

### FROM SUPERINTENDENT DR. MYERS

Superintendent Update: December 12, 2014

Quote for the week: "If you're not using your smile, you're like a man with a million dollars in the bank and no checkbook."—Les Giblin

This is a season where smiles prevail in our schools! Excited children and holiday programs make me feel so blessed. I found this article about smiling and wondered if it might be relevant now and all year? Credit for article goes to Jennifer Walters, a health and wellness writer.

Smiling happens without much thought. When you watch a friend do something silly or embarrassing, you smirk. When a police officer lets you off without a ticket, you grin. And when you are recognized for your top performance in academics or at work, you beam. Smiling is a very natural response that shares our happiness with others.

But did you know that smiling also triggers activity in your brain? Yep, there's a serious mind-body connection there, in your left frontal cortex to be exact, which is—not surprisingly—the area of your brain that registers happiness.

How often do you smile in a day? Do you smile when you meet new people? When you see your friends? Around your co-workers? How about your significant other? Your face has 44 muscles in it that allow you make more than 5,000 different types of expressions, many of which are smiles. Read on for seven reasons why smiling is good for you, your health and your social life!

#### 7 Things to Smile About

1. Smiling can make you happy (even when you're not). Remember that mind-body connection we were just talking about? Well, it turns out that the simple act of smiling sends a message to your brain that you're happy. And when you're happy, your body pumps out all kinds of feel-good endorphins. This reaction has been studied since the 1980s and has been proven a number of times. In 1984, an article in the journal *Science* showed that when people mimic different emotional expressions, their bodies produce physiological changes that reflect the emotion, too, such as changes in heart and breathing rate. Another German study found that people felt happy just by holding a small pen clenched in their teeth, imitating a smile. Just remember that the research goes both ways. When the people in the first study frowned, they felt less happy, and in the German study, people who held a pen in their protruding lips, imitating a pout, felt unhappy. So the next time you feel sad or upset, try smiling. It just might make your body—and therefore you—feel better.

2. Smiling can make others happy.

"When you're smiling, the whole world smiles with you." Ever heard that song, made famous by Louis Armstrong? Well, it's true. Research shows that smiling is contagious. Ever been around someone who just had something fantastic happen to him or her? Isn't it almost impossible not to

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#### Special dates of interest:

- \* Regular Board Meeting December 16th
- \* Christmas Break December 22-January 2

feel good, too? Studies show that something as simple as seeing a friend smile can activate the muscles in your face to make that same expression, without you even being aware that you are doing it. Crazy, right?

2. But remember that this, too, can be for better or for worse. You know the expression "misery loves company"? Frowns act just like smiles, just with a negative reaction, so choose to smile and watch the world smile back!

3. Smiling makes you more attractive. Ever wonder why are we always asked to smile in photos? Because people usually look their best—and happiest—when smiling. According to the American Academy of Cosmetic Dentistry, 96 percent of American adults believe an attractive smile makes a person more appealing to members of the opposite sex.

4. Smiling can help you de-stress. The next time you're stressed about work, don't freak out. Take a few deep breaths and smile! Smiling may help to reduce symptoms associated with anxiety. When that smile signals to your brain that you're feeling happy (even though you're not really feeling happy...yet), your body will usually slow its breathing and heart rate. Reducing stress is so important for health, too, as it can lower blood pressure, improve digestion and regulate blood sugar. Note that this works during workouts, too! If you're having a hard time getting through that last rep or getting those final 5 minutes in on the treadmill, smiling can do wonders! (I am going to remember this)

5. Smiling can help you land a job. If you're about to go on a job interview, you may think that your appearance is just about wearing nice clothes. Wrong! You can't just wear that suit; you have to wear it with a smile. In a study published in the December 2009 issue of Personality and Social Psychology Bulletin, people looked at full-body photographs of 123 people they had never met. The people in the photos had one of two expressions: neutral (think your passport photo) or a smile. And guess what? When observers saw the photos of smiling people, they were more likely to think that the person in the photo was likeable, confident, conscientious and stable. Sound like traits most companies want in an employee, right? So the next time you're dressing to impress, make sure to take that beautiful, natural smile with you!

