

MVRHS Weekly Newsletter 10/15/18



**Reminder: Monday and Tuesday
we have ½ days due to
parent-teacher conferences-
students are dismissed at noon!
Bag lunch available in the cafe.**

Click [HERE](#) to view this week's podcast!!

Notable upcoming events:

October 16th:

FIRST EVER MVRHS Unified Basketball HOME GAME against Falmouth Clippers @3pm in our MVRHS Gym!

October 20th:

Flu Clinic at MVRHS from 10:00am to 12:00pm. More information can be found on the MVRHS.org website.

November 2nd:

School Picture Retakes. Any questions or concerns contact Coffee Pond at 800-632-2323 ext. 0 or email at lifeguards@coffeepond.com.

Announcements/Shout Outs:

Shout out to Project Vine staff for braving Penikese Island with a group of teenagers with no electricity or mobile technology! Project Vine students and staff are also serving coffee and tea during conferences- a huge thank you to all of Project Vine!

Thank you to Skip Finley and Bill Narkiewicz for their excellent direction of WYOB Radio! We are sad to see the radio station shut down, but we again, thank Skip and Bill!

--	--

COLLEGE VISITS THIS WEEK:

10/15:
Fitchburg State University @9:00

10/17:
Denison University @1:15

10/18:
Unity College @9:00
Nichols College @1:15

10/19:
Saint Michael's College @9:00
Curry College @1:15

--	--

t Week's Athletics:

Monday, October 8th:

Field Hockey vs Plymouth South 11:30 Win 2-0

Tuesday, October 9th:

Cross Country @ Cape Cod Academy 3:30 Win

Golf @ Sturgis West 4:00

Boys Soccer @ Cape Cod Tech 4:00 Win 8-0

Girls Soccer vs Cape Cod Tech 4:15 Win 7-0

Wednesday, October 10th:

Golf vs Cape Cod Academy 2:45

Thursday, October 11th,

Field Hockey vs Sturgis East 3:00 Rescheduled

Boys Soccer vs Sturgis East 3:00 Cancelled

Girls Soccer @ Sturgis East 4:00 Cancelled

Friday, October 12th:

Football @ Carver 7:00 Lost 0-7

Saturday, October 13th

Field Hockey @ Monomoy 2:00 Tie 1-1

Boys Soccer @ Sturgis West 12:30 Lost 1-2

Girls Soccer vs Sturgis West 11:15 Lost 0-8

Cross Country invitational

Girls W; Boys L

This Week in MVRHS Sports

Monday, October 15th:

No Games

Tuesday, October 16th:

Cross Country vs Sturgis West 3:30

Golf @ Cape Cod Tech 2:45

Boys Soccer vs Monomoy 4:15

Girls Soccer @ Monomoy 4:00

Unified Basketball Home 3:00

Field Hockey vs Sturgis East 3:00

Wednesday, October 17th:

Golf vs Monomoy 2:45

Thursday, October 18th:

Field Hockey @ Foxborough 4:00

Boys Soccer vs Falmouth Academy 4:15

Girls Soccer @ Falmouth Academy 3:30

Friday, October 19th:

Cross Country @ Twilight Small 3:00

Football vs Cape Cod Tech 6:00

Saturday, October 20th:

Field Hockey vs Millford 11:15

Flex Information for the Week of 10/15

****REMINDER- MENTOR WEDNESDAY THIS WEEK!****

- Tribal Youth Group in the Cafe Tuesdays
- Tribal Language in the PCR Wednesdays
- **GIRLS ONLY** PE in the Gym on Wednesdays
- Space Invaders Tournament continues Thursday with Mr. Hall (Science)
- Flex in the Garden Wednesdays & Thursdays with Suzie Scordino
- Chess Club Fridays with Mr. McCarthy in 419
- Guidance help with College Applications Tuesday through Friday
- Coming up NEXT week (10/23-26) will be “Why Vote?” for those interested in learning more (and fast) about voting and why it matters- locally & nationally. How your voice, and vote, has an impact (Tuesday through Friday).

