

Monday Musings!

April 25, 2016

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Corey Comet Health and Wellness Tips

Sleep is important for EVERYTHING! Adults require 7-9 hours of sleep to function properly. Try a few of these tools to help you have a better night's sleep:

- Turn off your devices/TVs. The light from blue screens disrupts your circadian rhythm.
- Create a bedtime ritual.
- Stretch your body and do deep breathing to help you unwind.
- Put your troubles aside and drift away. Keep a piece of paper next to your bed and write down any worries of the day before putting your head down to sleep.

Sleep well, Blue Comets...ZzzZzz

AHS Girl Scouts Earn Gold Awards

Three students from Asheboro High School have earned the Girl Scouts highest honor, the Gold Award. Courtney McKaughn (senior), Kayla Surratt (senior), and Ashley Vuncannon (junior) used their exemplary accomplishments in leadership and community service to implement and complete a project to benefit our community. The Gold Award recognizes outstanding accomplishments in community service, leadership development, and career exploration and growth.



Need a Mattress? Buy one and help AHS!

The Asheboro High School Blue Comets will host a mattress sale in the gymnasium at AHS on Saturday, May 7. Save \$100 on your purchase of \$499 or more! See Coach George more information!

1ST ANNUAL ASHEBORO HIGH SCHOOL THE MATTRESS FUNDRAISER

Every Purchase Benefits the Program

SAVE UP TO 50% OFF RETAIL

Items From \$299 | Full From \$299 | Queen From \$299 | King ICA King From \$499

- ✓ All Sizes Available
- ✓ Free Pillow and Orthopedic Latex & Gel Memory Foam Beds
- ✓ All Mattresses are BRAND NEW w/ Full Factory Warranty
- ✓ Adjustable Beds, Luxury Firmness & Mattress Protection
- ✓ Name Brands like Simmons Beautyrest
- ✓ Delivery and Delivery Available
- ✓ Cash | Check | Credit Card

Beautyrest

Adjustable Beds | Firmness

When: Saturday, May 7
Time: 10AM - 5PM
Where: High School Gym
Event Link: Facebook.com/CFSRaleighEvents

FACULTY, STAFF AND THEIR FAMILIES - DISCOUNT COUPON

\$100 OFF ANY SET OVER \$499!

PERSONALLY INVITED BY: COACH OWEN GEORGE, FOOTBALL

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Summer Teacher Internship Application

The Teacher Internship Program allows 6-12 teachers to experience the opportunity to learn more about the needs of our local business and industries by spending one week as a “temporary” employee during the summer. After spending one week this summer and learning the skills and education needed for employment, teachers are asked to design a lesson for their students based upon that experience. They are then required to set-up opportunities for their students to either visit the site of the teacher internship or request a speaker to talk with their class. These teachers are then more in tune with the demands of an ever-changing workforce and can share the specific needs of the workforce with their students. As a bonus, teachers who participate earn a \$500 stipend! Wouldn't YOU like to experience one of these GREAT opportunities? [Click here](#) to complete an application today!

What's on Tap in Performing Arts?

Mark your calendar for these upcoming performing arts events!

May 5th at 7:30 PM, AHS Percussion Ensembles

May 9th at 7:30 PM, SAMS Band Concert (CHANGE)

May 10th at 7:30 PM, NAMS Band Concert

May 17th at 7:30 PM, SAMS Chorus Concert

May 19th at 7:30 PM, AHS Chorus Concert

May 23rd at 7:30 PM, AHS Jazz Band Concert

May 26th at 7 PM, AHS Spring Band Concert

May 31st AHS Theater Class Final Scenes

Stay tuned for the date on the AHS Band Chamber Concert! Date is TBD.



Math Fair Winners from NAMS

Congratulations to Jeannette Graham and Rolando Hernandez for placing 2nd in the NCCTM Central Region Math Fair!



Senator Tillman Stops in for a Visit

On Thursday, April 21st, Senator Jerry Tillman dropped in to several of our schools to interact with our students, teachers, and administrators! The visit was extremely positive and we appreciate the gracious hosts at each of our schools: Balfour, NAMS, McCrary, Teachey, and AHS!



