



Mustang Messenger

February 28, 2020

Upcoming Events

- KVL Band—March 3rd
- KU Jazz Festival—March 6th
- School Musical—March 6th-7th
- Cheer clinics—March 10-11th
- Cheer tryouts—March 12th
- PTA Meeting—March 12th
- Spring Break—March 16th-20th
- NO SCHOOL—March 23rd

Want to know what is happening at The Creek? Visit the calendar on our webpage!

[Calendar Link](#)

**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

Dear 7th grade parents and guardians,

During the weeks of February 24-28 (girls) and March 2-6 (boys) your student will be receiving the Signs of Suicide (SOS) prevention program during their PE class. This program has been adopted by the De Soto School District. The program highlights the relationship between mental health and suicide, teaching that suicide is, most often, a fatal response to a treatable disorder—depression. While encouraging individual help-seeking, the program uses peer-to-peer messaging that encourages students to ACT® (Acknowledge, Care, Tell) when concerned about themselves or a friend. The school counselors and school social worker will be delivering the curriculum over two class periods to each 7th grade PE class. During the lesson, students will watch a video discussing signs of suicide, and then they will discuss with their peers and as a group what they have watched and their reactions. Information and resources for the SOS program can be found under the counseling tab on the Mill Creek Middle School website (link below). If you have any questions please feel free to reach out to the school counselors or school social worker:

<https://www.usd232.org/domain/3979>

Spring Musical

Mill Creek Middle School Presents



March 6th & 7th
at 7:00 pm

MCMS Gymnasium • 8001 Mize Blvd., • Lenexa, KS



Tickets \$5.00

5 years & under free



By Brian D. Taylor • Music by Bill Francoeur
• Lyrics by Scott DeTurk • Additional Lyrics
by Bill Francoeur

Produced by special arrangement with Pioneer Drama Service, Inc., Englewood, Colorado.

High School Athletic Opportunities



2020 JAGUAR STRENGTH 5th ANNUAL COMBINE

ALL CURRENT 6-11TH GRADERS ENCOURAGED TO REGISTER TODAY!

- **CAMP PURPOSE** – Purpose of this camp is to test an athlete's ability in four different tests. Each athlete will be tested in the vertical jump, 40-yard dash, 3 cone agility and 5x10x5 pro agility. Height and weight of each individual will also be measured. By participating each athlete will be able to use the results on various recruiting questionnaires, enter them in to their Hudl profiles, and track their progression through the Jaguar Strength program from year to year.
- **CAMP REGISTRATION DEADLINE** – April 4, 2020
- **REGISTER ONLINE** – Visit <https://tshq.bluesombrero.com/jaguarfootballcamps>
- **CAMP DATE** – Saturday, May 9, 2020
- **CAMP TIMES** – 12:00 pm – 2:00 pm @ Jaguar Stadium (Gyms for inclement weather)
- **CAMP EQUIPMENT** – Wear athletic clothes, football cleats and tennis shoes (Important to bring both)

COST:

- \$35.00 if paid by April 4

PHYSICALS:

- Each individual participating in camp is required to have a physical on file from the current school year. Physicals are valid for 1 calendar year. Please contact MTMS/MCMS/MVHS or visit athletic website for forms.

INSURANCE:

- Insurance is provided as a part of the cost.

**For questions concerning online registration please email mvjagreg@gmail.com

**For any specific camp questions please visit www.mvjaguar.com or contact Coach Applebee at japplebee@usd232.org

For Information on the following please click the link below:

[Cell Phone Policy](#)

[Black and Gold Calendar](#)

[Lunch Menu for the Week](#)

[Daily Schedule](#)

[MCMS Website](#)



High School Athletic Opportunities



2015, 2016, 2019 STATE CHAMPIONS
1-0

2020 JAGUAR FOOTBALL SUMMER CAMP REGISTRATION 5th - 8th GRADE

CAMP SCHEDULE:

- **CAMP REGISTRATION DEADLINE** – June 1, 2020
- **REGISTER ONLINE** (or mail below registration w/ payment) - <https://tshg.bluesombrero.com/jaguarfootballcamps>
- **CAMP DATES** – Monday July 13 – Thursday, July 16
- **CAMP TIMES** – 7:30 am – 9:00 am @ Jaguar Stadium/MVHS Practice Fields

PHYSICALS:

- Each individual participating in camp is required to have a physical on file. Physicals are valid for 1 calendar year. Please contact MTMS/MCMS/MVHS or visit athletic website for forms. MVHS will be providing a physical day for all 7-12th graders at DHS on Saturday, May 2 from 8-10 am.