6. Smiling can lead to laughter. Have you ever laughed without smiling? It's pretty impossible to do. And it's funny how a smile here and a smile there with friends can turn into a whole fit of hysterical laughter. Numerous studies have been done on the health benefits of laughing, including how it acts like a mini workout that burns calories and works the abs. Laughter also helps blood flow, lowers blood sugar levels, reduces stress and improves sleep. It may also raise the level of infection-fighting antibodies in the body which helps boost your immune system. So the moral of this story is smile—and laugh—often!

7. Smiling just feels good. Have you ever found that smiling just feels good? Go ahead, smile now. Doesn't it feel natural? Make you feel happy to be alive? It sure does beat the heck out of a frown.

So the next time you're feeling down or out of sorts, try a smile. If you can't find a reason to smile, pop in a funny DVD (Andy Griffith or Seinfeld) read the comics or call a friend. You may be able to even read the word smile and feel better. According to research published in Psychological Science, simply reading certain words may also have the same effect. Just like seeing someone else smile makes you smile, reading emotion verbs (like smile, grin, frown, etc.) can also activate specific facial muscles.

Isn't it time you turn that frown upside down? Now say "cheese!"

New for the week:

Dr. Gigliotti, Dana Brown, Michele McWilliams, Ben Strider and I presented at the state Arkansas School Boards Conference on December 11th at the Statehouse Convention Center in Little Rock. Our presentation was entitled See Me, Accept Me, Teach Me: One School District's Commitment to Reach Every Student-Every Time! The program was developed in an effort to get each student college and career ready



by developing collaboration among these schools. The residual positive effects have been a common vocabulary for ease of communication and understanding, collaboration, peer observation and transition from grade level to grade level.

Enjoy this video:

<https://www.youtube.com/watch?v=IKjJ6DQF7xY>

Lonnie

# Mountain Home Public Schools

12.12.2014

## District Crisis Team

By: Dr. Gigliotti

Team Members - 53

The district provides a comprehensive approach to school safety.

To add to the comprehensive approach, Mountain Home Public Schools (MHPS) has established a District Crisis Team. The team consists of students, employees and community members. The purpose of MHPS District Crisis Team is to assist if an evacuation occurs.

The first team meeting was on Oct. 24, 2014 at Mountain Home High School. School Resource Officers and Administrators led the training session. School Resource Officers reviewed the MHPS District Crisis Plan which included a timeline.

Mountain Home High School Students, Summer Sheridan and Hope Cobler have provided assistance by submitting grants for Go Kit/Bag. The goal is to provide a Go Kit/Bag for classrooms in all school buildings.

A total of 360+ Go Kit/Bags are anticipated.

Some supplies needed for each Go Kit/Bag:

- Blanket
- Clipboard
- Dry Erase Board (8.5x11)
- Dry Erase Marker
- First Aid Kit
- Flashlight/with Batteries
- Hand Sanitizer
- Light Sticks
- Permanent Marker
- Small Pack of Tissues
- Whistle and lanyard

For more information, please call 870-425-1201.

## AGATE Affiliate

On Dec. 9 at 10:00am, Parents and Community Members met to discuss starting an AGATE Affiliate in Mountain Home. AGATE is an acronym for Arkansans for Gifted and Talented Education.

For more information visit:

<http://arkansasgt.weebly.com/> or contact Annette Waldon at [awalden@suddenlink.net](mailto:awalden@suddenlink.net)

## Elks Lodge Grant Awarded

The Elks National Foundation has awarded Mountain Home Elks Lodge #1714 a \$10,000 Impact Grant for Project "UPLIFT". This project is a joint venture between the Mountain Home School District and the Mountain Home Elks Lodge. Project "UPLIFT" is a commitment to provide resources and mentors for students in grades K-12 in the Mountain Home School District. Thank you to the committee and the entire Elks Lodge.



