Mustang Messenger

Volume 12, Issue 32 | April 19, 2019

Upcoming Events

- April 22-NO School-Profession In Service Day
- April 23-Track Meet at Lansing
- April 25-Track Meet at Patton
- April 26-7th Grade Field Trip
- May 1-KVL Track Meet

Enter to Learn
Go Forth to Serve

Mill Creek Middle School
8001 Mize Blvd
Lenexa, KS 66227

Main Number
913-667-3512

Attendance Line
913-422-9698

Website
www.usd232.org

Allergy Season!

When the weather warms up, days are longer and the world is blooming, we all want to be outdoors more often. For students with allergies, spring also means an increase in allergy symptoms. Here are some ways you can help your student:

- **Shower after spending time outdoors.** – prevents transfer of pollen to your bedding at night and decreases symptoms. At the very least, change clothes and wash your hands and face.
- **Take your shoes off at the door.** – reduces pollen transfer to carpets and furniture.
- **Use a sinus rinse** – A neti pot or over the counter sinus wash kit can help rinse allergens from your nose. Just make sure to follow directions for safe use.
- **Consider a daily allergy medication** – Antihistamines like Claritin, Zyrtec and Allegra can be very helpful in controlling symptoms. Nasal sprays and eye drops can also be helpful.
    - ◊ Allery medication options: https://www.mayoclinic.org/diseases-conditions/allergies/in-depth/allergy-medications/art-20047403
    - ◊ Why antihistamines work best when taken consistently: https://www.webmd.com/allergies/features/pretreatment?scrlybrkr#2
    - ◊ Save **Benadryl** (diphenhydramine) for bedtime or severe allergic reactions. It often makes students too sleepy for use during school.
- If your student is still miserable after home treatment, consider consulting with your pediatrician or an allergist. There are prescription medications and other allergy treatments that may help.

Finally, remember, ***the school health room does NOT have antihistamines for seasonal allergies***. You must treat these at home!

Bulletin Board

7th and 8th GRADE CHOIR CONCERT

The 7th and 8th grade choir students will have their Spring Concert on Monday, May 6 at 7:30 in the Mill Creek Gym. Choir students need to report to the commons between 6:45-7:00 wearing their black choir shirts and black pants/jeans. They have worked hard on their music and you will enjoy the performance! The concert will be over by 8:30.

Allegro: It's audition time for Allegro Choirs of KC! Looking for singers grades 2-11 wanting a choral adventure! Ms. Pederson has information: http://www.groyourvoice.org/audition2

Theatre: If you love theatre and want to have fun stage experiences, you should enroll your kiddos at this theatre summer camp! They will help your onstage character, but your offstage character as well! It is an incredible 3-week camp for kids ages 3-18:

http://www.stageworx.org/enroll/?fbclid=IwAR3VNwRPILmncKp-WsOJJuUtG3udCR2Vdl5EHTf9LGsdnWS7mG4eqzbOPaA

Summer Athletic Opportunities:

DHS: https://dhswildcatnation.com/summer-camps/

MVHS: https://mvjaguar.com/forms-camps/

MCMS Volleyball Meeting 4/12/19

- Camp: June 17-20, 1-3p.m., in the MCMS Gym. Forms are due by May 10th. Camp attendance is encouraged, but not required.
- Things you need to do this summer in order to try out for volleyball:
  - *Get a physical. DHS Physical Day is May 4th. It's an easy and cheap way to get your athletic requirements done!*
  - *Fill out all of your athletic paperwork through Skyward prior to August 16.*
- Tryouts will begin on Monday, August 19.



MILL CREEK STUCO SPIRIT WEEK

Monday, April 29: PJ Pant Day
(no gowns, robes, slippers, onesies, etc.)
Tuesday, April 30: Team Day
(pro, college, club)
Wednesday, May 1: Meme/Vine Day
(must be school appropriate!)
Thursday, May 2: Throwback Day
(70s, 80s, 90s)
Friday, May 3: Christmas in May
(Santa hats are a-ok!)

