



# MOUNTAIN YOUTH SCHOOL *Mustang Moment*

Tuesday, February 12, 2013

## Cafeteria Menus



### Today - 2/12 (T)

#### Lunch

CHILI W/ CRACKERS  
YUKON GOLD POTATO  
GARDEN SALAD  
GALA APPLES  
PEACH CUP

### Tomorrow - 2/13 (W)

#### Breakfast

BISCUIT

#### Lunch

BEEF TERIYAKI BITES  
CAESAR SALAD  
CAULIFLOWER  
FRESH PEARS  
PINEAPPLES  
BROWN RICE  
WHOLE GRAIN ROLL

## Student of the Week



**Samuel Kendrick**

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

## Daily Attendance

- **Absences:** Amber Rogers, Preston Smith, Zach Nicely, Charlotte Haigler, Sam Kendrick, Anthony Hill
- **Tardies:** Johnny Anderson, Nikki Wooten
- **Work Smart:** Megan Hicks

## Student Announcements

- We need volunteers to make thank-you cards for the artists who taught at our "Careers in Creativity" art program last week.
- Give your input on our Student Leadership Council's ideas for the spring semester. See a member of the council for details.
- Students who just completed a "Student of the Week" form will need to have their picture taken ASAP.

## Faculty/Staff Information

- Weekly Duty — Cafeteria: Scott; Hallway: Payne
- The haircut field trip to TCCC scheduled for this week has been cancelled.
- There will be a staff meeting and training after-school tomorrow.

## Quote of the Day

"America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves."

– Abraham Lincoln

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### Mountain Youth School

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## Upcoming iPad Trainings

- The technology department is hosting trainings on iPads at the Network Operations Center in Marble on Mondays in February from 1:30-3:30 PM. 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.
  - ✓ **iPads for Beginners:** Feb. 4 - This course is for those who have just unpacked their iPad and are learning the basics. Topics to be covered include: Charging, cleaning and caring for your iPad; Connecting to the Internet; iTunes and Apple ID accounts; Setting up email accounts; Syncing your calendars; Using the App Store; iBooks; Using the Essential Apps: Camera, FaceTime, Messages, Calendar, iTunes, Notes, Photos, Contacts, Clock, Maps.
  - ✓ **iPads in the Classroom:** Feb. 11 *and 14\** - Things a teacher can do in the classroom with their own iPad. Connecting an iPad to your projector and using it as a wireless tablet. What to do with a classroom set of iPads. Ideas for classrooms where every student has their own iPad (or brings their own device). What works and what doesn't. Anticipating what students will try to do with an iPad. How iPads can be used in various subject areas. (*\*NOTE: An overflow of this class will be held on Thurs., Feb. 14 from 3:30-5:30 PM.*)
  - **iPad Apps for the Classroom:** Feb. 18 - 100 apps that can be used in the classroom. Apps for every subject area and grade level will be covered. (Maybe a little biased toward upper grade levels, but I'll try!)
  - **iPads for Administrators:** Feb. 25 - How to manage large numbers of iPads. Setting restriction profiles, remote management, batch syncing, volume purchasing, iPad policies, insurance, repair and replacement, managing book and app purchases, iTunes accounts.
- We will have staff development and/or 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.

## Apple iPad App of the Day: Prezi

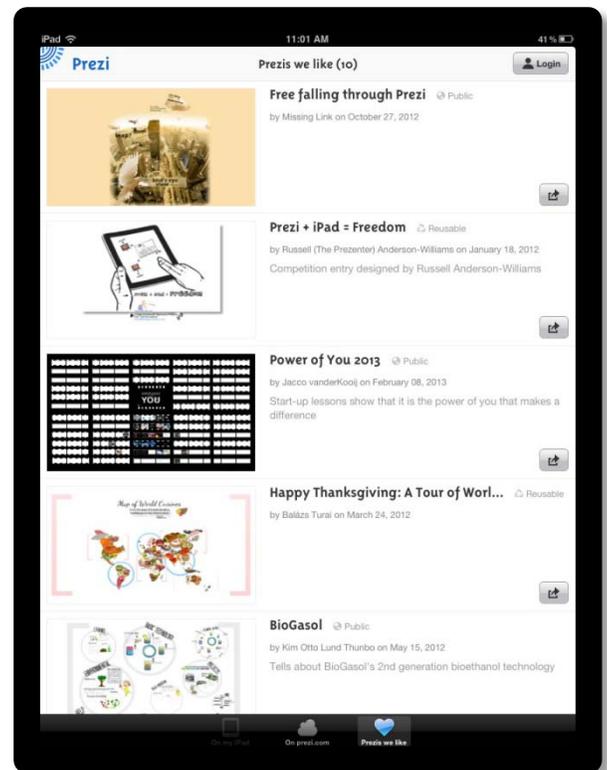
The app of the day is Prezi.