COST:

- \$80.00 includes camp, camp T-Shirt and insurance.

INSURANCE:

- Insurance is provided as a part of the cost.

**For questions concerning online registration please email mviagreg@gmail.com

**For any specific camp questions please visit www.mviaguar.com or contact Coach Applebee at japplebee@usd232.org

(Please cut @ line and return bottom portion with **check made to JAGUAR FOOTBALL** to Mill Valley HS, c/o Coach Applebee, 5900 Monticello Rd, Shawnee, KS 66201)

Name _____ Home phone _____ Cell phone _____
Address _____ Email _____
City _____ Zip _____ Grade Next Fall _____ T-Shirt Size _____

Parental Waiver, Assumption of Risk, and Consent Form

I hereby request that you accept the application of _____ in the Jaguar Football Camp. In consideration of your acceptance of the application, I hereby release Jaguar Football, Mill Valley High School, and the District School Board of USD 232 and all of its employees from all claims on account of injuries which may be sustained by my son while attending the Jaguar Football Camp and any team and/or individual practices, and I agree to indemnify Jaguar Football, MVHS, and the School Board of USD 232 and its employees for any claim which may hereafter be presented by my minor son of any such injuries.

Medical Insurance Company _____ Policy Number: _____

Parents Signature: _____ Emergency Contact Phone: _____

As the parent or legal guardian of the child named above, I hereby give my full consent and approval for my child to participate as a team member in the sport designated above. I understand that there are certain risks of injury inherent in the practice and play of this sport, as well as in traveling and other related activities incidental to my child's participation, and I am willing to assume those risks on behalf of my child. I hereby certify that my child is fully capable of participating in the designated sport and that my child is healthy and has no physical or mental disabilities or infirmities that would restrict full participation in these activities, except as listed below. In addition to giving my full consent for my child's participation, I do hereby waive, release, and hold harmless the organization named above, its officers, coaches, sponsors, supervisors, and representatives for any injury that may be suffered by my child in the normal course of participation in the designated sport and the activities incidental thereto, whether the result of negligence or any other cause. I represent that I am a parent/legal guardian of the child named above, and I agree that the terms of this release are binding on the child and me.

Participant's Printed Name _____

Parent's Printed Name _____

Participant's Signature _____ Date _____

Parent's Signature _____ Date _____

High School Athletic Opportunities

MILL VALLEY JAG IRON

SIGN-UP INFORMATION

NAME: _____
 ADDRESS: _____
 CITY: _____ ZIP: _____
 HOME PHONE: _____
 GROUP: _____ 2020-21 GRADE: _____
 MOTHERS WORK/CELL PHONE: _____
 FATHERS WORK/CELL PHONE: _____
 EMERGENCY CONTACT NAME & NUMBER: _____
 INSURANCE CO: _____ POLICY # _____
 T-SHIRT SIZE (CIRCLE ONE) – S, M, L, XL, 2XL, 3XL

DISCLAIMER

MY CHILD, _____ HAS MY PERMISSION TO PARTICIPATE IN THE JAGUAR IRON SUMMER PROGRAM. I UNDERSTAND THAT MY CHILD WILL PARTICIPATE IN ACTIVITIES THAT MAY INVOLVE PHYSICAL CONTACT WITH THE GROUND AND/OR OTHER PEOPLE. I HEREBY RELEASE THE INSTRUCTORS, PROGRAM AND SCHOOL DISTRICT FROM ANY AND ALL CLAIMS AND/OR FINANCIAL RESPONSIBILITIES THAT MY CHILD MAY SUSTAIN AT OR TRAVELING TO AND/OR FROM THE JAGUAR IRON SUMMER PROGRAM.

IN THE EVENT OF AN EMERGENCY IN WHICH MY CHILD REQUIRES MEDICAL ATTENTION, I AUTHORIZE THE STAFF TO ACT FOR ME AND TO OBTAIN WHATEVER MEDICAL TREATMENT THE STAFF DEEMS NECESSARY. I FURTHER AGREE TO BE RESPONSIBLE FOR ANY MEDICAL AND/OR OTHER CHARGES IN CONJUNCTION WITH HIS PARTICIPATION AT THE JAGUAR IRON SUMMER PROGRAM.

