

Monday Musings!

February 22, 2016

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Congratulations Tyler and Allyson!

A very special congratulations goes out to two of our students who participated in the North Carolina Engineering and Science Fair for Region 5 last weekend. Sixth-grader Tyler Malpass was named the regional finalist and will now advance to the state finals! This is a significant honor as he and his project faced off against district winners from fifteen other school districts in Region 5. Also at the regional finals, eighth-grader Allyson Russell took 1st place for the Middle School level in a unique category that addressed the safety of North Carolina's water resources. We are very proud of both of you for your hard work and dedication to your projects.



Corey Comet Wellness Tip of the Week

February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Corey Comet challenges all ACS employees to make one change in their lifestyle to improve heart health! Here are a few ways to improve your heart:

1. Be smoke free. Ask your doctor/school nurse about how to quit smoking today.
2. Monitor your blood pressure. A good blood pressure is 120/80.
3. Maintain a healthy weight with a BMI of <25.
4. Enjoy moderate exercise of 150 minutes a week.
5. Add heart healthy foods to your plate! Vegetables, fruits, whole grains and fish are great!
6. Limit saturated fats, salt, and added sugars.

Information on Transfers

If your child attends Asheboro City Schools from another district, it is now time to contact your home district to apply for a release for next school year. Applications for admission, release, and reassignment for ACS will be available March 1- June 1, 2016. If you have any questions, please contact Tena Lester in the Student Support Services office.

AHS and SAMS Science Olympiad Teams Compete in the Regional Science Olympiad Competition

Teams from AHS and SAMS participated in the regional Science Olympiad competition this weekend. Winners from AHS included: Connor Criscoe and Amar Singh placing 3rd in Astronomy, Connor Criscoe and Cooper Faile placing 1st in Chem Lab (and get to go to the State Competition at NCSU), Maggie Redding and Caitlin Lamb placing 2nd in Forensics, Caitlin Lamb and Connor Criscoe placing 2nd in Green Generation and lastly, Elizabeth Redding and Laura Gomez placing 2nd in Invasive Species.

SAMS winners included: Sarah Lynn Ficquette and Tatum Herrin placing 3rd in Crimebusters, Sarah Lynn Ficquette and Tatum Herrin placing 1st in Duct Tape, Freddy Kelley and Yu Chen placing 5th in Dynamic Planet, Luke Hurley and Olivia Elliot placing 5th in Green Generation, Maggie Allred and Julie Lewis placing 4th in Meteorology, Hunter Trinkley and Yu Chen placing 4th in Mission Possible and lastly, Claudia Harrell & Tatum Herrin placing 4th in Write It, Do It. The SAMS team ranked 6th out of the 17 teams competing. Way to go students!!!



Black History Month at Lindley Park

Lindley Park held a Black History Month program with renowned performer, Logie Meachum. This interactive assembly featured poetry, storytelling, dance, music, and call and response segments that created a delightful learning experience for all in attendance.



Happy FFA Week!

Happy FFA Week! Each year, FFA chapters around the country celebrate National FFA Week. FFA week promotes and celebrates agricultural education and FFA. The Asheboro Zoo FFA Chapter kicked off FFA Week on Saturday with a fundraiser for the "Grants for Growing" program which Tractor Supply sponsors in partnership with the National FFA Organization. They raised over \$300 for the grant program and took advantage of opportunities to promote agriculture and FFA with community members. The Asheboro Zoo FFA Chapter will continue to celebrate National FFA Week with treat bags for members, service learning at the Boys and Girls Club, chapter meeting, and National Blue and Corn Gold Spirit Day.



Balfour Hosts Math Night

Families had the opportunity to spend time with their Balfour student during Math Night last week. Students showed their families new strategies they are learning in math that may be different from the strategies their parents were taught. Examples include how to multiply using the box method and how classes use Number Talks to become more proficient in Number Sense.



Balfour Students Reach Australia

Approximately 23 classrooms have made it to Australia in the Amazing Reading Race at Balfour! To celebrate, these classrooms took a virtual trip to Australia and participated in kangaroo races, built boomerangs, colored Koalas, and created Aborigine Cave drawings. The next leg of their journey is Antarctica, classrooms need to read 4,000 minutes to reach this destination!