AIG Expert Fair

On Thursday, April 21st, AIG students from across the district presented research to their parents and the community during the AIG Expert Fair hosted at Teachey Elementary. Student projects covered a number of different topics including radioactivity, Sever's Disease, and wolves! The students did a fantastic job and they couldn't have done it without the great help they received from our AIG specialists – Ms. Smith, Ms. McClosky, Ms. Foscue, and Ms. Lyons!



Teachey Battle of the Books Team

The Teachey Elementary Battle of the Books team enjoyed a limo ride to Golden Corral for lunch!



Tot Hill Farm Offers Discount to ACS Staff

Tot Hill Farm is offering a discounted summer membership again this year to it's pool/cabana for ACS employees:

- \$350 for a family membership (regularly \$425)
- \$275 for an individual membership (regularly \$300)

If interested, please see Corine Miller at 379 S. Cox Street in Asheboro (Office of CPA, Maxton McDowell). You will also need to present your ACS Employee ID badge. The pool will open May 28 and will close September 6. Space is limited, so applying soon is recommended. For more information, please call Corine Miller at (336) 626-9970.



Got news for Monday Musings?

Send me an email! Leigh Anna Marbert at lamarbert@Asheboro.k12.nc.us

AHS Athletics for This Week

Monday, April 25

TBA Boys Varsity Lacrosse East Forsyth High School *Piedmont Triad LAX Tournament @ Simeon St.* **Away**

6:00 PM Girls Varsity Soccer Southwestern Randolph High **Home**

Tuesday, April 26

TBA Boys Varsity Lacrosse OPEN DATE *Piedmont Triad LAX Tournament 2nd round* **Away**

10:00 AM Boys Varsity Golf MPC Conference Tournament @ Asheboro **Home**

10:00 AM Boys Varsity Tennis MPC Conference Tournament **Home**

4:00 PM Coed Varsity Track MPC Meet @ North Forsyth **Away**

5:00PM Boys Junior Varsity Baseball Ledford Senior High School **Away**

6:00 PM Girls Varsity Softball Ledford Senior High School **Away**

7:00PM Boys Varsity Baseball Ledford Senior High School **Home**

Wednesday, April 27

TBA Boys Varsity Lacrosse OPEN DATE *Piedmont Triad LAX Tournament* **Away**

5:30 PM Girls Varsity Soccer North Forsyth High School **Away**

6:00 PM Boys Varsity Baseball Wheatmore High School **Away**

6:00 PM Girls Varsity Softball Providence Grove High School **Away**

Thursday, April 28

5:00 PM Girls Varsity Softball Trinity High School **Away**

Other Events this Week

Wednesday, April 27 – Kindergarten screenings at Balfour Elementary.

Thursday, April 28 – Kindergarten screenings at Balfour Elementary.

Thursday, April 28 – Teacher of the Year interviews.

Friday, April 29 – The Cap and Gown Runway at each of our elementary schools at 10:15 a.m.

Saturday, April 30 – The AHS Junior/Senior Prom.

SAT/ACT Words

Exodus: a mass departure

Juxtapose: to place side by side

Litany: a resonant or repetitive chant

READING COMPREHENSION:

Noetic: to react as if stimulated by an electric shock

Word of the Week:

Piebald: of different colors; *especially* : spotted or blotched with black and white

Mustache Club Members Selected for 2016-17

15 seventh grade students were selected to be in the NAMS Mustache Fraternity for the upcoming 2016-2017 school year. These young men went through an application and interview process. They will be inducted into the fraternity at the end of the year banquet next month, where NAMS will celebrate the outgoing class of the Mustache Fraternity.



Staff Tab for Your Employee Resources

Don't forget about all the helpful links located on the ACS webpage under "Staff Resources." There you can find information on Mark III Employee Benefits, the North Carolina State Health Plan, your employee portal, past Monday Musing newsletters, wiki-pages, and much more! [Click here](#) to be taken the ACS staff page.