



MOUNTAIN YOUTH SCHOOL *Mustang Moment*

Wednesday, January 23, 2013

Cafeteria Menus



Today - 1/23 (W)

Lunch

VEGETABLE BEEF SOUP
W/ CRACKERS
PEANUT BUTTER SANDWICH
GARDEN SALAD
FRESH GRAPES
SLICED PEACHES

Tomorrow - 1/24 (TH)

Breakfast

BISCUIT AND GRAVY

Lunch

HAMBURGER SLIDERS
W/ LETTUCE & TOMATO
SWEET POTATOES
BAKED BEANS
BANANAS
MANDARIN ORANGES

Student of the Week



James Nelson

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

Daily Attendance

- **Absences:** Spenser Hendrix, Samuel Kendrick, Brent Ledford, Jeremy Lovingood, Aaron Moore, Michael Williams
- **Tardies:** Johnny Anderson

Student Announcements

- If you haven't completed a "Student of the Week" form yet, please see Ms. Herr and fill it out today. All students will also have their portrait taken this week, or need to supply a school photo or similar picture by Friday.
- REMINDER: No cell phones, iPods, or electronic devices are to be used during the day. If they are seen, they will be taken.

Faculty/Staff Information

- Weekly Duty — Cafeteria: Herr; Hallway: Dougherty
- Monday, March 11 will now be a half-day for students in order to make up the inclement weather day last week. New district calendars were distributed at yesterday's staff meeting.
- Please look over the Indistar objectives and send your list of this year's priorities to Ms. Maxey and Mr. Gaither by Wednesday, January 30.

Upcoming iPad Trainings:

- The technology department is hosting trainings on iPads at the Network Operations Center in Marble on Mondays in February. If you plan to attend, please indicate which session on the MYS shared calendar, so we can try to have one staff member at each session. Refer to the e-mail from Jennifer White to sign up.
 - Feb. 4th 1:30-3:30 iPads for Beginners
 - Feb. 11th 1:30-3:30 iPads in the Classroom
 - Feb. 18th 1:30-3:30 iPad Apps for the Classroom
 - Feb. 25th 1:30-3:30 iPads for Administrators
- We will have staff development and trainings on the iPads here at school on the following dates: January 30, February 13, February 27, and March 6. The trainings will be after-school and last approximately one hour.
- Also, staff members will complete additional on-site iPad observation and training one at a time at Tri-County Early College this month.

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Quote of the Day

“A fool thinks himself to be wise, but a wise man knows himself to be a fool.”

– William Shakespeare

Apple iPad App of the Day: StudyBlue



Today's featured app is StudyBlue. Below is a press release from the company that makes the app.

As students and educators increasingly turn to Apple tablets for learning purposes, mobile study service StudyBlue announces the launch of its free iPad® app. According to Apple, 1.5 million iPads were used in schools and educational institutions last school year. The growing influence of tablet computing is evident in K-12 classrooms and college lecture halls, where there will be more iPads this fall than ever before.

Students can use the StudyBlue app to search, create and study flashcards and notes with their iPads. The free app leverages iPad's multimedia features to create an efficient and effective studying experience for all students. Students can make and edit flashcards on their iPads using text, audio and images. The StudyBlue iPad app also enables students to re-study concepts they've not yet mastered, using Study Filters to personalize the process.

“StudyBlue is a must-have app for students in my classroom,” said Tammy Howell, teacher at Central York School District in Pennsylvania. “Since repetitions and reinforcement increase the familiarity and comfort of study material, this iPad app is the ideal learning tool that allows for an increase in student achievement.” And educators aren't the only ones excited about the StudyBlue iPad app. Sam Marchant, a university student from England, commented, “The iPad app is a superb blend of new age technology and old school revision aid.”

The StudyBlue iPad app is the capstone of the company's suite of mobile study tools, which includes native apps for iPhone® and Android™ devices. Demonstrated by user login data, mobile studying among high school and college students continues to

StudyBlue, Inc. Developer Page >
STUDYBLUE Tell a Friend >

Description
 STUDYBLUE exists to make studying efficient and effective for every student, for free.

This app is made for serious studiers; flip online flashcards for fast feedback on what you know, then re-study concepts you've not yet mastered using Study Filters. Review class notes or make flashcards whenever you have a minute to spare. Study over breakfast or late at night – at the library or in a coffee shop. Do what works for you, whenever and wherever you are.

- + MAKE FLASHCARDS. Use text, pictures, and audio to create flashcards right on your iPhone or iPad.
- + STUDY STATS. Focus on toughest materials, go hard on “the wrongs”, and take pride in your progress.
- + SEARCH. Find online flashcards and notes from millions of classmate-created materials.
- + REMINDERS. Alerts put an end to forgetting about those 67 biology terms you have to study.
- + STUDY SAVER. Had to bail on a study session? Pick it back up where you left off.
- + MESSAGES. Contact classmates to ask questions or collaborate.

PLEASE NOTE:
 + A free StudyBlue.com account is required to use this app; create one after installation.
 + With this app, you can create, study and track your progress with no limits. Some features, such as advanced filters and hiding cards, require a StudyBlue+ account.
 + To connect with your classmates, visit www.StudyBlue.com and add Classes.
 + Creating flashcards in the app requires an Internet connection.