IF YOUR CHILD HAS ANY RESTRICTIONS, PHYSICAL LIMITATIONS OR IMPAIRMENTS OF WHICH WE NEED TO BE ADVISED OF PLEASE LIST THEM BELOW.

Parent's Signature _____ Date _____
ALL athletes MUST have a physical on file before the start of camp.

JAG IRON SUMMER 2020



JUNE 8 – JULY 30

GROUP 1 – 10TH-12TH GRADE FOOTBALL ATHLETES
 MON/TUES/WED/THUR 6:30-8:30 AM

GROUP 2 – 9TH GRADE MALE ATHLETES
 MON/TUES/THUR 7:00-8:00 AM

GROUP 3 – 10TH-12TH GRADE MALE ATHLETES
 MON/TUES/THUR 8:30-9:30 AM

GROUP 4 – 7TH-8TH GRADE MALE ATHLETES
 MON/TUES/THUR 9:30-10:30 AM

GROUP 5 – 10TH-12TH GRADE FEMALE ATHLETES
 MON/TUES/THUR 10:15-11:15 AM

GROUP 6 – 7TH-9TH GRADE FEMALE ATHLETES
 MON/TUES/THUR 11:00 AM-12:00 PM

What is The JAG IRON Summer Program?

THE JAGUAR IRON SUMMER PROGRAM IS A WEIGHT AND SPEED DEVELOPMENT PROGRAM SPONSORED BY THE ATHLETIC STAFF. THIS PROGRAM IS DESIGNED TO INCREASE YOUR SPEED, STRENGTH, AGILITY AND FLEXIBILITY. IT HAS A PROVEN TRACK RECORD THAT INVOLVES WEIGHT TRAINING, FORM RUNNING, AGILITY, PLYOMETRICS, AEROBICS AND FLEXIBILITY TRAINING. YOUR ATHLETE CAN AND SHOULD EXPECT IMPROVEMENT IN EACH OF THESE AREAS AND IN OVERALL CONDITIONING.

When is The Program?

THE JAGUAR IRON PROGRAM STARTS MONDAY, JUNE 8 AND CONTINUES THROUGH THURSDAY JULY 30.

*** SESSIONS WILL BE HELD EACH WEEK STARTING JUNE 8 AND ENDING JULY 30 EXCEPT FOR THE FOLLOWING DATES:

JULY 2 – JULY 8 (4TH OF JULY BREAK/KSHSAA BREAK)
 JULY 20 – JULY 24 (SUMMER BREAK)

Who can attend?

ANY ATHLETE, MALE OR FEMALE, 7TH GRADE AND UP WHO WANTS TO IMPROVE THEIR PHYSICAL ABILITIES THROUGH HARD WORK AND DEDICATION WHILE HAVING FUN MAY ATTEND.

What is the COST?

\$ 75.00 (CHECK MADE PAYABLE TO JAGUAR STRENGTH PROGRAM)

Where is the program held?

AT THE MILL VALLEY HIGH SCHOOL, WEIGHT ROOM (FIELDHOUSE), JAGUAR STADIUM, AND GYMS.

****IMPORTANT NOTE: OUR WEIGHT ROOM IS TEMPORARILY BEING MOVED TO THE FIELDHOUSE AT THE NORTH END OF THE STADIUM FOR THE 2020 SUMMER. PLEASE DROP YOUR STUDENT-ATHLETE OFF AT THE STADIUM FIELDHOUSE.**

What Now?

MAKE THE DECISION TO ENROLL YOUR ATHLETE TODAY!

1. MAKE CHECKS PAYABLE TO:
JAGUAR STRENGTH PROGRAM
2. ATTACH CHECK TO THE SIGN UP INFORMATION SHEET ON THE BACK OF THE BROCHURE. **PLEASE SEND INFORMATION IN BEFORE JUNE 1, 2020**
3. SEND MONEY AND INFORMATION SHEET TO THE FOLLOWING ADDRESS:

