

FROM SUPERINTENDENT DR. MYERS

Superintendent Update: April 3, 2015

Quote for the week: “Solitude is as needful to the imagination as society is wholesome for the character.”—James Russell Lowell

Many people assume that solitude is a state of loneliness, but this is, in fact, a misunderstood concept. Solitude can restore balance to your life, and it also helps alleviate depression. The people who enjoy purposeful or voluntary solitude also experience numerous cognitive benefits, such as enhanced concentration and creativity. They spend time alone because they know how beneficial it can be.

Here then, are 7 reasons which highlight how solitude can be good for you too:

1. It Gives You a Chance to Slow Down & Recharge

Daily responsibilities can create feelings of discomfort and anger in a person and can also create what seems like undefeatable obstacles to a serene solitude. However, when you are away from work, people, technology, daily responsibilities, and the countless distractions of daily life, you can finally take some time to breathe, and just be yourself for once. You can use your time alone as an opportunity to clear your mind and get back in touch with yourself.

2. It Helps You Make Better Decisions

A busy, confused mind will lead you to make decisions you would regret in the future. However, those who take a day out of their busy schedules once a week for solitude gain the opportunity to restore, refresh, revitalize their mind, and this allows them to gain numerous benefits in the physical, emotional, and mental spheres of life. A little “alone” time is all you need to get back on track, think clearly and feel better about yourself. A clear mind allows you to make better decisions and helps you determine what changes you need to make which would be good for your present and future.

3. It Can Alleviate Depression

Solitude benefits the body, mind and spirit. Quiet times alone can help you get back in touch with yourself and release stress that afflicts both your body and mind. While many people believe loneliness is one of the main causes of depression, studies show that adolescents who spend time in solitude can actually beat depression. A study in the late 90s found that although adolescents didn’t describe solitude as a positive experience, many reported to have experienced feelings of comfort and happiness afterwards.

4. It Can Increase Your Self-Esteem and Confidence

As time passes and you enjoy spending time alone, you will be able to build a better relationship

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APRIL 3, 2015



Special dates of interest:

- * Regular Board Meeting April 16th– 6:00pm



Follow this QR code to the Better Than a Letter video.

with yourself. Voluntary solitude is the best way to remember all the things that make you awesome and get back in touch with your feelings. Tackle your fear of being alone and experience a boost in your self-esteem and confidence.

5. It Is Actually Fun

Once you get used to and more comfortable with the idea of spending time alone, doing activities like watching a movie, hiking, or shopping by yourself can actually be enjoyable. You will be able to do whatever you want, anyway you want, and anytime you want, without having to worry about others' preferences, expectations, schedule, or happiness. You may also find spending some time alone every week or every afternoon to do something you love actually therapeutic and comforting.

6. It Can Improve Your Focus and Memory

For teenagers who need to study a lot, solitude is the best way to improve concentration and memory. Recent studies showed that students who study alone are more likely to succeed as compared to students who study in groups. For adults who are working day and night, voluntary solitude seems to help improve focus in different areas of work.

7. It Can Boost Your Creativity

Allowing time for a little reflective thought and clearing out distractions is a great way to improve your creativity. Spending time alone oftentimes allows you to think outside-the-box and enables you to come up with great ideas which you could use to make life better for yourself. For teenagers, creativity is an important factor when working on school projects and presentations.

Take out time for yourself and spend some “alone” time to benefit from a much clearer and refreshed mind.

News for the week:

Congratulations to Michele McWilliams. She received the *Charles A. Green “Administrator That Makes a Difference” Award* from the Arkansas Association of Middle Level Educators. I told Ms. McWilliams that sometimes the right people are recognized for the right reasons and the association got it right by awarding Ms. McWilliams this great honor. What a privilege it has been to work with and learn from a truly great school leader. The number one reason I am so happy for Ms. McWilliams is that she truly represents the humbleness and great professional will described in Jim Collins' book *Good to Great*. She is relentless in finding a way to reach students and represented the district's vision of every student—every time in an exemplary manner. Congratulations!

Have a great weekend,

Lonnie



Northcentral Arkansas Education Service Cooperative

www.naesc.k12.ar.us

APRIL 2015 UPCOMING EVENTS

Please register for these events at **www.escweb.net/ar_esc/** (SESSION ID # in ESC Works)

4/01/2015: NAESC eSchool Scheduling Procedures Review Workshop – 9:00-3:00 – Sandy Harber – NAESC (240183)

4/02/2015: NAESC Tech Meeting – 9:00 – 12:00 – Jeff Johnston – NAESC (245507)

4/02/2015: NAESC Elementary Chess Tournament – Jill Clogston – U.A.C.C.B.

