



MMHS Eagle HighFLIGHTS: 2-19-18

***MMHS Students of the Month for February:** We would like to congratulate and recognize the following *outstanding* students for being selected as *MMHS Students of the Month for February*, by our World Language Department.

Sophomores: Izabelle Hiatt & Monte Memmott

Juniors: Leah Ribble & Daniel Whyte

Seniors: Elizabeth Facer & Zach Hamilton

Other Important Information:

***Driver Education:** The February Driver Education class will start this **Thursday, February 8th**. For those enrolled, we will start at 7:00 PM in the MMHS auditorium. This is the parent meeting. Students are required to attend and it is strongly recommended that at least one parent come. The meeting will last until about 8:15 PM. This will be the first class. The remaining classes will be from Friday, February 9th until Tuesday, March 6th. Class will not be held on February 19th. If a student cannot attend the parent meeting, please email eric.hyer@nebo.edu right away to work out other arrangements.

Zero Fatalities: The Zero Fatalities group from Salt Lake City will be here for their monthly presentation to the driver education students. This presentation is required for students, but is open to the general public. Anyone is welcome to attend. It is a great presentation that adults and teens can benefit from attending. It will be held on Thursday, February 8th in the MMHS auditorium. It begins at 7:00 PM and will end about 8:15.

***Advanced Placement Exams:** Taking the Advanced Placement exams is an important part of all AP courses. Maple Mountain High School desires that all students take AP exams for the AP classes that they have taken. Scoring well on an AP exam can often earn student's college credit for their high school class, saving a significant amount on tuition.

For the 2018 AP exams, students at Maple Mountain High School will be registering online. This registration will take a few minutes and can be completed from any computer with internet access.

Online Exam registration will begin on Tue, Jan 2, 2018 at 12:00 AM and end on Wed, Feb 28, 2018 at 11:59 PM. In order to register, students should click on the link provide on the school website or visit www.TotalRegistration.net/AP/450423 to register. To complete registration, students must answer all of the required questions. Registration is not complete until students have printed the pdf of the confirmation page that is provided at the end. We know that parents may desire to register their students for exams. We strongly recommend that parents and students are both present while registering to ensure that the correct exams are ordered.

Maple Mountain High School is excited to offer families the convenience of paying exam fees online at the time of registration. Please be sure to have a **credit card or debit card available before beginning registration**. Paying online is a great way to make sure that payment has been made while avoiding mailing payment.

Here are the important dates for the registration process:

- Tue, Jan 2, 2018 at 12:00 AM - Registration Begins
- Wed, Feb 28, 2018 at 11:59 PM - Registration Ends

- Mon, Mar 5, 2018 at 11:59 PM - Registrations that have not been paid for will be cancelled and exams will not be ordered.

Please contact Casey Mattinson, casey.mattinson@nebo.edu, if you have any questions.

***Hope Squad:** HOPE WEEK (February 26th-March 2nd)

The Hope Squad's theme for Hope Week this year is the Five Healthy Habits of Emotional Well-Being. MMHS Hope Squad is putting on a Hope Week in connection with Campaign to Change Direction. The objectives are:

Students will learn five healthy habits including: Knowing 5 Signs of Emotional Suffering, Take Care, Check In, Engage, and Relax.

***MMHS Student Elections 2018-2019:** Do you love to give service, enjoy getting to know new people, and love to plan fun activities? If you said "yes" to any of these questions, then you should definitely run for the 2018-2019 Student Council. Please come to an information meeting on Fri, Feb 23rd at 2:30pm in Mr. Smith's Room, E-100.

***Microsoft DigiGirlz Event:** We're excited to invite any of our girls to register for DigiGirlz on February 13. Students interact with Microsoft employees to learn about careers in business and technology. If your daughter is a "techy", this event is for her! Young women can find out about the variety of opportunities available in the high-tech industry and can explore future career paths. The link to register is <http://www.eiseverywhere.com/310432> Please let Mrs. Dunn in C100 know if your student plans on registering for the event so we can plan for transportation and permission forms. Space is limited!

***SheTech Explorer Days:** MMHS will be providing a bus to take 10th-12th grade girls to SheTech Explorer Days. This is a FREE industry-centered hands-on interactive STEM exploration day that is focused on fun activities in science, technology, engineering and math (STEM). Girls can register online or see Mrs. Robyn Dunn for help registering. Registration with our school closes soon and is limited to the first 50 students to sign up. For more information on the event, please visit www.shetechexplorer.com – There is also an info flyer included at the end of this e-mail.