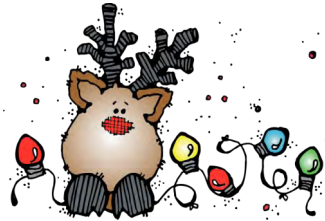
# Hackler Intermediate School Newsletter

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

- 5th grade music program will be Thursday, December 11, 2014. The Rubies will perform at 5:45 pm and Pearls will perform at 7:15 pm.
- The last day to order a yearbook through Hackler Intermediate School is Friday, December 12, 2014. The cost is \$22 with name and \$20 with NO name engraved on the cover. Make checks payable to Hackler Intermediate School. You may order online at [www.inter-state.com/yearbook](http://www.inter-state.com/yearbook) and the code is 754783. Online orders will be taken until February 27, 2015.
- No tutoring next week. Tutoring will resume when we return from Christmas break on January 5, 2015.
- Christmas parties will be celebrated on Friday, December 19, 2014. Please communicate with your child's teacher any question you may have regarding details of their party. To email your child's teacher go to [bombers.k12.ar.us](mailto:bombers.k12.ar.us), under schools, choose Hackler Intermediate, under teachers choose meet the faculty, click on your child's teacher and the computer will automatically set up an email.
- Lunch accounts should have a zero balance before the second semester begins on January 5, 2015. If you have questions contact Mrs. Braunagel with Food Service at 425-1225.
- No students December 22, 2014 through January 2, 2015. Students will return on January 5, 2015 and this will be the beginning of the 3rd quarter.
- Report Cards will be sent on January 8.
- It is getting to be that time of the year when the snow flakes start falling. Please begin discussing with your child what they will do in the event that school is dismissed early. Make a plan and write it in the assignment book. Include names, addresses, and phone numbers in case a bus pass is needed.
- The lost and found located in the cafeteria has grown since the start of the school year. You are welcome to visit the lost and found for various articles your child is missing. The items that are left after school is dismissed for Christmas will be boxed up and sent to other schools or a shelter.

# Fundraiser for Austin Snyder

Austin Snyder is a student at Pinkston Middle School and has been battling cancer for 5 years. In 2009, Austin was diagnosed with Osteosarcoma. Austin underwent several rounds of chemotherapy. In 2013 Austin was also diagnosed with Myeloproliferative Syndrome/AML and in April of 2013, Austin underwent a bone marrow transplant. Austin is now receiving blood and platelets daily. Austin receives his treatment at St. Jude's Children's Hospital in Memphis. As you can imagine, this becomes very expensive for the family to be with Austin.

**Austin is a Mountain Home Bomber that is battling cancer as best as he can. He is a patient at St. Jude's in Memphis. Please keep this family in your thoughts and prayers during this Christmas Season.**

## STUDENT Donation

For \$1.00 students can wear HATS to school on Friday, December 12.

For \$1.00 students can wear their PJ's on Wednesday, December 17.

## COMMUNITY OPPORTUNITIES

- ◆ You are invited to Christmas for Kids VBS at Trinity Lutheran Church on 801 Dryer Street, Mountain Home. It will be Saturday, December 13, from 9:30 am till 1:30 pm. There will be stories, songs, games and crafts. Lunch will be served. For more information call 424-2888.
- ◆ Operate N Excellence, 2014 Fast Pitch Skills Clinic will be held in Calico Rock, Arkansas. The clinic will be Saturday, December 13th from 12:00 pm till 2:00 pm. To register go to [www.onefastpitch.com](http://www.onefastpitch.com).
- ◆ You are invited to come out to David's Trail on Saturday, December 13, from 5:00 pm to 6:00 pm and sing carols along with the Hackler Intermediate Choir. You might even run into Santa on the trail. All ages are welcome. Contact Kenzie Mohler at [Keniejm.davidstrail@gmail.com](mailto:Keniejm.davidstrail@gmail.com) or 656-6912.
- ◆ Santa is coming to Kicks 'n' Flips on Saturday, December 13, from 10:00 am till 1:00 pm. For \$10 per person, you will receive a 4X6 picture and digital copy with Santa, meet Santa's Elves and Princesses, and make your wish list to give to Santa. The Kicks 'n' Flips Dance Studio is located at 1226 Commerce Drive, Mountain Home. There will be free cookies and milk with Princesses and Elves when you bring an unwrapped toy, which will be donated to local children/families in need. This event is sponsored by Studio H Dance Company.
- ◆ Registration for the Mountain Home Parks & Recreation Youth Basketball League, grades K-4<sup>th</sup>, girls & boys will be taking place at the L.C. Sammons Youth Center, Cooper Park, starting Thursday, January 2<sup>nd</sup> through Saturday, January 28<sup>th</sup>. The registration fee is \$45.00 with a \$5 multi-child discount. Games begin the week of February 16-21 and run until March 28<sup>th</sup>. Registration forms are available on the web at [www.mountainhomeparksandrec.com](http://www.mountainhomeparksandrec.com)