4/06/2015: NAESC Literacy Design Collaborative (Highland) – 8:30-3:30 – L.D.C. Team - Highland School

4/09/2015: NAESC GT Coordinator's Meeting – 9:00 – 3:00 – Jill Clogston – NAESC (240372)

4/14/2015: NAESC Advanced VLAN Training – 8:30-3:30 – Jeff Johnston – NAESC (242703)

4/16/2015: NAESC The Genius of Virtual Arkansas – 8:30-3:30 – Team Digital & Virtual – NAESC (243274)

4/16/2015: NAESC E.L.L.A. Year One – 8:30-3:30 – Sharon Walker – NAESC

4/17/2015: NAESC C.G.I. Year One – 8:30-3:30 – A. Gray & S. Hogg – Mtn. Home N.W.H.

4/17/2015: NAESC Reading Recovery Continuing Contact – 9:00-12:00 – Rhonda Taylor – U.A.C.C.B.

4/22/2015: NAESC Elementary Quiz Bowl – Jill Clogston – Ozarka College

Mountain Home School District
welcomes
Dr. Jacob Long



Click [here](#) for the news story
about Dr. Long

Mountain Home Kindergarten

A little bit of hiding from PMS students. A little bit of hunting from Kindergarten students and a great big bunch of Easter Bunny for everyone.





NELSON-WILKS-HERRON ELEMENTARY

Mrs. Edward's Habitats





Recently, Mrs. Edward's class studied different habitats. The students learned the differences between the forest, rain-forest, ocean, desert, grasslands, and wetlands. Our class spent the week learning about the habitats. Each student picked an animal and habitat. They then researched the animal and habitat, made lists of supplies they needed for their habitat, drew out a plan for their habitat, gathered their supplies, and then made their habitat in class.

I Can Club Day

On March 20th Nelson-Wilks-Herron came alive with the first "I Can Club" Day. As a plan to get students involved in activities to develop confidence, Cristy Neighbors, Enrichment teacher, and Melissa Green, Art teacher, came up with the idea for "I Can Clubs". From Bike Riding to Pet Care, Tool Time, to Zumba, as well as many more, students at NWH got a chance to enjoy an "I Can

Club" day. With much anticipation and growing excitement the day came and was a huge success. We can't wait to do it all again.

Here is what all the cool kids are saying about I Can Clubs!

Draven: "Mr. Joe helped me to learn to ride a bike and I faced my fears!"

Mrs. Tiffany Stone: "I have never seen so many smiles or heard so many kids say that this was the best day ever!"

"It was fun. I want to do it again."

"I liked Club Day because I got to make a tool box in Tool Time."

"I liked riding bikes in the hallways!"

"In Guy Things we learned to tie a tie and we learned to Cast a fishing pole."

"I got to be with Mrs. Persons in piano."

"It was fun and the greatest day of my life."





Horsetails Literacy Programs-1st grade





Thank you Bonnie Smith for bringing this program to NWH! This experience helps bring reading to life for our students.

Hackler Intermediate School Newsletter

965 West Road, Mtn. Home, AR 72653 ~ Phone 425-1288 / Fax 425-1290

Principal: Sondra Monger

Mrs. Cassy Barnhill, Assistant Principal
Mr. Kevin Roach, Assistant Principal

Mrs. Kristyn Goodwin - Counselor
Ms. Mary Beth Wyatt - Counselor



Around our School

April 2, 2015

- ◆ Report cards are coming home today in the red folder.
- ◆ School will be in session at regular time on Friday, April 3, 2015. This is a make up snow day.
- ◆ Please see the dress code policy in the handbook on page 18 & 19. Students will be required to call home for a change of clothes if the dress code is violated. Please see a partial list on the back of this newsletter.
- ◆ Parent/Teacher conferences have been rescheduled for April 16, 2015.
- ◆ Students will be dismissed at 2:10 on April 16, 2015 due to Parent/Teacher conferences.
- ◆ Mark your calendars, spring pictures will be taken on April 21, 2015.

Partnership for Assessment of Readiness for College and Careers (PARCC) Testing

This test will take the place of Benchmark testing. The test will be given during your child's regular school day. Please do not schedule any doctor appointments during the following dates if possible:

* 3rd grade PARCC testing: April 2,3,6,7,8.