Congratulations Makayla - ACS Spelling Bee Winner!

Makayla Santos, 8th grader from South Asheboro Middle School, has been named the 2016 Asheboro City Schools District Spelling Bee Winner...and this is the third time she has received the honor! Santos competed with seven of her peers at the ACS District Spelling Bee last week. Runner's up included Kiara Agudelo of North Asheboro Middle School and Lesley Enciso from Balfour Elementary. Santos will advance to the regional competition where she will compete with students from other districts in order to advance to the state competition.

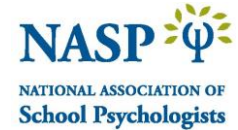


Congratulations Nick and Sawyer

This past weekend, AHS seniors Nick Coe and Sawyer Davidson had a lot to celebrate as well. Both brought home NCHSAA individual state wrestling titles! This is the second year both have won these state titles. Nick will graduate this year and be attend Auburn University in the fall and Sawyer will be attending the University of North Carolina. During his time at AHS, Nick has been a five-time All-American, three-time national champion, and the only person from NC who has won the Virginia Beach Nationals and FloNationals in the same year.

Austin Named NASP Psychologist of the Year

Stephanie Austin, Ed.S., Exceptional Children's Specialist with Asheboro City Schools, received the 2016 School Psychologist of the Year award from the National Association of School Psychologists (NASP). This award recognizes excellence in the provision of school psychological services by a field-based practitioner.



Got news?

Send it to me to be featured in Monday Musings! Just reply to the email!

AHS Athletics for This Week

Tuesday, February 23

6:00 PM Boys Varsity Basketball Fike High School *First Round NCHSAA Playoffs* **Home**

7:00 PM Girls Varsity Basketball Northwood High School *First Round NCHSAA Playoffs* **Away**

Wednesday, February 24

4:00 PM Boys Varsity Baseball West Davidson High School *Scrimmage* **Home**

Thursday, February 25

TBA Boys Varsity Basketball OPEN DATE *Second Round NCHSAA Playoffs* **Home**

TBA Girls Varsity Basketball OPEN DATE *Second Round NCHSAA Playoffs* **Away**

Friday, February 26

5:00 PM Girls Varsity Softball East Montgomery High School *Scrimmage* **Home**

Saturday, February 27

TBA Boys Varsity Basketball OPEN DATE *Third Round NCHSAA Playoffs* **Away**

TBA Girls Varsity Basketball OPEN DATE *Third Round NCHSAA Playoffs* **Away**

We Need YOUR Feedback!

The Asheboro-Randolph Chamber of Commerce is in the process of developing a Livebinder resource for teachers and staff to use in order to help address the needs of students. But, to determine what exactly YOU need, we want YOUR feedback. Please take a few minutes to complete the survey by clicking [here](#) (right click and select “open hyperlink.”)

Bonilla Receives Scholarship

Congratulations to NAMS 8th grade student, Rigo Bonilla. He was selected as this year's scholarship recipient for the 8th grade Washington, D.C. field trip in March. Sponsored by the Pilot Club of Asheboro, Rigo received a fully funded trip. A member of the NAMS Mustache Fraternity, he was instrumental in helping to set up the Veterans Day luminary service in downtown Asheboro earlier this year, which was organized by the Pilot Club. Congratulations, Rigo!

New Calendar - No Make-Up for 2/15

The Asheboro City Schools will use banked instructional hours to waive the instructional day missed on Monday, February 15th. Click [here](#) for the revised calendar.

SAT/ACT Words:

Deasil: to go clockwise

Astrolabe: instrument used to observe and calculate the position of celestial bodies

Vignette: a short descriptive literary sketch

READING COMPREHENSION:

Hyperbole: exaggerated statements or claims not meant to be taken literally.

Word of the Week:

Bumptious: presumptuously, obtusely, and often noisily self-assertive

Other Events this Week

Tuesday, February 23 – Battle of the Books at SAMS, beginning at 10:30 a.m. Special Olympics for elementary school students at the Randolph YMCA beginning at 9:30 a.m.

Wednesday, February 24 – Special Olympics for middle and high school students at the Randolph YMCA beginning at 9:30 a.m.

Thursday, February 25 – All County Band Clinic

Friday, February 26 – All County Band Clinic