JOIN THE FUN!

April 29 – May 3
Mill Creek Middle School

Bulletin Board

Track & Field

April 23 at Lansing with Clark & Lansing

April 25 Patton Invitational

May 1 KVL Meet at Patton



Summer Youth Police Academy

The Lenexa Police Department is now accepting applications for our Summer Youth Police Academy. There are two sessions offered. Session 1: June 10-14, Session 2: June 17-21. Applicants must be 13-17 years old at the time of the attendance. There is no cost to attend!

More information can be found at

https://lenexa.com/government/departments___divisions/police/youth_outreach/youth_police_academy

For any questions contact

Master Police Officer Derrick Pierce, dpeirce@lenexa.com, 913-825-8168

Mythology Club Update

Parents of Mythology Muggles, we will have Mythology Club on the following dates:

April 30

May 7 and **May 21**

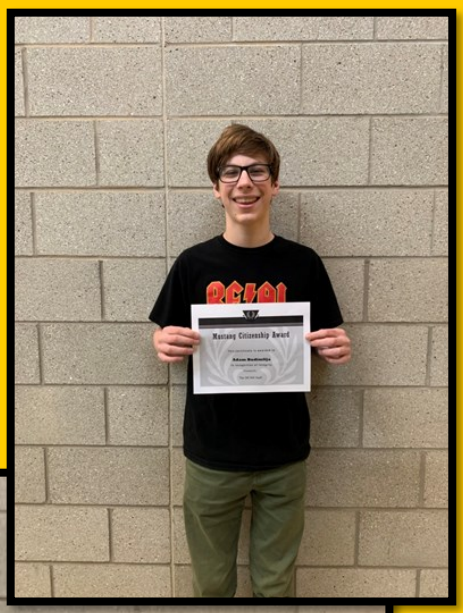
Please mark your calendar to pick up your Muggle by 4:15 on these dates! All ride arrangements need to be made before school.

If your student has not signed up previously, but you know they would enjoy our club, it is not too late! Mythology Club is open to all MCMS students. See Mrs. Marney for a form, or have them scan the bar code on

The Mustang Citizen



Citizens of the Week
For the Week of April 12





6th Grade: Avery Rasmussen, Thomas Helm, Sydney Moore & Kjell Stenstrom
7th Grade: Henry Walawender & Emma Stanton
8th Grade: Presley Reinertsen & Adam Budimlija

The Mustang Citizen



Citizens of the Week
For the week of April 19



6th Grade: Zach Zaldivar & Stella Showalter
7th Grade: Sam Vogel & Griffin Marschall
8th Grade: Kimmy Ippel & Logan Bowden

#GoodNewsCallOfTheDay



De Soto School District
Athletic Physical Day
Saturday, May 4th, 2019

Before students may participate in any KSHSAA-sponsored activity (including try-outs and practices), parents and students must both complete the ONLINE Athletic Participation Registration process. Students must also have a physical completed by a licensed physician. **We are pleased to provide the opportunity to complete this entire process on May 4th. (All physicals MUST be dated after May 1, 2019)**

Who: Students entering grades 7–12 at DHS, MVHS, MCMS, LTMS and MTMS in the fall of 2019. Parents must either accompany their student in order to sign the paperwork or send the ***signed*** KSHSAA Pre-Participation Physical Form with their students.

What: The physical will be good for 2019-2020 school year activities. Doctors from the University of Kansas Health System will complete physicals in private rooms; nurses will take blood pressure; and coaches will measure height and weight.
(All physicals MUST be dated after May 1, 2019)

Physical forms MUST be completed for the following activities:

- **Baseball**
- **Basketball**
- **Bowling**
- **Cross Country**
- **Cheer**
- **Dance**
- **Football**
- **Golf**
- **Soccer**
- **Softball**
- **Swimming**
- **Tennis**
- **Track**
- **Volleyball**
- **Wrestling**

When: 8:00am - 10:00am on Saturday, May 4th
(Patients arriving by 10:00am will be seen.)