***Jostens Visit:** Jostens will be visiting our school on Wed, Feb 27th, during lunch time until after school. They will have tables set-up by the counseling office. This is a great time to ask questions regarding graduation robe ordering, class ring ordering, graduation announcements printed, etc.

***Domino's Pizza for Lunch:** Our school has been selected to host a pilot program with Domino's Pizza!!! Every Wednesday, during the month of February, students will have the opportunity of having Domino's Pizza as part of their school lunch meal selection. Students will pay for this option the same as they would pay for a regular student lunch. Three varieties will be offered: cheese, pepperoni, and a surprise variety, which will change each week. Being that pizza is so popular and a lunch favorite, this will be a fun addition to our school lunch program.

***Attendance Information:** Parents and students -- We encourage parents and students to weekly check student grades and attendance on SIS. Also, in that same area, student's citizenship grades may be viewed. If an NC is listed, that indicates an attendance problem and you will need to contact Mrs. Davis (Attendance Secretary) to find out more information on how to get the NC's cleared.

***PTSA Corner:**

Golden Eagles Humanitarian Scholarship

If your student is a graduating senior and is participating in the PTSC Student Service Club, they may be eligible for a \$500 scholarship! To check out the requirements and apply, copy and paste the following link in your browser:

https://docs.google.com/document/d/1EmwW8z_H5-SoJ4zvoR6UPq7fv35tLbzU-sGKlGf8odA/edit

We appreciate all of our great parents, staff, and students at MMHS!

Upcoming School Events for February 19 – March 3:

*Feb 19 **NO SCHOOL – PRESIDENT’S DAY**

*Feb 20

School Community Council Mtg @ 3pm in Eagles Nest
Boys’ Basketball @ SHS

*Feb 21

Region String Solo & Ensemble @ MMHS

*Feb 22

DECA Competition @ Layton Conference Center (Feb 22 & 23)
School Play: Agatha Christie’s “And Then There Were None” (Feb 22, 23, 24, 26)

*Feb 23

DECA Competition @ Layton Conference Center (Feb 22 & 23)
Boys’ Basketball Region Play-offs
ProStart Competition @ Jordan HS
Student Council Elections Mtg @ 2:30pm in Mr. Smith’s Room (E-100)
School Play: Agatha Christie’s “And Then There Were None” (Feb 22, 23, 24, 26)

*Feb 24

School Play: Agatha Christie’s “And Then There Were None” (Feb 22, 23, 24, 26)
Forensics Region @ Skyridge HS
Science Olympiad Competition @ Snow College
District Chess Tournament for Elementary, Jr High, & High School @ Cherry Creek Elem (8:30am-1pm)
**info flyer below

*Feb 26 **HOPE WEEK -- Theme: Five Healthy Habits of Emotional Well-Being** (info flyer below)

MEGA DETENTION: We will be holding 3rd Term Mega Detention for two Monday’s (Feb 26th and Mar 12th), from 2-5pm, in Room C-207. Students need to pre-pay \$5 in the finance office prior to this date to secure their spot. Students will receive 5 hours of detention credit for serving 3 hours of detention. On Mega Detention days, ALL students are required to stay the full 3 hours to receive any detention credit!

Boys’ Basketball State Tournament

School Play: Agatha Christie’s “And Then There Were None” (Feb 22, 23, 24, 26)

*Feb 27

Jostens will be here during lunch time until after school, by the counseling office.

*Feb 28

Region Vocal & Piano Solo Ensemble @ Timpanogos HS

Choir Tour to San Francisco (Feb 28 – Mar 5)

Boys' Soccer Parent Mtg @ 6pm in cafeteria

*Mar 1

Choir Tour to San Francisco (Feb 28 – Mar 5)

Dance Company Showcase @ 2:30pm in auditorium

*Mar 2

Choir Tour to San Francisco (Feb 28 – Mar 5)

Boys' State Basketball @ UofU

9th Annual MMHS Dance Company Showcase @ 7pm in auditorium

*Mar 3

Choir Tour to San Francisco (Feb 28 – Mar 5)

