January 20, 2023

# Mill Creek Newsletter

Home Of The Mustangs!

Enter to Learn, Go Forth to Serve

## Reminders

• Doors Open at 7:35 am.

School Hours - 7:55 to 3:05 pm.

• **Cell phones & backpacks are kept in lockers.**

• If you need to get a message to your child, please call the office 913.667.3512



## Important Links

- Mill Creek Website
- Follow us on Twitter - @TheCreekMCMS
- Need to Report an Absence? Click HERE
- Black and Gold Calendar
- Contact Us

## Upcoming Events

Jan 27 - Dodgeball Tournament 6-9 pm

Jan 31 - KVL Spelling Bee

Feb 15 - ½ Day of School/PT Conferences

Feb 16 - PT Conferences

Feb 17 - No School. Building Closed

Feb 20 - No School Building Closed

Grade Cards for Semester 1 have been posted to Skyward. You can view grade cards by logging into Skyward and selecting STUDENT PORTFOLIO.

## Message from Mr. Legler




MCMS Family,

Your children watch everything you do. They observe literally, everything. Their brains are designed to absorb incredible amounts of information during this time…your mannerisms, your disposition, your tone, your body language, how you treat others, how you react when you're frustrated, how much time you spend on your phone, it's all being absorbed and filtered as to what they will understand as right and wrong.

So teach them what is valuable. Don't just tell them. *Show* them by example. Teach them what self-control looks like. Show them selflessness. Teach them to respect authority. Show them how we should we react when things don't go your way. Show them what grit and perseverance look like, even when it's not fun. Our job as parents is to show them and help them understand how to be kind and respectful to one another, to both their peers as well as adults.

In a world where it can be easy to question why others behave/react the way they do or to point a blaming finger, we must first start within our own homes. It starts with us, the adults. Thank you for helping us at Mill Creek to show our students what kindness, respect, and hard work look like.

Go Mustangs!

# Athletics/Activities

**BBB:**

Mon: Topeka  Tues: Patton  Thurs: Lansing

**GO MUSTANGS!**

Reminder to all students that your laptops are a SCHOOL Device. Damage to them or school keyboards, etc are a violation of the Acceptable Use Policy and could result in a loss of the laptop privilege. Please treat your devices with respect.

**Physicals need to be submitted for anyone participating in Track.**




If you need to pick up your child for an appointment, please be sure to plan ahead and arrive 5-10 minutes early. Lockers take extra time!

# More Information

1

## From The Library:

The third Quarter book club meeting will be Thursday, March 2nd from 3-4 p.m.  We will discuss the book *Top Elf* by Caleb Zane Huett.

The fourth quarter book club meeting will be Thursday, May 11th from 3-4 p.m.  We will discuss the book *Roll With It* by Jamie Sumner.

2

**Mark Your Calendars Now For Important State Assessment Dates!**

- ELA (6th-8th grade): March 27 and 28
- Math (6th-8th grade): April 10 and April 11
- Science (8th grade only): April 19 and April 20



3

Science Olympiad team competed at Monticello Trails Saturday.  We earned 2 placements:

- 4th place – Anatomy & Physiology – Zaiden Celis & Hayes Keating
- 4th place – Can't Judge a Powder – John Kiene & Grant Tuttle







# Mill Creek Middle School DODGEBALL TOURNAMENT

## Friday, January 27th, 2023

## 6-9 pm, Mill Creek Gymnasium

**Register by January 19th to play!**

**$10 per player**

*Teams of 10 – 12 students + 1 parent coach*

*No team? Come out and watch your friends and teachers play!*

- Admission: $3 Adult & $1 Child
- Music
- Food & Drink available for purchase

*Proceeds benefit MCMS PTA*

Pick up a registration packet from Mrs. Legore Seawood in the front office.




*5 D's of Dodgeball: Dodge, dip, duck, dive, and…..DODGE!*

## From PTA:

**Sign up to Help us put on the greatest Dodgeball Tournament EVER!!**

**We need volunteers to be able to do this - sign up HERE to help out!!**

USD 232
Unified School District No. 232
www.usd232.org




# Job Opportunities

**USD 232 is looking for interested persons to apply for bus driver positions within the DeSoto school district. Job includes building trusted relationships with students, lots of smiles and laughter, and starting pay of $20.50/hr. For more information, please visit the district website at: https://www.usd232.org/Page/4947. Thank you!**




**We have lots of Student Nutrition openings at MCMS and in the district. Part time hours and a school calendar - please visit the district webpage for more information.**