Box Top Winner:

Faith Padgett - Mrs. Pope's Classroom

Faith won two tickets to go see her favorite movie.

This will be the last drawing for the 2014-2015 school year.

Community Opportunities

- ◆ Good News Club will be meeting at Hackler each Tuesday beginning April 14, 2015 through May 19, 2015. If you attended fall session you don't need to fill out a new form. Sign up sheets are available in the front office for new club members. (This program is not an activity of Mountain Home Public Schools)
- ◆ TAG - YOU'RE IT! 5K color run benefiting T.A.G. (Mountain Home School Travel Abroad Group). Saturday, April 11 at Mountain Home High School. Registration at 8:00- race will start at 9:00. For more information call 870-404-2055 or email: cnorris@mtnhome.k12.ar.us.
- ◆ Move with the Baxter Beat! 5K - 10K - 1 mile fun run on Saturday, May 2 at Big Creek Golf Course. Proceeds go to: Hospice of the Ozarks
- ◆ Mr. & Miss Springtime Pageant will be held at Dunbar Auditorium on Saturday, May 2 at 3:00. Entry forms are available in the front office. For more information call 870-488-5103 or 870-404-7211

SPRING IS IN THE AIR!

It is time to pack up the cold weather clothes and get out clothes for warmer weather. We do have a dress code at Hackler Intermediate School, and it is found in the personal appearance section of the handbook located on pages 18 and 19. Please review this section for a complete list of dress codes. Some of the most important are listed below:

- The length of shorts should be measured by standing straight up with arms to your side and your shorts should be finger tip in length.
- **No spaghetti straps of any kind.** Straps should be the width of a dollar.
- Flip flops may be worn; however, it is recommended to have an extra pair of shoes with you in case your flip flops break.
- Finger tip length shorts are recommended under dresses or skirts.
- Tennis shoes are needed on physical education days.

Students will be required to call home for a change of clothes if the clothes worn to school do not meet the dress code. Please make sure that your phone number is correct in case we need to call.





Look into our world at Hackler Intermediate School

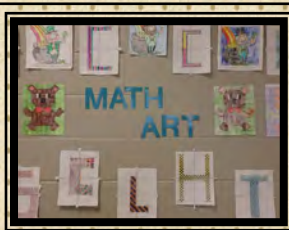
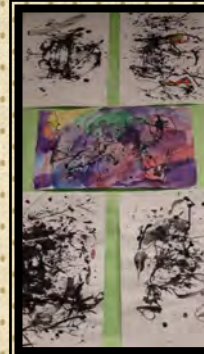
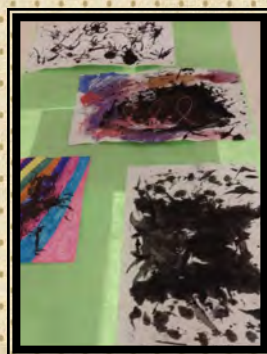
On Tuesday, March 31, 2015, Hackler held its first Fine Arts Night. This allowed art teachers to display artwork crafted by Hackler students, as well as music teachers showcasing Hackler student's musical talents. We began the evening by unveiling the busts of Mr. Robert Hackler and Mrs. Evelyn Hackler. Mrs. Hackler was present to greet family, friends, staff and students. Hackler Intermediate School was named in the honor of Mr. and Mrs. Hackler for the many years they dedicated to education. This bust was made possible through the following lifetime supporters of education:

- Arvest Bank
- Drake Law
- Kirby Family Trust
- Walton Family Foundation
- Lewis & Jana Barnes
- Ed & Joan Barnett
- Jim Bodenhamer & Julie Stewart
- Terry & Layne Bruce
- Ronald & Karen Bruton
- Ben Camp
- Katie Camp
- T.C. & Beth Carter
- Ed & Lucretia Coulter
- Victor Coy
- Todd Gilbert & Jodi Strother
- Price & Ann Harned
- Robin Hawkins
- Dick & Lisa House
- Jo Byrd Huddleston
- Sarah Kelly
- Elton & Mary J. Kirby
- Sheridan & Judy Kirksey
- Paul & Patty Marion
- Hugh McClain
- Chad & Kimberly Mellembakken
- Matthew & Dana Williams
- Marilyn Morris
- Lonnie & Karen Myers
- Peter & Jan Peitz
- Gaylen & Julia Pitts
- Danny & Nell Ponder
- Mike & Katie Risk
- Bill & Trieneke Self
- Mary Sinor
- Wayne & Merci Sloan
- Terry & Glenda Small
- James & Marilyn Sue Snodgrass
- Patti Thomas

The Sculptor & Artist: Ron Moore







Mountain Home Junior High



**MHJH CAIII STUDENTS ARE EXCELLING
IN THEIR
STOCK MARKET PORTFOLIOS!!**

As of March 11, **MHJH** has **2 Stock Market** teams
ranked in the **TOP 10%** of the
200 teams in Arkansas!!



