



December 4, 2023

## A Proud Past, A Promising Future

*Optimism is a happiness magnet. If you stay positive good things and good people will be drawn to you.*  
--Mary Lou Retton

### MONDAY, DECEMBER 4

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

### TUESDAY, DECEMBER 5

#### EOC (End Of Course Exam) - English 2 Writing

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

- JV Boys Basketball @ Batesburg-Leesville 5 pm
- Varsity Basketball @ Batesburg-Leesville 6/7:30 pm
- Varsity & MS Wrestling @ High Point Academy

### WEDNESDAY, DECEMBER 6

#### Student Early Release Day

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

### THURSDAY, DECEMBER 7

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

- Varsity Wrestling @ Whitmire w/Dixie

### FRIDAY, DECEMBER 8

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

- JV Boys Basketball vs. Fox Creek 5 pm
- Varsity Basketball vs. Fox Creek 6/7:30 pm

### SATURDAY, DECEMBER 9

#### SATURDAY SCHOOL

- JV/MS Wrestling @ Greenwood - Round Robin
- Varsity Wrestling @ Dutch Fork - Silver Fox Invitational (Individual Tournament)

### MONDAY, DECEMBER 11

#### EOC (End Of Course Exam) - English 2 Reading

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

- Varsity Wrestling @ Lexington w/Richland North East

### TUESDAY, DECEMBER 12

#### EOC (End Of Course Exam) - Biology

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

- JV Boys Basketball vs. Batesburg-Leesville 5 pm
- Varsity Basketball vs. Batesburg-Leesville 6/7:30 pm

### WEDNESDAY, DECEMBER 13

#### EOC (End Of Course Exam) - US History

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

- JV Basketball vs. Woodruff 6/7:30 (at MCMS)
- Varsity Basketball @ Woodruff 6/7:30 pm
- Varsity Wrestling vs. Irmo & Columbia HS

### THURSDAY, DECEMBER 14

#### EOC (End Of Course Exam) - Algebra 1

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

- JV Basketball vs. Clinton 6/7:30 pm

### FRIDAY, DECEMBER 15

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

- Varsity Basketball @ Clinton 6/7:30 pm

### SATURDAY, DECEMBER 16

- Varsity Wrestling @ Wade Hampton - 13th Annual Generals Cup (Dual Tournament)

## GOOD NEWS

Congratulations to **Taylor Williams!** Taylor is the MCHS Newberry County Rotary Club Student of the Month for December 2023. She was recognized at the Newberry County Rotary meeting on Friday, December 1, 2023.

Congratulations to MCHS November Students of the Month, **Wyatt Mazza** (9th), **Jadzia McCall** (10th), **Carlos Hernandez Vazquez** (11th), and **Brianna Boland** (12th).

Congratulations to **Mrs. Kari Hayes**, MCHS’ Teacher of the Month and **Ms. Teresa Dominick**, Support Staff of the Month for November.

Congratulations to **Mrs. Amber Pennington!** At the annual Distinguished Literacy Teacher banquet on November 14, Mrs. Amber Pennington was selected as the winner for the middle and high schools in Newberry County. She will go on to represent the School District of Newberry County at the annual Literacy Conference in the Spring.

The Mid-Carolina High School Varsity Competitive Cheer Team placed 3<sup>rd</sup> in the State in the Class 2AA Competition on Saturday, November 18. Congratulations to all of these young ladies and coaches. We are so proud of you!!!!

## On-going/Upcoming Events

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

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

### 1st SEMESTER EXAMS

Monday, December 18 1st & 3rd Blocks  
Tuesday, December 19 2nd & 4th Blocks

### ASVAB (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>



**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 \$95 will be expected at time of issue.

[https://yearbookforever.com/schools/midcarolina\\_high\\_school/buy\\_yearbook\\_5230/V3FCaysuWIQV25mT3FMMAZZQ](https://yearbookforever.com/schools/midcarolina_high_school/buy_yearbook_5230/V3FCaysuWIQV25mT3FMMAZZQ)

