), social issues (30%) and appearance issues (25%) with the remaining 13% revolving around extracurricular activities. According to this website, students must learn to plan and organize for school work and learn to avoid procrastination. Finding a balance between sports, friends, school work, family, and additional extracurricular activities is difficult for many teens. Good nutrition, appropriate exercise and adequate sleep are also essential for students and adults to function at their best.

The article also states the importance of having de-stressing activities like listening to music, drawing a picture or reading a book. Finally, it also relates the essential nature of having a positive friendship group. Choosing friends is a huge part of middle school and having a supportive group of friends who will be there for you is a must. Since stress plays a role in all of our lives, an awareness of how to cope and support each other through the ups and downs is truly an asset for all involved. If you need additional support regarding stress or other health issues, there is an abundance of educational websites available.