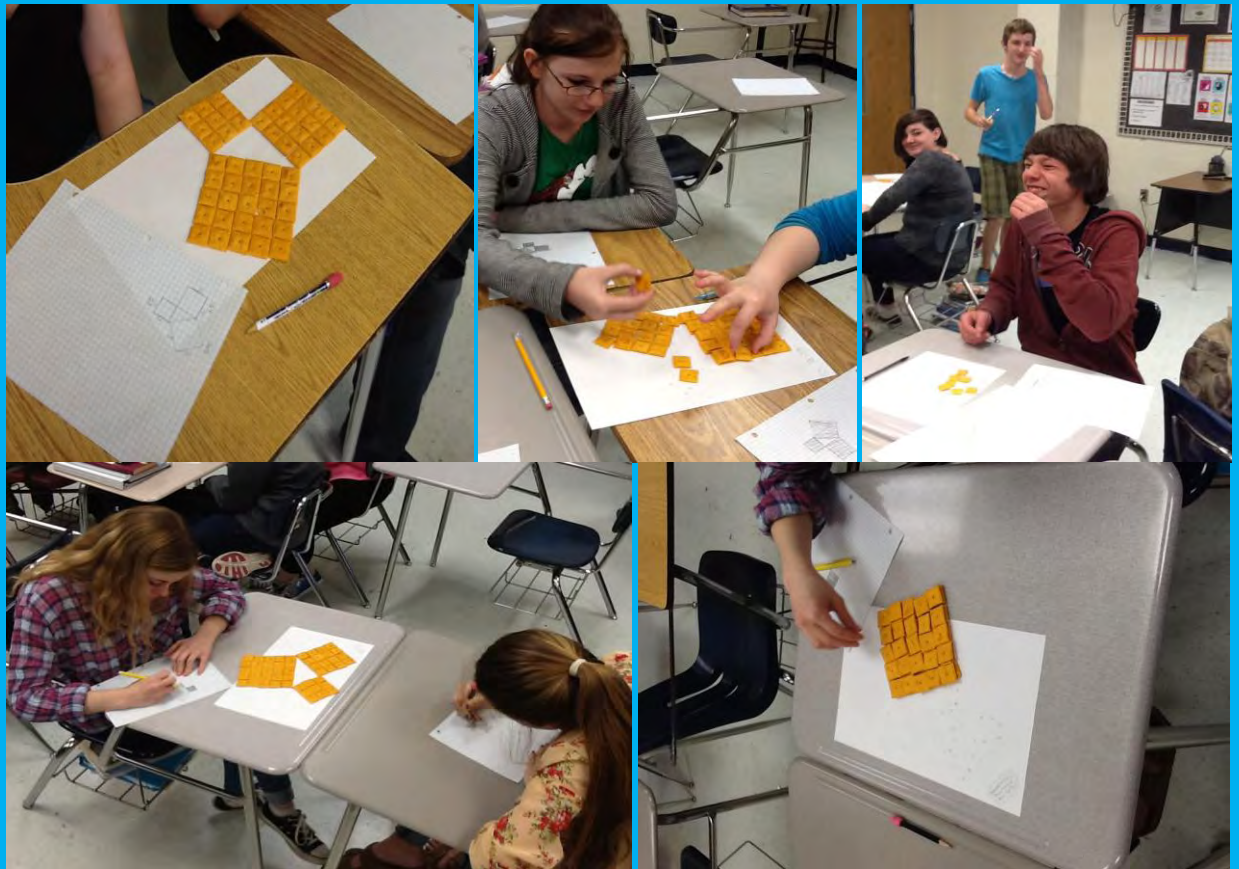
RANKED #10
Harley Cotter,
Griffin
Flowers,
Katelyn
Mahan, &
Landon
Moyers

RANKED #18
Heather
Hestley, Rowan
Laidler, &
Reese
Wendfeldt



Say Cheese!

