



**ART IN THE NEWSLETTER IS FROM
CURRENT MVRHS STUDENTS IN OUR
AMAZING ART DEPARTMENT AND
SEABREEZES MAGAZINE**

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

Notable upcoming events:

Monday, October 22nd:

High School View first meeting: The High School view staff is seeking new members - all are invited to our first meeting on Monday (10/22) after school. We are looking for writers, photographers, truth-seekers, thinkers, guardians of the light ... and there will be snacks.

Monday, Tuesday and Wednesday, October 22-24th:

Auditions for this year's musical, "As You Like It" will be held Monday, Tuesday, and Wednesday from 2:25 p.m. - 4:15 p.m. in the PAC. Please see Brooke Ditchfield or Abigail Chandler for more information.

Tuesday, October 23rd:

MVRHS Unified Basketball HOME GAME against Bourne @3pm in our MVRHS Gym- come support your awesome athletes!

Innovation Club will meet Tuesday after school in Room 406



Tuesday through Friday, October 23-26th:

Marge Harris, former MVRHS History Teacher, will be here teaching a crash course in voting- “Why Vote” will be offered one week only (this one!)- sign up Monday for flex all week (or a few days if you can’t make the whole thing) and learn all about the November ballot and why your vote matters!

Friday, November 2nd:

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

First Quarter ends on Friday the 2nd of November!

THE MVRHS LEADERSHIP CLASSES WOULD LIKE STUDENT INPUT

BACKGROUND:

The Leadership classes are working on four projects on behalf of the school, and we wanted to connect with the whole student body to get some feedback. Sally Caron interviewed the students about the projects, and that interview is in the weekly RJO broadcast. These initiatives will be discussed in Mentor Mondays this week as well.

MVRHS Students: Please complete the following two surveys, and we welcome you to sign up to volunteer for the Caretaker Project.

Here are the links:

[Updating Our Locker Rooms Survey Link](#)

[Post-Secondary Planning Survey](#)

To volunteer for the Caretaker Project:

[Caretaker Project Sign-Up Form](#)

COLLEGE VISITS THIS WEEK:

10/22:

Univ. of Maine, Farmington @1:15

10/23:

Tufts University @ 9:00
Mass College of Liberal Arts @1:15

10/24:

Sewanee: University of the South @9:00

10/25:

Simmons @1:15

10/26:

Lasell College @ 9:00
Bennington @ 1:15

Last Week's Athletics:

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 Win 2-0

Girls Soccer @ Monomoy 4:00 Loss 7-0

Field Hockey vs Sturgis East 3:00 Win 5-0

Unified Basketball Home 3:00

Wednesday, October 17th:

Golf vs Monomoy 2:45

Thursday, October 18th:

Field Hockey @ Foxborough 4:00 Loss 2-0

Boys Soccer vs Falmouth Academy 4:15 Win 6-0

Girls Soccer @ Falmouth Academy 3:30 Loss 1-0

Friday, October 19th:

Cross Country @ Twilight Small 3:00

Football vs Cape Cod Tech 6:00 Loss 28-19

Saturday, October 20th:

Field Hockey vs Millford 11:15 Cancelled

This Week in MVRHS Sports

Monday, October 22nd:

Field Hockey @ Plymouth South 4:00

Boys Soccer vs Sturgis East 4:15

Girls Soccer @ Sturgis East 4:00

Tuesday, October 23rd:

Cross Country vs Cape Cod Tech 3:30

Boys Soccer @ Rising Tide Charter 4:00

Girls Soccer vs Rising Tide Charter 4:15

Unified Basketball vs. Bourne 3:00

Wednesday, October 24th:

No Games

Thursday, October 25th:

No Games

Friday, October 26th:

No Games

Saturday, October 27th:

Cross Country Cape and Islands Championship @ Cape Cod Academy

Field Hockey vs Nauset 11:00

Girls Soccer vs Dennis-Yarmouth 11:15

Flex Information for the Week of 10/22/18

- **“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). *Sign up under Wellness/RJO/Guidance*
- Uproot in the LCR Tuesday *Sign up under Admin*
- Tribal Youth Group in the Cafe Tuesdays *Sign up under Admin*
- Guidance help with College Applications Tuesday through Friday *Sign up under Wellness/RJO/Guidance*
- Business Club/DECA Tuesdays, Strive (Girls Interested in Business) Thursdays *Sign up under CTE*
- Film and Video Club: Monday after school and Wednesday during flex - Room 406 *Sign up under Artsandmusic (video club)*
- Tribal Language in the PCR Wednesdays *Sign up under Admin*
- Peer Sex Education Leaders with Family Planning Wednesday *Sign up under PEandhealth*
- **GIRLS ONLY** PE in the Gym on Wednesdays *Sign up under PEandhealth*
- Flex in the Garden Wednesdays & Thursdays with Suzie Scordino *Sign up under Other*
- Chess Club Fridays with Mr. McCarthy in 419 *Sign up under English*
- Halloween Costume Making with Ms. Shoquist & Ms. Kurtz Friday *Sign up under Artsandmusic*
- 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; and be more present.
 - Registration Required- students talk to Amy Lilavois in Guidance for more information.

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 loading 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

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