



MOUNTAIN YOUTH SCHOOL *Mustang Moment*

Monday, December 10, 2012

Cafeteria Menus



Today - 12/10 (M)

Lunch

CHICKEN FILLET
W/ LETTUCE & TOMATO
SWEET POTATO FRIES
BROCCOLI
TANGERINES
MIXED FRUIT
MILK

Tomorrow - 12/11 (T)

Breakfast

BREAKFAST PIZZA

Lunch

BEEF TERYAKI BITES
BROWN RICE
CAESAR SALAD
ORIENTAL VEGETABLES
FRESH PEARS
PINEAPPLES
WHOLE-GRAIN ROLLS
MILK

Student of the Week



Courtney Mosley

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

Daily Attendance

- **Absences:** Jordan Elkins, Jon Fleming, Cody Jones, Samuel Kendrick, Jeremy Lovingood, Andrew Watts
- **Tardies:** Trae Gaddis

Student Announcements

- Students, Common Exams begin tomorrow. Each student must take his/her final exams in each class. Please be present every day, or you will not receive credit for your classes. Get a good night's rest, and eat breakfast.

Faculty/Staff Information

- Weekly Duty — Cafeteria: Payne; Hallway: Herr
- Staff meeting today after school!
- Senior Exit presentation schedule (subject to change):
 - Trae Gaddis: Thursday, December 13 at 9:30 AM
 - Hailey Henson: Thursday, December 13 at 10:30 AM
 - Brent Ledford: Friday, December 14 at 9:00 AM
 - Courtney Mosley: Friday, December 14 at 10:00 AM
 - David Holder: Monday, December 10 at 10:30 AM
- Teachers, please see the chart on page 4 or the e-mail from Ms. Maxey for details. Also, please speak with your students about the Common Exams. They cannot receive credit for the course if they don't take the Common Exam.
- We are trying to have each student complete a "Student of the Week" questionnaire this week. Please send students to Ms. Herr to obtain a copy.
- Per Ms. Maxey: Shepherd of the Mountains Church will provide gift bags for all of our students next Monday, December 17.
- Countdown to winter break: 8 days!

Quote of the Day

"Anger is a killing thing: it kills the man who angers, for each rage leaves him less than he had been before – it takes something from him."

– Louis L'Amour

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

- Teacher article: Flu facts – p. 2
- Student of the Week – p. 3
- Idea of the day: Age calculator – p. 2
- Important schedules – p. 4

Mountain Youth School

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Note: This is excerpted from an e-mail from school nurse Heather Watson, as well as an article from the U.S. Centers for Disease Control on seasonal influenza.

Don't allow the flu in a classroom near you

According to Cherokee County Schools nursing staff, more cases of flu have appeared in the county. Two cases each have been confirmed at both Martins Creek School and at Murphy High School.

School health coordinator Heather Watson is trying to keep track of the confirmed cases in the county. Please let Ms. Watson know of any confirmed cases of flu that you become aware of by e-mailing her at heather.watson@cherokee.k12.nc.us or by calling (828) 837-2426.

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills
- Cough, sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.



White not everyone with flu will have a fever, it is important to remember that students are not to return to

school until they are fever-free (less than 100.0° F) for 24 hours without the use of fever-reducing medications.

If you or someone you know starts exhibiting these symptoms, contact your primary care provider. Tamiflu can be given to help lessen the effects of the flu if you go to the doctor early enough.

<http://www.cdc.gov/flu/keyfacts.htm> Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose. Therefore, school nursing staff encourage frequent and thorough hand washing.

Ms. Watson strongly encourages school staff and their family members to get a flu vaccination if you have not already done so. The CDC says that the vaccine is very effective in preventing the flu strains that are going around this year. The vaccine takes approximately 2 weeks to become effective. The CDC predicts that the peak of flu season will be in February, so there is still time to get vaccinated.

To learn more, please read the CDC's complete article on seasonal influenza and the flu vaccine at www.cdc.gov/flu/keyfacts.htm.

Fun idea of the day

This section of the newsletter is dedicated to our students and what they are learning.

Doesn't today feel like a long day? Sometimes, 24 hours can actually feel like 1,440 minutes, or if it's a really long day, you notice every one of the 8,640 seconds!

The Teiji "Age Calculator" tool allows you to input your birthday, down to the exact calendar date, and automatically computes age as of today. Additionally, it calculates your age on any other date different from today, simply by selecting a different date for the second calendar.

Age is computed in years, months, weeks, days, hours, minutes, and seconds. How old will you be on January 1, 2020?

[Download the Age Calculator](#) by clicking here, or find it on the Google Chrome store for free.

Age Calculator

Select Date of Birth

Jan 2000

Wk	Su	Mo	Tu	We	Th	Fr	Sa
51	26	27	28	29	30	31	1
52	2	3	4	5	6	7	8
1	9	10	11	12	13	14	15
2	16	17	18	19	20	21	22
3	23	24	25	26	27	28	29
4	30	31	1	2	3	4	5

Today

Saturday, January 01, 2000

Note: to select older years select top most year in drop down and then more years would be listed in drop down

Today



NOTE: In an effort to learn more about our students and highlight each student's individuality, the Mustang Moment is beginning a new series that will feature a different student each week. We hope to feature every student who is with us at least 20 school days by the end of the year, beginning with our pending December graduates.