Where: Mill Valley High School

Cost: $20 (For each physical $10 will be donated back to schools)

Benefits:

- Complete all athletic registration in ONE location
  - Physical forms are completed by physicians
  - Online Athletic Participation Registration completes:
    - ⇒ Emergency Medical release forms (EMA)
    - ⇒ Acknowledgement of Risk form
    - ⇒ Concussion form
- Partial cost of physical is returned to the school

Cheerleading

Try Out Information

FRIDAY 19 APRIL 2019

STUDENT INFO MTG - SEMINAR

TUESDAY 30 APRIL 2019

PARENT MTG 5:30 PM GYM

WEDNESDAY 15 MAY 2019

CLINIC 3:10 -4:30 PM GYM

THURSDAY 16 MAY 2019

CLINIC 3:10 -4:30 PM GYM

FRIDAY 17 MAY 2019

TRY OUTS 3:10 - 5 PM GYM

MONDAY 20 MAY 2019

1ST SQUAD MTG - SEMINAR

MONDAY 3 JUNE 2019

CAMP @ MCMS 8 - 4 PM

TUESDAY 4 JUNE 2019

CAMP @ MCMS 8 - 4 PM

WEDNESDAY 5 JUNE 2019

CAMP @ MCMS 8 - 4 PM

PosterMyWall.com



Questions - contact Mrs. Legore Seawood dlegoreseawood@usd232.org

Mustang Volleyball Camp

Are you interested in trying out for the Mustang Volleyball Team in the 2018 season at Mill Creek? If so, this might be a great option for you! Camp is an opportunity to further develop fundamental skills, learn new offenses, new drills and have the opportunity to exhibit leadership on the court in a true game atmosphere. Camp fees cover insurance, camp shirts and some fun prizes for the girls. All camp sessions will take place at Mill Creek Middle School (8001 Mize Blvd, Lenexa Ks) in the gymnasium.

FOR: Girls in 7th/8th grade for the 2019 Vball season

DATES: June 17-20 (M-TH)

TIMES: 1:00-3:00 pm

CAMP ATTIRE: T-shirts or school appropriate tank tops, spandex/gym shorts, knee pads, volleyball shoes, water-bottle

FEE: $30 *(checks payable to Kristin Banuelos)*

REGISTRATION: Please complete the form at the bottom of this page and return it to Coach Banuelos or the office NO LATER than **May 10th.**



Please complete the form below, cut off and return this by Friday, May 10th

REGISTRATION FORM

Name of Student _____ '19-'20 Grade _____

School _____ Phone Number _____

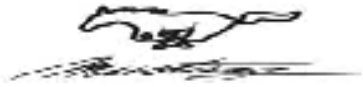
Parent/Guardian Name _____

E-Mail _____ Shirt Size _____ (adult sizes)

I understand, as the parent or legal guardian of _____, and hereby affirm that the applicant is in good health. I have no knowledge of any physical impairment that would be affected by the above player's participation in the camp. I understand that, as a condition of admittance as a camp participant, I as the applicant's parent or legal guardian hereby release Mill Creek Volleyball and Mill Creek Employees of the camp from any liability resulting in injury or illness while at the camp.

Parent or Guardian Signature: _____ Date _____





7th GRADE BOYS'
Mustang Summer Basketball Camp

Coaches: Justin Pickens & Bobby Rawson

Who: Incoming **7th grade** boys for the 2019-2020 school year.

What: Summer basketball camp to work on fundamentals to improve your overall basketball skills.

Dates/Times:
June 24th- 27th (Monday-Thursday)
12:00 p.m. - 2 p.m.

Where: Mill Creek Middle School gymnasium

Cost: $35

Camp Philosophy:
The fundamental purpose of our summer camp is to offer students the opportunity to grow through the game of basketball. The coaching staff will focus on the basic aspects of the game such as dribbling, passing, shooting form, and defensive techniques. We feel that it is essential that in order to better themselves as basketball players they must continuously work on the basics of the game. This camp gives the athlete just that, time to work on their game and have fun doing it!

