


MENDENHALL RIVER COMMUNITY SCHOOL

Calendar of Events



FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Girls on the Run Applications Due	2	3 MRCS Battle of the Books	4
5	6	7 Girls on the Run 2:45 – 4:15	8 District Spelling Bee	9 Girls on the Run 2:45 – 4:15 District Battle of the Books	10 Jumprope Assembly 1:55 – 2:25 Native Youth Olympics 5 – 7:00pm – MRCS	11
12	13 Early Release Site Council – 5:30pm PTO – 6:30pm MRCS Library Book Fair Begins	14 Girls on the Run 2:45 – 4:15 Book Fair 	15 Book Fair	16 Elizabeth Peratrovich Day Girls on the Run 2:45 – 4:15 Book Fair	17 Friday Fun Night 6 – 8:30pm Spirit Day – P.J. Day End of Trimester Book Fair	18
19	20 Presidents' Day Holiday No Student Attendance	21 Elementary Conferences No Student Attendance Book Fair	22 Elementary Conferences No Student Attendance Book Fair	23 Girls on the Run 2:45 – 4:15 Book Fair	24 Book Fair	25
26	27 Early Release	28 Girls on the Run 2:45 – 4:15	29	visit our website at http://mracs.juneauschools.org/		

Girls on the Run

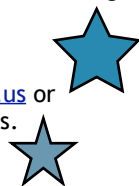


Registration deadline is Feb. 1st, space is limited!

Program begins Feb 7th, Tuesdays and Thursdays from 2:45 - 4:15pm

It is a 12 week program teaching girls about healthy living and improving self esteem. Girls will be training for the 5K race at the end of the program

Full Scholarships are available
Contact either elizabeth_kent@jsd.k12.ak.us or lisa_mitchell@jsd.k12.ak.us with questions.



Spelling Bee & Battle of the Books

Congratulations to **Alexander Kotlarov**, the MRCS Spelling Bee Winner and **Erica Hurtte** our runner up. The winner of the school bee will participate in the district wide spelling bee on February 8th.

The *MRCS Battle of the Books* will be held on **February 3rd** in the MRCS Library. Winners of the school BOB will then participate in the district wide BOB on February 9th. The BOB is open to students in 3rd, 4th and 5th grade. If you have any questions please contact Kris Coffee @ kris_coffee@jsd.k12.ak.us.



Eagle Pledge

"Today I have a chance to change
our lives
by making this day the best for you
and me.

I am kind in what I say and do.

I respect myself and others.

At Mendenhall River
we are safe."

SOARING EAGLE



February 2012

Elizabeth Peratrovich Day February 16th



Elizabeth Peratrovich championed the cause of civil rights in Alaska and hoped to silence the voices of prejudice and discrimination. On February 8, 1945 Elizabeth gave an important speech to the Senate of the Alaska Territorial Legislature. Her powerful words encouraged the Senate to pass the Equal Rights Bill that would make discrimination against Alaska Native people against the law. The Senate passed the Equal Rights Bill by a vote of 11 to 5. Governor Ernest Gruening signed the Anti-discrimination Act on February 16, 1945. To recognize the importance of Elizabeth's accomplishments, the 1988 Alaska Legislature established February 16th as "Elizabeth Peratrovich Day". On February 16, let's pause to remember her efforts to achieve equality and justice for all Alaskans of every race, creed, and ethnic background.

News from Physical Education



January has been a busy month! Students are finishing up the after school jump rope program and we will have our show on Friday, February 10th from 1:55-2:25pm. If you are able to come and watch, our jumpers would love the support.

The students are also finishing our Native Youth Olympics unit. The competition will be held on Friday, February 10th from 5-7pm. They have all worked so hard on practicing the six games. I am excited to see them compete on the 10th. I will be sending out invitations for this event on the first week of February. If there are any parents who are able to volunteer time for the Native Youth Olympics please give me a call 463-1799 or send me an e-mail at sunshine_winn@jsd.k12.ak.us

Come join us on Thursday mornings at 7:45am for our Sing-a-long in the lobby/pit area. It is a really great way to start the day!!!!



Sleep and Your Child

School-age kids need 10 to 12 hours of sleep a night. Bedtime difficulties can arise at this age for a variety of reasons. Homework, sports and after-school activities, TVs, computers, and video games, as well as hectic family schedules might contribute to kids not getting enough sleep.



Lack of sleep can cause irritable or hyper types of behavior and may make it difficult for kids to pay attention in school. It is important to have a consistent bedtime, especially on school nights. Be sure to leave enough time before bed to allow your child to unwind before lights out.

From: kidshealth.org

Education Funding...

If you wish to contact Governor Parnell and/or Dept. of Education Commissioner Mike Hanley about the need for education funding, their addresses are below.

The Honorable Sean Parnell
Governor
State Capitol
P.O. Box 11001
Juneau, Ak 99801 - 0001
E-mail at sean.parnell@alaska.gov
Fax at 465 - 3532

Commissioner Mike Hanley
By mail at:
Commissioner Mike Hanley
Department of Education & Early Development
P.O. Box 110500
Juneau, AK 99811-0500
mike.hanley@alaska.gov
By fax at 465 - 4156

Student Council News

Did you know the life expectancy of a coin is 30 years?! From February 13-24th our school will join 25,000 other schools nationwide in the Pennies for Patients program. For these two weeks, our school will help people who are sick with blood cancers like leukemia, lymphoma and myeloma. The effort our school makes will help find cures for these diseases.



Each classroom will have a collection box or bowl and all you have to do is collect coins or other money and put them in your class box! Every penny counts no matter where you find it. Perhaps in the cushions of your couch, piggy bank, on the ground or in the car is where you will find some! The class that raises the most money at the end of the two weeks will win a special party!

During the week of February 6th, Student Council will also be selling Valentine Grams at lunch. The money raised from these sales will go to the Pennies for Patients program. If you would like to buy a Valentine Gram for your child please see Mrs. Berkey. Valentine Grams will be delivered to the students on Valentine's day.



Help us fight cancer.....one penny at a time!!!



Friday Fun Night
Friday, February 17th
6:00 - 8:30pm

\$10.00 suggested donation
Open to all MRCS students.
Hosted by 5th grade.