What's New in Version 6.6 Updated Nov 20, 2012
 Add your school (fast, with GPS location), flip wider cards on iPad, and enjoy assorted bug fixes.

Category: Education
Updated: Nov 20, 2012
Version: 6.6
Size: 6.4 MB
Language: English
Seller: StudyBlue, Inc.
 © 2011 StudyBlue, Inc.

Rated 4+

Requirements:
 Compatible with iPhone, iPod touch, and iPad.
 Requires iOS 4.3 or later.

Developer Web Site

App Support

Top In-App Purchases

1 SB Go (1 Month)	\$1.99
2 SB Pro (1 Month)	\$4.99
3 SB Go (1 Year)	\$11.99
4 SB Pro (1 Year)	\$29.99
5 Upgrade Pro (1 ...)	\$24.99

gain momentum. Students are organizing their class material on computers and studying it through mobile phones and tablets, which explains why StudyBlue CEO Becky Splitt believes the new iPad app will be a big benefit for students and educators heading into the 2012-13 academic year.

“From computers to phones and now iPads, students can create and study their material anytime, anywhere,” said Splitt. “This consistent studying experience enables students to turn normally unproductive time, such as waiting for the bus, into study sessions to improve their comprehension and ultimately master course material.”

StudyBlue is available for free at the Apple App Store, which can also be accessed through www.apple.com/ipad/from-the-app-store/.

Student of the Week: James Nelson

Nickname: Jamie, Bubba

Birthday: October 17

Birthplace: Murphy, NC

Siblings: Cassie, Candee, Christy, Meagan, John, Patric, Jacob, Mary

Favorite color: Red

Favorite food: Meat and potatoes

Favorite pastime/hobby: Piano

Favorite band/group/singer: Frank Sinatra

Favorite sports team: Atlanta Braves

Plans after graduation: College

What he wanted to be when he was a kid: An adult, because I had cancer

If he could go anywhere in the world, it would be: Paris

Something he is good at: Strategy

Something interesting few people know about him: He likes playing piano

Role model: My dad, because he's strong and kind

What you consider to be a good role model: Courage

If he could describe himself in one sentence: One of a kind.

What teachers say about James: "I think Jamie is probably one of the most intelligent students I have ever known in a variety of subjects; one of the few students who will say, 'I want an intellectual conversation today.' He is a very friendly, neat young man. He's very bright, and he can be anything he wants to be. He's polite and considerate, and the kids and adults like him." — Dr. Crosby



Note: This article is from the National Heart, Lung, and Blood Institute, and can be found at www.nhlbi.nih.org.

Reduce screen time for better health

For many of us, limiting our computer use and getting away from all screens can be a challenge. "Screen time" means television screens, computer monitors, and even the handheld devices we use for checking email, listening to music, watching TV, and playing video games on the go.

Health experts say screen time at home should be limited to two hours or less a day. The time we spend in front of the screen, unless

it's work- or homework-related, could be better spent being more physically active (increasing our energy out).

As a parent or caregiver, you can set a good example for your kids and set rules that limit their computer time, TV watching, and video game playing to reduce how much time they spend in front of a screen. Research by the Henry J. Kaiser Foundation shows that

setting rules about media use is hard for many parents.

In 8- to 18-year-olds:

- 28% said their parents set TV-watching rules
- 30% said their parents set rules about video game use
- 36% said their parents set rules about computer use

However, the same study also showed that when parents set any media rules, children's media use is almost three hours lower per day.

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 Britni Crisp Jessie Gibby Cody Jones Charlotte Haigler Samuel Kendrick	Brent Ledford (Eng III) Jeremy Lovingood James Nelson Cory Phillips Tommy Thorley Mike Williams	Alex Harper Sydney Hibberts Aaron Moore Justin Seabdt Preston Smith	Study Hall Britni Crisp Mike Williams	Mateo Bonilla Johnny Anderson (Eng III) Britni Crisp Jacob Haynes Nikki Wooten
Crosby	Civics	U.S. History	Geography	World History	
	Sydney Hibberts Aaron Moore Amber Rogers Justin Seabdt	Preston Smith (US) Jessie Gibby CJ Hobson	Jamie McLean Health/Teen Living Amber Rogers		
Crouch	8th Grade/Study Hall	Algebra II	Analytical Geometry	Alegbra 1B	
	Megan Hicks (SH) Brent Ledford (SH)	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 Seabdt	Cory Phillips
Worley/ Scott	Earth Science	Physical Science	Biology	Biology	
	Jacob Haynes		Sydney Hibberts Samuel Kendrick Aaron Moore Preston Smith	Cody Jones (PE) Johnny Anderson (R) Jessie Gibby James Nelson Amber Rogers Justin Seabdt	
Payne	MS	MS	MS	MS	
Davenport	Intro T&I	Intro T&I	Carpentry I	Carpentry II/Advanced Studies	
	CJ Hobson (AS)	James Nelson Tommy Thorley	Cory Phillips	Preston Smith Mike Williams Johnny Anderson Sydney Hibberts Samuel Kendrick Aaron Moore	