The Island Counseling Center invites MVRHS girls to join EMERGE on Fridays during flex:

- A skills and support group to help girls cope with life's challenges.
- Fridays: 12-week series begins October 26th during FLEX.
- Dialectical Behavior Therapy (DBT) can help you...
 - Handle difficult emotions
 - Build better relationships
 - Be more present
 - Registration Required- students can talk to Amy Lilavois in Guidance for more information (Contact Sara Townes at 508-693-7900 x233 or Susan Bowen at 508-693-7900 x244 to register).

YEARBOOK 2019

USE
PHOTOSHOP!

USE
GOOGLE
DRAWING!

SENIORS

DRAW IT!

COLLAGE IT!

SENIOR SQUARES

&

BABY PICTURES

ARE DUE

DECEMBER 3rd

GO TO

mvrhsyearbook.weebly.com

FOR SUBMISSION INSTRUCTIONS AND HOW-TO VIDEOS

OR

SIGN UP WITH MS. TODD FOR FLEX!



FALL 2018 Horsemanship Programs

YOUTH/ADULT PROGRAMS (6-Week Sessions)

SESSION I: September 10 - October 20th SESSION II: November 5 - December 22nd
There will be no classes during Thanksgiving week.

• Pony Pals I (Beginner)	Monday	*3:30-5pm
• Pony Pals II (Beginner)	Thursday	*3:30-5pm
• Barn Buddies I (Advanced Beginner)	Tuesday	*3:30-5pm
• Barn Buddies II (Advanced Beginner)	Saturday	*1-2:30pm
• Girl Power (Ages 10-13)	Wednesday	*3:30-5pm
• Horse Sense Ages 14 and Up)	Wednesday	*5:30-7pm
• Horse Sense (Adult Beginner)	Monday	*10-11:30am
• Horse Sense (Adult Advanced)	Wednesday	*11:00-12:30pm

To register for all classes and sessions, go to www.mvhorsecenter.com/Fall18 or call 508-338-7198.
Program Fee is \$180 per 6-week session. Students may register for both sessions and more than one day,
but final class lists will be based on availability.

*Our six-week programs deliver a unique perspective on the horse-human relationship.
All of our Horsemanship Programs are designed for students age 7 and older.*

PONY PALS is our beginner horsemanship program. Students learn general horse care, grooming and tack. Pony Pals is an introduction to horse body language, leading, mounting and dismounting, as well as, basic communication with the horse while on the ground and in the saddle. Classes will be organized by skill level and age.

BARN BUDDIES is our horsemanship program for those students who are more experienced and have progressed from Pony Pals. This program continues the development of basic skills related to horse care and barn management, unmounted, as well as mounted activities. Students develop self-awareness and improved communication and problem-solving skills with their peers, as well as their horses. Classes will be organized by skill level and age.

GIRL POWER (ages 11-13) teaches empowerment skills through unmounted activities with horses. Students experience a safe, fun, and challenging environment to learn more about themselves, relationships with others and the world around them. Weekly themes highlight life skills such as: asserting healthy boundaries, managing obstacles and distractions, effective communication, team building, and leadership.

HORSE SENSE (ages 14 and up) is our horsemanship program for teens and adults. Our six-week program delivers a unique perspective on the horse-human relationship. Through groundwork and riding, students focus on the horse's body language to learn how these prey animals naturally move and communicate. This way of teaching goes beyond handling horses and students develop self-awareness, improved communication and problem-solving skills. Note: some sessions might involve only unmounted activities. Adult Advanced class is designed for students who can walk/trot independently.

MOUNTED ARCHERY (Juniors and Adults) Mounted archery is a partnership of horse and rider like no other. It is an exciting interaction in which riders experience the thrill of navigating a horse, without reins, through a course, while leading and shooting arrows at a target. This is a class for more experienced riders age 13 and up. For more information, please contact Rebecca Miller, our Program Director, at rebecca@mvhorsecenter.com or call 508-338-7198

55 Misty Meadows Lane W7 • 508-338-7198 • info@mvhorsecenter.com