# North Arkansas Electric Cooperative



**Making a difference,  
one sole at a time!**



NAEC gave a pair of  
new shoes to every  
3rd grade student at  
Hackler  
Intermediate  
School.









You have **BRAINS** in your **HEAD**.  
You have **FEET** in your **SHOES**.  
You can **STEER** yourself in  
any **DIRECTION** you **CHOOSE**.  
-Dr. Seuss



**Thank you**

# Mountain Home Junior High

Kallie Copeland's students created their **American Dream collage** to go along with MLK's "**I Have a Dream**" speech. The collages represented each student's **present** and **future**. In addition, students were asked to include **two allusions** as did MLK in his speech, and **explain why** those two allusions were chosen. Reading MLK's speech is part of *The Road Not Taken* unit for the 8<sup>th</sup> grade.







Lain on the bumper before Dance Theater



I'm actually the main character



My favorite books



Reading is my hobby



Swimming is my hobby



Northwestern State University of Louisiana



My favorite city



My little brother



My friends



My family

For I know the plans I have for you, says the LORD, plans to prosper you and not to harm you; plans to give you hope and a future.

THE LORD goes before you and will be with you and he will never leave you or forsake you.



## Eastern District FFA Leadership Career Development Events

Parliamentary procedure team - 1<sup>st</sup> Macie Kelly, Carson White,  
Tiffany Johns, Bodie Cotter, Caleb Burnley, Zac Norwood

Bodie Cotter - Discussion Meet - 1<sup>st</sup>

Carson White - Prepared Public Speaking - 1<sup>st</sup>



### 2014 Leadership Team pictured left to right:

Front Row: Wyatt Petty, Bree Cannon, Macie Kelly, Tiffany Johns, Derek  
Beaver, Brett Stockfish, Charity Ibarra

Back Row: Jakob Penka, Carlton Smith, Bodie Cotter, Caleb Burnley, Zac  
Norwood, Carson White, Zack Martin, and Brody Jennings

**CIA presented Michelle Padgett with the basketball tournament check for \$462. The money was a fundraiser for Christmas gifts for Austin Snyder and his family.**



**CIA and the Hayden Padgett Safe in HIS Arms work together to support Austin Snyder and his family... Presentation of Playstation 4, PS4 games, \$200 Walmart card and tons of goodies today at MHJH...I think Hayden would approve...Constant prayers and support for Austin!**



**Making a  
difference...**

# ***Congratulations***

**to the following MHJH Band members  
for placing in the ASBOA Region 6 All-Region  
Junior High Band in the Washington Junior  
High in Bentonville competition, with over  
1440 students from 26 different schools in  
Northwest Arkansas:**

**Flute – Allie Bauwens**

**Clarinet – Katie Byler & Keaira Davis**

**Alto Saxophone – Lauren Chentnik**

**Trumpet – Dylan Kimbriel, Elizabeth Lewis  
& Jillian Reed**

**French horn – Courtney Green**

**Trombone – Emma Gibson**

**Percussion – Brian Griesi**



MRS. HICKEY'S eighth graders worked in LIT GROUPS to determine **text-to-text**, **text-to-self**, and **text-to-world** with the novel *Trapped*, by Michael Northrop. This is part of **The Road Not Taken** unit.