**LOST & FOUND**
**Missing something like a water bottle or sweatshirt?**
**Items will be taken to donation 2/1**




## New! Mill Creek Middle School

# CHESS CLUB

- Informational meeting for students on **January 27 at 2:40** in the 7th grade pod.
- Club meets **Mondays from 3:05-3:45** in Room 407.
- Meetings start **January 30th**.
- Chess Club Parents, sign up for REMIND text alerts. **Text @d8d4d6 to 81010**.
- **Complete this form to participate:**
  https://forms.gle/iJ92NLbrMSf8MxPX6

Doodle for Google

Dear Educator,

We are happy to announce that **Doodle for Google** is returning for its 15th year this January! If you aren't familiar, Doodle for Google is an annual contest where we invite students in grades K-12 to express their creativity by drawing their very own Google Doodle in response to a prompt. The winning Doodle will be **displayed on the Google homepage for 24 hours.**

This year, we're excited to share that the prompt will be:

**I am grateful for....**



Taking a step back to think about what we're grateful for can be a great way to take care of our mental health and refocus on what's most important. What moments, people, places and things are special to you? What or whom can you not imagine living without? What are the things that get you through the day? Our theme this year encourages you to share what you appreciate most.

As an educator, you play an important role in encouraging creativity among your students. Visit **https://doodles.google.com/d4g/** or use the QR code below to learn more about the contest, discover how to submit, and find educator resources and curriculum guides around the prompt. We've also included a handy submission form on the back of this note that you can copy and use in your classroom.

Contest submissions open on **January 11, 2023** and run until **March 7, 2023**. 54 students will be named winners from their state/territory. Four finalists will win a $5,000 scholarship and one winning student will receive:

- A $30,000 college scholarship
- A $50,000 Google for Education technology package for their school
- Their artwork will be placed on the Google homepage for a day

We can't wait to see what your students create! Happy doodling!!

# Does Social Media Use Cause Depression?

**By Carline Miller**

Studies show that depression among teenagers and young adults has gotten more common over the past decade. Social media use has also increased during the same time. It's hard to say for sure that social media causes depression. Still, there are several ways that using social media could harm kids.

Some experts think that connecting with peers online is less emotionally fulfilling than connecting in person. Research shows that teenagers who spend more time on social media also feel more isolated. It could be that kids who already feel isolated use social media more. But it could be that using social media actually makes kids feel isolated.

Another theory is that social media is bad for teenagers' self-esteem. Seeing lots of perfect pictures online might make kids (especially girls) view themselves negatively. Feeling bad about themselves can lead to depression.

Social media can also cut into the time that kids spend on activities that make them feel good, like exercise and hobbies. Additionally, it can distract from important tasks like homework. Having to juggle those responsibilities can increase kids' stress. Studies also suggest that using social media at night interferes with restful sleep for many teenagers.

It's important for parents to check in with kids about their social media use and help them develop healthy habits. You can encourage kids to turn off notifications, spend plenty of time on offline activities that make them feel good, and put phones away before bedtime. You can also set a good example by modeling balance in your own use of social media.

Finally, be sure to keep an eye out for signs of depression and get professional help if you're worried. It's especially important to check on kids who are under a lot of stress.



Full Article can be read on Childmind Institute

https://childmind.org/article/is-social-media-use-causing-depression/

DE SOTO HIGH SCHOOL PRESENTS

# FUTURE WILDCAT NIGHT

## For Students & Parents!

**TUESDAY, JANUARY 31ST**

6:30 PM: ACTIVITY FAIR/TOURS IN AUX GYM

7:00 PM: MEET IN THE PERFORMING ARTS CENTER

7:10 PM: BREAKOUT WITH COUNSELOR/ADMIN

FOR MORE INFORMATION REGARDING COURSE SELECTION PLEASE SCAN:

# INCOMING FRESHMAN PARENT NIGHT

MILL VALLEY JAGUARS

**MILL VALLEY HIGH SCHOOL**

**FEBRUARY 6, 2023**
**6-7 PM**

**MV PERFORMING ARTS CENTER (ENTRANCE ON WEST SIDE OF MV)**

## AN EVENT FOR PARENTS TO LEARN ABOUT:

- GRADUATION REQUIREMENTS ✓
- COURSE OFFERINGS ✓
- HONORS COURSE INFO ✓

**STUDENTS! WE CAN'T WAIT TO MEET YOU AT JAG JUMPSTART THIS FALL!**

913.422.4351 | WWW.USD232.ORG/MVHS | QUESTIONS? EHAYES@USD232.ORG