



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

Notable upcoming events:

Scholarship Scholarship Application Folders are now available in Guidance. The deadline for submission is March 15th.

From the MVRHS Wellness Office

Nine students and two staff members attended a symposium hosted by Jane Doe Inc. called #ReimagineManhood. The symposium focused on ending gender-based violence and toxic masculinity, while promoting gender equity, racial justice and healthy masculinity. The keynote speaker was Tony Porter, creator of A Call To Men, and author of "Breaking Out of the Man Box." The nine students were Colin Henke, Ian Trance, Nate Packer, Emmanuel da Silva, Jack Holmes, Tripp Hopkins, Joe Serpa, John Murray, and Kenny Hatt. Staff members Matt Malowski and Bill Seabourne attended as well.

Prom Committee Meeting

There will be a Prom Committee meeting on Wednesday, January 9th in the cafeteria. Juniors please attend to meet with parents about the post-prom party. They are looking for your input as to how to make this event a success!

Catch internationally recognized pop & lock dancer Amirah Sackett this Saturday at the MVPAC! 2PM and 7PM www.dancetheyard.org/amirahsackett 📷 Melissa Rand **We're Muslim, Don't Panic**



<http://www.dancetheyard.org/amirahsackett>

Leadership classes bring alumni back during flex!

Alumni will be visiting MVRHS during flex on the following days!

Fri 1/4

Tues 1/8

Thurs 1/10

Please sign up to learn from MVRHS alumni about their lives after high school and help to prepare you for your future post-MVRHS!

*College, work, travel, tech training, and more!

*Register for Flex block under Natalie Munn in Science

*Held in room 325

We hope to see you there!

-the Leadership Classes

Amirah Sackett returns to MVRHS this week!

Muslim hip-hop dancer and choreographer, Amirah Sackett, an internationally recognized artist, is on the Vineyard working with The Yard's education program, MAKING IT. The workshops will be a mix of up- close performance, discussion about her process and how being a Muslim woman has influenced her work, and the students will learn a short phrase. Students will have time to ask questions. She also has performances this Saturday in the PAC for our Island community (see the image to the left for info)!

Last Week's Athletics:

Boys Hockey

1/2 tied 0-0 against Bishop Stang
1/5 win against Nantucket 3-0

Girls Hockey

1/5 lost 0-7 to Norwell

Boys Basketball

1/4 win against Saint John Paul II 68-52

Girls Basketball

1/2 lost to Sandwich 17-58
1/4 lost to Saint John Paul II 22-37

Indoor Track

1/3 boys lost to Bishop Feehan 46-54
1/3 girls lost to Bishop Feehan 44-56
1/5 9th and 10th grade boys meet went well with many athletes having PRs!

This Week in MVRHS Sports

Boys Hockey

1/9 Varsity @ Mashpee 4PM
1/12 Varsity @ Silver Lake 3:10PM

Girls Hockey

1/9 Varsity @ Bishop Stang 4PM
1/12 Varsity @ Latin Academy 1:30PM

Boys Basketball

1/7 Freshmen vs Mashpee 3PM
1/8 JV vs Cape Cod Tech 3PM
1/8 Varsity vs Cape Cod Tech 4:30PM
1/12 JV @ Nantucket 11:30AM
1/12 Varsity @ Nantucket 1PM

Girls Basketball

1/8 JV @ Cape Cod Tech 4PM
1/8 Varsity @ Cape Cod Tech 5:30PM
1/12 JV vs Nantucket 12:30PM
1/12 Varsity vs Nantucket 2PM

Indoor Track

1/8 @ Wheaton College