

# Monday Musings!

**February 29, 2016**

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## SAMS Wins Battle of the Books

Congratulations to the team of SAMS students who won the middle school level Battle of the Books competition. Participants from the SAMS team included: Mel Adames, Michelle Aguirre, Madison Arroyo, Sarah Barber, Wesley Britt, Olga Dumeh, Emma Hinesley, Amber Hunter, Rachel Lemous, Julie Lewis, Riley Smith, and Briana Tillman. They were led by coaches Julia Dawson and Kim Hoffman. Way to team!



## 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.

## Mark III Enrollment Next Week

Mark III representatives will be in our district next week on **March 8 - 11** for annual enrollment on the Cafeteria Benefits Plan. Click to read the [Enrollment Letter](#) that describes the benefits that are offered. The [Enrollment Schedule](#) is available for those who prefer to meet in person with a Mark III representative. The Mark III representatives will have sign-up sheets at the group meetings for individual appointments. Also, the [Self-Enrollment Letter](#) provides information about online enrollment for SOME of the benefits. You must meet with an enroller in person for certain benefits.

## Corey Comet Wellness Tip of the Week

**It's important to stay hydrated...really hydrated!** Are you drinking enough H<sub>2</sub>O? Do you know how much of your body is water? The answer is over 65 percent! Water helps transport nutrients, hormones and wastes through the body, which is why it is so important to maintain hydration. Most people are dehydrated and they don't even know it! So, how much water do you need? The amount of water your body needs depends on your size, activity and stress levels, the weather, and your diet. A good basic rule of thumb is to take your body weight (in pounds) and divide it by two. This is how many ounces of H<sub>2</sub>O you need each day. Stay tuned for more Corey Comet Wellness Tips!

## Read Across America - March 2

On March 2, to honor Dr. Seuss, Asheboro City Schools will participate in Read Across America. Read Across America is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading. Our goal is to have each child in every school reading with a caring adult for at least 30 minutes on March 2. Read Across America also reminds students, parents, caregivers, and the community about the need to keep reading on the calendar 365 days a year.

## AHS Chorus Concert

The Asheboro High School Chorus will perform a free concert on Thursday, March 3 in the Performing Arts Center on the campus of AHS at 7:30 p.m. Be sure to be there!

## RCC High School Leadership Academy

The Randolph Community College High School Leadership Academy will be a one-day event that will focus on topics such as the definition of leadership; team building; personality types and leadership styles; team building and how to be a leader at your high school. Students will also have the opportunity to meet with leaders from all across Randolph County. Rising freshmen who live and will attend school in Randolph County in the fall of 2016 and are in good academic standing are eligible to apply. The Academy will take place from 8:30 a.m.-6 p.m. on Tuesday, June 14, at the Foundation Conference Center on the Asheboro Campus. Interested students must complete an application form which can be found at the RCC Foundation office, write a brief essay on leadership, and submit three reference letters.

## In other news...

Kathleen Whitaker's mother passed away on Thursday, February 25. Please keep Kathleen and her family in your thoughts and prayers.

## Lindley Park Dine and "Dab"

The students at Lindley Park held a semiformal dance that included a dinner and an evening of dancing. Students enjoyed "DABBING" after dinner!

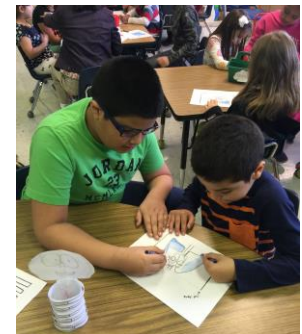


## McCrary Yogis!

Yoga has begun at McCrary! Yoga classes kicked off last week with the physical education teacher and media specialist team teaching each grade-level yoga techniques during extended planning days. Students will continue their practice of yoga during physical education classes. A special "thank you" to Healthy Communities A3 for their donation of yoga mats.



Fifth graders taught kindergartners about the human body. Older students led a song and completed a body model with their kindergarten partners to demonstrate their understanding of the human body and how it works.



**Got news?**

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

## AHS Athletics for This Week

### Monday, February 29

6:00 PM Girls Varsity Soccer Randleman High School Home

### Tuesday, March 1

TBA Boys Varsity Basketball OPEN DATE *Regionals NCHSAA Playoffs* Away

5:00 PM Girls Varsity Softball Randleman Park (Stout Street) Away

5:00 PM Boys Varsity Baseball Wheatmore McCrary Park

### Wednesday, March 2

4:00 PM Boys Varsity Golf Randleman High School Away

4:30 PM Boys Varsity Tennis High Point Central High School Home

5:15 PM Girls Junior Varsity Soccer Union Pines High School Home

6:00 PM Girls Varsity Softball Southeast Guilford High School Home

7:00 PM Girls Varsity Soccer Union Pines High School Home

### Thursday, March 3

4:30 PM Boys Varsity Tennis Randleman High School Home

6:00 PM Boys Varsity Lacrosse Eastern Guilford High School Home

6:00 PM Girls Varsity Soccer Southeast Guilford High School Away

### Friday, March 4

4:30 PM Boys Junior Varsity Baseball North Moore High School Away

5:00 PM Girls Varsity Softball Page High School Home

6:00 PM Boys Varsity Lacrosse High Point Central High School Home

7:00 PM Boys Varsity Baseball North Moore High School Away

### Saturday, March 5

TBA Boys Varsity Basketball OPEN DATE *Regionals NCHSAA Playoffs* Away

1:00 PM Boys Varsity Baseball Lee County High School Home

3:30 PM Boys Junior Varsity Baseball Lee County High School Home

## 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").

## Meteorologist Visits McCrary

Meteorologist Matthew East from Time Warner Cable News 14 visited McCrary this morning to teach students about weather. He is discussed tools that he uses to predict the weather, types of clouds, and weather conditions.

## SAT/ACT Words:

**Keelhaul:** to rebuke severely

**Glean:** to gather (as information) bit by bit; to pick over in search of relevant material

**Abject:** sunk to or existing in a low state or condition; showing hopelessness

### READING COMPREHENSION:

**Foreshadowing:** or "guessing ahead" an author hints what is to come. It is used to avoid disappointment. It is also sometimes used to arouse the reader. A hint that is designed to mislead the audience is referred to as a red herring.

### Word of the Week:

**Zwieback:** a usually sweetened bread enriched with eggs that is baked and then sliced and toasted until dry and crisp

## Other Events this Week

**Wednesday, March 2** – Read Across America Day

**Thursday, March 3** – AHS Chorus Concert

**Friday, March 4** – Regular instructional day for staff and students