Students in Ms. Lawrence's Child Development and FACS classes researched a variety of ways to show honor and made connections to curriculum. Logan Payne and Victoria Morris display the poster they created, to illustrate how honor can be shown to children through prevention of child abuse. All the posters from the FACS classes will be displayed this week as we wrap up the 9<sup>th</sup> grade Integrated Honor Project.



# GBCCA

MADE THE STATE AAAE NEWSLETTER!



Students at Guy Berry College and Career Academy, in Mountain Home, Arkansas are currently incorporating skills that they learn in science and math in practical experiments. Throughout the school year students raise plants and Tilapia in an aquaponics systems. In this system, which serves as a model of an ecosystem, students utilize the relationships between producers, consumers, and decomposers to produce both fish and plants.

Currently, students are raising tilapia and strawberries. The goal is to utilize the tilapia to provide inexpensive protein to local food banks when they are harvested. As the strawberries are produced the students will use them to make products, such as chocolate covered strawberries, that they will sell to raise funds for continuing science projects. The goal of the program is to provide students with hands on experience and application of the concepts they are learning in both math and science. In addition, students are learning skills that may assist them with careers after graduation. As students observe and record their observations the information on the growth of the fish is shared with the University of Arkansas to assist them with gathering data to assist with research on aquaponics in a small scale operation.

# GBCCA NEWS



## *"The Principal's Role in Rural Dropout Prevention"*

- *December 11, 2014 / 1 P.M. EST/ 10 A.M. PST*  
Moderated by Dr. Howard "Sandy" Addis, Associate Director, [National Dropout Prevention Center/Network](#)

This webinar will focus on practices of school administrators that are particularly effective in preventing school dropouts in the rural context. The webinar is based on concepts from *The Principal's Role in Dropout Prevention: Seven Key Principles*, by Steven and Rebecca Edwards, with strategies being specifically adapted to address the challenges and needs of rural school leaders.

Presenters include:

- **Dr. Richard Krise**, National Dropout Prevention Center/Network, providing an **overview of key concepts**,
- **Elizabeth Ressel**, Principal of FAME Academy Alternative High School in Comanche, Oklahoma, addressing Reducing Social Isolation Among Students, and
- **Jeff Kincade**, Director of Guy Berry College and Career Academy in Mountain Home, Arkansas, speaking about Building Parent/Family/Community Relationships.

# GBCCA NEWS



Thank you to Ms. Frieda Schroeder and the Mountain Home Tree Project for donating this beautiful blue spruce from Kelly Thomas Nursery. We have used it for our school Christmas tree, and later on the students will plant it on our school grounds.

# GBCCA NEWS



GBCCA  
POINSETTIA  
SALE  
WAS

A  
SUCCESS!



THANK  
YOU  
ALL  
FOR  
YOUR  
SUPPORT  
OF  
OUR  
SCHOOL!





# MHHS FBLA Pecan Fundraiser

Please contact Mrs. Smith or Mr. Jones  
at 425-1215 or [fblamhhs@gmail.com](mailto:fblamhhs@gmail.com)



Pecan Halves	16oz	\$12
Pecan Medium Pieces	16oz	\$12
Dark Chocolate	12oz	\$10
Milk Chocolate	12oz	\$10
Cinnamon	<del>10oz</del>	<del>\$10</del>
Pecan Carmel Clusters	10oz	\$10





