

# MVRHS Weekly Newsletter 12/10/18



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

## **Race Culture Retreat**

The Race Culture Retreat is in its 15th year at MVRHS. The Retreat involves a 2 day retreat at Alex's Place at the YMCA and will happen December 12th & 13th during the school day.

Approximately 50 students and almost a dozen staff spend two days discussing topics on race, diversity, discrimination, bias and culture. They specifically talk about these issues within our school community, Island community as well as the world as a whole. Students and staff share personal experiences through games, big and small group discussions, videos, literature and media. Students who participated have said it was the most powerful thing they have experienced at MVRHS.

**Last week MVRHS Portuguese classes visited Tufts University and their Portuguese Department.**

**This week the MVRHS Heritage Portuguese classes will visit Boston University to visit the University's Portuguese Department.**





## **Announcements:**

### **Seniors!**

**Senior Square due dates have been pushed back to January 4th!** There are instructions and tutorials on [mvrhsyearbook.weebly.com](http://mvrhsyearbook.weebly.com) or students can schedule a Flex with Ms. Todd.

### **Now Online: The High School View!**

The High School View staff invites you to bookmark their newly-created **online edition**.

**NOTEWORTHY:** Mackenzie Condon and Yayla DeChiara's **short documentary** on a day in the life of the girls' XC team as they win the D5 State Championship for the first time in school history.

**IN THURSDAY'S MV TIMES:** [Recycling at MVRHS](#) and [Students Selected for the Southeast Music Festival](#)

Please contact the [newspaper@mvyps.org](mailto:newspaper@mvyps.org) with any stories or to give students feedback.

### **Holiday Food Drive!**

**Spread your holiday joy this year by donating to the MVRHS food drive!** Help support our local elderly community by bringing in items and/or money any morning this week. Please bring your donation to an area that will be set up next to the PAC lobby. We'd love to see low sodium, high protein items. Our top four recommended items to bring in are whole grain pasta/rice, tuna canned in water/oil, low sodium canned soup, and canned/dried beans. Any food donations are welcome, as well as spare change! For every donation you make, your name will be entered in a raffle to win a \$50 gift card to Waterside, or \$25 for Mocha Mott's. Can't wait to see you there!

### **Faculty v. Senior Volleyball Game on 12/20!**

**Seniors will play MVRHS faculty during flex on 12/20:** stay tuned for details! The class of 2021 is putting this fun event together!

## **Community Service Opportunity:**

**Jon Chatinover, MVRHS swim coach, is looking for students to be timers at the home swim meets.**

Dates of the meets:

12/13 @3pm

12/18 @3pm

1/3 @3pm

1/9 @3pm

1/12 @11am

**If you're interested, please arrive 15 minutes prior to the start times above and you will be done with your service (and thanked profusely) after a fun filled 1 and 1/2 hours!**

**Winter sports this week:**

|   |  |
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| <p align="center"><b><u>Last Week's Athletics</u></b></p> <p align="center"><b><u>Saturday, December 8th:</u></b><br/> <u>Swimming @ Bay Colony Conf.</u> 10:00<br/> <u>Boys Hockey @ Attleboro</u> 4:30<br/> <u>Girls Hockey @ Brookline</u> 12:00</p> | <p align="center"><b><u>This Week's Athletics:</u></b></p> <p align="center"><b><u>Tuesday, December 11th:</u></b><br/> <u>Boys Basketball @ Monomoy</u> 4:00<br/> <u>Girls Basketball vs Monomoy</u> 4:30<br/> <u>Indoor Track @ Bishop Stang</u> 5:30</p> <p align="center"><b><u>Wednesday, December 12th:</u></b><br/> <u>Girls Hockey @ BMW/ORR</u> 4:30</p> <p align="center"><b><u>Thursday, December 13th:</u></b><br/> <u>Boys Basketball vs Sturgis East</u> 4:30<br/> <u>Girls Basketball vs Sturgis East</u> 5:00<br/> <u>Boys Hockey vs Cape Cod Tech</u> 4:30<br/> <u>Swimming vs Sandwich</u> 3:00</p> <p align="center"><b><u>Saturday, December 15th:</u></b><br/> <u>Girls Hockey vs Sandwich</u> 5:00</p> |
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**Flex Information for the Week of 12/10/18**

| <b><u>Tuesday - ABCD</u></b>  | <b><u>Wednesday - EFGH</u></b>   | <b><u>Thursday - DCBA</u></b>   | <b><u>Friday - HGFE</u></b>   |
|---|--|---|---|
| <b>Yearbook Club</b><br><i>Sign up with Mrs. Todd</i>               | <b>Protect Your Environment Club</b><br><i>Sign up for Mr. Hall- Science</i>           | <b>Yule Gathering- Celebrate the Winter Solstice!</b><br><i>Sign up under "Other"</i> | <b>PEP<br/>RALLY<br/>AT<br/>THE<br/>END<br/>OF<br/>THE<br/>DAY!!!</b> |
| <b>Tribal Youth Group</b> in the Cafe<br><i>Sign up under Admin</i> | <b>Film and Video Club:</b> Room 406<br><i>Sign up under Artsandmusic (video club)</i> | <b>Business Club/DECA</b><br><i>Sign up with Mr. Jakusik</i>                          |   |
| <b>Strive</b><br>Business for Women                                 | <b>Tribal Language</b> in the PCR<br><i>Sign up under Admin</i>                        | <b>Senior Squares</b><br>During Yearbook Club after school!                           |   |
| <b>Swear</b><br><i>*Current members are pulled every other week</i> | <b>Peer Sex Education Leaders with Family Planning</b> - Sign up under PEandhealth     |   |   |
| <b>Uproot w/ CONNECT</b><br><i>Sign up under Admin</i>              | <b>GIRLS ONLY PE</b> in the Gym<br><i>Sign up under PEandhealth</i>                    |   |   |
| <b>Senior Squares</b><br>Sign up for Art Club                       | <b>Beautify the School!</b><br><i>Sign up under Artsandmusic</i>                       |   |   |

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| <b>Catch My Breath</b><br><i>Sign up under PE/Health</i> |  |  |  |
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## Pep Rally Bell Schedule

| Time          | Minutes | Activity     |  |
|---------------|---------|--------------|--|
| 7:35          | 5       | Warning Bell |  |
| 7:40 - 8:55   | 75      | 1st Period   |  |
| 8:55 - 9:00   | 5       | Passing Time |  |
| 9:00 - 10:15  | 75      | 2nd Period   |  |
| 10:15 - 10:20 | 5       | Passing Time |  |
| 10:20 - 10:45 | 25      | 1st<br>Lunch |  |
| 10:45 - 11:10 | 25      | 2nd<br>Lunch |  |
| 11:10 - 11:35 | 25      | 3rd<br>Lunch |  |
| 11:35 - 12:00 | 25      | 4th<br>Lunch |  |
| 12:00 - 12:05 | 5       | Passing Time |  |
| 12:05 - 1:20  | 75      | 4th Period   |  |
| 1:20 - 1:25   | 5       | Passing Time |  |

|             |    |           |
|-------------|----|-----------|
| 1:25 - 2:05 | 40 | PEP RALLY |
|-------------|----|-----------|