**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.*



## Important Dates

- 12/4 MODELS Academy  
11:05 am -12:05 pm  
Envirothon Meeting  
3:15-4pm -RM 305
- 12/5 EOC (End Of Course Exam)  
English 2 Writing
- 12/6 Student Early Release Day
- 12/7 Student Council Meeting  
Both Lunches  
Academic Challenge Meet  
Mini Bowl 4 @ Ninety-Six  
Admin/Guidance MTG
- 12/8 Yearbook Meeting  
Both Lunches - Room 607
- 12/9 ACT  
Saturday School
- 12/11 EOC (End Of Course Exam)  
English 2 Reading  
WPEC Academic Challenge  
Meet @ Clinton HS
- 12/12 EOC (End Of Course Exam)  
Biology  
WPEC Academic Challenge  
Meet @ Clinton HS
- 12/13 EOC (End Of Course Exam)  
US History  
Faculty Meeting
- 12/14 EOC (End Of Course Exam)  
Algebra 1  
Student Council Meeting -  
Both Lunches
- 12/15 FCA Meeting 7:30 am-8 am  
RM 311
- 12/18 1st Semester Exams  
1st & 3rd Blocks  
Envirothon Meeting  
3:15-4pm -RM 305  
MODELS Academy  
11:05 am-12:05 pm
- 12/19 1st Semester Exams  
2nd & 4th Blocks
- 12/20 Half Day for Students  
End of 2nd Nine Weeks

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## 5 MYTHS ABOUT MINDSET

The word mindset seems to be on everyone's mind these days. Everywhere I turn I see a new mindset book, video, and post from a new "expert" offering advice on mindset.

I think it's great that more people realize the importance of mindset, however, the downside is that there are more myths being perpetuated that hold people back and prevent them from elevating their mind and life to the next level.

While I share a bunch of mindset myths in my new book, *The One Truth*, for this article I want to share 5 common misunderstandings and myths I see being shared.

### MYTH 1: PEOPLE ARE AFRAID OF SUCCESS

This couldn't be farther from the truth. We are not afraid of success. We want success. We love success. The truth is that many don't feel like they deserve success because they feel unworthy. And because they feel unworthy, they are afraid of failing while striving for success because failure will reinforce their unworthiness. People are not afraid of success. They are afraid of failing while striving for success.

### MYTH 2: PRESSURE IS A PRIVILEGE

I hear the phrase "pressure is a privilege" often. While thinking of pressure as a privilege versus a hindrance is certainly a move in a positive direction, it's still not true. The truth is that pressure means you are believing the lie that anything out-

side you can impact how you feel. Pressure is believing that a circumstance can make you feel a certain way when it's your state of mind that determines how you feel, not the circumstance. Believing in pressure bolsters the lie. Knowing the truth makes you more powerful. For example, a successful NFL field goal kicker told me he doesn't focus on the circumstance. He focuses on kicking the ball through the goalpost. If he misses, he knows his life will be just fine.

### MYTH 3: YOU SHOULD ANALYZE YOUR NEGATIVE THOUGHTS

Counterfeit money experts don't study all the fake money in the world. They study real money so well that they can easily spot the fakes. When you understand that negative thoughts are not coming from you initially and are lies then you'll realize why analyzing them is a waste of time. If you believe your negative thoughts are coming from you, ask yourself, who would ever choose to have a negative thought? Negative thoughts are lies that tell you things about yourself and your future that aren't true. They tell you that you are not enough and that your future is hopeless, and you're a failure. Negative thoughts make you feel weak, insecure and powerless. Since I don't hang out with liars then why would I want to spend time with negative thoughts that are lies. Instead, I spend a lot more

time with the truth, and this leads to clarity.

### MYTH 4: PERFECTIONISM IS A POSITIVE TRAIT

Perfectionism and unworthiness are two sides of the same coin. Because a perfectionist feels unworthy, they strive to create perfect outcomes to feel worthy and validated. Their identity is tied to their performance rather than their intrinsic value. As a result, they fear failure and work hard to avoid it because a poor outcome will lead to negative belief about who they are.

### MYTH 5: YOUR MINDSET IS FOUND IN THE BRAIN

I've asked neuroscientists and no one has ever found a thought inside of a brain. Thoughts are spiritual. "Psyche" means soul. Your mind is part of your soul. Your mind is not your brain. Your mind is the software and system that operates your brain. Your brain is the hardware and antenna with 86 billion neurons and a transmitter and receiver on each neuron. Most who talk about mindset and even most neuroscientists have become solely focused on the brain while ignoring the mind and how thoughts really work. Once you understand how thoughts work and how the mind, thoughts, and brain work together then you truly can master your mind.

— Jon Gordon

## 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

## HAPPY BIRTHDAY!

Happy birthday wishes to:  
**Rebecca Ringer (12/8) & Lindsey Stribble (12/13).**

## Spread Kindness & Joy

Hochwille Fine Design