MILL VALLEY HIGH SCHOOL
 ATTN: JOEL APPLEBEE
 5900 MONTICELLO RD
 SHAWNEE, KS 66226

IF YOU HAVE QUESTIONS FEEL FREE TO CONTACT COACH HUDGINS @ AHUDGINS@USD232.ORG

REGISTRATION FORMS FOUND ON WWW.MVJAGUAR.COM AND WWW.USD232.ORG

High School Athletic Opportunities



2015, 2016, 2019 STATE CHAMPIONS
1-0

2020 JAGUAR FOOTBALL SUMMER CAMP REGISTRATION 9TH GRADE

- **CAMP REGISTRATION DEADLINE** – May 2, 2020
- **REGISTER ONLINE** – Visit <https://tshq.bluesombrero.com/jaguarfootballcamps>
- **CAMP DATES** – June 1 – June 4, Freshman Camp; July 13-16 Team Camp, Pad Checkout on May 27th at 8 am – MVHS Fieldhouse
- **INDIVIDUAL/TEAM WORKOUTS** – Throughout the summer
- **CAMP TIMES** – Freshman Camp 7:00 – 9:00 am @ Jaguar Stadium/MVHS Practice Fields
Team Camp 6:30 am – 8:30 am @ Jaguar Stadium/MVHS Practice Fields

PHYSICALS:

- Each individual participating in camp is required to have a physical on file. Physicals are valid for 1 calendar year. Please contact MVHS or visit athletic website for forms. MVHS will be providing a physical day for all 7-12th graders at DHS on Saturday, May 2 from 8-10 am.

COST:

- \$100.00 includes both camps, camp T-Shirt and individual/team summer practices

INSURANCE:

- Insurance is provided as a part of the cost.

**For questions concerning online registration please email mviagreg@gmail.com

**For any specific camp questions please visit www.mvjaguar.com or contact Coach Applebee at japplebee@usd232.org

DE SOTO CAMPS AND SUMMER OPPORTUNITIES



De Soto High School takes pride in offering a wide variety of camps and summer programs for the student-athletes of our community. At the included link, you will find information about summer camps and programs. Please feel free to contact the Activities Department with any questions.

<https://dhswildcatnation.com/summer-camps/>

#GoodNewsCallOfTheDay



**COWs from
February 28th**

School Procedures

Attendance

Report an Absence:

A 24 hour voicemail phone line (422-9698) is available to report an absence. If you need to speak with someone in person, our office opens at 7:30 am. We ask that you call on the day of the absence or before if possible.

Please include the following information:

- Leave your name, relationship
- Student's name
- Date and hours missed
- Reason for absence

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

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.

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 can be sent to amasilionis@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**. Requests after that 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 but 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.

Forgotten Items Policy

It is each student's responsibility to bring to school their classroom supplies, homework, P.E. clothes, uniforms, lunch, lunch money and anything else they need at school. It is important for students to learn how to handle their responsibilities. If you decide to bring forgotten items to school, please leave them **CLEARLY LABELED** at the Students Drop-Off Table in the front office. The office will NOT interrupt classroom instruction to notify your child of a forgotten item(s). Students can pick up their forgotten item between classes, during lunch or after school. Thank you for your cooperation!

After School/Event Code of Conduct

Please join us to spread some Mustang spirit at our after school events at Mill Creek Middle School. Athletic events (except cross country and track) at Mill Creek are \$3 for adults, \$1 for school aged children and free for 59 and over.

If a student wants to stay for a game those arrangements need to be made BEFORE school. We will NO longer allow students to call home AFTER school to see if they can stay for a game, due to our bus schedule. Please make arrangements for post-game transportation BEFORE arriving at school the day of the game. Students should be picked up from game around 5:30 and should not expect to use the school phone to call home for a ride. Students who consistently fail to make previous arrangements may be required to bring a note in order to stay or not be allowed to stay for future games.

MCMS Students expectations:

MCMS students who plan to stay for a game must report to the cafeteria at 3:05 on game days. Students may use this time after school as study hall, to talk quietly or play a game. Mandatory quiet time may be assigned at the discretion of the supervisor and they must ask for permission to leave the cafeteria for any reason. Any student who chooses to leave after school can ONLY attend the game with supervision of a parent/legal guardian. Students who stay after school are expected to follow the MCMS After School Athletic Events Code of Conduct and abide by the following guidelines:

- Stay in the building or at the football game during the entire course of the game. Any student who leaves the building or field during the game will be required to leave school grounds and will not be allowed to return.
- Be sitting in the bleachers in the student section while the game is in play. Students will be given the opportunity at all game breaks, such as quarter breaks, match breaks and half-time to get concessions and use the restroom. If a student misbehaves, engages in unsafe behavior, or displays poor sportsmanship, the student will be given an assigned seat, asked to leave or have additional school consequences.