# Pinkston Middle School



Week ending 12.12.14

## E A S T @PinkstonMiddle

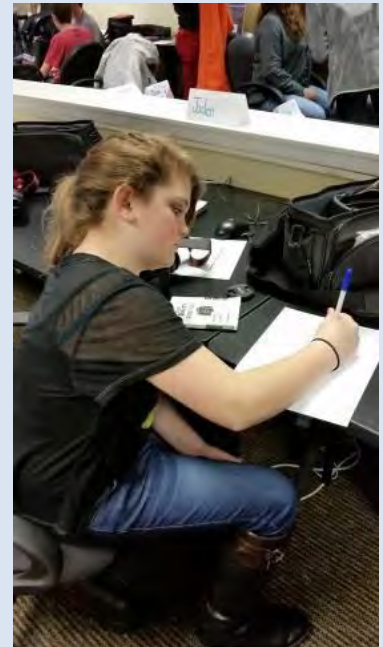


Several students in EAST have reached out into our community, asked what was needed, and are now filling that need by organizing a sock drive. Please bring socks to Pinkston Middle School so that these students can get them to the area organizations that are in need of warm socks this winter. Thank you students for making efforts to help our community.



EAST students work with Mr. Mike Walker learning more about water pumps: parts and function.

EAST Students trained this past week with other EAST students around the state on various software focused on photo and videography.



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# Pinkston Science



Students at Pinkston spent time dissecting this past week during their science classes. Many students were amazed at the experience and were excited about the opportunity to work with their peers and teachers.

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*Students in Mrs. Bogy's class are studying the US railroad systems.*

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# Pinkston Band Events:





Our Pinkston Band has been extremely busy these past few weeks. Several students tried out for all-region band, the 7<sup>th</sup> grade band had their Christmas concert, and the 6<sup>th</sup> grade band had their annual Christmas recitals for parents. We are proud of their hard work and dedication!



Youth Entrepreneur Showcase (Y.E.S.)  
for Arkansas Winners!

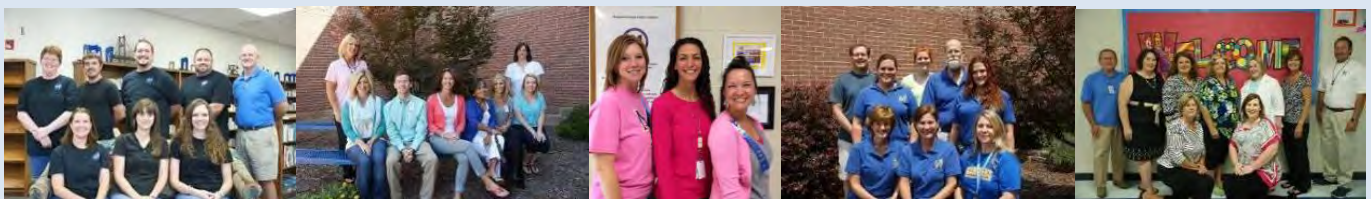


The Y.E.S. program has been in place for 10 years and has grown tremendously over the past couple years. Students from Pinkston Middle School have been designing products and entering business plans to the Y.E.S. competition through the Pinkston Gifted Program. There were 242 entries from across the state of Arkansas to be selected for the top 25 business plans to compete in the January 2015 expo. Of those top 25, Pinkston has three business teams selected to move to the state final completion. We are proud of our students, Lauren, Emily, Bria, and Ethan! If you would like to know more about this statewide program, click on the link below. The website explains the program in detail and lists all of the top 25 teams that will be represented in January.

<http://arcapital.com/aeaf/yes/>



Congratulations Jesse, Lindsay, and Hudson for earning a place in the all-region choir. Hundreds of students compete for a position in the all-region choir from grades 7-9. We are excited that Pinkston was represented by these three fine young singers! Job well done students!