With Prezi, you move seamlessly from brainstorming your ideas to presenting them. Create a more cinematic and engaging experience and lead your audience down a path of discovery.

Prezi's zooming presentation software lets you choose between the freedom of the cloud, the security of your desktop, or the mobility of the iPad or iPhone.

And because Prezi is 3D, you can guide your audience through a truly spatial journey. Zoom out to show the overview of your prezi, zoom in to examine the details of your ideas, or simply move freely through the prezi and react to your audience's input.

Work online and store your prezis in the cloud, or work offline with Prezi Desktop and keep your prezis on your own computer.



**Student of the Week: Samuel Kendrick**

**Birthday:** September 2

**Nickname:** Sam

**Siblings:** One brother (Robert), one sister (Brittany)

**Favorite color:** Black and white

**Favorite food:** Spicy chicken wrap

**Favorite dessert:** Cheesecake

**Favorite subject in school:** Shop class

**Favorite pastime/hobby:** World of Warcraft

**Favorite band/group/singer:** Blink182, SUM-41, Evanescence, Creed, Aerosmith, Breaking Benjamin

**Favorite sports team:** Florida

**Plans after graduation:** Cook! (Maybe culinary school)

**What he wanted to be when he was a kid:** Drummer (still haven't changed!), because it would be awesome

**If he could go anywhere in the world, it would be:** Amsterdam, because it's a cool place

**Something interesting few people know about him:** I'm a drummer

Also, Sam is a local movie star! Catch some of his short films on YouTube on the RTKD channel, where he is often an action hero ...

**Something he is good at:** Drums and cooking

**Role model:** Travis Parker

**What you consider to be a good role model:** A kind and caring person

**If he could describe himself in one word:** Unique

**What teachers are saying about Sam:** "I can't say anything good about Sam until I beat him in golf again." – Mr. Gaither



FEBRUARY IS

NATIONAL

# DENTAL HEALTH MONTH!



Your smile is one of the first things people notice about you. That's why it's so important to take care of it. Cavities aren't just for little kids — you can get them at any age. When you consume sugary foods, soda, juice or energy drinks, you put yourself at risk for tooth decay and gum disease. Be smart. Always brush your teeth twice a day for two minutes and floss once a day.

The bottom line for smiles that are healthy on the inside and out:

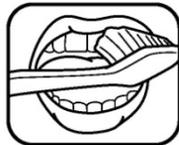
- Brush your teeth twice a day with fluoride toothpaste for two minutes
- Floss between your teeth daily
- Avoid sugary and starchy snacks
- Wear a mouthguard when you're active or playing sports
- Don't smoke or use smokeless tobacco
- Don't pierce your lips or any part of your mouth
- See your dentist. Regular dental visits will help set you up to be Mouth Healthy for Life.

## Want to be a smart mouth?

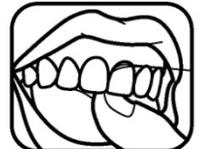
**Brush your teeth twice a day for two minutes.**

### How to Brush

- Place the toothbrush at a 45-degree angle to the gums.
- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.
- Brush your tongue to remove bacteria and keep your breath fresh.



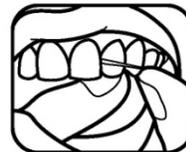
### How to Floss



1. Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.

2. Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.

3. Curve the floss into a "C" shape against the side of the tooth.



4. Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.

5. Floss all your teeth. Don't forget to floss behind your back teeth.