Please detach at dotted line and attach payment

Name: _____ Current School: _____

Adult T-Shirt size (please circle size) AS AM AL AXL

I understand, as the parent or legal guardian of _____do hereby affirms that the applicant is in good health. I have no knowledge of any physical impairment that would be affected by the above player's participation in this camp. I understand that, as a condition of admittance as a camp participant, I as the applicant's parent or legal guardian do hereby release Nick Pierce and all other employees of the camp from any liability resulting in injury or illness while at the camp.

Parent or Guardian Signature: _____ Date: _____

Camp includes:
Camp insurance
Camp T-shirt
Prizes for camp champions
Instruction from MCMS coaches

Please Make Checks Payable to Nick Pierce

To insure you are able to get a camp T-shirt at camp, please have this form with payment turned in by May 18.

Registration Form:

WHEN: May 28th – 31st

TIME: 1:00pm – 3:00 pm

WHERE: Mill Creek Middle School Gym

OBJECTIVE: To introduce students to the fundamentals of basketball

FOR: 7th and 8th grade girls for 2019-2020 school year.

COST: $30.00 COST INCLUDES CAMP INSTRUCTION, CAMP T-SHIRT AND INSURANCE.

MAKE CHECKS PAYABLE TO: Nick Pierce

Mail to:
Mill Creek Middle School
Attention: Nick Pierce
8001 Mize Boulevard
Lenexa, KS 66227

Turn in camp forms by May 17th to ensure receiving t-shirt on time.

CAMP STAFF

Nick Pierce

Kerri Ptacek

Ron Peters

Alex Bussell



LADY MUSTANG BASKETBALL CAMP

May 28th – May 31st

1:00 – 3:00 pm

7th and 8th graders for the 2019-2020 school year

Cut and fill out

Form

STUEDNT NAME

_____

PARENT PHONE#

_____

GRADE 2019-2020 SCHOOL YEAR

7 8

T-SHIRT SIZE:

YS____YM____YL____AS____AM____

AL____AXL____

I understand, as the parent or legal guardian of _____do hereby affirm that the applicant is in good health. I have no knowledge of any physical impairment that would be affected by the above player's participation in the camp. I understand that, as a condition of admittance as a camp participant, I as the applicant's parent or legal guardian, hereby release Mustang basketball, Nick Pierce, and all other employees of the camp from any liability resulting in injury or illness while at the camp.

Parent or Guardian Signature:

_____

Date: _____

Registration Form:

WHEN: May 28th- May 31st

TIME: 9:00 am – 11:00 am

WHERE: MCMS practice field

OBJECTIVE: To introduce students to the fundamentals of football and Mustang football.

FOR: 7th and 8th grade students for 2019-2020 school year.

WHAT to BRING: Football Cleats, Athletic Clothes and a Water Bottle. Helmets will be checked out day one to players. No other equipment required.

COST: **$35.00 COST INCLUDES CAMP INSTRUCTION, CAMP T-SHIRT AND INSURANCE.**

MAKE CHECKS PAYABLE TO: RON PETERS

Hand in registration form to Coach Pickens in PE office or…

Mail to:
Mill Creek Middle School
Attention: Ron Peters
8001 Mize Boulevard
Lenexa, KS 66227

Forms

PLAYER NAME_____

PHONE#_____GRADE_____

ADDRESS_____

CITY_____

T-SHIRT SIZE: (Adult Sizes Only)

AS____AM_____AL_____AXL_____

I understand, as the parent or legal guardian of _____do hereby affirm that the applicant is in good health. I have no knowledge of any physical impairment that would be affected by the above player's participation in the camp. I understand that, as a condition of admittance as a camp participant, I as the applicant's parent or legal guardian, hereby release Mustang Football, and all other employees of the camp from any liability resulting in injury or illness while at the camp.