Boys' State Basketball @ UofU



For High School Girls

Save the Date

SheTech Explorer Day 2018

March 1

@ South Town Expo Center

Registration opens in January @ www.shetechexplorer.com

Learn Tech, Meet Mentors, Access Internships, Build Your Future



MMHS **HOPE** WEEK **ACTIVITIES**



MONDAY - KNOW THE SIGNS

KNOW THE FIVE SIGNS OF EMOTIONAL SUFFERING

HOPELESSNESS - AGITATION - PERSONALITY CHANGES - SELF CARE - WITHDRAWAL



TUESDAY - TAKE CARE

EAT WELL, SLEEP WELL AND BE ACTIVE

@MMHS_HOPE INSTAGRAM FITNESS WITH FRIENDS CHALLENGE

COLORGUARD PERFORMANCE @ LUNCH (IN THE GYM)



WEDNESDAY - CHECK IN

CHECK IN WITH FAMILY, FRIENDS AND COUNSELORS

WAFFLE WEDNESDAY IN THE COMMONS



THURSDAY - ENGAGE

ENGAGE IN HEALTHY RELATIONSHIPS

COMPLIMENTS WITH FRIENDS DURING LUNCH



FRIDAY - RELAX

REDUCE STRESS BY DOING WHAT YOU LOVE

YOGA DURING LUNCH IN THE COMMONS

FEBRUARY 26 - MARCH 2



UTAH COUNTY HEALTH DEPARTMENT

Ralph L. Clegg, E.H.S., M.P.A.
Executive Director

Eric S. Edwards, M.C.H.E.S., M.P.A.
Deputy Director

24 January 2018

Dear Parents of Students:

Utah County has been experiencing a high rate of influenza ("flu"), as is the case in the entire country. As such, it has been noted in all schools in this county. Because your child might have been exposed to this illness, it is necessary for you to watch your child for the signs and symptoms listed on the attached fact sheet. If your child becomes ill, it may be necessary to keep him/her at home until the symptoms resolve. In addition, if your child has a compromised immune system or a chronic illness, contracting influenza may have a greater chance of causing complications. The fact sheet explains more about the signs, symptoms, and other concerns.

Controlling communicable diseases in school settings is of utmost importance. Providing a safe, comfortable, and healthy environment facilitates the educational process, encourages social development, and allows children to acquire healthy attitudes toward organized settings.

However, children who are ill or feel unwell can create difficulties in group settings. An ill child often demands more attention from the teacher and cannot fully participate in group or educational activities. Worse yet, the child with a communicable disease may spread the illness to others. It is essential that parents and caregivers cooperate with educators to help control the spread of communicable diseases.

By notifying you of this possible exposure, we are providing the best possible care for your child while trying to control the spread and prevent new cases of this illness. If you have any questions about signs or symptoms of this illness, please feel free to contact your school nurse.

Sincerely,

Lisa Guerra, R.N.
Epidemiology Coordinator
Utah County Health Department

151 South University Avenue, Provo, Utah 84601-4427 • www.UtahCountyHealth.org • Phone: 801.851.7000 • Fax: 801.851.7009

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INFLUENZA (FLU)

FACT SHEET

What is influenza?

Influenza (flu) is a very contagious viral infection of the nose, throat, bronchial tubes, and lungs. There are two main types of influenza virus: A and B. Each type includes many different strains which tend to change each year.

How is influenza spread?

Influenza is spread through contact with droplets from the nose and throat of an infected person through coughing and sneezing.

What are the signs and symptoms of influenza?

Typical symptoms of influenza are fever, chills, muscle aches, headache, stuff or runny nose, cough sore throat, and general weakness.

How long after infection do symptoms appear?

Symptoms usually appear one to five days after a person is exposed to the virus.

Who is most at risk?

Anyone can get influenza, but some people are at a higher risk of developing severe illness. This includes the elderly, children, pregnant women, and those with weakened immune systems (such as those with HIV/AIDS, cancer, diabetes, kidney disease, and transplant patients).

Another way to prevent influenza is by practicing "respiratory etiquette." To keep yourself and others from getting sick, you should:

- Stay away from other people when you are sick.
- Cover your mouth and nose with a disposable tissue when you cough or sneeze then throw the tissue away.
- Wash your hands often with soap and water for at least 20 seconds.