**Pinkston Middle School @Pinkstonmiddle**

**EAST at Pinkston @AdunavanEast**

**7<sup>th</sup> Grade Promise @deniselauerman**

**DARE @campfield10**

**Pinkston Media Center @pmslibrary12**

### Upcoming Pinkston Middle School Events

Dec. 16 – Choir Concert – PM at Dunbar

Dec. 22-Jan 1 – Christmas Break

Jan. 2 – Teacher In-service

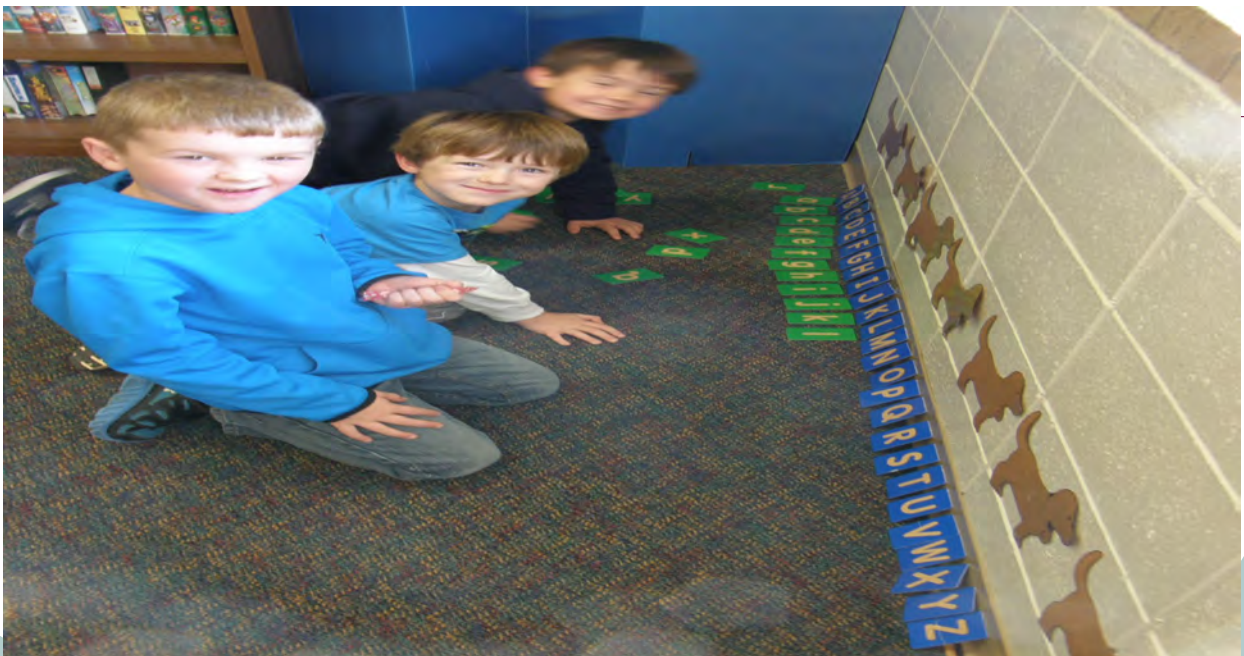
Jan. 5 – Welcome Back Students! Spring Semester Begins

# Mountain Home Kindergarten 12.12.2014

Concentration is the act of concentrating; the state of being concentrated. 2. exclusive attention to one object; close mental application.

