



October 9, 2023

A Proud Past, A Promising Future

The best preparation for tomorrow is doing your best today. -- H. Jackson Brown, Jr.

MONDAY, OCTOBER 9

- Breakfast –Manager’s Choice, Juice, Milk
- Lunch – Manager’s Choice, Juice, Milk
 - Girls Tennis @ Saluda 5 pm

TUESDAY, OCTOBER 10

Fall Mid-Term Exams - (1st & 3rd Blocks)

- Breakfast –Manager’s Choice, Juice, Milk
- Lunch – Manager’s Choice, Juice, Milk
 - Volleyball vs. Abbeville 5:30/7 pm

WEDNESDAY, OCTOBER 11

Fall Mid-Term Exams - (2nd & 4th Blocks)

- Breakfast –Manager’s Choice, Juice, Milk
- Lunch – Manager’s Choice, Juice, Milk
 - Cross Country @ Batesburg-Leesville

THURSDAY, OCTOBER 12

- Breakfast –Manager’s Choice, Juice, Milk
- Lunch – Manager’s Choice, Juice, Milk
 - Volleyball @ Saluda 5:30/7 pm

FRIDAY, OCTOBER 13

Parent Teacher Conference Day No School for Students

SATURDAY, OCTOBER 14

- State Swim Weekend
- Competitive Cheer Falcon Invitational @ AC Flora High School
- Cross Country Coaches Classic @ The Farm - Newberry

MONDAY, OCTOBER 16

Fall Break – Schools/Offices Closed

TUESDAY, OCTOBER 17

Virtual SIC Meeting

- Breakfast –Manager’s Choice, Juice, Milk
- Lunch – Manager’s Choice, Juice, Milk

WEDNESDAY, OCTOBER 18

PSAT Testing

- Breakfast –Manager’s Choice, Juice, Milk
- Lunch – Manager’s Choice, Juice, Milk

THURSDAY, OCTOBER 19

- Breakfast –Manager’s Choice, Juice, Milk
- Lunch – Manager’s Choice, Juice, Milk
 - Cross Country Region Championships @ MCHS
 - JV Football @ Keenan 6 pm

FRIDAY, OCTOBER 20

- Breakfast –Manager’s Choice, Juice, Milk
- Lunch – Manager’s Choice, Juice, Milk
 - Varsity Football vs. Keenan 7:30 pm
HOMECOMING

SATURDAY, OCTOBER 21

- Band SCBDA Upper State @ Boiling Springs
- Competitive Cheer Dorman Cavalier Classic @ Dorman High School

GOOD NEWS

Congratulations to MCHS September Students of the Month, **Jackeline Ayala-Perez** (9th), **Austin Tarver** (10th), **Chauncey Hardrick** (11th), and **Karen Rivas** (12th).

Congratulations to **Mr. John Bass**, MCHS’ Teacher of the Month and **Mrs. Jennifer Long**, Support Staff of the Month for September.

Congratulations **Symari Bowers**! Symari is the MCHS Newberry County Exchange Club Youth of the Month for October 2023. She was recognized at the Newberry County Exchange Club meeting on Tuesday, October 3, 2023.

On-going/Upcoming Events

2023-2024 ACT
Test @ MCHS
October 28, 2023
December 9, 2023
April 13, 2024
July 13, 2024

2023-2024 SAT
Test @ MCHS
November 4, 2023
December 2, 2023
March 9, 2024
May 4, 2024
June 1, 2024



2023-2024 MCHS

Senior Picture Make-Up Day Monday, November 13, 2023

Underclassmen Picture Make-up Day
Monday, November 13, 2023



ASVAB (Nov 14, 2023 & March 19, 2024)

The ASVAB is offered to high school students as part of their Career Assessment. It helps students learn more about career exploration and planning, in both the civilian and military worlds of work. The ASVAB assessment is free of charge to students.

The ASVAB is administered at Mid Carolina High School generally in the fall and spring to interested sophomores, juniors and seniors. Please note: you do not need to be joining the military to take this test. To reserve your spot for the test please stop by the guidance department and add your name to the test list. <https://www.mid-carolinahighschool.org/o/mchs/article/1195128>

Attention 9th Grade Students

Are you interested in learning more about programs offered at Newberry County Career Center? Join us on **Wednesday, November 29th, 2023**, to enjoy the experience of and learn about the different programs at Newberry County Career Center.

Programs and information can be found on the Newberry County Career Center website: NCCC Programs and Classes Information

Students will have the opportunity to tour NCCC to get a more in-depth look at the programs they are interested in. Complete the permission form and return to your school counselor, either in person or by email, before 3 PM on Friday November, 2, 2023. Hard copies of the form will be available in the main office and in the guidance office. If you have any questions, please contact Mr. Durant at kdurant@sdnc.org.



**MCHS Prom 2024
Saturday
April 27, 2024**

DON'T WAIT UNTIL THE LAST MINUTE.

Reserve your 2023-2024 yearbook today for \$85. After Christmas the price will increase to \$90.

Yearbook orders are placed on January 23 with the publishing company. A limited number of extras will be ordered. Therefore, if you wish to purchase a yearbook after January 23, your name will be placed on a waiting list. If you receive a yearbook at delivery, payment of \$90 will be expected at time of issue.

https://yearbookforever.com/schools/midcarolina_high_school_buy_yearbook_5230/V3FCaysuWIQV25mT3FMMAZZO

Our mission: To engage students in educational experiences that ensure success and life-long learning.

Our vision is of a culture where all ideas are valued; a cooperative relationship exists between the school, the district, and the community; collaboration is expected; and people want to work and students want to learn.