What type of health problems are caused by influenza?

Although most people recover from influenza within one week, some people develop severe illness. These can include bacterial pneumonia, ear infections, sinus infections, and dehydration. Influenza can also worsen other serious medical conditions such as congestive heart failure, asthma, and diabetes.

How is influenza diagnosed?

There are a number of tests available to test for influenza. All of these tests require that a healthcare provider swipe the inside of your nose or the back of your throat with a swab and send the swab for testing.

How is influenza treated?

Most people with influenza have mild illness and do not need medical care or antiviral drugs. Occasionally, your healthcare provider may prescribe antiviral drugs that can treat flu. These drugs work better the sooner they are started; usually within two days after symptoms begin.

How can influenza be prevented?

One of the best ways to prevent influenza is by getting the flu vaccine. Because the types and strains of viruses that cause influenza change often, you should get a flu vaccination every year.

Who should be vaccinated?

The Centers for Disease Control and Prevention recommend that everyone 6 months and older get a flu vaccination every year. It is especially important for children, the elderly, and pregnant women to get vaccinated. If you have concerns about getting the flu vaccine, talk to your healthcare provider.

SOFTBALL TRYOUTS

February 26th—March 1st

Time and Location TBD

Stay updated! Go to the Softball Website @
www.mmssoftball.blogspot.com & check school announcements!

Please **COMPLETE THE
FOLLOWING BEFORE
YOU TRYOUT...**



1. Complete **Register My Athlete** online @ RegisterMyAthlete.com
2. **GET A PHYSICAL**—Physical Form from Register My Athlete must be complete & turned in to Krista, MMHS Athletic Trainer by Feb 26th.
3. 9th graders complete **9th GRADE RESIDENCY FORM** @ RegisterMyAthlete.com and turn into Jackie, Head Coach.
4. All athletes must have a **2.0 GPA** or higher to participate
5. If you are a transfer complete all forms and please talk to Mrs. Raine in the counseling office at MMHS!

FOR UPDATES PLEASE GO TO THE WEBSITE

WWW.MMSOFTBALL.BLOGSPOT.COM

MAPLE MOUNTAIN



TRACK & FIELD

TRACK & FIELD TRYOUTS

Practice starts Monday February 26th

When: 3:00pm

Where: MMHS Track

*Who: All MMHS athletes are
invited to be a part of the Track &
Field Team*



Please complete the following before the first day of practice...

1. Complete registration at www.registermyathlete.com
2. Get a physical. Forms are on registermyathlete.com
3. Must have higher than a 2.0 GPA in order to compete.

For more info contact Coach Andrus, Coach Burtenshaw, Coach, Charles, Coach Eastmond, Coach Lake, or Coach Wyatt

Also see

www.maplemountaintrack.blogspot.com



Chess Tournament for Elementary, Jr. High, and High School

Saturday February 24, 2018 8:30 am - 1:00 pm approximately
Cherry Creek Elementary 484 S. 200 E. Springville, 84663
Please enter through east doors.

- Arrive at 8:30 am, instructions at 8:45 am.
- 5 or 6 rounds—all students get to play all rounds.
- K-6 students get to play others within their own grade.
Jr. High students will be grouped together into one section.
High School students will be grouped together into one section.
9th grade will join either Jr. High or High School based on numbers.
- Rounds are up to 50 minutes each (i.e. approximately 25 minutes per player). High School may be allowed up to 60 minutes each.
- Plan on students finishing last round between 12:30 pm and 2:00 pm.
- Trophies will be awarded for 1st -7th place per section (plus several “outstanding” trophies), and for top 3 elementary schools and top 2 secondary schools. All other players will receive a medal.
- Tie breaks will be decided by the computer.
- Information available for those interested in starting a chess club.

Lunch will be available for purchase: pizza, snacks, etc.
Chess sets and such available for purchase. Cash or check.

How to register:

Register and pay online at nebo.revtrak.net under “Nebo District Programs.”

Cost is \$5.00 if you register and pay by Feb 17, or \$10 thereafter.

Registrations accepted only through Thursday, Feb 22—
no registration or payment accepted at the door.

Student must be in Nebo School District boundaries, whether attending public, charter, or home school, or have played in Nebo chess tournament.

Supervision of children is the responsibility of the parents. Parents and other spectators may not interact with players while they are competing.