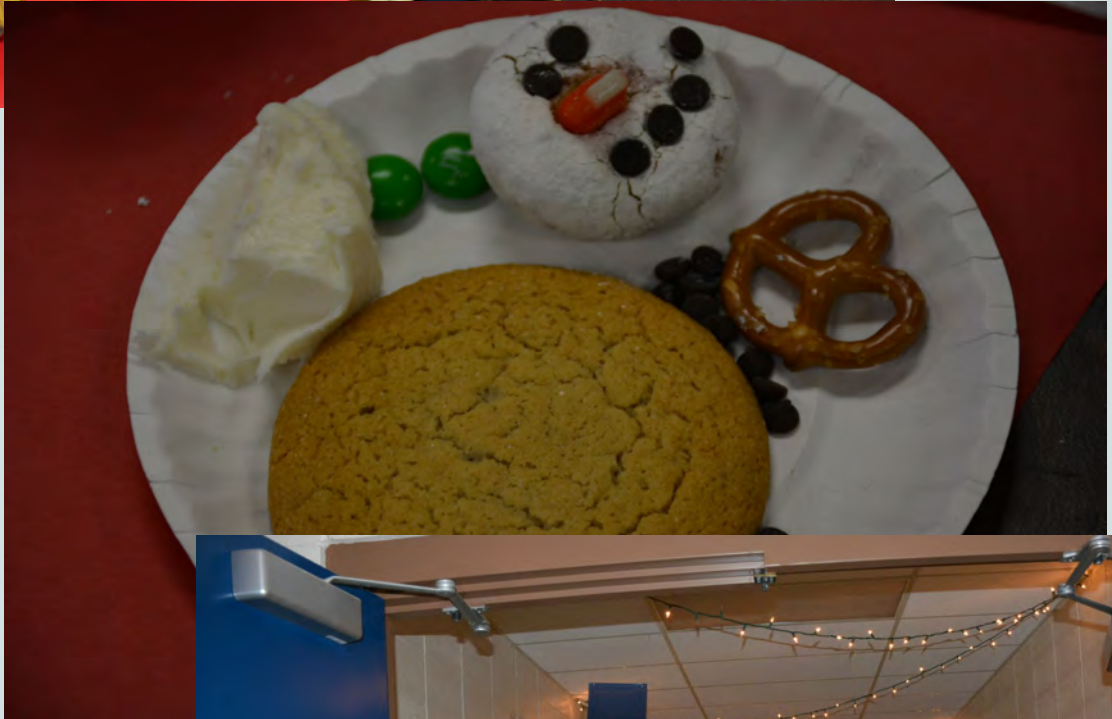


Learning is the act of acquiring new, or modifying and reinforcing, existing knowledge, behaviors, skills, values, or preferences and may involve synthesizing.



Fun—The wonderful time we have when we spend it with friends and family and enjoy holidays. The unexpected feeling when Santa shows up!





# NELSON-WILKS-HERRON

## DRESS-UP DAYS



Monday, Dec. 15<sup>th</sup>-Santa hat day

Tuesday, Dec. 16<sup>th</sup>-Crazy Christmas sock (roll-up your jeans so we can see your socks!)

Wednesday, Dec. 17<sup>th</sup>-Ugly Christmas sweater/shirt day

Thursday, Dec. 18<sup>th</sup>-Jingle bells or Christmas boxes (Use your imagination!)

Friday, Dec. 19<sup>th</sup>-Christmas red or green

## North Pole Pajama Party

**Saturday, December 13, 7:00-9:00pm**

**Nelson-Wilks-Herron Activity Room**

**Ages: K-5<sup>th</sup> grade**

**Join us at the North Pole!** *Come in your pajamas and bring a blanket to sit on.*

**Milk and Cookies with Santa's helpers** *while watching North Pole presented by Hallmark.*

**\$10 per child with each additional child \$5**  
**(Pre-Registration forms available in the office)**

**\*\*Proceeds go to Austin Snyder and Family\*\***



# VISITORS FROM EAST

MHHS EAST students worked with Mrs. Baker's students for a Computer Science week activity.



Dec. 12, 2014

# MHHS CAREER ACADEMIES

# E A S T



EAST students from HS, JR High and Pinkston attended DSLR Video Training at the EAST campus in Little Rock this week. Students learned focusing, field of view, and other video techniques for producing quality video from Steve Taylor, a professor at SAU Tech.





Congratulations to Hannah Lundry and Kaylee Nelson! They competed in FCCLA District STAR Events and won 1<sup>st</sup> place in the Entrepreneurship event. They will compete at the state level in March.



MHHS Seniors talk to the 9th Grade advisory classes about GPAs and HS life.



**Summer Webers  
talks to Mrs. Gate-  
wood's 9th Grade  
advisory class  
about GPAs.**



**Erin Blair talks to  
Mrs. Stansfield's  
9th Grade adviso-  
ry class about  
GPAs.**



**Faculty creativity abounds at MHHS! Teachers have stepped up this holiday season and decked the halls! These doors dazzle the students, teachers, and staff this year and display each teacher's artistic talents! Please take a few minutes to see if you have the knowledge to know which teacher is behind each of these festive creations!**