In Mrs. Hickman's class, students used Cheese Nip crackers to learn about the Pythagorean Theorem. Kids reported that the theorem was "perfectly clear" to them!



8th grade science students learn how to take care of their teeth from a local dental hygienist, Mrs. Garman



Andrew and Alex get to experience what it feels like to be pregnant wearing the Empathy Belly Pregnancy Simulator. We have studied Child Development this semester in FACS class. The Empathy Belly was first used as a teaching tool in prenatal classes and is now used in many schools to help both boys and girls “empathize with” changes taking place during pregnancy.



EAST Students Making MH Proud!





**Mrs. Hickey's Pre-AP English 8 class
recited "Paul Revere's Ride", as part of
the Looking Back Unit.**



April 3, 2015

MHHS CAREER ACADEMIES

54TH YOUNG ARKANSAS ARTISTS EXHIBITION



Erica Morris, a junior at Mountain Home High School, has had her charcoal drawing entitled Lantern accepted into the 54th Young Arkansas Artists Exhibition sponsored by Arkansas Art Educator's Association and the Arkansas Art Center in Little Rock. The annual young artists exhibition showcases artwork from students in kindergarten through 12th grade and arts organizations across the state. Her work will be on display at the Art Center May 1, 2015-July 26, 2015.

EMPTY BOWLS to Feed the Hungry Soup Dinner

Proceeds donated to the

Food Bank of North Central Arkansas

Date: **April 9, 2015**
Location: **MHHS Cafeteria**
Time: **3:30-7:00**
Ticket Price: **\$10.00**

Menu: **A Variety of Soups**
Crackers
Dessert
Tea & Coffee

Pre-order tickets at emptybowlsmhhs@gmail.com

The ***Empty Bowls to Feed the Hungry*** event is an integration involving multiple departments at MHHS whose goal is to raise funds to benefit the community by partnering with the Food Bank of North Central Arkansas to help connect, resource, support, and empower individuals and organizations so that together we can "Create Communities without Hunger."

Delicious homemade soups will be prepared and served by MHHS Family and Consumer Science students.

Ceramic bowls were donated by art students and the first 100 attendees who donated \$10 for a dinner ticket will have an opportunity to select an "empty bowl" as a reminder of those in our community who face hunger on a daily basis.

- 5:00—The Jazz Band will perform
- 6:00—Live Auction: Quilted aprons provided by the Hill & Hollow Quilters' Guild
- Fused glass jewelry sale donated by the MHHS Art Club



Senior NASA Scientist Dr. Jennifer Wiseman visits Dr. John Bouck's Physics Classes

The Friday before spring break, Dr. Jennifer Wiseman visited Mountain Home High School. Dr. Wiseman is the senior project scientist at NASA responsible for the Hubble space program and also a graduate of Mountain Home High School. She spoke with a group of over 40 students, from both Dr. Bouck's science classes as well as some interested math students. Dr. Wiseman exposed these students to the excitement of astrophysics and explained the science being discovered by the Hubble Space Program. She also kindly donated her time to visit with students before and after her presentation.

Some of the spectacular pictures that Dr. Wiseman presented can be found here: <http://hubblesite.org/>



Left – Dr. Wiseman presenting astrophysics. Right - Dr. Wiseman discussing the scale of the universe with physics student Haley Hunter. Jenny Mathews and John Taylor Novak are also pictured.



Dr. Wiseman visiting the chemistry lab and chatting with physics students Jimmy McDaniel and Michael Leppard.

COMMUNITY YARD SALE!



You can help!

-Rent a 12' x 16' space which includes an 8' table to sell your yard sale items! School clubs and community members are welcome to rent a space! Cost is only \$20 per space! Checks can be made payable to MHHS.

Deadline to rent space is April 20th. First come, first serve!

-Donate your quality, gently used or like new items to the MHHS French Club to sell.

-Shop the MHHS French Club space on Saturday, April 25th.

-Spread the word!

**Date: Saturday, April 25,
2015**

Time: 8:00 AM– 4:00 PM

**Location: Mountain Home High
School Cafeteria**

*Mountain Home High School French
Club*

is hosting an indoor
community yard sale as a
fund-raiser for the summer 2016 trip to
Québec!

Your support is greatly appreciated!

Contact person:

Christy Lawrence

870-706-0721 or

clawrence@mtnhome.k12.ar.us