



MOUNTAIN YOUTH SCHOOL

Mustang Moment

Thursday, January 3, 2013

Cafeteria Menus



Today - 1/3 (TH)

Lunch

TOASTED CHEESE SANDWICH
TOMATO SOUP
STEAMED BROCCOLI
GOLDEN APPLES
FRESH PEACHES
MILK

Tomorrow - 1/4 (F)

Breakfast

SAUSAGE BISCUIT

Lunch

CHICKEN LITTLES
GREEN BEANS
BABY CARROTS
APPLE CRISP
ORANGES
MILK

Student of the Week



Brent Ledford

For details on the Student of the Week, see page 3.

Daily Attendance

- **Absences:** Matthew Hughes, Brent Ledford

Student Announcements

- WELCOME BACK! We hope all of you had a great winter break.
- Students, the new spring semester schedule begins today. Please see one of your teachers if you need help with the new schedule.
- Please check in with your teachers before using the restroom.

Faculty/Staff Information

- Weekly Duty — Cafeteria: Crosby; Hallway: Scott
- There will be a staff meeting immediately after student dismissal today. Following that, there will be a referral meeting to discuss possible student transfers. Please plan to attend both meetings.
- Payroll supervisor Ellaree Clonts advised that there was an error in the W-2's she placed in the school mailboxes yesterday, so they have been pulled. The issue should be corrected and the forms will be reprinted soon. This is an important piece of paper, so please don't lose it. The NC State Employees Credit Union will be offering tax filing services again this year so if your income is less than \$51,000 the credit union will do your taxes free of charge, and if your income is over \$51,000 the fee is \$75.00. If you are interested call 837-5054 to make an appointment. Also, you may or may not be aware the "payroll tax" has expired so what this means is that your Social Security will be calculated at 6.2% now instead of 4.2%, an increase of 2%. As far as At this point, the income tax tables for both federal and state will remain the same as last year.

Quote of the Day

"Education is what survives when what has been learned has been forgotten." – B.F. Skinner

I N T H I S I S S U E :

- **Teacher article: Submit stories – p. 2**
- **Idea of the day: Calorie secrets – p. 2**
- **Student of the Week – p. 3**
- **New schedule – p. 4**

Mountain Youth School

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Note: This request is from Joe Brooks, editor of the Community Works Journal. For details, visit www.communityworksjournal.org.



Community Works Journal™ Online Magazine for Educators

Place as the Context, Service-Learning as the Strategy, Sustainable Communities as the Goal™ a publication of Community Works Institute

Calling all teachers: Submit your teaching stories and reflections

Requested by the Community Works Journal, and online magazine for educators

Community Works Journal Online Magazine is looking for stories, essays, and reflections from K-16 and community based educators. The New Year is the perfect time to reflect. Share your teaching and learning experience with our readers from around the world.

Examples of topics include: Community Empowerment; Place-Based Education; Sustainability; Service-Learning; Social Justice; Environmental Education and Ecological Literacy; Arts in the Community; Local History and Cultural Preservation; School and/or Community Partnerships; Reviews of resources that support our areas of focus

Our ongoing themes include Place as the Context, Service-Learning as the Strategy, and Sustainable Communities as the Goal. Since 1995 Community Works Journal has provided a unique resource for educators and community members interested in the transformative power of education that is directly connected to community.

We are looking for stories of inspiration and challenge, articles that feature educators and students venturing into new territory through experiences that harness the power of community, learning, and service.

Give us a call or an email if you would like feedback on your ideas.

Fun idea of the day

With the New Year upon us, many Americans create resolutions for better health in the coming months and years.

Calorie Secrets is a free app that offers weight loss tips, diet and fitness advice for a healthier lifestyle. It can be used by teens and adults.

- Discover the little secrets of healthy and fast weight loss and find out what the diet companies are hiding from you.
- Get weekly updates from top fitness experts and certified nutritionists
- Find the motivation you need to lose those extra pounds
- Understand your diet mistakes and find out how to correct them
- Learn how to get the most of your exercise sessions
- Get help to switch to a healthier lifestyle by avoiding exaggerations
- Follow our 1200 calorie diet and lose weight weight fast but in a healthy and balanced way
- Use our BMR calculator to calculate your daily calorie needs
- Use our Free Online Calorie Counter to keep track/plan your meals and exercise routines. More than 250,000 foods and activities (including known brands and restaurants)

Download it now at www.caloriesecrets.net or find it on the Google Chrome Store for free.



Student of the Week: Brent Ledford

Better known as: Bacon

Birthday: October 6

Birthplace: Murphy, NC

Favorite subject: U.S. History

Favorite pastime/hobby: Video games

Favorite band/group/singer: CCR

Favorite sports team: Boston Red Sox

Senior Exit Project: The Holocaust

Plans after graduation: Attend a two-year college

What he wanted to be when he was a kid: In the Army

If he could go anywhere in the world, it would be: Italy, because it's beautiful

Something interesting few people know about him: He's very persuasive and a good listener

Something he is good at: Eating bacon ... that's how he got his nickname

Role model: His grandfather, because he's a very good man

If he could describe himself in one word: Fun

Anything else we should know about you? That's good enough. If you want to know me, talk to me.

What teachers say about Brent: "Brent has a wonderful personality. He's a people person, and all the kids like him, and so do the teachers and staff. He's a student who's interested in a lot of different things. He's just a neat kid." – Ms. D



**Mountain Youth School
Spring 2013 Master Schedule**

Teacher	1 st Period	2 nd Period	3 rd Period	4 th Period
Dougherty	English IV	English II	English III	English I
	Johnny Anderson Jessie Gibby Cody Jones Samuel Kendrick	Jeremy Lovingood James Nelson Cory Phillips Tommy Thorley	Sydney Hibberts Aaron Moore Justin Seabolt Preston Smith	Cody Armitage Jacob Haynes
Crosby	Civics	U.S. History	Geography	World History
	Sydney Hibberts Aaron Moore Amber Rogers Justin Seabolt	Preston Smith (US) Jessie Gibby CJ Hobson	Amber Rogers	
Crouch	8th Grade/Study Hall	Algebra II	Analytical Geometry	Alegbra 1B
	Megan Hicks (SH) Brent Ledford (SH)	Cody Armitage Johnny Anderson Jacob Haynes Megan Hicks Cody Jones	Samuel Kendrick Brent Ledford Jeremy Lovingood Cory Phillips Amber Rogers	Jessie Gibby CJ Hobson James Nelson Justin Seabolt
Worley/ Scott	Earth Science	Physical Science	Biology	Biology
	Jacob Haynes	James Nelson	Sydney Hibberts Samuel Kendrick Aaron Moore Preston Smith	Cody Jones (PE) Johnny Anderson (R) Cody Armitage Jessie Gibby Jacob Haynes CJ Hobson
Payne	MS	MS	MS	MS
Davenport	Intro T&I	Intro T&I	Carpentry I	Carpentry I/Advanced Studies
	Cody Armitage CJ Hobson (AS)	Tommy Thorley	Cory Phillips	Preston Smith Johnny Anderson Sydney Hibberts Samuel Kendrick Aaron Moore