Volume 12, Issue 5

October 9, 2023

ELEVATE YOUR THINKING WITH "I AM"

My wife was being really negative!

She was always so positive but now she was having constant ruminating negative thoughts. She complained that she was getting old, and her body felt sore and tired all the time. She said, "I'll never be like when I was younger. It's hopeless. I should just give up."

I would try to encourage her but nothing I said seemed to make her feel better.

It was frustrating that I could help so many people but couldn't help my wife.

But then it happened.

I left for two days to a speaking engagement and when I returned, she was like a different person. She was bouncing around the house all energized, positive and happy. She was light and free like the Kathryn I had always known. I asked her, "What's going on. You were negative when I left and now you are all positive. Did you get a boyfriend or something?"

She laughed. "No, I had the zoom call with the health coaching company that tested my blood, genes and DNA." It's an advanced new innovative test and they told her that she had something really rare in a good way. They said we don't see this often. They told her that she had the genes of an Olympic Athlete.

So now my wife was walking around the house saying, "I am

an Olympic Athlete. I am an Olympic Athlete. Do you want to play tennis with me tomorrow. I'll beat you Jon because I'm an Olympic Athlete."

Then something interesting happened.

She started working out every day. She stopped saying she was old. She stopped complaining. She stopped drinking and started eating healthy. The soreness went away. The pain went away. The negative thoughts subsided as she tuned into more positive thoughts. She thought, walked and acted like she was an Olympic Athlete.

Everything changed because her thinking changed.

As a man thinks he becomes. As a woman thinks she becomes. As you think you become.

The thoughts you think and the words you say become the life that you live and the reality you experience.

I've been sharing this in my speeches lately and I'm sharing it with you because I wonder what would happen if you said, "I am powerful. I am strong. I am an overcomer. I am a difference maker. I am here to change the world. I am healthy. I am ready to take on any challenge that comes my way. I am more courageous than my fears. Life is tough but I am tougher. I am a warrior."

I spoke to the University of

Texas football team during training camp in August and told them this story and had different guys stand up and say "I am _____. They chose the word that came after I am. It was very powerful. But even more powerful was what happened after my talk.

I went to the weight room and the team was standing in a circle around the strength coach.

He yelled, "I am!"

They responded and yelled, "My brothers keeper!"

He yelled again, "I am!"

They responded, "My brothers keeper!"

In all my years of speaking to college and pro sports teams it was the most powerful moment I've ever experienced.

I said this is going to be a different Texas team this year.

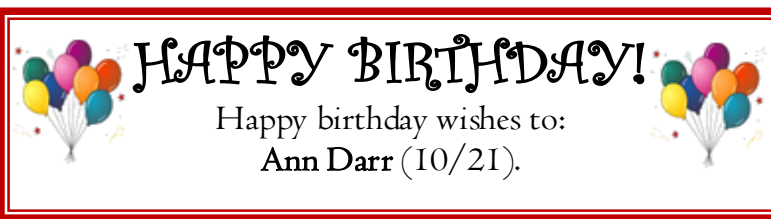
My wife is looking and feeling better than ever and right now so is the University of Texas football team. I hope they both keep elevating their thinking by reminding themselves who they are and who they want to become. I hope you do the same!

Fill in the blank. I am _____!

Think it. Say it. Live it

I AM an ENCOURAGER.....and I hope this message encouraged you.

- Jon Gordon



HAPPY BIRTHDAY!

Happy birthday wishes to:
Ann Darr (10/21).



Important Dates

- 10/9 Models Academy 11:05 am
Envirothon Mtg. 3:15 pm
- 10/10 Fall Mid-Term Exams (1st & 3rd Block)
Pageant Mtg. 1st Lunch
Wrestling Interest Mtg 3 pm
Academic Challenge
Practice—3:15-4:30 pm
- 10/11 Fall Mid-Term Exams (2nd & 4th Block)
End of 1st Nine Weeks
- 10/12 FCA Mtg. 7:30 am
Student Council Meeting -
Both Lunches
- 10/13 Q1 Report Cards
Parent Teacher Conf.
Report Cards
No School for Students
- 10/14 Student Council Convention
Chapin
- 10/16 Schools/Offices Cbsed
- 10/17 Physics Class (J. Long)
to State Fairgrounds
Virtual SIC Meeting 6 pm
- 10/18 PSAT Testing
IDM PD
- 10/19 Student Council Meeting
Both Lunches
- 10/20 Homecoming Pep Rally
Academic Challenge
Practice—3:15-4:30 pm
Yearbook Mtg.
Both Lunches—607
- 10/21 Saturday School
- 10/23 Envirothon Mtg 3:15
Models Academy 11:05 am
SDNC School Board Mtg.
- 10/24 Academic Challenge
Practice—3:15-4:30 pm
Bookworms Mtg.
- 10/25 Student Early Release Day
- 10/26 Student Council Meeting -
Both Lunches
Pizza w/Principal
- 10/27 FCA Meeting 7:30 am
Yearbook Mtg.
Both Lunches—607
- 10/28 ACT
Semi-Formal Dance
- 10/30 WIN Testing
Math Assessment 8 am
Data Assessment 12:10 pm
- 10/31 WIN Testing
Reading Assessment 8 am
Academic Challenge
Practice—3:15-4:30 pm

Reminders

FACULTY SUNSHINE FUND

Don't forget to contribute to the MCHS Faculty Sunshine Fund. The cost for 2023-2024 is \$20 each.



Please check your mailboxes and e-mail for vital information