Student of the Week: Courtney Mosley

Full Name: Courtney Morgan Mosley

Birthday: April 1

Birthplace: West Palm Beach, FL

Siblings: Colton and Wayne

Favorite color: Yellow

Favorite food: Alfredo

Favorite dessert: Brownies

Favorite subject: Carpentry

Favorite pastime/hobby: Softball

Favorite band/group/singer: Future

Favorite sports team: Florida Gators

Senior Exit Project: Zoology

Plans after graduation: Go to college at Dalton State College, GA

What she wanted to be when she was a kid: Teacher, because her whole family is

If she could go anywhere in the world, it would be: Jamaica

Something interesting few people know about her: She can cook

Something she is good at: Softball

Role model: Sam Christie, because he has helped me out a lot over the years

What she considers to be a good role model: Someone trustworthy

If she could describe himself in one sentence: I'm upbeat, ready to get things going.

What teachers say about Courtney: "She's generally respectful, and she's conscientious about her work." – Ms. Crouch



Mountain Youth School Common Exam Testing

December 11-14, 2012

Course	English IV	Earth Science	ELPS	English III	Phys. Science	Geometry	World History	U.S. History
Date	12.11.12	12.11.12	12.11.12	12.12.12	12.12.12	12.13.12	12.13.12	12.13.12
Administrator	Crosby	Dougherty	Scott	Scott	Dougherty	Crosby	Crouch	Dougherty
Location	Dougherty	Crosby	Scott	Scott	Dougherty	Crouch	Crosby	Dougherty
Students	J. Diesz J. Elkins T. Gaddis L. Hamby H. Henson M. Hicks D. Holder B. Ledford K. Morgan K. Morrow C. Mosley D. Riggs K. Rollins R. Stiles E. Whitener	J. Seabolt	C. Armitage K. Morrow CJ Hobson S. Kendrick P. Smith	C. Jones S. Kendrick J. Lovingood C. Phillips T. Thorley	C. Armitage H. Henson S. Hibberts CJ Hobson A. Moore A. Rogers P. Smith	J. Anderson J. Fleming C. Jones S. Kendrick A. Moore J. Nelson	S. Hibberts J. Seabolt	J. Elkins J. Haynes M. Hicks D. Holder C. Jones J. Nelson C. Phillips T. Thorley E. Whitener PM

Fall 2012 Master Schedule

Teacher	1 st Period	2 nd Period	3 rd Period	4 th Period
Dougherty	English IV		English III	
	Julian Diesz Jordan Elkins Trae Gaddis Lindsay Hamby Hailey Henson Megan Hicks David Holder Brent Ledford Kalyn Morgan	Kristen Morrow Courtney Mosley Daniel Riggs Keith Rollins Robbie Stiles Emily Whitener Jeremy Lovingood (R-Eng II) Johnny Anderson (R)	Cody Jones Sam Kendrick Jeremy Lovingood Courtney Mosley (R) Cory Phillips Tommy Thorley	Cody Armitage Jacob Haynes CJ Hobson Amber Rogers
Crosby	US History		Geography	
	Jacob Haynes Cody Jones James Nelson Cory Phillips Tommy Thorley	CJ Hobson (ELPS) Sam Kendrick (ELPS) Amber Rogers (R-WH) Preston Smith (ELPS)	Johnny Anderson Jacob Haynes Brent Ledford Kristen Morrow James Nelson	Justin Seabolt Jordan Elkins (US) Megan Hicks (US) David Holder (US) Emily Whitener (US)
Crouch	Algebra IA		Geometry	
	Cody Armitage (R) Aaron Moore (R) Jon Fleming (Geom)	Trae Gaddis (R) Jon Fleming	Johnny Anderson Cody Jones Sam Kendrick Aaron Moore James Nelson	World History Sydney Hibberts Justin Seabolt Brent Ledford (R) Jordan Elkins (SH)
Worley	Earth Science		Special Topics	
	Sydney Hibberts (R) Justin Seabolt	Cody Armitage Hailey Henson Sydney Hibberts CJ Hobson	Aaron Moore Amber Rogers Preston Smith	David Holder Jeremy Lovingood Hailey Henson (SH) Emily Whitener (Dig Photo) Daniel Riggs (Gr. Design) Keith Rollins (Art I) Robbie Stiles (MS Word)
Payne	MS		MS	
			Jon Fleming	Jon Fleming
Davenport	MS		MS	
		Daniel Riggs (Graphic Design) Keith Rollins (Horticulture) Robbie Stiles (Foods I)	Megan Hicks Kristen Morrow (AS) Courtney Mosley	Intro T&I Cory Phillips (AS) Preston Smith (AS) Tommy Thorley
			Intro T&I CJ Hobson David Holder Sam Kendrick Aaron Moore	Jeremy Lovingood Kalyn Morgan Courtney Mosley Cory Phillips Daniel Riggs Preston Smith Robbie Stiles Tommy Thorley James Nelson Amber Rogers Justin Seabolt