Parent or Guardian Signature:

_____

Date: _____

Camp Forms and Money Due: May 10th



MUSTANG FOOTBALL CAMP

May 28th – May 31st

9:00am – 11:00am

7th & 8th Graders



LIBRARY LOWDOWN

Book Fair

The BOGO fair is May 6-10. A Sign-Up Genius has gone out to parents through e-mail. Thank you for those that have already signed up to work the cash register. There will be a new cash register this year. It will have a new feature called The "E-Wallet". Parents can put money on an account for their child. More information will come out about the E-Wallet.

William Allen White Reading Challenge

Students have until April 12th to read four WAW books. They will get to vote on their favorite and get a prize.

"THERE IS NO FRIEND AS LOYAL AS A BOOK."

— Ernest Hemingway

FOLLOW ALONG ON INSTAGRAM

@READINGROBERTS

Procedures

Student Sign out Procedure

Students will not be called out of class until the parent or person picking them up comes into the office to sign them out. If a parent is sending another adult or older sibling to pick up a student, the parent must notify the office that this person has permission to pick up the student. Please make sure you are allowing yourself enough time to wait for your student to be called out of class. If they are in PE, lunch or between classes, it could take a few minutes longer. If you are taking your child after morning practice, the office needs to be notified of the absence.

We appreciate your patience in this matter.

Reporting an Absence

A 24-hour voicemail phone line is available to report an absence (including appointments). If you need to speak with someone in person, our office opens at 7:30 a.m. We ask that you call on the day of the absence or before if possible. If you are notifying your child's teacher about an absence, the office needs to be included on this as well. All absences are recorded by the office, not teachers.

Please include the following information: your name, relationship to the student, student's name, date & hours missed and the reason for absence. If the absence is due to illness, please leave your child's symptoms.

Students are expected to attend school and to be present and punctual for all classes each day that school is in session. Regular attendance is basic to the educational process. Students are required to be in attendance each school day from 7:55 a.m. - 3:05 p.m.

Excused Absence

The only acceptable reasons for absence or tardies are: illness, medical/dental appointments, court appearance, family emergencies (funerals, critical illness), religious holidays, and school sponsored events.

ATTENDANCE LINE: (913) 422-9698

Bus Pass:

If you are enrolled as a bus rider and you need to ride home on the bus with another student the office needs the following…

- A note/email from **BOTH** parents involved giving permission along with bus and phone information. Emails sent to stennis@usd232.org and thiggins@usd232.org.
- This option should only be used when other arrangements **can't** be made. **Students should not be changing buses daily or every week.**
- The office needs to have these changes **BY 1:30**. Request after 1:30 will be denied.
- We will do our best to accommodate all requests but some may not be able to be filled.
- Please have your student check in with the office at the end of the day if they have not received their bus pass for the day.
- If your student needs to change a bus for more than one occasion, please contact First Student at (913) 422-8501.
- Bus Drivers are NOT part of the approval process. All communications need to be with the office.

Lunch Information

Parents, grandparents and/or other legal guardians are welcome to join their students for lunch. In addition to specific building procedures, all visitors must respect the following guidelines established to maintain a safe and orderly cafeteria:

- All visitors must check-in at the office and wear a visitor's badge.
- Once in the cafeteria, visitors must check in with one of the lunch room supervisors.
- Staff cannot pre-arrange or guarantee specific students to be seated together.
- At the conclusion of lunch, visitors should check-out in the office.



Lunch Menu for the Week of

April 22-26

Monday	Tuesday	Wednesday	Thursday	Friday
NO School	Manager's Choice Garden Bar Milk/Juice Selection	Chicken Strips Honey Wheat Roll Mashed Potatoes Green Beans Garden Bar Milk/Juice Selection	Cheese Bosco Sticks Marinara Sauce Caesar Salad Steamed Corn Garden Bar Milk/Juice Selection	Hot Italian Sub Parmesan Broccoli Steamed Peas Garden Bar Milk/Juice Selection

